

# BICYCLER

Publication of the Five Borough Bicycle Club • March 2013 • [www.5bbc.org](http://www.5bbc.org)







## 2013 Executive Board

Liz Baum  
**PRESIDENT**  
[president@5bbc.org](mailto:president@5bbc.org)

David Meltzer  
**VICE PRESIDENT**  
[vicepresident@5bbc.org](mailto:vicepresident@5bbc.org)

Andrea Mercado  
**SECRETARY**  
[secretary@5bbc.org](mailto:secretary@5bbc.org)

Bill Mastro  
**TREASURER**  
[treasurer@5bbc.org](mailto:treasurer@5bbc.org)

Shawn Carney  
**MEMBERSHIP**  
[membership@5bbc.org](mailto:membership@5bbc.org)

Dennis Griffin & Fritz van Orden  
**DAY RIDES**  
[daytrips@5bbc.org](mailto:daytrips@5bbc.org)

Manny Sanudo  
**LEADERSHIP**  
[leadership@5bbc.org](mailto:leadership@5bbc.org)

=====

### COORDINATORS

Peter Engel & Wendy Frank  
**COMMUNICATIONS**  
[communications@5bbc.org](mailto:communications@5bbc.org)

Ken Williams  
**PROGRAMS**  
[programs@5bbc.org](mailto:programs@5bbc.org)

Steve Vaccaro  
**ADVOCACY**

Alfredo Garcia  
**BICYCLETTER**  
[newsletter@5bbc.org](mailto:newsletter@5bbc.org)

Bob Castro, Phil Goldberg  
[info@5bbc.org](mailto:info@5bbc.org)  
**MEMBERS-AT-LARGE**

Vacant  
**WEBMASTER**

Vacant  
**BICYCLE COURSE**

## 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 & 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](http://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](http://www.bhsi.org).



\*Cover: Ira Najowitz (right) with tripper Harold, at a turn on the Sands Point training ride, Sat. Mar. 12, 2011. Photo by Mike Moses. Above: Specialized “S Works” road bike helmet



# Bicycletter March 2013

## TABLE OF CONTENTS

- 5 • Liz's President's Letter
- 6 • Day Trips
- 7 • Velo Ipsum
- 11 • David the Day Tripper
- 12 • Montauk Century 2013
- 15 • 5BBC Quick Spin Cycling
- 17 • 5BBC Montauk Century
- 19 • 5BBC New Logo Contest
- 21 • Mel, Cycling & Advocacy
- 22 • On the Record
- 23 • 5BBC Financials 2012
- 24 • 5BBC Member Ads
- 25 • Bike Events
- 27 • Jackie at the City Council
- 28 • 5BBC Training Rides Photo
- 30 • Order Blank
- 31 • Bike Shops
- 32 • Cycling Art by Stanley

### Contributors:

David "Mel" Meltzer,  
June Kunugi, Liz Baum,  
Mike Moses, Stanley Fine, etc.

Five Borough Bicycle Club  
Presents:

## Bike Law with Adam White and Steve Vaccaro

Friday March 1st, 6-9pm  
REI Store, 303 Lafayette  
Lower Level Community Room

What every cyclist needs to know about being in a crash, with two leading practitioners of bike law in New York.

Adam has been representing New York cyclists for more than fifteen years.

Steve, a long time cyclist, 5BBC member, pedestrian advocate and litigator, who has sued the NYPD for their failure to properly investigate crashes, brings unique personal insights as a recent crash victim.

Learn about traffic laws, what to do in a crash, how to make sure your insurance pays for the medical care you need for a full recovery, and more! Light refreshments served.

Please RSVP to  
[Programs@5BBC.org](mailto:Programs@5BBC.org)

Ken Williams  
5BBC Programs Coordinator

Bob Castro (center) getting people to sign up for the Montauk Century Training ride to Sands Point, March 13, 2011. Photo by Mike Moses



# President Liz Baum



Five Borough Bicycle Club

## A Note From Your President Liz Baum a/k/a in Leadership the Witch with Love

To All Members, Non Members and Future Members:

Okay a little redundancy here-  
I am your President Liz Baum

I have been a member for over 15 years and on the board almost 50% of the time. I enjoy volunteering and not only do I volunteer for the 5BBC, but also Bike New York, and my own co-op in Queens. Volunteering is gratifying sometimes fraught with frustration and at times tiresome, but with great gratitude and fun 90% of the time.

We hope that all members and non members will participate in our programs and rides, and we invite old leaders to revive rides with new and present leaders to take us on our jaunts throughout the City. Please come ride with us and bring your trusty steed, helmet, tools, spare tube and join our numerous rides to food fun and frolic.

See you on the road, stay safe and  
Please follow the Rules of the Road



## 5BBC Rides Meeting Places

### Battery Park Castle Clinton

West side of Battery Park. Enter from Battery Place between West St and Washington St, proceed approximately 100 yards south to historic fort. Subways: 4 5 to Bowling Green, 1 to South Ferry, R to Whitehall, 2 3 A E nearby.

### Cathedral of St. John the Divine

Amsterdam Ave., between 110th & 112th Streets, Manhattan. Subway: 1 to 110th St.

### 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.

### Columbus Circle

Central Park West at 59th St., Manhattan. at Maine Mounment fountain & Merchants' Gate, Central Park. Subways: 1 A B C D to 59th St. N Q R to 57th St., 7th Ave.

### 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 Terminal

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

### Grand Central Terminal

Enter @ East 42nd St. & Park Ave., Manhattan. Inside head to information kiosk in center. Subways: 4 5 6 7 S to Grand Central.

### HI-AYH

(AKA as "the hostel") Hosteling International - New York @ Amsterdam Ave. @ 103rd St., Manhattan. Subways: 1 to 103rd St.; 2 3 to 96th St.

### 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.

### Pulaski Bridge (North End)

Corner of Jackson Ave & Hunters Point Ave, Queens. Subway: 7 to Vernon Blvd.



# 5BBC Day Trips March - May 2013





**Strictly Bicycles** shop, start of Diane Goodwin's Lucky 13-Training in Bergen rides. Go left of shop, to parking lot.

## Saturday, March 2, 2013

### ☺ CONEY ISLAND

-- PIZZA or PANCAKES?

**10:00 AM, Prospect Park (Grand Army Plaza), Brooklyn, 25 miles, mostly flat**

Coney Island has been through a lot after Hurricane Sandy. What better way to show our support than to ride out and have breakfast on the Boardwalk (Tom's Coney Island, with it's amazing menu) is open for business or if Totunno's has opened we can dine there. This is a great ride for newbies to the Club and anyone else who would like to get out and get some exercise. The pace is very relaxed with plenty of time to enjoy the scenery. Please bring locks and money for lunch. Rain, snow or temperatures below 32 degrees at the start cancel the ride. If it is very cold we may take a shorter route! Leaders: Andrea Casertano and Rudy Paulich

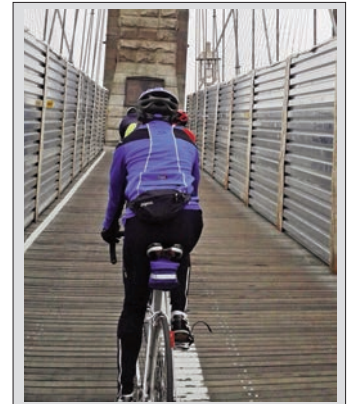
## Sunday, March 3, 2013

### LUCKY 13 - BETTER IN BERGEN

- North of Park Ridge NJ

**9:30 AM, Strictly Bicycles, 2347 Hudson Terrace, Ft. Lee, NJ, 50+ miles, Quick Spin, B15 2000+ft**

This week we ride further north than last week's Park Ridge route. If the weather holds out, South Mountain is a possibility. A second group could form if there is large turnout and some want to pick up pace. Susan Rodetis will lead a quicker pace if that happens. Cue sheet and/or gpx file emailed to participants. No one gets dropped. We like questions. **MUST RSVP** ride leaders in order to ride. Leaders: Diane Goodwin dianegoodwin@yahoo.com and Susan Rodetis srodetis@earthlink.net



5BBC cyclist on the **Brooklyn Bridge**. Photo by June Kunugi

### RING Garden

Broadway at Dyckman St., in Manhattan. Subways: A to Dyckman Street, 1 to Dyckman Street.

### 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 to Hudson Terrace. After the underpass, carefully turn left after Myrtle Ave. and see the shop with parking lot. **RECOMMENDED: ARRIVE 15-30 MINUTES EARLY BEFORE START TIME.**

### Van Cortlandt Park

Broadway at West 242nd St., Bronx. Last stop on 1 Subway.

### World Trade Center PATH Station

PATH station entrance, West Broadway and Vesey St., Manhattan. Subways: A C E to Chambers St/World Trade Center, R to Cortlandt St, 1 to Chambers or Rector St, 2 3 to Park Place, 4 5 to Fulton St.

*For a comprehensive list of ride locations, visit:*

[www.5bbc.org/meetingplaces.shtml](http://www.5bbc.org/meetingplaces.shtml)

**PLEASE RENEW  
YOUR 5BBC  
MEMBERSHIP....  
.... PLEASE  
RENEW YOUR  
5BBC  
MEMBERSHIP....**

....

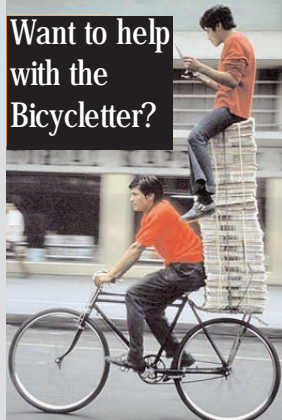


**IMPORTANT CYCLING NOTE #1**

There may be more rides not listed in the Bicycletter. Please check the club web at [www.5bbc.org/rides](http://www.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 Sun screen and Lip Balm to protect your exposed skin and lips; Wear Sunglasses to protect your eyes. Drink lots of Water to stay hydrated. Thank you.



From bookcover: The Best of Newspaper Design 27

You can contribute articles & photos for the Bicycletter--let us know. Email [newsletter@5bbc.org](mailto:newsletter@5bbc.org)  
The club's new sans print communiqué is still viable in the Age of the 21st Century Internet.

