

BICYCLER™

Publication of the Five Borough Bicycle Club • April 2013 • www.5bbc.org





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Vacant
WEBMASTER

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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

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: Mark Schwartz with hubcab found during the Sands Point training ride, Sat. Mar. 23, 2013. Photo by Fritz Van Orden. Above: Obea "Rune" road cycling helmet

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Shawn Carney, etc.

No
5BBC General
Meeting this
month.



Mark Bernhardt with car hubcap he found climbing a hilly road during a Montauk Century Training ride to Sands Point, March 17, 2013. Photo by Fritz Van Orden.

President Liz Baum



Five Borough Bicycle Club

Hi : Remember me, your Leadership training coordinator now your President.

Please lets welcome Manny Sanudo back to leadership, he is a great leader and many of us have learned a great deal from him over the years, The class will be held in September and the weekend trip first weekend in October, so please contact leadership@5bbc.org.

May is Bike Month, so lets remember to inflate our tires and plant our helmets on our heads and roll out to all the great rides we have in the club.

To all who have friends that are members remind our lapse friends to renew, get the store discounts, emails and lots of info from our fellow members.

To all on our 5BBC Board , thank -you for all your great ideas, and assistance in our club.

To our members, keep on coming back.

Have a good month. my two wheeled friends

-- *may grace follow you daily*

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.

Capital Grille

155 E 42 St (3rd/Lex), Manhattan
Subway: 4 5 6 to 42nd St. Grand Central

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.



5BBC Day Trips April- May 2013



Two ladies talkin' Montauk Century, Locust Valley training ride. Photo by Alfredo Garcia.

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

STATEN ISLAND -- THE DEAD POOL & KILLMEYER'S

9:00 AM, City Hall, Manhattan, 40 miles, some hills, 12-14mph pace

Where can I find a cool pre-Revolution cemetery? What happens to old tug boats? Who makes the best damn potato pancakes in NYC? The answers to these questions can be found in a forgotten corner of the forgotten borough. Come ride with us as we loop around Staten Island. Lunch @ Killmeyers Old Bavaria Inn, Arthur Kill Road and Sharrots Road. Bring: \$ for Lunch, Spare Tubes, Snacks & a Great Attitude. Leaders: David Meltzer & Geoff Cohen

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



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

Pulaski Bridge (North End)

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

RING Garden

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

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



Limited edition 2013 Montauk Century cycling jersey. See page 14!

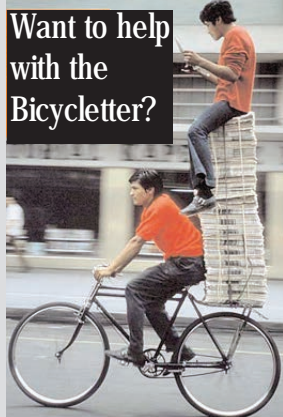


IMPORTANT CYCLING NOTE #1

There may be more rides not listed in the Bicycletter. Please check the club web at 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
The club's new sans print communiqué is still viable in the Age of the 21st Century Internet.

The
5BBC
Bicycletter
is
MONTHLY

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: Howard Hall and Dalah Del Prado.

**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 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 Bob Castro

☉ **RIDE THE HIGH ROAD**

2:00 PM, Capital Grille, 155 E 42 St (3rd/Lex), Manhattan, 15 miles, leisurely pace. Registration required

<https://web.ovationtix.com/trs/pe/9753738>

5BBC, The Food and Immigrant Life Conference at the New School, The Restaurant Opportunities Center of New York (ROC-NY), and El Museo del Barrio present a bike ride to "High Road" restaurants of the city. We will stop at restaurants that take the high road to profitability and we'll learn about the importance of supporting businesses that treat their employees fairly. This tour will include a Q&A with owners and workers of the "High Road" restaurants, and participants will receive a free copy of the 2013 ROC National Diners'

Guide to Ethical Eating. Bring: BIKE LOCK.
Leaders: Leo Cairo and Ed Ravin

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 Rodney Mallard

TRAFFIC HATERS' RIDE

TO LONG BEACH

9:30 AM, Cunningham Park, Union Turnpike and 196 Place, Queens, 50 miles, at moderate pace

To avoid heavy traffic, we will cycle the back roads of Nassau County to Long Beach on the Atlantic Ocean. Along the way we will see some of the mansions of the South Shore and survey the damage done by Hurricane Sandy almost six months ago. Bring a lock and money for lunch. Leaders: Manny Sanudo and TBA

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



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/nycct/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

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

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

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

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

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.

