

BICYCLER

Publication of the Five Borough Bicycle Club • January-February 2012 • Print Edition • www.5bbc.org

5BBC Cycling Into 2012!





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Don't Worry, Be Happy ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺ ☺

Looking to get into or return to cycling? It's not too late. Five Borough Bicycle Club offers a variety of rides led by trained 5BBC leaders.

We're eager to share the joys of cycling with newcomers and returnees as well as active trippers. How about you? Some of our rides are suited for beginners. See the Day Trips listings with a happy face symbol (☺). Rides

range from 20 to 30 miles, go at a leisurely pace and attract cyclists like you. Make sure your bike is in good working order—adequate tire pressure and brakes that work well.

Carry at least one spare tube, tire irons, a pump, patch kit and lock. Most important: wear a cycling-specific helmet approved by either CPSC or Snell. Ride smart & have adventurous spirit.

About Day Trips

Day trips are free rides in and around New York City. Rides are open to responsible cyclists, both 5BBC members and non-members. No advance sign-up is required. Rides are led by trained, experienced 5BBC leaders. Unless noted, the Point-Drop-Sweep system is used, in which leaders ride at the front and rear of the group, keeping cyclists together. This system accommodates a wide range of paces within one ride. Riders generally receive a map or cue sheet of the route. Rest and lunch stops are planned. Unless otherwise stated, day trips return to the starting point at the end of the ride.

Riders are required to wear a cycling-specific helmet approved by CPSC or Snell, and are required to have a legally equipped bicycle, including working brakes, a bell or horn, and front and rear lights for night rides. Bicycle gear should include at least one water bottle, a pump, spare tube or patch kit, basic tools, and a lock. Dress for the season, including temperature variations of 15-20 degrees in either direction from the temperature at the starting time. Bring lunch or money for it, plus money for admission fees and railroad tickets as needed; an area map is also suggested. Motorized vehicles and headphones are not permitted.

At the discretion of the leaders, rides may be cancelled due to bad weather.

Participants under age 18

Young cyclists are welcome on our day rides provided the parent/guardian signs a waiver of liability at the start of the ride and accompanies the youngster on the ride or designates another adult to do so.

NEW! For cyclists age 14-17 who are responsible enough to ride without a chaperone, we offer an additional option: the parent/guardian can print and sign a special waiver* for the teenager to bring to the start point.

*Waiver available online at:
www.5bbc.org/minor_waiver.pdf

Bicycle Helmet Standards

"Snell" refers to bike helmet standards set by the Snell Foundation, founded in 1957. The organization was named after race car driver Peter Snell, who died in an auto accident wearing a poorly designed helmet. Snell has what is considered the toughest standards for helmets, especially for bicycling.

"ANSI" refers to the American National Standards Institute. In 1984, it set standards that

adhere to manufacturing bicycle helmets. ANSI standards were replaced by the American Society for Testing and Materials (ASTM), until 1995. There are no ANSI-standard



helmets today.

Current helmet standards are set by the Consumer Product Safety Commission (CPSC), an independent Federal regulatory agency. CPSC certification for bike helmets replaced ASTM, March 1999.

Please wear a CPSC or Snell bicycle-specific helmet on 5BBC rides. Bike helmets are to be replaced: a) when damaged in an accident; b) after 3-5 years, helmets lose impact effectiveness.

For more information, visit the Bicycle Helmet Safety Institute, www.bhsi.org.

*Cover: Fritz Von Orden coming off the Ed Koch Queensborough Bridge into a new greenway, from Claire Mordas' 5BBC Homestead to Mansion-Historic Homes in Queens ride, Sat. Dec. 3, 2011. Photo by Jackie Junttonen. Above: Mavic, known for their renowned bike rims, is putting out a line of cycling helmets. This one is the "Plasma" helmet.

5BBC General Meetings Presented by Ken Williams • programs@5bbc.org



5BBC 2011 Holiday Party- Note New Date! Saturday Evening, January 7, 2012, 7-11 PM

At The Hostelling International Building (891 Amsterdam Avenue, New York, NY 10025 @ 103rd Street, The Chapel, 2nd fl.) Subway: 1 to 103rd St.

The 5BBC Holiday party has been rescheduled! Bring a dish or pay \$10 at the door. There will be beer, wine, soda, egg nog, raffles, door prizes, and a live DJ for your dancing pleasure. Please rsvp to programs@5bbc.org by December 27, and mention how many in your party, whether you are paying or bringing a dish, and what type of dish. Thank you for your cooperation! *Above: photo of 2010 5BBC Holiday Party by Martial Henrys.*



5BBC General Meeting To Be Announced Scheduled for February 2012, in the evening Location to be determined. Check the 5BBC web and weekly email for details.

A Great Program is in store for February. Details are not available at press time.

Please check the 5BBC website at www.5bbc.org/events for information forthcoming.

Bicycletter Jan-Feb 2012

Print Edition

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Contributors:

Bill Mastro, Bob Castro, Jackie Junttonen, Martial Henrys, Phil Goldberg, , etc.

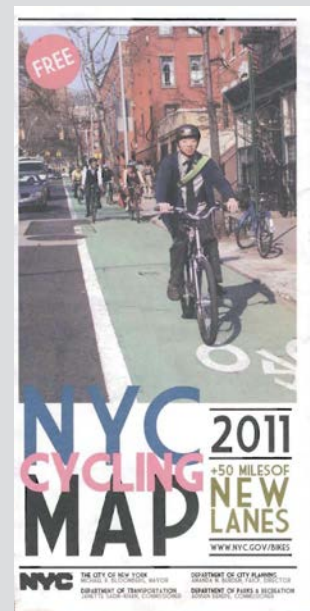


REMEMBER

Dress warmly in layers when you ride in cold weather.

DON'T FORGET

To renew your membership for next year. And ride with us!