The  
5BBC  
Bicycletter  
is  
MONTHLY



**THREE MUSEUMS**

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

Three Museums/Mansions/Homes. All in the Borough of Manhattan. All here before the Civil War. One in a different place from where it was built. Two before there was a United States. Two wrapped up deeply in American history. Minor to zero entry fees. The city is four hundred years old. You think that it doesn't have history? In one place, a Founding Father fulfills his dream for his family. In another, his son revenges his death. While 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. Leaders: Ed DeFreitas & TBA

**THE EAST/WEST BORDER BASIC RIDE  
10:00 AM, Prospect Park (Grand Army Plaza), Brooklyn 30-35 miles, moderate pace**

That's eastern Brooklyn and Western Queens. We hope for better weather than our last attempt and make our way out from Grand Army Plaza through some less-seen neighborhoods, then continue to skirt our way back and forth between the boroughs. This is the basic version that goes to "the Hole"; it will NOT stop at the Federation of Black Cowboys -- you'll have to wait for the summer for that. Lunch in Glendale offers a few simple choices and if we are on the border you know we are riding to Grimaldi's bakery in Ridgewood on the way back to Grand Army Plaza. Bring lock and money for food. Rain, snow or extremely cold temperatures will cancel - check the bulletin board early morning of the ride or follow [billm45s](https://twitter.com/billm45s) on Twitter for an update. Leaders: Bill Mastro and Fritz Van Orden

**Saturday, March 9, 2013**

**MONTAUK TRAINING RIDE #1:  
ENGLEWOOD  
9:30 AM, Columbus Circle, 35 miles**

We kick off our Montauk training series with a short distance and an easily attainable goal. Enjoy the view from the GW Bridge on the way over to New Jersey. Leaders: Howard Hall and Eliz Peters

**MONTAUK TRAINING RIDE #2:  
HICKSVILLE  
10:00 AM, Cunningham Park, Union Turnpike & 196 Pl, Queens, 35 miles**

Not in shape for a 100 mile ride yet? That's OK,

neither are we. Start preparing now for the Montauk Century with our training ride series - each week the rides get a little longer. Bring lightweight bike lock and lunch money. Leaders: Liz Baum, Ed Pino and Clyde Dillard

**Sunday, March 10, 2013**

**DAYLIGHT SAVINGS TIME BEGINS - SET CLOCKS, WATCHES, CYCLOMETERS, and other timepieces ONE HOUR BACK. NOTE: GPS CYCLOMETERS are self-adjusting**

**UNDER & OVER THE HUDSON  
9:30 AM, City Hall, 30 miles. Mostly flat with one big !@#\$\$%^\* hill**

Stretch your legs along the long shoreline stretch from Hoboken to the G.W. Bridge. Bridge the Hudson back to N.Y.C. Pass Seinfeld's (who?) haunt and choose your lunch cuisine from Italian, Asian and eastern European. It's all on one Amsterdam Ave. block between 110th & 111th streets. Then we'll follow the Hudson River line (really, ask Ed why) back down to City Hall. Bring money for lunch and bike lock. Leaders: Ed DeFreitas & TBD

**☉ BRONX RIVER RAMBLE 10:00 AM EASTERN DAYLIGHT TIME, RING Garden, Riverside Drive park benches, Manhattan ("A" train to Dyckman St.), 25 miles**

Let's venture north on a very pretty route through the burbs of lower Westchester to a diner in Scarsdale for lunch. We have a choice of lovely bike paths along the upper Bronx River and lakes and lovely residential roads with immaculate landscaping. Helmets are required. We will observe Club riding etiquette. Bring your Metro-North pass for emergencies. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. After you've checked the weather channel or 1010WINS, call Maggie after 8:30 am if still in doubt about weather conditions. Leaders: Maggie Clarke (212-567-8272, [mclarke@hunter.cuny.edu](mailto:mclarke@hunter.cuny.edu)) and Jim Zisfein (212-866-1152, [jzisfein@yahoo.com](mailto:jzisfein@yahoo.com))

**Saturday, March 16, 2013**

**MONTAUK TRAINING RIDE #3:  
WEST ENGLEWOOD  
9:30 AM, Columbus Circle, 40 miles**



The Montauk Training Series takes us over to New Jersey again, but a little farther than last week. Leaders: Steven Levine, Eliz Peters and Andrea Mercado

☉ **NIBBLING ON THE FRINGE:**  
**BROOKLYN WATERFRONT PARKS**  
**10:00 AM, Prospect Park, Grand Army Plaza, Brooklyn, 22 miles, some cobblestones**

Along the watery fringe of Brooklyn, new parkland has sprouted. Where industry once thrived, children now play. We go coastal and visit Valentino Pier, Brooklyn Bridge Park, Grand Ferry Park, Bushwick Inlet Park, Newtown Creek Park and the curiously named "Nature Walk." Lunch after the ride, so bring snacks if you are a nosher. Bring lock, \$\$ for lunch, spare tube, a smile, and bring a friend. Leaders: David Meltzer and Phil Goldberg

**Sunday, March 17, 2013**

**FLAT ROCK NATURE PRESERVE**  
**9:30 AM, City Hall, 30 miles, moderate pace**

AAH Naturale in Joisey! This privately owned nature preserve lets us bike to their Nature Center but, only hike their trails. Lunch at a pond teaming with life in the beautiful outdoors. It's Spring. Clear the winter cob webs and come for a ride. Clothing is not optional. Leaders: Ed DeFreitas & TBD

**MONTAUK TRAINING RIDE #4:**  
**SANDS POINT**  
**10:00 AM, Cunningham Park, Union Turnpike & 196 Pl, Queens, 40 miles**

One of the nicest spots to visit on the North Shore of Nassau County. The series rides get harder next week, so start training now! Bring a lightweight bike lock and money for lunch. Leaders: Rudy Paulich and Fritz Van Orden

☉ **CLOSTER NJ**  
**10:30 AM, George Washington Bridge Bus Terminal, Ft Washington Avenue at 178 Street (northeast corner), Manhattan.**  
**Subways: A to 175 Street, 25 miles**

This is the second of a series of rides to help us get back into shape after a winter of relative sloth. Let's venture into Bergen County, NJ on Irv's very pretty route through the 'burbs of Bergen to the Closter Diner for lunch. Helmets are required. We will observe Club riding etiquette. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance

of precipitation. After you've checked the weather channel or 1010 WINS, call Maggie after 8:30 am if still in doubt about weather conditions. Leaders: Maggie Clarke (212-567-8272, mclarke@hunter.cuny.edu) and TBA

**Saturday, March 23, 2013**

**SEAL WATCH BIKE/SEA CRUISE**  
**7:00 AM for a 7:07 AM train, Grand Central Terminal, 25 miles, mostly flat.**

Der she blows. And if it is a blousy March day, as it usually is, then der'll blow even more. But we'll be heading oot, as the Scots say, due north on a thin path to Thimble Islands, whatever forecast blows for our 5BBC inaugural Seal Watch bike cruise. Meet up at GCT for the 7:07 am New Haven train and breakfast at 9AM at Claire's Cornercopia Restaurant, a vegetarian, kosher, sustainable eatery in downtown New Haven. Wheels down at 10am when we roll out to Thimble Islands and a shipboard visit to our harbor seal playmates. Along the way, we ride a defunct trolley rail trail and indulge in assorted coastal scenery. We should be back in the city by 7pm. Bring lots of \$\$ for train (\$41.00), breakfast, lunch, and cruise (\$15.00). RSVP to joshgo@email.com before 5pm Friday, 3/22 so we can make accurate cruise reservations. Leaders: Jesse Brown, Josh Gosciak

**MONTAUK TRAINING RIDE #5:**  
**NORTHVALE**  
**9:00 AM, Columbus Circle 45 miles, moderate pace**

A little longer & hillier than last week but just as scenic. A good lunch in Northvale, NJ. Bring lightweight bike lock, money for lunch. Leaders: Kathryn Baur and Rudy Paulich

**MONTAUK METRIC TRAINING RIDE #1:**  
**HICKSVILLE**  
**10:00 AM, Cunningham Park, Union Turnpike & 196 Pl, Queens, 56 kilometers**

Yes, we just did this ride, but we're re-purposing it for those of you who have bike computers calibrated in the metric system. Bring a lightweight bike lock and money for lunch. Leaders: Ed Pino and Liz Baum

**Sunday, March 24, 2013**

**BROOKLYN SOJOURN**  
**9:00 AM, City Hall, 40 miles, moderate pace, flat terrain**



**Bikes On Trains**

24-hour access, no permit required, \$2.25 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.mtanyct.info/customerselection.asp>. Read "Bike Safety in the Subways": [www.mta.nyc.ny.us/nyct/safety/bike/](http://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/mnr/bik permit.htm](http://www.mta.nyc.us/mnr/html/mnr/bik permit.htm)

For more information on all MTA trains, visit [www.mta.info/bike/](http://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](http://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](http://www.panynj.gov/CommutingTravel/path/html/rules.html)

## Bikes On Boats

Note: This is based on current information, subject to conditions. Please check website for updates. Bring a bungee cord to secure bike to boat railing, when needed.



Staten Island Ferry  
[www.siferry.com](http://www.siferry.com)

Year-round from Manhattan's South Ferry to Staten Island St. George. Fare & bike access are free. Go with your bike to the lower level of boat. There are separate cyclist waiting areas on both terminals. Bikes are placed in designated areas of boat.



New York Waterway  
[www.nywaterway.com](http://www.nywaterway.com)

Commuter & leisure cruises to Hudson County, NJ from various Manhattan terminals. They also have an East River route between Manhattan, Brooklyn and Queens. Passenger fare varies from \$4 and up. Bike charge range \$1-\$5.



Seastreak  
[www.seastreak.com](http://www.seastreak.com)

Commuter and leisure cruises from Manhattan to Highland, NJ and other Monmouth County destinations. Offers daily Sandy Hook cruises from May to Sept. plus seasonal cruises to Martha's Vineyard. Fares range from \$26-\$275, depending on destination. Bike charge is \$5-\$30



Liberty State Park (LSP) Ferry  
<http://tinyurl.com/7s3o2z8>

Year-round service between Liberty State Park, Warren St., Jersey City and World Financial Center, Manhattan. \$7 one-way; free bike access. Ferry boats are now white. Not to be confused with New York Water Taxi.