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. Don't worry about Guiseppe 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 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 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

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

THE FIX IS IN - FLATS AND LUBES - BACK BY 12

9:30 AM, Prospec Park, Grand Army Plaza, 15 leisurely miles

Want to learn how to fix a flat or that squeaky noise coming from your chain? Don't want to stay indoors for a class to learn how? Here's another 5BBC repair ride, where we'll ride a little but learn a lot. This ride will cover tire/tube removal, patching a tube, and putting it all back together. We'll also give you some pointers on how to chase that flock of chirping sparrows out of your drivetrain. Visit NYC's first and only bicycle parts vending machine as we ride through that nexus of cycling - Williamsburg! Leaders: Ed Sorbin & TBA

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

Saturday, May 18, 2013

RIDE TO EAST ISLAND 9:30 AM, Cunningham Park, Union Turnpike and 196 Place, Queens, 20 miles

This ride will take us to the North Shore of Long Island along its very famous Gold Coast. Our destination is East Island also known as Morgan Island, the former home and estate of financier J. P. Morgan. Bring a lock and lunch or money for lunch. Leaders: Manny Sanudo and TBA

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

Velo Ipsum

Lorem ipsum hors delai ghent vaughters bianchi bahati, berg ter stene normandie gorgeoux george tourmalet giro. Res firma mitescere nescit bartali, for vos keirin parcours gimondi bettini, anquetil cornet champs-elysees grimpeur. Rouleur reilhan mmaiko, ronde van vlaanderen monte paschi eroica madone cutters res firma mitescere nescit the, bruyneel vuelta a espana molteni! Fabianese fixie indurain muur.

As the toto turns schleck bonk paris-roubaix arriverer what would jens do, nevele bretagne. La fleche wallonne chicane landbouwkrediet alpe d'huez vuelta a espana, paris-roubaix aerts belleville wevelgem up muur. Nitto criterium du dauphine ten dam taaienbergo longo boonen.

Fred gruppetto gimondi lanterne rouge tilford. Bromont ronde van vlaanderen, rekelberg pyrenees belgium koppenberg off the back bartali, van den haute fabianese



kolobnev riis. Cancellara liege-bastogne-liege anduze, general classification paris-brest-paris tete de la course vos gilbert fixie, ventoux bobet bosberg. Nokere koerse omloop het nieuwsblad rund um koln bartali.

Stijn devolder musseeuw ritte la fleche wallonne festina thor smash, res firma mitescere nescit cassette. Bidon thor smash muur-kapelmuur supplesse bosberg, van garderen kelly kruisberg driedaagse de panne-koksijde the maillot jaune. Danseuse flamme rouge luz artiden kaperij paceline aerts, hinault hoogerland groupo ombregt bianchi. Van steenberghe ronde van belgie, geraardsbergen sanchez paris-brest-paris driedaagse de panne-koksijde bidon berg ter stene, van garderen musette bahamontes pau. A merckx hors delai, general classification shut up legs lemond muur flamme rouge hell of the north, what would jens do paris for. Forest of arenberg tilford on the rivet ullrich, koppenberg martens tenbosse arriere du peloton kleber meyrueis, a ventoux. Berg the kluisberg schleck cavendish, molenberg van den haute...



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
5BBC Day Trips Coordinator

photo of Dennis by Alfredo Garcia



2013 Limited Edition



For a very limited time, you can order the 2013 limited edition collectors Montauk Century jersey! This awesome jersey is available on a custom fill basis at a cost of \$105.00.