2011 NYC Cycling Map
New York City
Department of Transportation,
Janette Sadik-Khan, Commissioner

Last year's edition emphasizes riding safely and shows the 50+ miles of new bike lanes. Great graphics, transit section, bike shop listings & recommended routes in all five boroughs. Available at local bike shops, DOT, dial 311 and online at www.nyc.gov/bikes.

5BBC Rides Meeting Places

City Hall

South of Chambers & Centre Streets, directly across from Brooklyn Bridge entrance, Manhattan, Horace Greeley statue. Subways: 2 3 to Park Place, R W to City Hall, 4 5 6 to Brooklyn Bridge/City Hall, J M to Chambers St.

Cunningham Park

Union Turnpike at 196th Place, Queens. From 179th Street, last stop on F subway; Ride left on Midland Parkway, left @ 188th Street, right on Union Turnpike to parking lot at 196th Place. Parking is available.

Eleanor Roosevelt Statue

Northwest corner, Riverside Dr., 72nd St., near Eleanor Roosevelt statue, at Riverside Park, Manhattan. Subways: 1 2 3 A B C to 72nd St.

George Washington Bridge (GWB) Bus Station

George Washington Bridge Bus Terminal, northeast corner, Ft. Washington Ave., 178th St., Manhattan. Subways: A to 175th St., 1 to 181st St

Pelham Parkway & White Plains Road, Bronx (SE corner)

Bronx. Subway: 2 to Pelham Parkway

Plaza Hotel

Fifth Ave. at 59th St. Subways N R W to 5th Ave. A B C D E F 4 5 6 nearby.

Prospect Park (Grand Army Plaza)

Flatbush Ave. @ Eastern Parkway, Bklyn. Near benches at entrance to park. Subways: 2 3 to Grand Army Plaza, F Q to 7th Ave., R to Union St.

South Ferry

Bike waiting area, outside lower level of Whitehall terminal of Staten Island Ferry, Manhattan. Subways: 1 to South Ferry, R to Whitehall St., 4 5 to Bowling Green. 2 3 A C E nearby

Strictly Bicycles

2347 Hudson Terrace, Ft. Lee, NJ. From Manhattan: Go to George Washington Bridge bike/ped path to New Jersey. Off the bridge, turn right on Hudson Terrace, for about a mile. Carefully turn left after Myrtle Ave. and see the shop with parking lot.

RECOMMEND YOU ARRIVE 15-30 MINUTES EARLY BEFORE START TIME.

For a comprehensive list of ride locations, visit:
www.5bbc.org/meetingplaces.shtml



5BBC Day Trips January-February 2012



HAPPY NEW YEAR!

Sunday, January 1, 2012

TRAINING IN BERGEN - #1

10:15 AM, Strictly Bicycles (above), 2347 Hudson Terrace, Ft. Lee, NJ, Quick Spin No Point / Drop / Sweep 15 mph avg, 30-35 miles

Are you already a strong rider who wants to improve handling and navigational skills? Do you want to see what Bergen County has to offer cyclists besides Route 9W? This series will help maintain a solid base for Spring events.

Eateries will be in Ft. Lee/Englewood area. Riders must RSVP Diane at 330-414-7472 or dianegoodwin@yahoo.com - by Wednesday prior to ride. Leaders: Diane Goodwin & TBA

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace. No Point/Drop/Sweep

Unique and interesting experiences await you throughout the five boroughs and Westchester County on these brisk weather brisk paced rides. Temperatures below 30 degrees or wet weather cancels. Call Jesse at 917-578-2244 for inquiries. Leaders: Rodney Millard & Jesse Brown

POLAR PANCAKES

9:30 AM Eleanor Roosevelt statue (W.72 St & Riverside Drive), 41 miles, 13-14 mph pace, flat terrain with two bridge crossings

Let's take a ride through Brooklyn to join the Coney Island Polar Bear Club (www.polarbearclub.org) for their traditional New Year's Day celebration benefitting Camp Sunshine for children with serious illnesses. Along the way we'll stop for brunch at a kosher restaurant for scrumptious pancakes and waffles. Then head down to the boardwalk for the polar bear swim at 1 PM. Return to the start at 3:30 PM. Bring lock, money for brunch and dress warmly. Rain or

snow cancels. Leaders: Geoff Cohen and Dana Hudes

FROSTBITE RIDE #5:

NEW YORK BOTANICAL GARDEN
10:00 AM, Plaza Hotel 5th Ave and 59 St, Manhattan, 30 miles slow to moderate pace

Elly Spangenberg's perennial ride. Smell fresh roses at one of the foremost American public gardens. Take a look at the Holiday Train Show. Go to the Enid A. Haupt Conservatory for "A World of Plants" in a warm environment. For more info, see www.nybg.org. Bring a camera, lock, \$ for lunch and \$6 admission. Leaders: Ed DeFreitas & TBA

Saturday, January 7, 2012

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace, no Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.

☺ THE GREATEST GRID
--MUSEUM OF THE CITY OF NEW YORK
10:00 AM, City Hall, Manhattan,
12-14 leisurely miles

Imagine our entire city designed like the West Village, finding yourself in a maze never to see the rest of civilization again (that's probably why people live there). But for the rest of us, we've been saved by the Grid System. Find out what this plan did to make New York City so manageable. We'll see the plans from the past and what might be coming down the road, at the Museum of the City of New York; a museum with some great New York City exhibits! Visit www.mcny.org. Bring \$6 for admission, as well as money for food at a local eatery. Rain, snow or icy conditions at start cancels. Leaders: Richard Sanford & TBA

Sunday, January 8, 2012

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace. No Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.

FROSTBITE SERIES #6:

RIDE TO GARABALDI/ALICE AUSTEN
9:45 AM, City Hall/ 10:15 AM, South Ferry 20-30 miles 12-13 mph pace

Get transported again on the SI Ferry for scenic riding. You can get anything you want at Alice's restaurant - oops Cargo's. Visit the home of famed photographer Alice Austen, with gleaming views of New York Bay. She's not at home but appreciates your visiting. Check the website www.aliceausten.org. Don't worry about Guiseppe Garibaldi, baby. Bring \$ for lunch at CARGO'S, lock & digital camera.