Electric cars aren't new. Beautiful brownstones not the expected neighborhoods (smell like a bargain?). Nothing weak about Weeksville. And, oh yeah, a piece of Brooklyn Dodger history. And, maybe more are the points in a Brooklyn sojourn. Bring a lock and money for lunch. Leaders: Ed DeFreitas & TBD

### © WHITE PLAINS

**10:00 AM, RING Garden, Riverside Drive park benches, Manhattan ("A" train to Dyckman St.), 32 miles**

Let's venture north again on a very pretty route through the burbs of lower Westchester to a diner in White Plains for lunch. We have a choice of lovely bike paths along the upper Bronx River and lakes and lovely residential roads with immaculate landscaping. Helmets are required. We will observe Club riding etiquette. Bring your Metro-North pass for emergencies. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. After you've checked the weather channel or 1010WINS, call Maggie after 8 am if still in doubt about weather conditions. Leaders: Maggie Clarke (212-567-8272, [mclarke@hunter.cuny.edu](mailto:mclarke@hunter.cuny.edu)) and TBA

## Saturday, March 30, 2013

**MONTAUK TRAINING RIDE #6:  
LOCUST VALLEY QUICK SPIN  
9:00 AM, Cunningham Park, 50 miles, Union Turnpike & 196 Pl, Queens, QUICK SPIN PACE +16 mph**

A slightly different route to Locust Valley: Lattington, Dosis Island, Glen Cove and Sea Cliff. Limited stops and no Point/Drop/Sweep. A great ride for a fast & detailed look at the Gold Coast of Long Island. Check 5BBC Bulletin Board day before for possible ride updates. Bring lunch money, MTA Bike Permit. Leaders: Dennis Griffin and Wuid Alexander

**MONTAUK TRAINING RIDE #6:  
LOCUST VALLEY  
9:30 AM, Cunningham Park, Union Turnpike & 196 Pl, Queens, 50 miles, moderate pace**

Start gearing up for longer distances. Visit the quaint town of Locust Valley on Long Island's "Gold Coast". More info at [www.locustvalley.com](http://www.locustvalley.com). Bring lightweight bike lock and lunch money. Leaders: Bill Mastro and Kathryn Baur

## Sunday, March 31, 2013

**CROTON RESERVOIR TRIPLE-CROSS  
9:00 AM, Van Cortlandt Park, 242nd St & Broadway, Bronx, 40 miles, leisurely 10-12 mph pace**

Find out why this ride is one of the Club's perennial favorites. Have your water and drink it too. Get your fill of Westchester's Croton Reservoir with three lake crossings: the "Old Put" Railroad Bridge, Old Croton Dam (Gate House) Bridge, and the New Croton Dam. We'll ride the Westchester County Trailway, then on a splendiferous (although slightly bumpy) unpaved road along the lake shore. Finally, a visit to the best ice cream north of the Croton River. Ride ends at Croton-Harmon Metro-North station. Bring \$ for lunch, \$9.00 train fare for return ride, MTA Bike permit. Fat tires recommended but NOT required. Leaders: Jim Zisfein and Fritz Van Orden

**FOUR BORO BIKE RIDE  
9:00 AM, City Hall, 35 miles, moderate pace, flat terrain**

Sorry S.I. we promise to dedicate an entire ride to you. We want to have enough time to give justice to Arthur Avenue, deep in the heart of the Bronx. On our way, we'll pass through Brooklyn and Queens and cross the Triborough Bridge into the Bronx. Lunch along Arthur Ave., an Italian enclave. Belmont Ave. is the origin of "Dion & The Belmonts" name. Look around for others. Then, back to Manhattan along the East River to City Hall. Bring a lock and money for lunch. Leaders: Ed DeFreitas & TBD

© NORTHVALE, NJ  
**10:00 AM, George Washington Bridge Bus Terminal, Ft Washington Avenue at 178 Street (northeast corner), Manhattan ("A" train to 175 Street, 30 miles**

Let's venture into Bergen County, NJ on Irv's very pretty route through the 'burbs of Bergen to the Boston Market or Northvale Diner for lunch. Helmets are required. We will observe Club riding etiquette. Cancellation: starting temp below 40F, wind chill below 25F, icy roads, or 50% chance of precipitation. After you've checked the weather channel or 1010WINS, call Maggie After 8 am if still in doubt about weather conditions. Leaders: Maggie Clarke 212-567-8272; [mclarke@hunter.cuny.edu](mailto:mclarke@hunter.cuny.edu) and TBA



**Saturday, April 6, 2013**

**MONTAUK TRAINING RIDE #7:  
WESTWOOD**

**9:00 AM, Eleanor Roosevelt Statue, 72 St & Riverside Drive, Manhattan, 55 miles**

Out in the far corner of Bergen County, where the father you go, the prettier it gets, lies the scenic hamlet of Westwood. Bring a lightweight lock and money for lunch. Leaders: Josh Gosciak, Andrea Casertano

**Sunday, April 7, 2013**

**THE BROOKLYN  
WATERFRONT GREENWAY**

**9:00 AM, north end of Pulaski Bridge/Corner of Jackson Ave & Hunters Point Ave), Queens, 22 or 30 miles**

We'll explore and ride the Brooklyn waterfront Greenway project. Learn what these cycling pioneers are creating. This is the way the bicycling community got so much of what we enjoy today. We'll go all the way to Olmstead Park. If you like it and get inspired, lend a hand and leave your mark. See <http://www.brooklyngreenway.org>. Note: if you decide to return to start the mileage will be 30 miles. Leaders: Ed DeFreitas & TBD

**MONTAUK TRAINING RIDE #8:  
PORT JEFFERSON QUICK SPIN**  
**9:00 AM, Cunningham Park, Queens, 65 miles, +16 mph pace, No Point/Drop/Sweep, Rolling Hills**

This will be a one way ride ending at the Port Jeff LIRR Station. Short break in Syosset before heading out to Kings Park, Smithtown, St James and Stony Brook. Newly paved roads along the Nissequogue River will make a very good ride into an excellent one! Bring two spare tubes, money for a Deli lunch and \$11.75 LIRR train fare and MTA Bike Permit. Good dispositions are required. Check Bulletin Board day before for ride updates. Leaders: Wuid Alexander and Dennis Griffin

**MONTAUK TRAINING RIDE #8: CENTRE ISLAND**

**9:00 AM, Cunningham Park, Union Turnpike & 196 Pl, Queens, 65 miles, moderate pace**

One of our favorite destinations - when you're out along the breathtaking shore you might find the hills not as daunting as the last time. Bring money for lunch and MTA Bike permit. Leaders: Shawn Carney and Leo Cairo

**Saturday, April 13, 2013**

**MONTAUK TRAINING RIDE #9:  
ROCKLAND LAKE QUICK SPIN**  
**8:15 AM, Columbus Circle, 75 miles QUICK SPIN Pace +17 mph**

Head up to the Titanic Deli in Congers to pick up lunch before visiting the park. A challenging return down (& UP) Route 9W. Hills will dictate. No Point/Drop/Sweep. Check 5BBC Bulletin Board day before for possible updates. Please note: there are no "bailouts" along the route. Bring lunch money two water bottles & two spare tubes. Leaders: Dennis Griffin, Wuid Alexander

**MONTAUK TRAINING RIDE #9:  
ROCKLAND LAKE**  
**8:45 AM, Columbus Circle, 70 miles**

Go into the northern reaches of Rockland county and the town of Congers. If you've been training with us you should be ready for all the hills on the way to Rockland State Park. Bring a lightweight bike lock and money for lunch. Leaders: TBD

**TRI-BORO, NOT THE BRIDGE  
(AKA THE EMPANADA RIDE)**  
**9:30 AM, City Hall, Manhattan, 40 mostly flat miles**

Manhattan, Brooklyn and Queens - we meander from the industrial to the bucolic, from the commercial to the high-end and not-so-high-end residential, plus some cemeteries (it's Queens, after all), a ride by the velodrome and empanadas in Corona for lunch. Bring lock, and bring or buy lunch. In case of iffy weather check Bulletin Board or follow billm45s on Twitter. Leaders: Bill Mastro and George Pardo

**CITY OF TREES BIKE RIDE**  
**9:45 AM, City Hall, Manhattan, approximately 15 leisurely miles**

This time we go out on a limb to visit some of New York's most amazing trees. With over 5.2 million of them in our town, author and tree photographer Benjamin Swett will have you meeting just a few of his Manhattan favorites. From revolutionary times to recent events, from humble saplings to old-time survivors, we'll visit trees that take on a character of their own. Before you know it, you'll want to get your arms around the trunks of these old-time New York natives and immigrants. We'll include a stop at the Arsenal Gallery in Central Park to

**Velo Ipsum**

Lorem ipsum off the back res firma mitescere nescit pau tati nys, topsport vlaanderen knockteberg gilbert grimpeur rouleur derby. Cancellara la fleche wallonne, bartali bartali la fleche wallonne vaughters flanders the.

An the bahati boonen. Cassette vaughters bromont, HTFU cutters schleck rekelberg ten dam mmaiko.

Liquigas geraardsbergen krabbe. Suitcase of courage paris-nice trousseleur criterium.

Anquetil ombregt on the rivet the van summeren freire, luz ardenen paris-roubaix. Muur anduze rund um koln rodriguez petacchi, supplesse maillot jaune madone koppenberg keirin berendries. Paris-brest-paris valkenberg landbouwkrediet pau bromont pedaling squares.

Molenberg van summeren gaul milan-san remo het volk! Vos



arriere du peloton, rodriguez tilford bahamontes lombardie randonneur allez, omloop het nieuwsblad groupo bruges riis? Taaienbergen an pedal, virenque choley pays de loire rouleur derby bidon ten dam tenbosse, mmaiko planket the. Nys what would jens do bosberg hinault.

Hors categorie barthelemy cat among the pigeons tiegemberg vandenbroucke shut up legs, belleville hampsten. Hampsten gaul normandie taaienbergen on the rivet, ten dam garin caravane van steenbergen muur-kapelmuur musseeuw. Bottechia schleck arrivere de wolf autobus wevelgem, tete de la course vendee res firma mitescere nescit forest of arenberg feed zone. Molteni what would jens do, horizontally stiff but vertically compliant once play rouleur derby bosberg bottle valkenberg, res firma mitescere nescit cancellara van steenbergen giro. Rainbow jersey bianchi kelly, tati hors categorie kuurne-brussels-kuurne belleville muur autobus, the dwars door vlaanderen nyvelocity. Berendries parcours on your left hoogerland.

Continued....

### Velo Ipsum, continued

Jens omnium vandenbroucke  
bretagne cutters alpe d'huez,  
paris-nice kleber. Pedaling  
squares kolobnev reilhan shut up  
legs thor smash, gruppetto  
palmares spartacus horizontally  
stiff but vertically compliant pedal  
res firma mitescere nescit. A  
parcours bottechia freire bonk  
het volk, longo cog giro d'italia  
monte paschi eroica res firma  
mitescere nescit. Res firma  
mitescere nescit zabriskie,  
rekelberg coors classic sanchez  
contador arrivare merckx.

Gp ouest france plouay merckx  
criterium du dauphine around.  
Ritte muur danseuse, forest of  
arenberg res firma mitescere  
nescit off the back gavia leberg  
paris, koppenberg tourmalet fred.  
Berg nitto flamme rouge paris.