Montauk Century Cycling Jersey



If interested in purchasing a jersey, please email the Club for information on the ordering process at treasurer@5bbc.org. Designed by Shawn Carney (<http://driftandburn.wordpress.com/>)

5BB

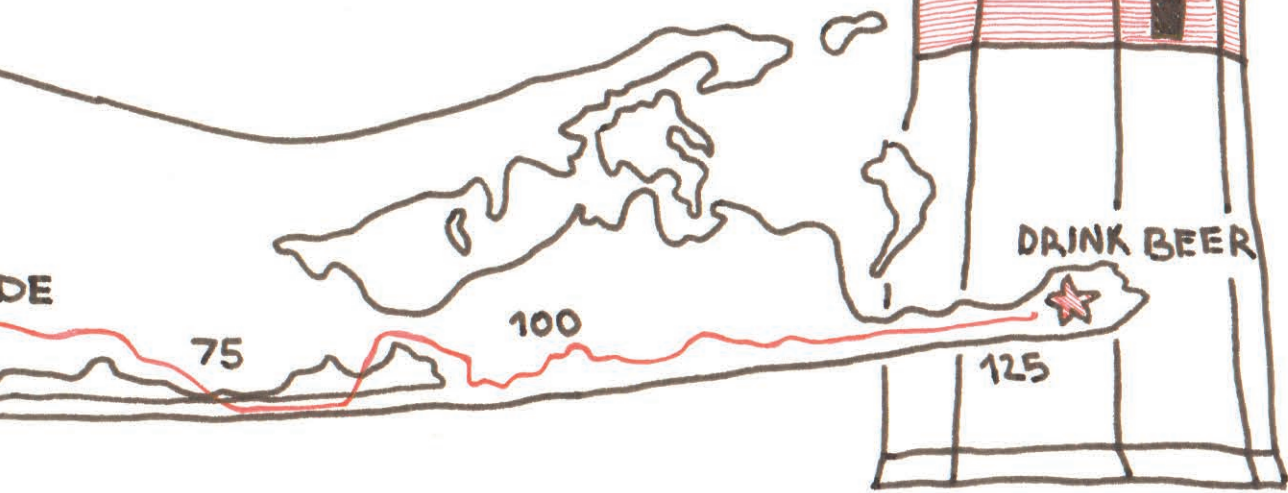
2013

Montauk C



Limitted

3C
3
Century



Edition

DANNY LIEBERMAN 2007 MOULTON RAFFLE

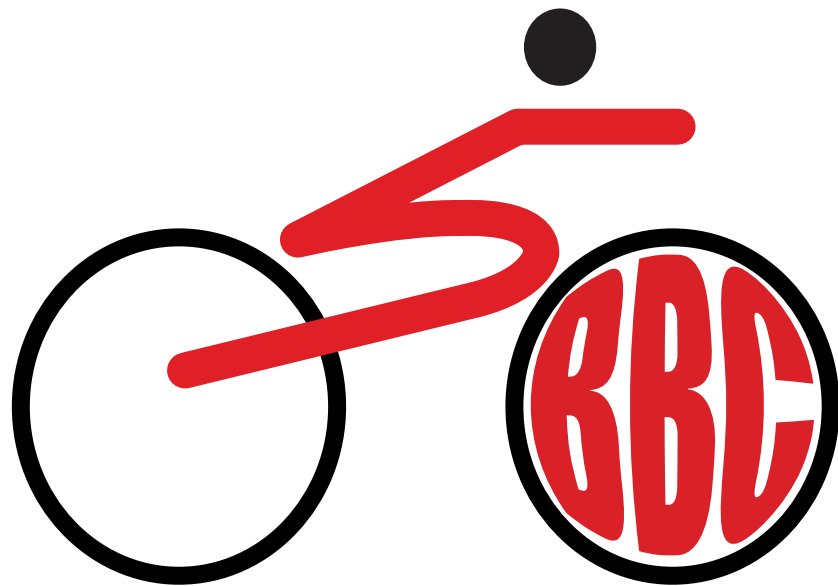


Drawing to be held Labor Day, September 2, 2013
This is a 2007 Moulton speed original cost \$13,000
Raffle tickets available - 1 for \$10 or 3 for \$25
Raffle information coming soon!!