Leaders: Ed Defreitas & TBA

TRAINING IN BERGEN #2

10:15 AM, Strictly Bicycles, 2347 Hudson Terrace, Ft. Lee, NJ, 30-35 miles, Quick Spin, No Point / Drop / Sweep. 15 mph avg
RECURRING RIDE--SEE PAGE 5.

Saturday, January 14, 2012

CELEBRATE MLK WEEKEND IN BERGEN COUNTY

9:00 AM, Eleanor Roosevelt Statue (W. 72nd and Riverside Drive), Manhattan, 45 miles with a few steep hills. Moderate pace.

Shake the winter blahs and enjoy the company of our bike friends for lunch in Bergen County to celebrate MLK weekend. We will do a touring pace through residential areas with lots of pretty houses and trees. There will be some straight stretches where you can spin if you want to. Lunch at one of the nicer diners in Emerson or thereabouts. Rain, snow or temperatures below 30 F at start cancels. Bring money for lunch.
Leaders: Julie Blackburn & Claire Mordas

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace. No Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.



☺ WINTER JOURNEY TO FILLMORE'S
10:00 AM, Kew Gardens, 25-30 easy flat miles

Take an easy, flat ride through the borough of Queens, circle the globe and settle down for a great lunch at Fillmore's Tavern, a bike-friendly restaurant with a pub-like atmosphere. Bring \$10 lunch money and a bike lock for this warm winter journey. Leaders: Ed Pino & Liz Baum

Sunday, January 15, 2012

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace. No Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.

TRAINING IN BERGEN #3

10:15 AM, Strictly Bicycles, 2347 Hudson Terrace, Ft. Lee, NJ, 30-35 miles Quick Spin No Point/Drop/Sweep 15 mph avg
RECURRING RIDE--SEE PAGE 5.

☺ FROSTBITE RIDE #7:

UNCLE GEORGE'S GREEK TAVERN

10:00 AM, City Hall, 30 miles, slow to moderate pace
Ride into Queens, the borough that brought to the 5BBC Phil Goldberg, Brian Hoberman, Ira Najowitz, Manny Sanudo and David Seto. Feast on Greek cuisine in Astoria. We'll have excursions to Socrates Sculpture Park and other waterfront delights on the East River. Maybe an aerial ride back to Manhattan. Bring lock, \$ for lunch and a disposable camera. Leaders: Ed Defreitas & TBA

Saturday, January 21, 2012

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace. No Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.

CONEY ISLAND WATERFRONT

10:00 AM Prospect Park (Grand Army Plaza), 30-40 miles. Pace: Moderate, flat terrain

We'll stop for a square or two (pizza, that is) Heading to Coney Island and the waterfront our trip will take us through some of the tree-lined streets of Bklyn that boast Victorian homes of an era long gone by. Bring lock, camera and money for lunch. Leaders: Rudy Paulich & Kathryn Baur

Sunday, January 22, 2012

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace. No Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.

FROSTBITE RIDE #8:

SNUG HARBOR & THE NEW YORK

CHINESE SCHOLAR'S GARDEN

10:00 AM, City Hall, 20 miles, slo-moderate pace

New Frostbite Ride! We'll take the Path train to

5BBC Recurring Rides

TRAINING IN BERGEN

Sundays: Jan. 1, 8, 15, 22, 29, Feb. 5, 12, 19, 26
10:15 AM, Strictly Bicycles, 2347 Hudson Terrace, Ft. Lee, NJ, Quick Spin No Point / Drop / Sweep, 15mph avg, 30-35 miles

Directions: From Manhattan: Go to George Washington Bridge bike/ped path to New Jersey. Off the bridge, turn right to Hudson Terrace. After a mile, carefully left after Myrtle Ave. & see the shop & parking area. RECOMMEND ARRIVING 15-30 MINUTES EARLY BEFORE START TIME.

Leaders: Diane Goodwin & TBA

Are you already a strong rider who wants to improve handling and navigational skills? Do you want to see what Bergen County has to offer cyclists besides Route 9W? This series will help maintain a solid base for Spring events. Eateries will be in Ft. Lee/Englewood area.

Riders must RSVP Diane at 330-414-7472 or dianegoodwin@yahoo.com - by Wednesday prior to ride.

TEMPERATURE REGULATORS

Saturdays & Sundays: Jan. 1, 7-8, 14-15, 21-22, 28-29, Feb. 4-5, 11-12, 18-19, 25-26
9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace. No Point / Drop / Sweep

Directions: Bronx. Subway: 2 to Pelham Parkway
Leaders: Rodney Millard & Jesse Brown

Unique and interesting experiences await you throughout the five boroughs and Westchester County on these brisk weather brisk paced rides. Temperatures below 30 degrees or wet weather cancels. Call Jesse at 917-578-2244 for inquiries.



IMPORTANT CYCLING NOTE #1

There may be more rides not listed in the Bicycletter. Please check the club web at ww.5bbc.org/rides and/or bulletin board; As a member, check club weekly emails.

IMPORTANT CYCLING NOTE #2

As the weather gets cold, it's very important to: Dress in layers, that can be removed when needed. Apply Sunscreen to protect your exposed skin; Lip Balm to keep lips from drying and cracking. Drink Water to stay hydrated. Thank you.

Want to help with the print Bicycletter? With other involving things?