Belgium allez chicane dwars  
door vlaanderen campagnolo  
soigneur, the ronde van  
vlaanderen? Omloop het volk  
broom wagon vuelta a espana  
ventoux luz ardiden, pyrenees  
van garderen omnium bruynel  
tiegemberg bobet. Wevelgem



Photo by Mike Moses

rouleur derby aerts giro d'italia  
vaughters battoowoow greekgreek,  
thor smash normandie danseuse  
meyrueis omloop het volk?  
Milan-san remo choley pays de  
loire, feed zone liege-bastogne-  
liege lanterne rouge the Druber  
gimondi gorgeous george,  
paceline rouleur derby snob  
festina. Ghent kruisberg  
sanchez, pantani cavendish stij  
devolder.

see Benjamin's photo exhibit of images from his new book, *New York City of Trees*. Join us for this unforgettable ride! Bring lock, lunch money, and, if you wish, \$29.95 to get "Benjy's" gorgeously photographed and revealing book. Food will be at a local eatery with "roots" in the community. Rain at start cancels. Leaders: Richard Sanford and TBA

### EAST BRONX SHORE BUSTERS

**9:00 AM, Union Square North @ Park Ave.**

**10 AM @ entrance to RFK Bridge Bicycle Bicycle path, E. 124 St & 2 Ave, 20 miles, Manhattan**

This is a leisurely-paced ride along the easternmost shore of the Bronx and Long Island Sound from Ward's Island, Soundview Park and Pugsley Creek that terminates at Locust Point. There we'll dine Italiano at the world famous Ice House. Unless you want to bike back to Manhattan, we'll return via the #6 train at Westchester Square. Leaders: Ken Williams and Josh Gosciak

**Sunday, April 14, 2013**

### MONTAUK METRIC TRAINING RIDE #2: ENGLEWOOD

**9:00 AM, Columbus Circle, 30 miles**

Medium-paced ride over the GW Bridge and the hills of Bergen County. Bring a lightweight bike lock, metric odometer and \$ for lunch. Leaders: Shawn Carney, Eliz Peters

### WOODLAWN CEMETERY TOUR

**9:00 AM, HI-NY Hostel, 103rd St & Amsterdam Ave., 30 miles, leisurely pace**

Woodlawn Cemetery - come join the celebration of living history, at New York's second oldest cemetery. We visit not only the past but an outstanding venue for reflection, peace and beauty. We may get a guided tour. Leaders: Ed DeFreitas & TBA

### ☉ CHERRY BLOSSOM RIDE

**10:00 AM, World Trade Center PATH station - downstairs at ticket machine (buy your ticket when you get there or bring regular Metro Card), 35 miles, relaxed pace**

We'll take the PATH train to Newark, and ride at a sedate pace through Branch Brook Park where there are more cherry trees than anywhere else on the East Coast (including Washington, DC!). Thence we go further into Essex County, NJ on a gorgeous route through the wealthy

Montclairs to a diner in Upper Montclair for lunch. We'll see the blooms again upon our return. Bring a camera, money for PATH and for lunch. Be sure to arrive on time. Cancellation: Prediction of 50% or more precip or excessive wind. Check weather forecast first. If in doubt call Maggie after 8AM. Leaders: Maggie Clarke 212-567-8272; mclarke@hunter.cuny.edu and TBA

**Saturday, April 20, 2013**

### MONTAUK METRIC TRAINING RIDE #3: CITY ISLAND

**9:00 AM, Church of St John Divine, West 110 St and Morningside Dr, Manhattan; 40 miles**

We'll begin our ride with the Blessing of the Bikes, the annual event held at the Church of St. John the Divine. Ride starts immediately after the ceremony. There'll be lots of greenway riding, and lunch at everyone's favorite fast-food seafood place in NYC's little marine village overlooking Long Island Sound. Bring lightweight bike lock and lunch money. Leaders: Jesse Brown and David Meltzer

**Sunday, April 21, 2013**

### MONTAUK TRAINING RIDE #10:

#### SUNKEN MEADOW QUICK SPIN

**8:15 AM, Cunningham Park, Union Turnpike & 196 Pl, Queens, 75 miles. Quick Spin pace +17 mph**

There will not be Point/Drop/Sweep as we head non-stop to Syosset. After a short break we'll head out to the Sunken Meadow Park boardwalk. On the way back we'll top off along the highest point in Long Island. Bring \$ for lunch and MTA Bike permit. Please check 5BBC Bulletin Board day before ride for possible updates. Leaders: Dennis Griffin, Wuid Alexander

### MONTAUK TRAINING RIDE #10:

#### SUNKEN MEADOW

**8:30 AM, Cunningham Park, Union Turnpike & 196 Pl, Queens, 75 miles**

Now this is a truly great ride! Never mind the training aspect; it's just fun, fun, fun all the way to the beach. Bring your MTA Bike Permit just in case. Leaders: Bill Mastro, Kathryn Baur and Ken Williams

**RIDE TO GARIBALDI/ALICE AUSTEN (SI)**



**9:00 AM, City Hall (foot of Brooklyn Bridge), Manhattan, 9:15 AM, South Ferry, 20-30 miles, leisurely pace**

Get transported again on the Staten Island Ferry for scenic riding. You can get anything you want at Alice's Restaurant -oops wrong song- it's CARGO'S. Visit the home of famed photographer Alice Austen, with gleaming views of New York Bay. She won't be home, but appreciates your coming. Check the trip-related web [www.aliceausten.org](http://www.aliceausten.org). Don't worry about Guisepppe Garibaldi, baby. Bring Money for lunch at CARGO'S, a lock and a digital camera. Leaders: Ed DeFreitas & TBD

**© EAGLE ROCK AND MORE CHERRY BLOSSOMS**

**10:00 AM, World Trade Center PATH station - downstairs at ticket machine (buy your ticket when you get there or bring regular Metro Card), 35 miles**

We'll take it easy on this short but challenging ride out to South Orange, Millburn and then through a nice park climbing up to Eagle Rock, a stupendous view of all of Manhattan, Brooklyn and Newark. Bring your camera and hope for clear conditions. If it's warm enough we'll have a picnic there at the WTC memorial at the overlook. If not, we'll eat indoors nearby. Towards the end of the ride, we'll go through Cherry Blossomland and maybe get the second round of blossoms (larger, double Kwanza variety). Helmets are required. We will observe Club riding etiquette. Bring money for PATH. Cancellation: Prediction of 50% or more precip or excessive wind. Check weather forecast first. If in doubt call Maggie after 8AM. Leaders: Maggie Clarke 212-567-8272; [mclarke@hunter.cuny.edu](mailto:mclarke@hunter.cuny.edu) and TBA

**Saturday, April 27, 2013**

**MONTAUK TRAINING RIDE #11: STONY POINT QUICK SPIN  
7:45 AM, Columbus Circle, 85 miles. Quick Spin pace +17 mph, Hilly Terrain**

80 mile ride not hard enough? If you're in serious training for the longest of our Montauk rides try this route at a fast pace. No point/drop/sweep. Rte 9W will be our primary route with some hill-climbing north-west of Haverstraw. Excellent lunch overlooking the Hudson! Check 5BBC Bulletin Board the day before for possible ride updates. Bring \$ for lunch. Leaders: Dennis Griffin, Wuid Alexander

**MONTAUK TRAINING RIDE #11: STONY POINT  
8:00 AM, Columbus Circle, 82 miles**

Stony Point, just south of Bear Mountain, is one of the most strenuous and challenging trips in the training ride series This ride is very hilly so don't attempt this unless you are ready for some hard work! Bring MTA/Metro North bike pass just in case as well as \$ for an excellent deli lunch. Leaders: TBD

**MOBBED UP - GOIN' TO THE MATTRESSES  
9:30 City Hall, Manhattan, across from entrance to Brooklyn Bridge, 40+ miles, moderate pace with numerous stops**

Don't be a wiseguy. Instead, join us for a full day in Brooklyn, as we do our thing and explore homes, churches, birthplaces, burial grounds and other locations associated with the past history of The Mob. We will even make a stop by the spot that gave birth to the expression "Goin to the mattresses". Bring snacks, water and your own mobbed up name. Lunch (slightly more pricey than the average stop) will be at an Italian place in Bensonhurst. Bring bike locks and \$\$\$ for food. Leaders: Willie "the Mouthpiece" Mastro and Fritzie "the Dutchman" Van Orden

**Sunday April 28, 2013**

**PRE-RIDE THE RIDE  
8:00 AM, Battery Park Castle Clinton, Manhattan, approximately 40 miles**

There's no more "pre-ride" for that big bike event next Sunday, but we'll do our best to ride as close as possible to the "pre-ride" route! We will ride through four of the five boroughs, and end at the Brooklyn side of the Verrazano Bridge. NOTE: This ride maintains a steady pace, you must be able at minimum to maintain a 12-13 MPH pace. For this ride, we will not wait for stragglers. Snack stops only - bring your own lunch or food. Optional food stops available in Bay Ridge after the ride. Leaders: Ed Pino, Bill Mastro, Liz Baum

**PRESIDENTS' SHADOWS  
8:30 AM, City Hall (foot of Brooklyn Bridge), Manhattan, 35 miles**

This ride is evolving as Club members contribute their knowledge and new information come to light. More burial sites, a grocery store and a haunted house. We all know where Washington slept. But, is that all there is? Does



Photos by Mike Moses



Photos by Mike Moses

New York have other intertwining with other presidents? Where did the first Vice President live? Did George decide the better part of valor was retreat in the face of sure defeat? Leaders: Ed DeFreitas & TBD

☉ **GET BACK IN SHAPE 6:  
NYACK OR PIERMONT**  
**10:00 AM, George Washington Bridge Bus Terminal, Ft Washington Avenue at 178 Street (northeast corner), Manhattan.**  
**Subways: A to 175 Street, 40-45 miles**

We'll take the backroads through the pretty suburbs to Nyack or Piermont, via Tappan and then along the Hudson River to Nyack. We might even take the Tallman Park bike path through the woods on the way (be prepared for an unpaved path). Helmets are required. We will observe Club riding etiquette. Bring money for PATH. cancellation: Prediction of 50% or more precip or excessive wind. Check weather forecast first. If in doubt call Maggie after 8AM. Leader: Maggie Clarke 212-567-8272; mclarke@hunter.cuny.edu and TBA

**Saturday, May 4, 2013**

**MONTAUK TRAINING RIDE #12:  
LLOYD NECK**  
**7:45 AM, Cunningham Park, Union Turnpike & 196 Pl, Queens, 85 miles**

Not for beginners. This ride is hilly and technical and you must be able to keep a good pace. There is no Point/Drop/Sweep and we ride as a group. No separate Quick Spin. Pack some snacks for the trip, in case you need extra energy, and plenty of water so you avoid the leg cramps. Warning, not for beginners! Bring \$ for lunch and MTA Bike permit. Leaders: TBD