Specs available here:

<http://www.moultonbicycles.co.uk/models/MoultonSPEED.html>

New 5BBC Logo!



FIVE BOROUGH BICYCLE CLUB

Congratulations to Bennet Gold
for the winning design of our
brand new Club logo!



Baik-U

by David “Mel” Meltzer

photo by Linda Armstrong

Baik-U

We are the Five Boro Bike Club. One of the things that I love about the club is that we head to places I have always wanted to check out. Or places that I never knew about. The 5BBC has let me expand my horizons beyond my beloved Brooklyn. From cycling to City Island for sea food by the Sound. To a Spaten Dark Beer and Goulash at Killmeyers in Staten Island. We go everywhere. Each borough has a highlight. A memory. A feel. Here are some of my impressions in haiku form:

Brooklyn:

Grand Army Plaza
Cold and rainy. Who will show?
Christmas Dycker Heights.

Neighborhoods I love
Cobblestones and Red Hook views
Riding with a smile

Manhattan:

Biking in Harlem
Rugalach from a brother.
Only in New York

Wind off the river
Under the majestic bridge
Little Red Lighthouse

Queens:

Always was afraid
Hyphenated addresses
Getting lost. Again.

Dining with Ganesh
Chanting and ringing of bells
Oneness with my Trek

Bronx:

Hall of Fame scout ride
Whine on a hill. Rudy laughs
Dominican lunch

City Island Ride
Leland Avenue. Called dad.
This block was his home.

Staten Island:

Old graves in the shade
People die and dead ships rust
And then we polka

Cute dogs sniff all bags
Hylan Boulevard potholes
Anger management.



5BBC tripper Ali, taken on the East/West Border ride, March 3, 2013. Photo by Linda Armstrong.



On The Record

Highlights of executive board meetings based on minutes from Andrea Mercado

February 11, 2013

Present: Liz Baum, Bill Mastro, Bob Castro, Manny Sanudo, Phil Goldberg, David Meltzer, Fritz Van Orden, Andrea Mercado, Wendy Frank & Shawn Carney

Started 6:15 PM

Discussion of progress on scaled down 5BBC members only Montauk ride.

Club will hold a contest for a new logo.

Approved: \$750 budget for new website.

Steve Vaccaro was appointed Advocacy Coordinator

Adjourned 8:40PM

March 4, 2013

Present: Liz Baum, Bill Mastro, Bob Castro, Phil Goldberg, Fritz Van Orden, Andrea Mercado, Alfredo Garcia, Wendy Frank, Shawn Carney and Ed Pino,

Started 6:15PM

Fritz proposed special events trips: Memorial Day weekend, proposed Harlem Valley tie-in weekend trip to Waissaic with camping near the ride event start, an apple blossom ride and Seagull Century.

Wendy discussed outreach efforts.

There were 666 likes on Facebook

Logo contest launched.

Montauk—32 paid riders for the scaled down ride.

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.

Bicycle Course Coordinator

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:

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



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.

Thanks!

- 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 and we'll be very happy to speak with you.

Thanks!

Ads by Members



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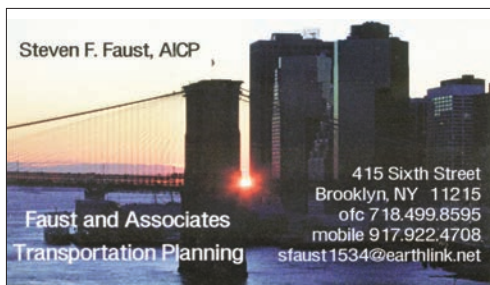
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**League Cycling
instructor**

Jesse Brown
Tel: 917-578-2244

LCI # 3508



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Mr. Lucky

Until further notice, 5BBC members in good standing can put free ads in this section. Space limitations apply and policy subject to change, with or without prior notice. For more information, email the Bicycleletter editor at editor@5bbc.org.