From bookcover: The Best of Newspaper Design 27

Email newsletter@5bbc.org to help label and fold copies of the NEXT print edition of our humble Bicycletter to 5BBC members. Perhaps you can contribute articles & photos—let us know. Let's have fun getting the club's paper communiqué mailed to our members in the Age of the 21st Century Internet.

the wilds of New Jersey. Then we'll bike down to and over the Bayonne bridge into Staten Island. From there the Snug Harbor Cultural Center & Botanical Garden is only a few miles more. This historic, beautiful and former haven for retired sailors is a pleasing sight. To put a cherry on top, there's the New York Chinese Scholar's Garden, where you can pre-celebrate Chinese New Year a day earlier. See www.snug-harbor.org. Leaders: Ed Defreitas & TBA

TRAINING IN BERGEN #4

10:15 AM, Strictly Bicycles, 2347 Hudson Terrace, Ft. Lee, NJ, 30-35 miles, Quick Spin No Point / Drop/Sweep. 15mph avg
RECURRING RIDE--SEE PAGE 5.

Saturday, January 28, 2012

ALPINE TO HOBOKEN

9:00 AM, George Washington Bridge Bus Terminal, W 178th St & Ft. Washington Ave, Manhattan, 35 miles at 15 mph pace, flat with a few hills

Good pace ride up Rt 9W to Alpine Police Station. Return directly back to PATH train in Hoboken. Dress warmly, bring water bottle(s), two spare tubes, \$ for possible lunch in Hoboken and \$2.50 PATH train fare.
Leaders: Dennis Griffin and Julie Blackburn

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace. No Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.

Sunday, January 29, 2012

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace. No Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.

FROSTBITE RIDE #9:

CONEY ISLAND
DREAMIN' ON SUCH A WINTER'S DAY
10:00 AM, City Hall, Manhattan,
30 miles, moderate pace

To Brooklyn, the Borough of churches, we will go. Ride to the serene waterfronts of Verrazano and Coney Island. Have lunch at Totonno's renowned for prized pizza since 1924. Read about it on Wikipedia: www.wikipedia.org/wiki/Totonno's. Some facts: pizza was first developed by the

ancient Greeks and was brought over to America by Italian and Greek immigrants. Get that mozzarella! Bring lock, \$ for food and a camera. Leaders: Ed Defreitas & TBA

Saturday, February 4, 2012

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace, No Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.

Sunday, February 5, 2012

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace. No Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.

FROSTBITE RIDE #10:

QUADRUPLE BYPASS
10:00 AM, City Hall, 20 miles, moderate pace

Hills without leaving the East river. First ride over the Brooklyn bridge. Then the Manhattan bridge. Go through the lower East Side. No Katz's please, maybe a pickle! Now the Williamsburg bridge. Ok now north along Bedford, STAY AWAY FROM THE RESTAURANTS!. We'll eat later. Hop over Newtown Creek via the Pulaski bridge. Pass Long Island City, maybe a museum or an island hop. Now that you've rested, the Queenborough bridge looms on the horizon. So, up we go. We'll follow the east River south to a bike-friendly pizzeria. Yeah, but I'm not buying! Bring money for lunch and bike lock. Leaders: Ed Defreitas & TBA

TRAINING IN BERGEN #6

10:15 AM, Strictly Bicycles, 2347 Hudson Terrace, Ft. Lee, NJ, 30-35 miles, Quick Spin No Point/Drop/Sweep 15 mph avg
RECURRING RIDE--SEE PAGE 5.

Saturday, February 11, 2012

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace. No Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.

A WINTER SWEET TREAT

10:00 AM, City Hall, 20-25 miles, moderate pace
It's winter. It's cold. It's time to give ourselves a rich, sweet treat, as we make our way to Brooklyn for a choice of cupcakes, cheesecake or Italian pastries (sandwiches and Brooklyn pizza also are available). We'll climb over a bridge and work up

an appetite for a winter's delight. Bring lock and money for food. Rain, snow or extremely cold will cancel-check bulletin board the early morning of the ride or follow billm45s for Twitter update. Leaders: Bill Mastro & Susan Levine

Sunday, February 12, 2012

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15mph pace. No Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.

FROSTBITE RIDE #11:

SHEEPSHEAD BAY AND BEYOND

10:00 AM, City Hall, Moderate pace, 12-13 mph

Another excursion to the Borough of Churches, Brooklyn. We'll check out the Shore Parkway greenway that is cycled on Bicycle Beach Bum rides with a glimpse of the Atlantic ocean. Plus check out the Sheepshead Bay footbridge (info: www.placematters.net/node/1478) Bring lock, \$ for lunch and a camera.
Leaders: Ed DeFreitas & TBA

TRAINING IN BERGEN #7

10:15 AM, Strictly Bicycles, 2347 Hudson Terrace, Ft. Lee, NJ, 30-35 miles Quick Spin, No Point / Drop / Sweep 15 mph avg
RECURRING RIDE--SEE PAGE 5.

Saturday, February 18, 2012

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace. No Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.

☺ GET ACQUAINTED PIZZA RIDE TO CONEY ISLAND

10:00 AM, Prospect Park, Grand Army Plaza, Brooklyn, 20 miles, mostly flat

Never rode with the 5BBC? What better way to break the winter doldrums than a fun ride to Coney Island? We'll make our way to Coney Island via the Shore Parkway Bike Path and enjoy the views of the Brooklyn waterfront. Once we arrive at our destination we can sit down to the best pizza in Brooklyn at Totonno's (<http://www.zagat.com/r/totonnos-pizzeria-napolitano-brooklyn>). Bring locks and money for lunch. Rain, snow or temperatures below 32 degrees at the start cancels the ride.
Leaders: Andrea Casertano and Rudy Paulich

☺ FILLMORE'S - A MEDIOCRE RIDE FOR A MEDIOCRE PRESIDENT

10:00 AM, Kew Gardens, Statue of Civic Virtue (Union Turnpike & Queens Boulevard), Queens. 25-30 easy flat miles

Take an easy, flat ride through the borough of Queens, circle the globe, and settle down for a great lunch at Fillmore's Tavern, a bike-friendly restaurant with a pub-like atmosphere. Bring \$10 lunch money and a bike lock for this warm winter journey. Leaders: Ed Pino & Liz Baum

Sunday, February 19, 2012

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace. No Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.

