

BICYCLER™

Publication of the Five Borough Bicycle Club • May 2013 • Special Bike Expo New York Edition • www.5bbc.org





FIVE BOROUGH BICYCLE CLUB

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Don't Worry, Be Happy 😊 😊 😊 😊 😊 😊 😊 😊 😊 😊 😊

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

We're eager to share the joys of cycling with newcomers and returnees as well as active trippers. How about you? Some of our rides are suited for beginners. See the Day Trips listings with a happy face symbol 😊. Rides range from 20 to 30 miles, go at a

leisurely pace and attract cyclists like you. Make sure your bike is in good working order—adequate tire pressure & 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: on the Centre Island training ride, April 2012. Photo by Bob Castro. Above: Bell “Solar” road cycling helmet, stylish and simple, in white / silver linear, \$35 or less.



Wuld Alexandre at Prospect Park on a group ride to Garden City, August 19, 2012. Today, Wuld is a 5BBC Leader. Photo by Bob Castro.

Bicycletter May 2013

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Contributors:

Arlene Gogarty, Bob Castro, David "Mel" Meltzer, Ed Pino, Fritz Van Orden, Liz Baum, Manny Sanudo, Mike Moses, Peter Morales, Shawn Carney, etc.

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 Bicycletter, the website www.5bbc.org, as well as our facebook and twitter pages 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 Bicycletter are heartily encouraged, on CDs, flash drives or even 3.5" diskettes, accompanied by hard copy; or email newsletter@5bbc.org. Please limit articles to 300 words. Classified ads are free to members.

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

Deadlines for submissions to the Bicycletter are usually the first day of the month prior to the issue. Submissions may be edited for clarity and/or space. The deadline for submissions for the June 2013 issue is: Tuesday 23 May 2013

Bicycletter
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**Bicycletter May 2013
Volume 23 • Issue 4
Editor: Alfredo Garcia**

On Cycling the Erie Canal

5BBC President Liz Baum

Over the last year Alfredo has asked my husband Ed and I to write about our Erie Canal Trip which occurred last summer. To say our lives have been hectic is an understatement and writing an article about our 400 miles was not on the top of it. Notwithstanding this information, I would like you all to know Ed and I rode 400 miles in 8 days on our tandem. More importantly the tandem was made for us, and built for us, which



allowed us to make this journey in comfort. We used Comfy Campers, had our tent set up and aero bed each night and at 5:15 AM coffee was ready, what better way to travel. The rest stops in the AM and PM were so full of food, we stopped having lunch. The Best was the Erie Canal Riverboat- now this was a feast of banana which they split in half, raisins and peanut butter smeared down the middle, the snack of champions. We found a 1950's diner and only us cyclists ate, another find.

The mornings were charming, quietness, birds flew, dew over the water, riding on the canal, sand and dirt abundance and quiet joy of other cyclist. There was never an absence of museums and boat rides, historical information as each day passed. Yes, it was mostly flat, except, when it was not, one day was 62 miles, hot and all road, one day we spent two hours speaking with the lock-master, looking into the room, asking what do you do during the winter, we watched the boats rise and fall, small and large and went



on boat rides a few times. Small museums with a history of education and wonder created by the ability of man to export and move food and animals down the canal. Some night's dinner was made for us, or we went out. I only made Ed give up on a third of a hill, one day, and on the last an incline on the path heading to Albany.



Showering was an adventure the humidity was so bad; I was wetter after I took a shower than before. Each night our backpack was in the field, we walked a few steps and carried it back to our tent, sat outside, under the tent as our cell phones recharged.



We trudged through sand on the canal route and one day just went onto the road, Ed fixed one flat, and one day we just sunk in the sand and fell over, it was funny. We were also fortunate that Ed's cousin lives in Syracuse, they picked us up and we ate at the original Dinosaur BBQ.



The last day was forty miles, and was able to see ALBANY STRAIGHT AHEAD.



We got to carry the mascot one day here he is helping us wash our bike

Become a 5BBC Member!

Join the 5BBC

Become a member, or renew your membership.

- Membership in the Five Borough Bicycle Club is just \$25 per year. Dual membership (2 members in the same household) is only \$30.

- Register or renew now, and your membership continues through December 2013.

- We are in the midst of a membership database and website upgrade, so it may take a couple of weeks to process new and renewal membership submissions. Thank you for your patience!