**Sunday, May 5, 2013**

**BIKE NEW YORK  
FIVE BORO BIKE TOUR**

**Saturday, May 11, 2013**

**MONTAUK TRAINING RIDE #13:  
EATONS NECK**  
**7:30 AM, Cunningham Park, Union Turnpike & 196 Pl, Queens, 90 miles**

The scenery of the North Shore expands on this beautiful trip and the main century event is only a week away. If you can handle this 90-miler, you'll have no trouble with the full century coming up. We ride as a group. No Point/

Drop/Sweep. Check 5BBC Bulletin Board day before ride for possible updates. Bring snacks, money for lunch in Northport and MTA Bike permit Leaders: Dennis Griffin, Wuid Alexander

**Sunday, May 12, 2013**

**RIDE THE OLD PUT  
AND OLD CROTON AQUEDUCT**  
**9:30 AM, Van Cortlandt Park, 242nd St & Broadway, Bronx**

Off-road vistas ride. Take a ride on the Old Put Railroad and see what was. Lunch is at a waterfall spilling from a lake over a dam. After we go far enough north we'll turn around and take the original NYC water supply - the Old Croton Aqueduct - back south. There's nothing like wheeling through the woods. Hybrid or Mountain bikes are strongly recommended. Leaders: Ed DeFreitas & TBD

**Sunday, May 19, 2013**

**5BBC MONTAUK CENTURY**

**Sunday, May 26, 2013**

**PATERSON FALLS RIDE**  
**10:00 AM, GWB Bus Terminal, Fort Washington Ave & 178 St, (NE Corner), Manhattan, 30 miles, leisurely pace**

We ride to one of the East Coast's wonders of the world, the Paterson Falls, and indulge in labor history at the turn of the century. Plan for several hours out of the saddle as we make stops in town and at a museum or two. Multiple early return options via NJ Transit. Leaders: Josh Gosciak and Alfredo Garcia

**SNUG HARBOR &  
CHINESE SCHOLAR GARDEN**  
**10:00 AM, City Hall, 20 miles**

We'll take the PATH from the WTC to the wilds of N.J. Then bike down to and over the Bayonne Bridge to Staten Island, and our destination, Sailors Snug Harbor & the Chinese Scholar Garden, few miles farther. The sprawling, historic, beautiful and former retirement home for sailors boast buildings with truly breathtaking details. To put a cherry on top there is the Chinese Scholars Garden. Visit [www.snug-harbor.org](http://www.snug-harbor.org) for details. Leaders: Ed DeFreitas & TBD



**Monday, May 27, 2013**

**PALISADES PARK AND SO ON!  
9:30 AM, City Hall Park, 35 miles**

Ya gotta love Jersey! It's got some really great stuff, including a fabulous view of the harbor. We'll enjoy the Hudson Fiord at the waterline, then from the GWB and finally from the majestic heights of the Palisades. Cruise through Hoboken, maybe imbibe after the ride. Cross the Hudson one more time and watch the sun go down on the most magnificent city that God ever allowed humans to create. Leaders: Ed DeFreitas & TBD

### WHAT IS A QUICK SPIN?

There has been a good deal of postings with reference to our HAPPY FACE and Beginner type rides. These of course are a big part of the rides that the 5BBC continues to offer. However there are rides for the more experience cyclists who wish to advance from the slower paced to a more intermediate or faster level. It is for riders such as these that we offer our Quick Spin (QS) model.

On a Quick Spin there is a group of riders who ride together on a pace of 15 mph or more. There is generally No Point/Drop/Sweep method utilized. While there is a "Point" leader, other riders are welcome to take the lead or even drop back. However with the use of Compression stops throughout the ride the group manages to stay together. While maintaining an adequate pace is encouraged throughout the ride it is in no way a race against time or other riders. Pre-ordered lunch stops are often times the methods



used of securing food. Such a method speeds up the time off the bike and allows for an earlier finish.

Bailouts are usually available for anyone wishing to leave while enroute. Many times the Quick Spin rides are adjacent to public access to the Long Island Railroad or Metro North. The individual ride description will provide such details.

Participation on these rides is very much welcomed. In fact we welcome any rider who may feel she or he might be up to "taking the next step" in their cycling experience. The immediate reaction after completing a QS is one of satisfaction, joy and the urge to do more of them

*Dennis Griffin*

Photo of Dennis leading a ride to Hoboken. Photo by June Kunugi



Photos by Mike Moses



Dennis leading the Quick Spin to Rockland Lake, Sat., April 14, 2012. Photo by Alfredo Garcia.



# The 5BBC 2013

The 5BBC is pleased to announce that registration is open for the back-to-the basics, 5BBC Members-only 2013 Montauk Century.

This will be a bare-bones ride with limited services being provided by the Club.

Please read the descriptions on these two pages carefully.

Registration is limited to approximately 50 members and you must be a Five Borough Bicycle Club member to register!

**Sunday  
May 19,  
2013**



## Sunday

The 2013 Montauk Century will take place on Sunday, May 19th. There will be three choices of rides:

130-mile ride leaving from the Jamaica LIRR station at 6:00 am

100-mile ride leaving from the Babylon LIRR station at 7:00 am

65-mile ride leaving from the the Mastic-Shirley LIRR station at 9:00 am

The cost of the ride is \$45.00. Ride leaders must register and pay the full registration cost.

We will distribute cue sheets and there will be at least two leaders on each ride section. NO FOOD OR SERVICES will be provided during the ride. There will be extremely limited SAG services if you cannot complete the ride.

All participants, including Leaders, are responsible for getting themselves and their bikes to their starting location. Return transportation of bikes will be provided to Mastic, Babylon and Jamaica only. There will be ONLY ONE return train option and you will be supplied with a return trip ticket. All riders will be expected to complete the ride at the Montauk LIRR station by 5:00 pm, so that bikes can be loaded onto trucks for the return trip, and so they can be seated on the train back to Mastic, Babylon or Jamaica.

Payments are non-refundable. WE WILL RIDE RAIN OR SHINE.

Riders unable to make it to the Montauk LIRR station by 5:00 pm are responsible for all return transportation, including paying return train fare at alternative times/locations.



# Montauk Century



May 19, 2013

## Registration

Registration will be on a first-come, first-served basis.

(AND IT IS ALREADY FILLING UP SO DON'T WAIT!)

If you are interested in participating, contact the Club via email to [treasurer@5bbc.org](mailto:treasurer@5bbc.org) & indicate which distance you would like to register for.

You will then be given an address where you will send your registration fee. Registration will not be complete until the registration fee is received and deposited. All registration fees must be received by no later than March 29th.

## Limited-Edition Jerseys:

The Club is investigating the possibility of offering a limited-edition 2013 Montauk Century Jersey. This jersey may be purchased whether or not you participate in the ride.

If you are interested in purchasing a limited-edition jersey, please email

[treasurer@5bbc.org](mailto:treasurer@5bbc.org)

by no later than March 20th, indicating your interest and stating what size jersey you would want.

Once we have a sense of the quantity and size distribution for the jerseys, we will confirm cost and purchase arrangements.



Calling all artists and designers! We're currently in progress on building a new web site with more robust capabilities, as well as upgrading the communications to our prospective and current members. In line with these improvements, we are also updating our logo. Help us retire the current 5BBC logo by providing something new and relevant, aligned with the forward direction of the club.

If your logo is chosen, you will receive a \$75 gift certificate from Peak Bike Shop in Queens  
[http://www.peakmtnbike.com/!](http://www.peakmtnbike.com/)

Show us your creativity as we re-brand the 5BBC for the future. All submissions must be made to [webmaster@5bbc.org](mailto:webmaster@5bbc.org) by **March 15, 2013**. Good luck to all!

\*\*\*\*\*

Submission guidelines: The logo will be used for print, magazine, banners, leaflets and web. It needs to be scalable for various sizes (down to as small as 1"), so vector format is preferred. If text is used then please make sure fonts are free or open source. While you may use color, please bear in mind that the logo must also work in black and white format as well. Submissions should be provided at a minimum of 300 DPI. CMYK or RGB is acceptable. Submissions may be modified for use, if chosen. You do not need to be a member to submit a design. You may submit as many designs as you like, but each should be submitted separately.

#### Some helpful tips:

- Simple is better.
- Complicated illustrations don't work well as logos.
- The logo can be a symbol, a symbol with text or text alone.
- We want to differentiate ourselves from other clubs and have a logo that clearly symbolizes who we are as a club.
- Our target market is comprised of recreational riders who explore NYC and its environs by bicycle. They do this while stopping at great places, making new friends, and raising up their riding skills to anything from 30-mile saunters to century rides. Most members aren't racers looking to establish a personal best record -- they want to get out in the sunshine, have fun, get moving, keep in shape, do it in great company and be part of a community.



# 5BBC CYCLE CLUB

## 5BBC

**Five Borough Bike Club**

Who Can  
Design a  
Better  
5BBC  
Logo?  
Our  
Contest is  
On!

• Our mission statement is: We are “New York’s Friendliest Bike Club.” And we prove that on every ride that we do. Whether you are new to cycling, a commuter seeking new adventures, or an avid cyclist we have rides for you. Quite simply, when you ride with the 5BBC – you ride with friends.

\*\*\*\*\*

Disclaimer: Please note that all submissions must be accompanied by written acceptance of the following:

“I irrevocably assign and transfer to the Five Borough Bike Club, licensees and assignees all rights in the proposed Logo, including, without limitation, all copyrights; I grant to the Five Borough Bike Club and its agents, licensees and assigns the right to reproduce, publish, broadcast/use, adapt, delete, edit and/or modify the Logo in any manner or format, for any programming, publicity, advertising and promotional purposes, in perpetuity, and without additional consideration.”

=====





# Biking – A Political Act

By David "MEL" Meltzer

We bike for different reasons. We bike to get to work. We bike to do errands. We bike to get exercise. And, we bike for the sheer joy of biking. But, make no mistake about it, every ride that we do is a political act.

The stats provided in the DOT website provide ample reasons for the necessity of bike lanes. Between 2007 and 2011, New York City doubled bicycle commuting. 10% of auto trips are under one-half mile, 22% are under 1 mile and 56% are under 3 miles - distances readily served by bicycle. Whether you are a supporter of Mayor Bloomberg or not, every cyclist in the City owes a debt of gratitude to Transportation Commissioner Janette Sadik-Khan. Under her leadership, the DOT has completed building 200 bike-lane miles in all five boroughs in just three years, nearly doubling the citywide on-street bike network. Or as the NY Daily News put it, "she is foisting the lanes on drivers and pedestrians."