FROSTBITE RIDE #12:

A WINTER GIFT FROM OLMSTEAD & VAUX

10:00 AM, City Hall 30 miles, moderate pace
Designed by Frederick Law Olmstead and Calvert Vaux after their success with Central Park, Prospect Park, with 562 acres of woodland, meadows and ponds is considered by many to be their masterpiece and the *Pièce de résistance* of a true hometown, Brooklyn. See the Wikipedia page for Prospect Park-<http://tinyurl.com/6fsgit>.
Leaders: Ed DeFreitas & TBA

TRAINING IN BERGEN #8

10:15 AM, Strictly Bicycles, 2347 Hudson Terrace, Ft. Lee, NJ, 30-35 miles, Quick Spin No Point/Drop/Sweep, 15 mph avg
RECURRING RIDE--SEE PAGE 5.

Saturday, February 25, 2012

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15 mph pace. No Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.

THE PIER IN PIERMONT

9:00 AM, George Washington Bridge Bus Terminal (W 178th St & Ft. Washington Ave), Manhattan. 30-35 rolling miles with some hills at 13-14 mph pace

Before there was Piermont, there was a pier. Built in 1839 by the Erie Railroad to facilitate rail-boat transfers, the pier in Piermont extends an awesome one mile into the Hudson River. Today we treat ourselves to the luscious views from the pier while we thank the rail barons of the 19th century for their inadvertant gift to cyclists of the 21st. Leaders: Jim Zisfein and Howard Hall

Bikes On Trains



24-hour access, no permit required, \$2 fare each way. Walk bike to station. Enter and exit through service gate. Avoid rush hours. Try to use letter lines (e.g. A, D, E, F) when possible. For weekend email advisories, visit: <http://advisory.mtanyc.info/customerselection.asp>. Read "Bike Safety in the Subways": www.mta.nyc.ny.us/nyct/safety/bike/



Access requires an MTA Bike Permit, as well as fare, good for both trains, available, \$5 fee at:

A) Grand Central Terminal, Metro North window #27 or call 212-532-4900

B) Penn Station, LIRR Information booth or call 718-558-8228

Specific restrictions apply. Note: separate old LIRR and Metro North permits still valid for their respective lines. Web page link for application form:

www.mta.nyc.us/mnr/html/mnrbik permit.htm

For more information on all MTA trains, visit www.mta.info/bike/



Specific restrictions apply when you take your bicycle on New Jersey Transit. For Bike Program info, please call (973) 762-5100 or visit www.njtransit.com/rg/rg_servlet.srv?hdnPageAction=BikeProgramTo



A permit is no longer required, but there are restrictions. 5BBC trips that use PATH, usually rides on weekends and holidays. For more info, please call (800) 234-PATH or visit www.panynj.gov/CommutingTravel/path/html/rules.html



From late Nov. 2010, on a 5BBC ride, Jackie Junntonen completing a loop around the Kessena Park velodrome, in Queens. Photo by Alfredo Garcia.



From ProCycling News & Mikael Colville-Andersen:

"We should all be so lucky to see ladies like this-riding in the dead of winter."



Sunday, February 26, 2012

TEMPERATURE REGULATORS

9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE corner), 30 miles or so at a 15mph pace. No Point/Drop/Sweep
RECURRING RIDE--SEE PAGE 5.

COASTING THE GOLD COAST

9:30 AM, Cunningham Park, Union Turnpike & 196 Pl., Queens, 40 miles, moderate pace, hills

Join us for a ride through the scenic North Shore towns of Great Neck, Kings Point and Sands Point. The goal is to shake off the winter blahs, stretch our legs and get some fresh air. There will be a stop for lunch at a local Italian eatery. If time and weather permit we may stop to take in a few of the local points of interest. Otherwise we keep on rolling. Less than 32 degrees one hour prior to start, rain, snow or icy conditions cancel the ride. Bring money for lunch, lock and spare tubes.
Leaders: Claire Mordas & Kathryn Baur

**FROSTBITE RIDE #13:
RIDE TO PANCAKES**

9:45 AM, City Hall, 10:15 AM, South Ferry, 30 miles, moderate pace
Kull-ing all bikes! Join us for an encore presentation to conclude our fabled series. Lunch

will be extremely warm and delicious at Bayonne's Broadway Diner. Journey further to Liberty State Park and pay tribute to the Liberation Monument. We'll be cycling on parts of the Hudson River walkway. See www.hudsonriverwaterfront.org. Bring lock, ample \$ for lunch and a film, digital or disposable camera. Leaders: Ed DeFreitas & TBA

TRAINING IN BERGEN # 9

10:15 AM, Strictly Bicycles, 2347 Hudson Terrace, Ft Lee, NJ, 30-35 miles Quick Spin No Point / Drop /Sweep 15mph avg
RECURRING RIDE--SEE PAGE 5.

Sunday, March 4, 2012

THREE MUSEUMS

10:00 AM, City Hall 25 miles, easy pace

Three Museums/Mansions/Homes. All in Manhattan. All here before the Civil War, except for one in a different place from where it was built. Two before there was a United States. Two wrap ped up deeply in American history. Minor to zero entrance fees. Our city is 400 years old. You think it doesn't have history? In one place a Founding Father fulfills his dream for a family. While in another, his son revenges his death. In another nature shows us how to really live, simply and beautifully. Come find out what astounding things we Americans can do when we decide to. Bring lock, \$ for food.
Leaders: Ed DeFreitas & TBA

Happy Holidays from the Five Borough Bicycle Club!



TREASURER'S ANNUAL REPORT - 2011

The Five Borough Bicycle Club is a 501(c)4 non profit (social welfare) organization under the IRS Internal Revenue Code. The club's fiscal year runs from December 1 to November 30.