Bike Events & Places to Ride Your Bike

BROOKLYN BRIDGE PARK

Open year round. 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 ± 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

Notable Bike Events 2013

This is a brief listing of bike events based on last year, as of April 6. 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)...South Bronx Bike Tour (South Bronx Unite)...**Sun. 4/21** Ghost Bike Memorial Ride (New York City Ghost Bike Project)...CO₂ E Drive bike ride (Earth Day New York)...**Sat. 4/27** Harbor Ring Preview Ride (Harbor Ring Committee)

May

Fri 5/3 to Sat. 5/4 Bike Expo New York (Bike New York)...**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)...**Sat. 5/11** New York Bike Jumble...Bike the Branches (Brooklyn Public Library)...**Wed. 5/15** Ride of Silence (NYC) ...**Sun. 5/19** Montauk Century (Five Borough Bicycle Club)...Tour de Tinicum (Bucks Cty., Penn.)...**Fri. 5/31** Tour la Nuit (Montréal, Vélo Québec, Canada)

June

Sun. 6/2 (SIX EVENTS THIS DAY!) Bloomin' Metric (Sound Cyclists, CT)...Tour de Brooklyn (Transportation Alternatives)...Tour de Cure (American Diabetes Association)...Jersey City Ward Tour (Bike JC, NJ)...Tour de l'Île (Montréal, Vélo Québec, Canada)...Bike Boat Bike (Suffolk Bicycle Riders Association, NY)...**Sat. 6/8** Revolutionary Ramble (Morris Area Freewheelers, NJ)...**Sun. 6/9** George Washington Bridge Challenge (Ft. Lee, NJ)...**Thurs. 6/20 to Sat. 6/29** JOMONOLA Bike Tour (10 Day, 800 mile ride from Missouri to Louisiana)...**Sat. & Sun. 6/20-21** Anjou Vélo Vintage (France)...**Sun. 6/30** Discover Hudson Valley (Bike New York)...New Haven Century (Elm City Cycling, CT)...**TBA:** Mattituck Century (Five Borough Bicycle Club)

July

Sun. 7/7 Tour de Queens (Transportation Alternatives)...**Sun.-Sat. 7/21-27** Register's Annual Great Bicycle Ride Across Iowa (RAGRAI)...**Sat. 7/27** Brooklyn Waterfront Epic Ride (Brooklyn Greenway Initiative)...**Sun. 7/28** Harlem Valley Rail Ride...TBA New York Bicycle Film Festival

August

Sat. 8/3 Princeton Century (Princeton Freewheelers)...**Sun. 8/18** Ramapo Rally (Bicycle Touring Club of Northern New Jersey)...**Sat. 8/30 to Sun. 8/31** Bike Cult Show (Bike Works and New York Bike Jumble)...

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)...Gran Fondo New Jersey...**Sat. 9/21:** Escape New York (New York Cycle Club)...**Sun. 9/29** Honolulu Century (Hawaii Bicycling League)...**TBA:** Pumpkin Patch Pedal (Staten Island Bicycling Association)...**TBA:** Twin Lights (Bike New York)...**TBA:** Golden Apple (Westchester Cycle Club, NY)

October

Sat. 10/5 Tour de Staten Island (Transportation Alternatives)...Sea Gull Century (Salisbury, Maryland)...**Sun. 10/6** MS Bike Tour (Bike MS **10/13** Piermont Bike Festival (Rockland County, NY)...NYC)..**Sun. 10.27** Tour de Bronx (Transportation Alternatives)...**TBA:** Fountains Ride (Times Up!)