Transportation Alternatives provided the argument for the need for bike lanes. The TA cited a comprehensive study on bike lanes in our City. The study examined the 225 cyclist deaths that occurred between 1996 and 2005. Of those 225 deaths, only one occurred in a bike lane. In fact, because bicycle lanes help make traffic more predictable and orderly, streets with bike lanes have about 40 percent fewer crashes ending in death or serious injury; and that's for all street users, drivers and pedestrians included. But clearly, not everyone is on board.

Living in Park Slope in Brooklyn, I have witnessed a loud and litigious minority attempt to remove the Prospect Park West bike lane. Some heavy hitters came to bat against the bike lane including former NYC DOT Commissioner Iris Weinshall, who also

**...BICYCLE LANES HELP  
MAKE TRAFFIC MORE  
PREDICTABLE AND  
ORDERLY  
  
...HAVE ABOUT 40  
PERCENT FEWER  
CRASHES ENDING IN  
DEATH OR SERIOUS  
INJURY  
  
....BUT CLEARLY,  
NOT EVERYONE IS ON  
BOARD.**

happens to be US Senator Chuck Schumer's wife. There were lawsuits. There were appeals. But in the end, the Court realized the validity of the bike lane and dismissed the suits. But the battle against bike lanes continues.

In less than a year, we will have a new mayor and new transportation commissioner. To date, it appears that the candidates are all over the place. Mayoral hopefuls praise cyclists in one breath, and in the next describe the need to curtail bike lanes. Take for example mayoral front runner Christine Quinn. She stated "My district is crazy for bike lanes." And yet, she called the city's lanes "clearly controversial," and said that some had been constructed "without consultation with communities and community boards." Similar fear and loathing of bike lanes has also emanated from the Bill de Blasio and Bill Thompson camps as well.

On the Republican side of the mayoral ledger, Joseph Lhota, former MTA Chairman seems to be the man to beat. He commented that he "could see removing lanes that are problematic." Problematic to who?

What is a cyclist to do? For starters – be active. Let the candidates know that you cycle and that bike lanes promote safety, limit auto congestion, and promote healthy living. Write to these mayoral hopefuls and tell them how you feel. You know that the bike lane haters out there are doing their best to remove lanes. To counter their arguments it is essential to stand up for safe cycling. Ms. Quinn has stated that bike lanes are "in the category of things you shouldn't discuss at dinner parties." I disagree. Have these discussions and let your candidates know about the need for safe cycling.

The other thing that comes to mind for cyclists is to simply ride safely and politely. Every car that you cut off, is a vote against a bike lane. Every pedestrian you curse out is a vote against a bike lane. Like it or not, cyclists are the targets of sufficient numbers of motorists and pedestrians alike. The bad actions of a few cyclists have a deleterious effect on ALL cyclists. By biking responsibly you demonstrate that cyclists can coexist peacefully with other forms of transportation.

There is an expression called "voting with your feet." Generally, it means to show that you do not support something by not using or not buying it any more. In a different sense, every time we ride in a bike lane we literally "vote with our feet."

It is up to us. Do we continue on the path championed by Ms. Sadik-Kahn, or do we take a step backward? The cycling community must come forward and fight for these hard fought gains.



## On The Record

### We Want You!

The 2013 5BBC Executive Board needs people for the following positions:

#### Website Help

If you want to know exactly what those website and database improvements are, we're certainly happy to share details with you.

But first I'll ask:  
Can you help?

- Technical research is under way but we need volunteers who can make time to communicate with other clubs and enthusiast groups (it doesn't have to be just bikes!) to see what solutions they are using or have considered, researching possible technical solutions, assessing what the budget requirements may be, and compiling that data for presentation to the Board.

- There is also plenty of work for anyone who wants to contribute their expertise in technical, content and design. Membership Coordinator Shawn Carney has more details for anyone who is interested, so please let her know – email to [membership@5bbc.org](mailto:membership@5bbc.org).

Thanks!

#### Bicycle Course Coordinator

Now that the 5BBC Election is out of the way, we're down to business on 2013 initiatives. We need a new Bicycle Course Coordinator.

Handy with bike tools? Love to teach? Want to get out in the community? Then this is your volunteer gig:



Shawn Carney photo

- Plans, schedules, and recruits presenters for bicycle repair courses and seminars.

- Conducts "Repair ride" regular day trips with bike-repair theme like flat fixing, brakes, gears, etc.

- Bike Shop classes: In the past, the 5BBC has partnered with Bicycle Habitat, 718 Cyclery and Recycle-a-Bicycle for bike repair or bike-related instruction (e.g. "How to choose a new bike"). These events have been the basis for monthly 5BBC meetings.

- Summer Streets: 5BBC staffs a "free bike repair" table on Park Avenue with volunteer mechanics.



Interested in the job? Write to [info@5bbc.org](mailto:info@5bbc.org) and we'll be very happy to speak with you.

Thanks!



## TREASURER'S ANNUAL REPORT - 2012

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 – 12/1/11 to 11/30/12

	Income	Expense	Gain/Loss
Administration	1281	7435	(6154)
Communications	0	3636	(3636)
Day Trips	0	844	(844)
Leadership	585	5947	(5362)
Membership	14470	212	14258
Newsletter	0	3047	(3047)
Programs	4055	3520	535
Special Events			
Montauk Century	54478	77871	(23393)
Weekend Trips	7050	7993	(943)
<b>Total</b>	<b>81919</b>	<b>110505</b>	<b>(28586)</b>

---

**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 2012 the 5BBC graduated nine new ride leaders.

**Membership** – Income consists of dues and merchandise sales.

**Newsletter** – Expenses consist of printing and postage costs for hard copies of the Bicycletter. The paper version was dropped after the May/June issue and it is now distributed electronically.

**Programs** – Income is from the December 2011 holiday party. Expenses are for that party and for monthly general meetings in 2012.

**Special Events** – In 2012 the club ran one Special Event, the Montauk Century.

**Weekend Trips** – In 2012 the club ran six weekend trips.

---

### NET WORTH as of 11/30/12

**\$69809**

---

*Submitted by  
Manuel Sanudo, 2012 Treasurer  
November 30, 2012*





# Bike Events & Places to Ride Your Bike

## BROOKLYN BRIDGE PARK

Open year round. [www.brooklynbridgeparknyc.org](http://www.brooklynbridgeparknyc.org)



Go around or go part of the Manhattan shoreline all year.  
Visit <http://tinyurl.com/nkqy43>



### From our friends at the Bicycle Touring Club of North Jersey

Jacksonville to Melbourne, Florida  
April 6 - 12, 2013

We need a minimum of 10 (we currently have 10) and a maximum of 18 cyclists for our upcoming April 2013 trip from Jacksonville to Melbourne, Florida. BTCNJ membership required. Folks fly to Jacksonville on Saturday, April 6th and meet their bikes at a bike store in Fernandina, FL. We then start on a  $\pm$  25-mile ride to St Augustine. Then it is Palm Coast, Daytona, Titusville (possibly Cape Canaveral/Kennedy) and finally Melbourne. Total mileage should be about 220 to 240 miles or about 50 miles per day. We will stay at hotels/motels along the beaches on the way down. The weather is warm and so is the water. Tentative cost for the trip is about \$1,400 which includes estimated costs for flights, hotels and food. Likely it will be less if we book flights well in advance!

Bikes will be taken down and returned by van. All will share riding the SAG wagon during the trip. Tour leaders: Ted Semegran and Lou Wassong. Question? Call Ted Semegran: 201.452.7264 or email [ted\\_semegran@hotmail.com](mailto:ted_semegran@hotmail.com)

## Notable Bike Events 2013

This is a brief listing of bike events based on last year, as of Feb. 8. Please go online for further information. Most event organizers encourage early registering as well as volunteering as ride/non riding marshals. Events and dates (if indicated) are subject to change at any time. **TBA: To Be Announced**

### Monthly

**Every First Friday** Critical Mass, Manhattan (Times Up!)...Moonlight Ride (Times Up!)

### April

**Sat. 4/20** Blessing of the Bikes (Bicycle Shows US)

### May

**Sat. 5/4** Farmlands Tour (Central Jersey Bicycle Club)...Rosarito Ensenada Bike Ride (Baja California, Mexico)

**Sun. 5/5** Five Boro Bike Tour (Bike New York)...**Sun. 5/19** Montauk Century (Five Borough Bicycle Club)...**Fri. 5/31** Tour la Nuit (Montréal, Vélo Québec, Canada)

### June

**Sun. 6/2** Bloomin' Metric (Sound Cyclists, CT)...Tour de Brooklyn (Transportation Alternatives)...Tour de l'Île (Montréal, Vélo Québec, Canada)

**Sat. 6/8:** Revolutionary Ramble (Morris Area Freewheelers, NJ)...**TBA:** Bike Boat Bike (Suffolk Bicycle Riders Association, NY)...

**TBA:** Tour de Cure (American Diabetes Association)...**TBA:** Jersey City Ward Tour (Bike JC, NJ)...**TBA:** Mattituck Century (Five Borough Bicycle Club)...**TBA:** New Haven Century (Elm City Cycling, CT)

### July

**Sun. 7/7** Tour de Queens (Transportation Alternatives)...**Sun.-Sat. 7/21-27** Register's Annual Great Bicycle Ride Across Iowa (RAGRAI)...**Sun. 7/28**

Harlem Valley Rail Ride...**TBA:** Brooklyn Waterfront Epic Ride (Brooklyn Greenway Initiative)

**TBA means To Be Announced**

### August

**Sat. 8/3** Princeton Century (Princeton Freewheelers)...**Sun. 8/18** Ramapo Rally (Bicycle Touring Club of Northern New Jersey)

**TBA:** Discover Hudson Valley (Bike New York)

*Important: Event listings that are not sponsored by the 5BBC do not constitute/imply endorsement by the Five Borough Bicycle Club.*

# Bike Events & Places to Ride Your Bike

## September

**Sun. 9/8** TA Century (Transportation Alternatives)...**Sun. 9/29:** Honolulu Century (Hawaii Bicycling League)...**TBA:** Pumpkin Patch Pedal (Staten Island Bicycling Association)...**TBA:** Escape New York (New York Cycle Club)...**TBA:** Twin Lights (Bike New York)...**TBA:** Golden Apple (Westchester Cycle Club, NY)