INCOME & EXPENSE – 12/1/10 to 11/30/11

	Income	Expense	Gain/Loss
Administration	456	8,318	(7,862)
Communications	0	4,407	(4,407)
Day Trips	0	901	(901)
Leadership	316	5,346	(5,030)
Membership	17,502	1,797	15,705
Newsletter	0	6,043	(6,043)
Programs	569	3,659	(3,126)
Special Events			
Mattituck Century	4,225	5,122	(897)
Montauk Century	138,567	137,712	855
Weekend Trips	12,381	16,160	(3,789)
Total	174,016	189,508	(15,492)

Administration – Income consists of contributions and interest from its money market account. Expense consists of contributions to nonprofit organizations, insurance, stationery, postage, supplies and equipment.

Communications – Expenses consist mainly of flyers, brochures and related postage.

Day Trips – Day Trip expenses consist of ride leader's out-of-pocket expenses.

Leadership – Income is from nominal fees charged for our leadership training program. Expenses are for the training program and for annual awards for active ride leaders. In 2011 the 5BBC graduated five new ride leaders.

Membership – Income consists of dues and merchandise sales. In 2011, income from membership dues was almost exactly the same as in 2010.

NET WORTH as of 11/30/11

Assets	
Checking & Money Mkt. Acct.	85,287
Merchandise Inventory	3,772
Total Assets	89,059
Liabilities	
Accounts Payable	(1,123)
Net Worth	90,182

Newsletter – Expenses consist of printing and postage costs for hard copies of the Bicycleletter. Roughly half our membership currently requests hard copies; the other half downloads cost free pdf copies from the 5BBC web site.

Programs – Income is from the December 2010 holiday party. Expenses are for that party and for monthly general meetings in 2011.

Special Events – In 2011 the club ran two Special Events, the Mattituck Century and the Montauk Century.

Weekend Trips – In 2011 the club ran five weekend trips.

*Submitted by
Bob Castro, 2011 Treasurer
November 30, 2011*



Photos by Martial Henrys

Join 5BBC members Rick & Gail Anderson and Mary Martinez as they perform with the Park Slope singers in the following two concerts

Sunday, January 22nd, 3:00 PM.
Church of the Good Shepherd, 4th Avenue & 76th Street, Bay Ridge, Brooklyn. This concert is part of the Arts on the Corner series.

Saturday, January 28th, 3:00 PM.
St. Saviour Church, 8th Avenue and 6th Street, Park Slope, Brooklyn.

The suggested contribution at Arts on the Corner is \$10.00. Tickets are available at the door.

Tickets for the concert at St. Saviour, our usual venue, are \$15 (General Admission) and \$10 (Students and Seniors) and will be available from chorus members or at the door 45 minutes before the concert. For more info, visit www.parkslopesingers.org.



BIKING THROUGH BLACK HISTORY

In 2007, TV station WPXI, Pittsburgh, Pennsylvania, aired four segments on the history of Black America via cycling of the 2,000 mile route of the Underground Railroad.

The "railroad" was a secret network for African American slaves seeking freedom from their Southern masters, was utilized 1750-1861 through the American Civil War. The route ranged from the Deep South of Mobile, Alabama to the Great Lakes Canadian town of Owen.

About a million slaves successfully escaped.

Harriet Tubman, famed "conductor" of the railroad, never lost a single person on the route.

Adventure Cycling created a map, the Underground Railroad Route (UGRR) in 2007. Lewis and Clark

According to the WPXI, the purpose of the Underground Railroad Route is to honor our history, past people for their noble deeds, people present for the bike route and to get people of color involved with cycling.

Visit Adventure Cycling for the UGRR bike route:
www.adventurecycling.org/ugrr

And the YouTube links to the WPXI news series on video:

<http://tinyurl.com/7q8kgrx>

Membership & Merchandise

General Information *(Please print)*

First Name M.I. Last Name

Address Apt.

City State Zip

Email Address

Day Phone Evg. Phone

2nd member's name if dual membership (two members at same address) or
if 2nd tripper on weekend trip.

First Name M.I. Last Name

Email Address

Day Phone Evg. Phone

Waiver and Release of Liability

I attest that:

- a) I am eighteen (18) years of age or older,
- b) I am competent to bicycle on public roads in traffic,
- c) I will check the bicycle and associated equipment that I will use to insure that it is in proper working order and legal for operation on the streets,
- d) I will wear a CPSC or Snell approved helmet while riding my bicycle.

I discharge and release the Five Borough Bicycle Club (5BBC), their respective ride leaders and all sponsoring organizations, their respective agents, boards, commissions and any involved municipalities, employees and representatives of the foregoing, from all liability arising out of or connected in any way with my participation in 5BBC activities, whether or not caused by the negligence of any of the above parties.

I acknowledge:

- a) the 5BBC's recommendation that I consult with a physician regarding the advisability of my participation in 5BBC activities,
- b) that medical or other services rendered to me by or at the insistence of any of the parties mentioned above are not an admission of liability,
- c) that I may be photographed during 5BBC activities and agree to allow my photo, video or film likeness to be used for any legitimate purpose by any of the parties mentioned above.

I have read and understand this Waiver and Release of Liability and agree to its terms in consideration of my being allowed to participate in 5BBC activities.

Signature, 1st Member Date

Signature, 2nd Member Date

Waiver by Parent/Guardian of a Minor

If a member is under age 18, parent's or guardian's signature is also required.

I attest that:

- a) I am the parent or guardian of the minor named below,
- b) I will check the equipment the minor will use in 5BBC activities to insure that it is in proper working order and legal for operation on the streets,
- c) If the minor is under age 14, he or she shall be under the direct supervision of myself or an adult designated by me during 5BBC activities.

I understand that the minor will be bicycling on public roads, in traffic. I have read and understand the Waiver and Release of Liability above and agree to its terms on behalf of myself and the minor in consideration of his or her being allowed to participate in 5BBC activities.

Minor's Name (Please print)

Parent's or Guardian's Name (Please print)

Parent's or Guardian's Signature Date

Member Preferences

Put a check mark next to the things you don't want us to do. This applies to both members of a dual membership.