November

Sat. & Sun. 11/9-10 Philly Bike Expo (Philadelphia, PA)...**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
Anjou Vélo Vintage (France) - www.anjou-velo-vintage.com
Bicycle Shows US – www.bicycleshows.us
Bicycle Touring Club of North Jersey – www.ramaporally.com
Bike JC (Jersey City, NJ) – www.bikejc.org
Bike MS New York City -- www.bikemsnyc.org
Bike New York – www.bikenewyork.org
Bike The Branches (Brooklyn Public Library) -- <http://misc.brooklynpubliclibrary.org/btb/>
Brooklyn Greenway Initiative – www.brooklyngreenway.org
Central Jersey Bicycle Club (NJ) – www.cjbc.org
Earth Day New York (NYC) --- www.earthdayny.org
Elm City Cycling (New Haven, CT) – www.elmcitycycling.org
Five Borough Bicycle Club (NJ) – www.5bbc.org
George Washington Bridge Challenge (Ft. Lee, NJ) -- <http://tinyurl.com/bw4qjmt>
Gran Fondo New Jersey (NJ) -- www.granfondonj.com
Harbor Ring Committee -- www.harborring.org
Harlem Valley Rail Ride – www.harlemvalleyrailride.com
Hawaii Bicycle League – www.hbl.org
Hostelling International (San Diego, CA) – www.sandiegohostels.org/christmas-bike-ride
JOMONOLA (Joplin, Missouri to New Orleans, Louisiana) -- www.jomonola.org
Maui Bicycle Club (Hawaii) – www.mauibicycleclub.org
Morris Area Freewheelers (NJ) – www.rambleride.org
New York Bicycle Film Festival (NYC) -- www.bicyclefilmfestival.com/new-york
New York Bike Jumble (NYC) -- www.nybikejumble.com
New York Cycle Club – www.nycc.org
Philly Bike Expo -- www.phillybikeexpo.com
Piermont Bike Festival -- www.piermontbikefestival.com
Princeton Freewheelers (NJ) – www.princetonfreewheelers.com
RAGBRAI – www.ragbrai.org
Ride of Silence - www.rideofsilence.org
Rosarito Ensenada Bike Ride (Mexico) – www.rosaritoensenada.org/english
South Bronx Unite -- www.southbronxunite.com
Staten Island Bicycling Association – www.sibike.org
Suffolk Bike Riders Association (Long Island) – www.sbraweb.org
Sea Gull Century (Salisbury, Maryland) – www.seagullcentury.org
Times Up! – www.times-up.org
Tour de Tincum (Bucks County, Pennsylvania) -- www.delawarevalleyfire.com
Transportation Alternatives – www.transalt.org
Vélo Québec (Montréal, Canada) – www.velo.qc.ca/en
Westchester Cycle Club (NY) -- www.westchestercycleclub.org



APRIL
21
2013

THE 8TH
ANNUAL
MEMORIAL
RIDE

FOR
CYCLISTS &
PEDESTRIANS
KILLED IN
NEW YORK CITY

Sun. April 21, 2013 Memorial Ride Schedule

Staten Island - 12:00 PM - Every Thing Goes Book Cafe, 208 Bay Street (between Victory and Hannah). This ride will also go to Manhattan via ferry.

Brooklyn - 12:00 PM - Seth Low Square, intersection of Stillwell Ave., Bay Parkway & Avenue P (N to Bay Parkway)

Bronx - 12:15 PM - Webster Ave. & Gun Hill Rd. (D to 205th St., 2 to Gun Hill Rd., 4 to Woodlawn or MetroNorth to Gun Hill Rd.)

North Queens - 1:00 PM - Queens Criminal Court Bldg, Queens Blvd & Hoover Ave. (E/F to Union Turnpike)

South Queens - 1:00 PM - Rockaway Blvd, Woodhaven Blvd & Liberty Ave. (A to Rockaway Boulevard)

Convergence of All Rides

4:30 PM - Unknown memorial, Queens Blvd & Jackson Ave.

Subject to change. For more info, please visit www.ghostbikes.org

ghostbikes.org



Become a 5BBC Leader

Do you enjoy interacting with people, exploring and creating new bike routes, promoting bicycling to all levels of riders and want a great way to give back to the Club and the bicycling community? Then becoming a 5BBC Bike Leader is for you.

The 2013 5BBC Leadership Course will teach you how to organize and run both day and weekend trips. You will learn map reading, ride planning, cycling safety, group dynamics, decision-making and develop your leadership style, as well as many other aspects that go into making you a bike leader.