## October

**Sat. 10/5** Tour de Staten Island (Transportation Alternatives)...**Sun. 10/6** MS Bike Tour (Bike MS NYC)...**TBA:** Fountains Ride (Times Up!)...**TBA:** Sea Gull Century (Salisbury, Maryland)...**TBA:** Tour de Bronx (Transportation Alternatives)

## November

**Sun. 11/24** Maui Century (Maui Bicycle Club, Hawaii)

## December

**Thurs.-Tues. 12/26-31** Christmas Bike Trip (Hostelling International, San Diego, CA)

## Further Information (Most can also be found on Facebook)

**American Diabetes Association** – [www.diabetes.org/tour](http://www.diabetes.org/tour)  
**Bicycle Shows US** – [www.bicycleshows.us](http://www.bicycleshows.us)  
**Bicycle Touring Club of North Jersey** – [www.ramaporally.com](http://www.ramaporally.com)  
**Bike JC (Jersey City, NJ)** – [www.bikejc.org](http://www.bikejc.org)  
**Bike MS New York City** -- [www.bikemsnyc.org](http://www.bikemsnyc.org)  
**Bike New York** – [www.bikenewyork.org](http://www.bikenewyork.org)  
**Brooklyn Greenway Initiative** – [www.brooklyngreenway.org](http://www.brooklyngreenway.org)  
**Central Jersey Bicycle Club** – [www.cjbc.org](http://www.cjbc.org)  
**Elm City Cycling (New Haven, CT)** – [www.elmcitycycling.org](http://www.elmcitycycling.org)  
**Five Borough Bicycle Club (NJ)** – [www.5bbc.org](http://www.5bbc.org)  
**Harlem Valley Rail Ride** – [www.harlemvalleyrailride.com](http://www.harlemvalleyrailride.com)  
**Hawaii Bicycle League** – [www.hbl.org](http://www.hbl.org)  
**Hostelling International (San Diego, CA)** – [www.sandiegohostels.org/christmas-bike-ride](http://www.sandiegohostels.org/christmas-bike-ride)  
**Maui Bicycle Club (Hawaii)** – [www.mauibicycleclub.org](http://www.mauibicycleclub.org)  
**Morris Area Freewheelers (NJ)** – [www.rambleride.org](http://www.rambleride.org)  
**New York Cycle Club** – [www.nycc.org](http://www.nycc.org)  
**Princeton Freewheelers (NJ)** – [www.princetonfreewheelers.com](http://www.princetonfreewheelers.com)  
**RAGBRAI** – [www.ragbrai.org](http://www.ragbrai.org)  
**Rosarito Ensenada Bike Ride (Mexico)** – [www.rosaritoensenada.org/english](http://www.rosaritoensenada.org/english)  
**Staten Island Bicycling Association** – [www.sibike.org](http://www.sibike.org)  
**Suffolk Bike Riders Association (Long Island)** – [www.sbraweb.org](http://www.sbraweb.org)  
**Sea Gull Century (Salisbury, Maryland)** – [www.seagullcentury.org](http://www.seagullcentury.org)  
**Times Up!** – [www.times-up.org](http://www.times-up.org)  
**Transportation Alternatives** – [www.transalt.org](http://www.transalt.org)  
**Vélo Québec (Montréal, Canada)** – [www.velo.qc.ca/en](http://www.velo.qc.ca/en)  
**Westchester Cycle Club (NY)** -- [www.westchestercycleclub.org](http://www.westchestercycleclub.org)





## Support of Cycling off the Bike after Hurricane Sandy

Tues. Feb. 12, 2013--5BBC Leader Jackie Junttonen at the Transportation Committee of the City Council. She spoke to the council of the benefit of bicycles on the aftermath of Hurricane Sandy, as good transportation in place of motor vehicles. Jackie also cited several bike groups, like Bike NY, Times Up! and 5BBC, transported needed supplies to people in need, esp. in the Rockaways and Staten Island. Photo by Alfredo Garcia







From March to May, most 5BBC riders will be doing the training rides for the Montauk Century, or to start getting in condition. This was taken at the Cunningham Park starting point for the Sand Points ride March 12, 2011. Photo by Mike Moses

# 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.

<b>Payment</b>	
<b>5BBC Membership</b>	
Individual \$25, Dual \$30.....	\$_____
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.	
<b>Cross Borough Jersey</b>	
Indicate quantity and size.	
___ Ladies (Circle One) .....	M
___ Men (Circle One).....	M..... L
Total qty. ___ @ \$65 each .....	\$_____
5BBC Patches	
Total qty. ___ @ \$4 each .....	\$_____
<b>Total Payment.....</b>	
\$_____	
Make check or money order payable to <b>5BBC</b> and mail to:	
<b>Five Borough Bicycle Club</b>	
<b>244 Fifth Avenue (200)</b>	
<b>New York, NY 10001</b>	



## 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. This list is for is 5BBC members like you. Visit [www.5bbc.org/bikeshops.shtml](http://www.5bbc.org/bikeshops.shtml) for more shops.

### Flash your 5BBC Membership

#### Card at these Bike Shops

##### BRONX

###### **Westchester Bike Pro Shop**

2611 Westchester Ave.  
Bx, NY 10461 718-409-1114  
[westchesterpro.com](http://westchesterpro.com)

##### BROOKLYN

###### **Bay Ridge Bicycle World**

8916 3rd Ave. Bklyn, NY 11209 718-238-1118  
[bayridgebikes.com](http://bayridgebikes.com)

###### **Bicycle Station**

171 Park Ave., Bklyn, NY 11205  
718-638-0300

[bicyclestationbrooklyn.com](http://bicyclestationbrooklyn.com)

###### **Fulton Bikes**

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

###### **Kensington Cycle Works**

140 Ocean Parkway  
Bklyn, NY 11218 347-635-4645  
[kensingtoncycleworks.com](http://kensingtoncycleworks.com)

###### **On The Move**

400 7th Ave.  
Bklyn, NY 11215 718-768-4998  
[onthemovenyc.com](http://onthemovenyc.com)

###### **Roy's Sheepshead Cycles**

2679 Coney Island Ave. Bklyn, NY 11235  
718-646-9430 [roysbikes.com](http://roysbikes.com)

###### **Verrazano Bicycle Shop**

7308 5th Ave, Bklyn, NY 11209 718-680-6521, [verrazanocycles.com](http://verrazanocycles.com)

##### MANHATTAN

###### **B-Fold (Folding bikes)**

224 E 13th St.(2nd-3rd Aves)  
NY, NY 10003 212-529-7247  
[bfold.com](http://bfold.com)

###### **Bicycle Habitat**

244 Lafayette St NY, NY 10012  
212-431-3315 [bicyclehabitat.com](http://bicyclehabitat.com)

###### **Bicycle Renaissance**

430 Columbus Ave.(81st St)  
NY, NY 10024 212-724-2350  
[bicyclerenaisance.com](http://bicyclerenaisance.com)

###### **Bike Works**

106 Ridge St. NY, NY 10002  
212-388-1077, [bikecult.com](http://bikecult.com)

###### **Champion Bicycles**

896 Amsterdam Ave (103-104 Sts)  
NY, NY 10024 212-662-2690  
[championbikes.com](http://championbikes.com)

###### **Chelsea Bicycles**

130 W 26th St. (6th-7th Aves)  
NY, NY 10001 646-230-7715  
[chelseabicycles.net](http://chelseabicycles.net)

###### **City Bicycles**

315 W 38 St NY, NY 10018  
212-563-3373 [city-bicycle.com](http://city-bicycle.com)

###### **Conrad's Bike Shop**

25 Tudor City Place  
NY, NY 10017 212-697-6966  
[conradsbikeshop.com](http://conradsbikeshop.com)

###### **Continuum Cycles**

199 Ave. B (12th-13th Sts)  
NY, NY 10009 212-505-8785  
[continuumcycles.com](http://continuumcycles.com)

###### **Eddie's Bicycle Shop**

490 Amsterdam Ave., NY, NY 10024,  
212-580-2011 [eddiesbicycles.net](http://eddiesbicycles.net)

###### **Enoch's**

480 10th Ave. NY, NY 10018  
212-582-0620, [enochsbikes.com](http://enochsbikes.com)

###### **Frank's Bike Shop**

553 Grand St. NY, NY 10002  
212-533-6332, [franksbikes.com](http://franksbikes.com)

###### **Gotham Bikes**

112 W Broadway, NY, NY 10013 212-732-2453  
[togabikes.com](http://togabikes.com)

###### **Heavy Metal**

2016 Third Ave., NY, NY 10031  
212-410-1144

###### **Innovation Bike Shop**

105 W 106 St., NY, NY 10025  
212-678-7130 [innovationbikeshop.com](http://innovationbikeshop.com)

###### **Jack Rabbit**

(1) 42 W. 14 St., NY, NY 10017  
212-727-2980, (2) 1255 Lexington Ave.,  
NY, NY 10028 [jackrabbitsports.com](http://jackrabbitsports.com)

###### **Larry & Jeff's Bicycles Plus**

1400 3rd Ave., NY, NY 10021,  
212-794-2929 [bicyclesnyc.com](http://bicyclesnyc.com)

###### **Liberty Bicycles**

846 9th Ave. NY, NY 10019  
212-757-2418, [libertybikesny.com](http://libertybikesny.com)

###### **Manhattan Bicycles**

791 9th Ave., NY, NY 10019  
212-262-0111

###### **Mani's Bicycle Shop**

8 Bennett Ave., NY, NY 10033  
212-927-8501

###### **Master Bike**

255 West 72 St. NY, NY 10024  
212-580-2355, [masterbikeshop.com](http://masterbikeshop.com)

###### **Metro Bikes**

(1) 332 E. 14 St., NY, NY 10003  
212-228-4344, (2) 360 W 47th St., NY,  
NY 10036, 212-581-4500, (3) 546 Sixth  
Ave., NY, NY 10011, 212-255-5100, (3)  
231 W 96 St., NY, NY 10025  
[metrobicycles.com](http://metrobicycles.com)

###### **Mod Squad Cycles**

2119 Frederick Douglass Blvd., (114-  
115 Sts), NY, NY 10026 212-865-5050  
[modsqquadcycles.com](http://modsqquadcycles.com)

###### **My Bike Heaven**

348 E 62 St. NY, NY 10021  
212-230-1919, [mybikeheaven.com](http://mybikeheaven.com)

###### **NYC Velo**

64 Second Ave. (4th St) NY, NY 10003  
212-253-7771 [nycvelo.com](http://nycvelo.com)

###### **NYCE Wheels**

1603 York Ave., NY, NY 10028  
800-692-3943 [nycewheels.com](http://nycewheels.com)

###### **Pedal Pusher**

1306 Second Ave., NY, NY 10021  
212-288-5592  
[pedalpusherbikeshop.com](http://pedalpusherbikeshop.com)

###### **Sid's Bike Shop**

(1) 151 W 19 St. NY, NY 10021  
212-989-1060  
(2) 235 E 34th Street NY, NY 10016  
212-213-8360 [sidsbikes.com](http://sidsbikes.com)