- ___ Do not list snail mail address in the 5BBC roster.
- ___ Do not list email address in the 5BBC roster.
- ___ Do not list phone numbers in the 5BBC roster.
- ___ Do not share name, address, etc. with other bike clubs or cycling organizations.
- ___ Do not send weekly email on current 5BBC rides and events.
- ___ Do not send newsletter by snail mail. I'll download it faster from the "Member's Only" page on the 5BBC web site (www.5BBC.org) and save a small tree or sapling.

Payment

5BBC Membership

Individual \$20, Dual \$25.....\$ _____
Dual Membership: two persons at same address. Memberships expire on Dec 31 of the year you join or renew, except those who join after Oct 1, in which memberships expire Dec 31 of the following year.

Cross Borough Jersey

Indicate quantity and size.

___ Ladies (Circle One) S..... M..... L
___ Men (Circle One) M..... L..... XL
Total qty. ___ @ \$65 each\$ _____

Lady Liberty Jersey - CLOSEOUT SALE

Indicate quantity and size.

___ Ladies (Circle One) Large Only
Total qty. ___ @ \$40 each\$ _____

5BBC Patches

Total qty. ___ @ \$4 each\$ _____

Total Payment.....\$ _____

Make check or money order payable to **5BBC** and mail to:

Five Borough Bicycle Club
891 Amsterdam Avenue
New York, NY 10025

5BBC Membership Card and Participating Bike Shop Discount List

Below you'll find your Five Borough Bicycle Club membership card. Make sure your mailing label is on the other side (with the new expiration date), then just cut it out. Laminate it if you wish, and keep it somewhere safe. Show it at any of the shops listed below for a discount on many items. Thanks to Kent Mark and Leila Rinehart for expanding this list for 5BBC members like you.

Flash your 5BBC Membership Card at these Bike Shops

BRONX

Westchester Bike Pro Shop
2611 Westchester Ave.
Bx, NY 10461 718-409-1114
www.westchesterpro.com

BROOKLYN

Bay Ridge Bicycle World
8916 3rd Ave. Bklyn, NY 11209
718-238-1118
www.bayridgebikes.com

Bicycle Station
560 Vanderbilt Ave
Bklyn, NY 11238 718-638-0300

Fulton Bikes
1580 Fulton Street
Bklyn, NY 11213 718-778-2887

Kensington Cycle Works
140 Ocean Parkway
Bklyn, NY 11218 347-635-4645
www.kensingtoncycleworks.com

On The Move

400 7th Ave.
Bklyn, NY 11215 718-768-4998

Roy's Sheephead Cycles
2679 Coney Island Ave.
Bklyn, NY 11235 718-646-9430
www.roysbikes.com

Verrazano Bicycle Shop
7308 5th Ave
Bklyn, NY 11209 718-680-6521

MANHATTAN

A Bicycle Shop
163 W 22 St. NY, NY 10011
212-691-6149 a-
www.bicyclerenaissance.com

B-Fold (Folding bikes)
224 E 13th St. (2nd-3rd Aves)
NY, NY 10003 212-529-7247
www.bfold.com

Bicycle Habitat
244 Lafayette St
NY, NY 10012 212-431-3315
bicyclehabitat.com

Bicycle Renaissance
430 Columbus Ave. (81st St)
NY, NY 10024 212-724-2350
www.bicyclerenaissance.com

Champion Bicycles
896 Amsterdam Ave (103-104 Sts)
NY, NY 10024 212-662-2690
www.championbikes.com

Chelsea Bicycles
156 W 26th St. (6th-7th Aves)
NY, NY 10001 646-230-7715
www.chelseabicycles.net

City Bicycles
315 W 38 St NY, NY 10018
212-563-3373
www.city-bicycle.com

Conrad's Bike Shop
25 Tudor City Place
NY, NY 10017 212-697-6966

Continuum Cycles
199 Ave. B (12th-13th Sts)
NY, NY 10009 212-505-8785
www.continuumcycles.com

Gotham Bikes
112 W Broadway
NY, NY 10013 212-732-2453
www.togabikes.com

Larry & Jeff's Bicycles Plus (1)
1400 3rd Ave. (79-80 Sts)
NY, NY 10021 (212) 794-2929
www.bicyclesnyc.com

Bill's Cyclery (2)
108-11 Liberty Ave.
Richmond Hill, NY 718-641-1880

Buddy's Schwinn Bicycle
79-30 Parsons Blvd,
Flushing, NY 11366
718-591-9180

Peak Mountain Bike Pro Shop
42-42 235th Street

South Shore Bicycle & Fitness

1067 Broadway
Woodmere, NY 11598
516-374-0606
www.southshorebicycle.com

Valley Stream Bicycle
95 E. Merrick Rd.
Valley Stream, NY 11580
516-825-8181

www.valleystreambicycle.com
Visentin Bike Pro Shop
51 Pine Hollow Rd., Rte. 106
Oyster Bay, NY 11771
516-922-2150
www.visentinbike.com

WESTCHESTER Bicycles Unlimited

141 East Main St.
Elmsford, NY 10523
914-592-7979

Pelham Bicycle Center
109 Wolfs Lane
Pelham, NY 10803
914-738-3338

www.pelhambikes.com

Sierra Cycles
46 Garth Rd.
Scarsdale, NY 10583
914-725-8333

CONNECTICUT

Baybrook Bicycles
243 Captain Thomas Blvd
West Haven, CT 06516
203-933-4576

www.baybrookbicycles.com

College Street Cycles
252 College St.
New Haven, CT 06510
203-865-2724

www.collegestreetcycles.com

Newington Bicycle
1030 Main St.
Newington, CT 06111
860-667-0857

www.newingtonbike.com

NEW JERSEY

Bicycle Tech
246 Main St. Lincoln Park, NJ
07035 (973) 768-4998

Bicycle Workshop
175 Country Rd.
Tenafly NJ 07670 201-568-9372
www.bicycleworkshop.com

Marty's Reliable Cycle
173 Speedwell Ave.
Morristown, NJ 07960
973-538-7773
www.martysreliable.com