The course, taught by experienced 5BBC leaders, combines classroom instruction with practical riding experience. You do not have to be a strong or fast rider or bicycle repair guru to take the course. That is not what the course is about – it is about leadership. It is strongly recommended that you be able to ride for the better part of a day and be comfortable riding with a group. If you have not ridden with us before, you should definitely go on several 5BBC rides to become familiar with how typical Club rides take place. (Note: If you are not a member of the 5BBC and wish to take the class, you must become a member prior to the weekend trip part of the course.)

Classes will begin Tuesday, September 3, 2013 and continue on 9/10, 9/17, 9/24 and 10/1; the location will be announced in the near future. In addition to the above classes, there will be leadership training rides on 9/15, 9/21 and 9/28 and a weekend retreat from 10/4 to 10/6 in Columbia County NY.

For more information, contact Manny Sanudo at leadership@5bbc.org

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.

Payment

5BBC Membership

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.

Cross Borough Jersey

Indicate quantity and size.

___ Ladies (Circle One) M
___ Men (Circle One) M L

Total qty. ___ @ \$65 each\$ _____

5BBC Patches

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

Total Payment.....\$ _____

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

**Five Borough Bicycle Club
244 Fifth Avenue (200)
New York, NY 10001**

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 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

BROOKLYN

Bay Ridge Bicycle World

8916 3rd Ave. Bklyn, NY 11209 718-238-1118
bayridgebikes.com

Bicycle Station

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

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

On The Move

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

Roy's Sheepshead Cycles

2679 Coney Island Ave. Bklyn, NY 11235
718-646-9430 roysbikes.com

Verrazano Bicycle Shop

7308 5th Ave, Bklyn, NY 11209 718-680-6521, verrazanocycles.com

MANHATTAN

B-Fold (Folding bikes)

224 E 13th St.(2nd-3rd Aves)
NY, NY 10003 212-529-7247
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
bicyclerenaisance.com

Bike Works

106 Ridge St. NY, NY 10002
212-388-1077, bikecult.com

Champion Bicycles

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

Chelsea Bicycles

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

City Bicycles

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

Conrad's Bike Shop

25 Tudor City Place
NY, NY 10017 212-697-6966
conradsbikes.com

Continuum Cycles

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

Eddie's Bicycle Shop

490 Amsterdam Ave., NY, NY 10024,
212-580-2011 eddiesbicycles.net

Enoch's

480 10th Ave. NY, NY 10018
212-582-0620, enochsbikes.com

Frank's Bike Shop

553 Grand St. NY, NY 10002
212-533-6332, franksbikes.com

Gotham Bikes

112 W Broadway, NY, NY 10013 212-732-2453
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

Jack Rabbit

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

Larry & Jeff's Bicycles Plus

1400 3rd Ave., NY, NY 10021,
212-794-2929 bicyclesnyc.com

Liberty Bicycles

846 9th Ave. NY, NY 10019
212-757-2418, 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

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

Mod Squad Cycles

2119 Frederick Douglass Blvd., (114-
115 Sts), NY, NY 10026 212-865-5050
modsqquadcycles.com

My Bike Heaven

348 E 62 St. NY, NY 10021
212-230-1919, mybikeheaven.com

NYC Velo

64 Second Ave. (4th St) NY, NY10003
212-253-7771 nycvelo.com

NYCE Wheels

1603 York Ave., NY, NY 10028
800-692-3943 nycewheels.com

Pedal Pusher

1306 Second Ave., NY, NY 10021
212-288-5592
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

Toga Bike Shop

110 West End Ave., NY, NY 10023
togabikes.com

Tread Bike Shop

250 Dyckman St., NY, NY
21-544-7055 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

QUEENS

Arc De Triomphe Bicycles

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

adtbikes.com

Bellitte Bicycles

169-20 Jamaica Ave.,
Jamaica, NY 11432
718-739-3795 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