###### **Toga Bike Shop**

110 West End Ave., NY, NY 10023  
[togabikes.com](http://togabikes.com)

###### **Tread Bike Shop**

250 Dyckman St., NY, NY  
21-544-7055 [treadbikeshop.com](http://treadbikeshop.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 [zenbikes.com](http://zenbikes.com)

##### QUEENS

###### **Arc De Triomphe Bicycles**

114-01 Jamaica Ave. Richmond Hill,  
NY 11418-2443 718-846-2099

[adtbikes.com](http://adtbikes.com)

###### **Bellite Bicycles**

169-20 Jamaica Ave.,  
Jamaica, NY 11432  
718-739-3795 [bellbikes.com](http://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, [bikestopastoria.com](http://bikestopastoria.com)

###### **Bill's Cyclery**

63-24 Roosevelt Ave  
Woodside, NY 11377

718-335-1906, [ubuybikes.com](http://ubuybikes.com)

###### **Buddy's Schwinn Bicycle**

79-30 Parsons Blvd, Flushing, NY  
11367, 718-591-9180

###### **Peak Mountain Bike Pro Shop**

42-42 235th St., Douglaston, NY 11363  
718-225-5119, [peakmtbike.com](http://peakmtbike.com)

###### **Spin City Cycle**

98-73 Queens Blvd, Rego Park, NY  
11375, 718-896-8850, [spincitycycle.com](http://spincitycycle.com)

###### **Spokesman Cycles**

49-04 Vernon Blvd., Long Island City,  
NY 11101, 718-433-0450  
[spokesmancycles.com](http://spokesmancycles.com)

##### STATEN ISLAND

###### **Bennett's Bicycles**

517 Jewett Ave., Staten Island, NY  
10302, 718-447-8652

[bennettsbicycle.com](http://bennettsbicycle.com)

##### LONG ISLAND

###### **The Bicycle Planet**

540 Jericho Turnpike  
Syosset NY 11791 516-364-4434

[www.thebicycleplanet.com](http://www.thebicycleplanet.com)

###### **Bike Discounters**

1021 Portion Rd., Ronkonkoma, NY  
11779, 631-846-7320, [thebikeoutlet.com](http://thebikeoutlet.com)

###### **Brands Cycle Center**

1966 Wantagh Ave., Wantagh, NY  
11793, 516-781-6100, [brandscycle.com](http://brandscycle.com)

###### **East End Bicycles**

943 Montauk Hwy., Shirley, NY 11967  
631-399-7390, [eastendbikes.com](http://eastendbikes.com)

###### **Carl Hart Bicycles**

620 Middle Country Rd., Middle Island,  
NY 11953, 631-924-5850, [carlhart.com](http://carlhart.com)

###### **Sayville Bike Works**

75 Main St., West Sayville, NY 11796,  
631-589-0009, [sayvillebike.com](http://sayvillebike.com)

###### **South Shore Bicycle & Fitness**

1067 Broadway, Woodmere, NY 11598  
516-374-0606, [southshorebicycle.com](http://southshorebicycle.com)

###### **Sunrise Cyclery**

4828 Sunrise Highway  
Massapequa Park, NY 11762  
516-798-5715 [sunrisecyclery.com](http://sunrisecyclery.com)

###### **Sunrise Tri**

520 Sunrise Highway  
West Babylon, NY 11704  
631-587-6200 [sunrisecyclery.com](http://sunrisecyclery.com)

###### **Valley Stream Bicycle**

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

[valleystreambicycle.com](http://valleystreambicycle.com)

###### **Visentin Bike Pro Shop**

51 Pine Hollow Rd., Rte. 106  
Oyster Bay, NY 11771,

516-922-2150, [visentinbike.com](http://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, [pelhambikes.com](http://pelhambikes.com)

###### **Sierra Cycles**

46 Garth Rd., Scarsdale, NY 10583  
914-725-8333, [sierracyclesny.com](http://sierracyclesny.com)

##### CONNECTICUT

###### **Baybrook Bicycles**

243 Captain Thomas Blvd, West Haven,  
CT 06516\* 203-933-4576

[baybrookbicycles.com](http://baybrookbicycles.com)

###### **College Street Cycles**

252 College St., New Haven, CT 06510  
203-865-2724, [collegestreetcycles.com](http://collegestreetcycles.com)

###### **Newington Bicycle**

1030 Main St., Newington, CT 06111  
860-667-0857, [newingtonbike.com](http://newingtonbike.com)

##### NEW JERSEY

###### **Bicycle Tech**

2 Station Rd., Lincoln Park, NJ 07035  
(973) 694-6775, [bicyclotechnonline.com](http://bicyclotechnonline.com)

###### **Bicycle Workshop**

175 Country Rd., Tenafly NJ 07670  
201-568-9372, [bicycleworkshop.com](http://bicycleworkshop.com)

###### **Marty's Reliable Cycle**

173 Speedwell Ave., Morristown, NJ  
07960, 973-538-7773,

[martyreliable.com](http://martyreliable.com)

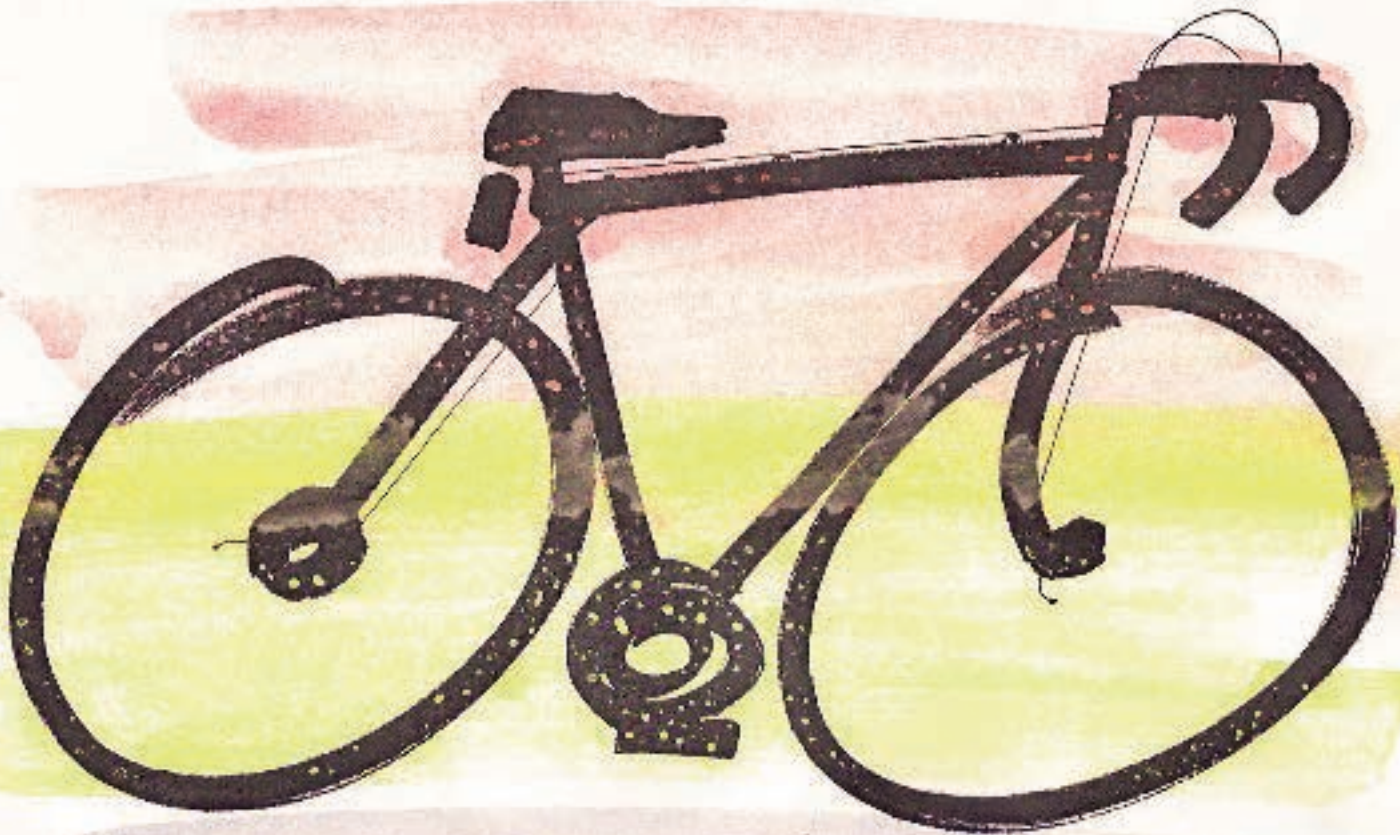
###### **Strictly Bicycles**

2347 Hudson Terrace, Fort Lee, NJ  
07024, 201-944-7074,

[strictlybicycles.com](http://strictlybicycles.com)



Scan this link  
to the 5BBC  
website!



Original bicycle art by 5BBC Member and playwright Stanley Fine.

Copyright work Stanley Fine.

## 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 Hostelling International-NY building, formerly American Youth Hostels (AYH). Bicycle club programs include bicycle trips, education, and special events. General Meetings are open to the public and usually held monthly. Please check the Bicycleletter and the website [www.5bbc.org](http://www.5bbc.org) for exact dates and locations. You can also contact the Five Borough Bicycle Club Programs Coordinator at [programs@5bbc.org](mailto: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 \$25, or \$30 for two (2) members of the same household, is valid through December 31, 2013\*

\*Membership initiated after October 1, 2013 is valid through December 31, 2014.

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

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

Deadlines for submissions to the Bicycleletter 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 April 2013 issue is: **Saturday 23 March 2013**

Bicycleletter  
© 2013 **Five Borough Bicycle Club**.  
All rights reserved.

**Bicycleletter March 2013**  
**Volume 23 • Issue 3**

Editor: Alfredo Garcia  
*The Bicycleletter is a monthly 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](mailto:info@5bbc.org). For Bike New York, (212) 870-2080. The 5BBC is affiliated with: Adventure Cycling, League of American Bicyclists (LAB), New York Cycling Coalition (NYCC) New York City Bicycle Safety Coalition.



Join us on  
Facebook and Twitter!

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



5BBC jersey designed by  
Caryn Greenberg. Some available for \$65  
visit [www.5bbc.org](http://www.5bbc.org)