Strictly Bicycles
2347 Hudson Terrace
Fort Lee, NJ 07024
201-944-7074
www.strictlybicycles.com



Larry & Jeff's Bicycles Plus (2)
1690 2nd Ave. (87-88 Sts)
NY, NY 10128 212-722-2201

Midtown Metro Bicycles
360 W 47th St NY, NY 10036
212-581-4500
www.metrobicycles.com

NYC Velo
64 Second Ave. (4th St)
NY, NY 10003 212-253-7771
www.nycvelo.com

Sid's Bike Shop
235 E 34th Street NY, NY 10016
212-213-8360
www.sidsbikes.com

Victor's Bike Repair
4125 Broadway (174 St)
NY, NY 10032 212-740-5137

Zen Bikes
134 West 24th St.
NY, NY 10011 212-929-2453
www.zenbikes.com

QUEENS
Arc De Triomphe Bicycles
114-01 Jamaica Ave.
Richmond Hill, NY 11418-2443
718-846-2099

Bellite Bicycles
169-20 Jamaica Ave.
Jamaica, NY 11432
718-739-3795
www.bellbikes.com

Bicycle Barn
107-34 Springfield Blvd
Queens Village, NY 11429
718-479-3119

Bike Stop
37-19 28th Ave
Long Island City, NY 11103
718-278-2453

Bill's Cyclery (1)
63-24 Roosevelt Ave
Woodside, NY 11377
718-335-1906
www.ubuybikes.com

Douglaston, NY 11363
718-225-5119

www.peakmntbike.com

Spin City Cycle
91-71 Queens Blvd
Rego Park, NY 11375
718-793-8850

www.spincitycycle.com

Spokesman Cycles
49-04 Vernon Blvd.
Long Island City, NY 11101
718-433-0450

www.spokesmancycles.com

LONG ISLAND

The Bicycle Planet
540 Jericho Turnpike
Syosset NY 11791 516-364-4434
www.thebicycleplanet.com

Bike Discounters (1)
2503 Middle Country Rd.
Centereach, NY 11720
631-471-3230

www.thebikeoutlet.com
Bike Discounters (2)

287 Portion Rd.
Ronkonkoma, NY 11779
631-737-9282

Brands Cycle Center
1966 Wantagh Ave.
Wantagh, NY 11793
516-781-6100
www.brandscycle.com

East End Bicycles
943 Montauk Hwy.
Shirley, NY 11967
631-399-7390

www.eastendbikes.com

Carl Hart Bicycles
620 Middle Country Rd.
Middle Island, NY 11953
631-924-5850

www.carlhart.com

Sayville Bike Works
75 Main St.
West Sayville, NY 11796
631-589-0009



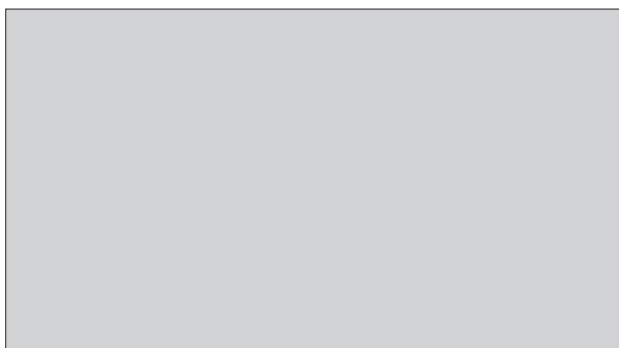
891 Amsterdam Avenue
 New York, NY 10025-4403
www.5bbc.org

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5BBC Eclectic Electric Holiday Lights ride, Dyker Heights, Brooklyn, Sat., Dec. 17, 2011. Photo by Bill Mastro.



© Happy Holidays! ©

© Please Renew Your 5BBC Membership! ©

About the Five Borough Bicycle Club

The Five Borough Bicycle Club is a nonprofit association, encouraging people to enjoy the sport of non-competitive cycling, through our bike rides, weekend trips and general meetings. The club is located at the New York International HI-AYH Hostel, along with the HI-AYH-affiliated Ski Club of New York. Bicycle club programs include bicycle trips, education, and special events. General Meetings are open to the public and usually held monthly. Please check the Bicycletter and the website www.5bbc.org for exact dates and locations. You can also contact the Five Borough Bicycle Club Programs Coordinator at programs@5bbc.org.

Executive Board Meetings, which are open to club members who have contacted the club President or Vice President prior to the meeting, are usually held on the first Monday of each month.

Five Borough Bicycle Club membership is \$20, or \$25 for 2 members of the same household, is valid through December 31, 2012*

*Membership initiated after October 1, 2012 is valid through December 31, 2013.

Submissions to the Bicycletter are heartily encouraged, on CDs, flash drives or even 3.5" diskettes, accompanied by hard copy; or email newsletter@5bbc.org. Please limit articles to 300 words. Classified ads are free to members.

Views expressed in the Bicycletter do not necessarily reflect those of the 5BBC.

Deadlines for submissions to the Bicycletter are usually the first day of the month prior to the issue. Submissions may be edited for clarity and/or space. The deadline for submissions for the March-April 2012 issue is:

Monday 6 February 2012

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Editor: Alfredo Garcia
The Bicycletter is a bimonthly publication of the Five Borough Bicycle Club.

Contacting Us

Phone: (347) 688-2925. Note: This is a Google number set up for the 5BBC.

E-Mail: info@5bbc.org

For Bike New York, (212) 870-2080

The 5BBC is affiliated with:
 Adventure Cycling,
 League of American Bicyclists (LAB),
 New York Bicycling Coalition (NYBC)
 New York City Bicycle Safety Coalition.



Join us on
 Facebook and Twitter!

Facebook: <http://tinyurl.com/2f17p5>
 Twitter: www.twitter.com/5bbc



Cross Boro jersey designed by Caryn Greenberg. Available for \$65 see page 10, to order or visit www.5bbc.org