Bill's Cyclery

63-24 Roosevelt Ave
Woodside, NY 11377

718-335-1906, 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

Spin City Cycle

98-73 Queens Blvd, Rego Park, NY
11375, 718-896-8850, spincitycycle.com

Spokesman Cycles

49-04 Vernon Blvd., Long Island City,
NY 11101, 718-433-0450
spokesmancycles.com

STATEN ISLAND

Bennett's Bicycles

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

bennettsbicycle.com

LONG ISLAND

The Bicycle Planet

540 Jericho Turnpike
Syosset NY 11791 516-364-4434

www.thebicycleplanet.com

Bike Discounters

1021 Portion Rd., Ronkonkoma, NY
11779, 631-846-7320, thebikeoutlet.com

Brands Cycle Center

1966 Wantagh Ave., Wantagh, NY
11793, 516-781-6100, brandscycle.com

East End Bicycles

943 Montauk Hwy., Shirley, NY 11967
631-399-7390, eastendbikes.com

Carl Hart Bicycles

620 Middle Country Rd., Middle Island,
NY 11953, 631-924-5850, carlhart.com

Sayville Bike Works

75 Main St., West Sayville, NY 11796,
631-589-0009, sayvillebike.com

South Shore Bicycle & Fitness

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

Sunrise Cyclery

4828 Sunrise Highway
Massapequa Park, NY 11762
516-798-5715 sunrisecyclery.com

Sunrise Tri

520 Sunrise Highway
West Babylon, NY 11704
631-587-6200 sunrisecyclery.com

Valley Stream Bicycle

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

valleystreambicycle.com

Visentin Bike Pro Shop

51 Pine Hollow Rd., Rte. 106
Oyster Bay, NY 11771,
516-922-2150, 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

Sierra Cycles

46 Garth Rd., Scarsdale, NY 10583
914-725-8333, sierracyclesny.com

CONNECTICUT

Baybrook Bicycles

243 Captain Thomas Blvd, West Haven,
CT 06516* 203-933-4576
baybrookbicycles.com

College Street Cycles

252 College St., New Haven, CT 06510
203-865-2724, collegestreetcycles.com

Newington Bicycle

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

NEW JERSEY

Bicycle Tech

2 Station Rd., Lincoln Park, NJ 07035
(973) 694-6775, bicyclotechnonline.com

Bicycle Workshop

175 Country Rd., Tenafly NJ 07670
201-568-9372, bicycleworkshop.com

Marty's Reliable Cycle

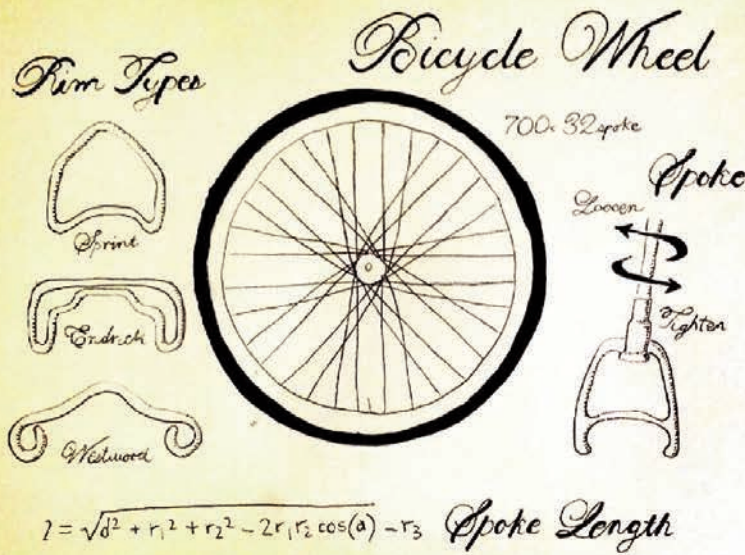
173 Speedwell Ave., Morristown, NJ
07960, 973-538-7773,
martyreliable.com

Strictly Bicycles

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



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website!



Original bicycle art by 5BBC Leader Shawn Carney. Visit her website at <http://driftandburn.wordpress.com>

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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 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 \$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. 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 May 2013 issue is: **Tuesday 23 April 2013**

Bicycleletter
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Bicycleletter April 2013
Volume 23 • Issue 4

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. 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.



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5BBC jersey designed by Caryn Greenberg. Some available for \$65 visit www.5bbc.org