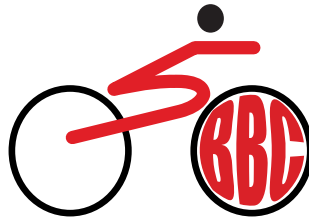
Benefits of 5BBC membership include:

- Subscription to *Bicycletter*, our incredibly informative monthly newsletter-magazine, with feature articles, details of all 5BBC rides, calendar of bicycling events in and around New York, and more.

- Subscription to 5BBC Weekly Update, our email newsletter that includes upcoming 5BBC rides and events plus other selected NYC-area activities of interest to 5BBC members.

- Posting privileges to the 5BBC Bulletin Board.

- Free - you read it correctly - free use of 5BBC's bike case. Who needs a folding bike? Arrive at your destination with your full-size bike and start pedaling.



FIVE BOROUGH BICYCLE CLUB



- Discounts at many NYC area bike shops. Do you buy bicycle parts and accessories? Of course you do, and you could easily save \$20 or more on these purchases with your 5BBC member card.

- Discounts on merchandise purchased at The 5BBC Store.

- Discounts on our popular bicycle maintenance courses. You will save oodles of money on repair bills when you learn to perform basic bicycle maintenance yourself.

- Being part of New York's friendliest bike club: priceless. OK, I'm convinced. What do I do now?

- See page 22 for 5BBC order form to be filled out and mailed to, or

- Visit <http://www.5bbc.org/join5bbc.shtml> for 5BBC online membership registration (small surcharge added)

For more information:

- Give a call, send an email, drop a letter, or say hello to us on a ride. Contact the 5BBC. Ask for a free sample copy of *Bicycletter*.

The Places We Go, The Food We Eat

By David "MEL" Meltzer

It started maybe ten miles into the ride. At first a low whisper, barely registering. It grew as we neared the half-way point. The trippers were restless. They were hungry. They were ready to eat. At the 5BBC, the food experience is all part of the adventure. And woe to any leader who fails to recognize the importance of the lunch break. I like to say that there are three things that the 5BBC does exceedingly well – cycling, sarcasm and eating.

One of the glories of riding in NYC and the surrounding area is the amazing variety of food that is out there. And at the 5BBC, it appears that we are on a mission to taste all of it. Sometimes the ride is even named after the food we will be eating, “The Empanada Ride”, “The Pancake Ride” and “Brooklyn Donut Marathon” immediately come to mind. Riding to Jackson Heights may be fine, but riding to Jackson Heights for an all you can eat Indian Buffet at the Jackson Diner is sublime.

On one of my first rides with the club, we made a late stop at Grimaldi's, an Italian bakery on the borderlands of Ridgewood and Bushwick. I smelled that buttery aroma even before I entered the door. Panniers that had been empty all trip, suddenly filled with breads and pastry. As a seasoned club member, this is now something that is imprinted in my memory banks. If Bill Mastro is leading a ride in Central Brooklyn – there will be canolli. Now that I am an experienced 5BBC rider, there is always room in my trunk bag for goodies for the home crowd.

There are those places that we come back to again and again. Places like the pizza parlor in Glendale where they have delicious spinach rolls. Johnny's Reef Shack in City Island for some fried calamari. A club ride to the Mill Basin Deli for a pastrami sandwich and



matzoh ball soup? Yes please. The common denominators being a cycle friendly establishment, room for a larger group and of course, great food.

It was a cold and blustery winter day. All other club rides were cancelled. My ride was not. We pedaled through the sleety Brooklyn streets. The wind was whipping at my cheeks. All those layers were not keeping the cold at bay. There were no other cyclists and damn few pedestrians. At last we pulled up to the Cafe Glechik on Coney Island Avenue. The layers came off. A quick scan of the menu and I knew that hot borscht and verenikis were needed for both mind and body. Soon, with that delicious borscht coursing through my veins, I was content, smiling and ready to ride.

As a 5BBC leader, it is essential that I scout the rides. For me this is not only about finding the best route to take, but also about finding the best place to eat. While there is certainly nothing wrong with pizza, I always try to find something different. Something that resonates with the area where we travel to. We rode to the Ganesh Temple in Queens. Down a back staircase, unadvertised and unsigned, is a canteen that is meant for their congregation, but

where everyone is always welcome. Cycling clothing mixed with saris as we ate veggie dosas and other South Indian cuisine. A trip into Staten Island meant Killmeyers Old Bavaria Inn. Lance Armstrong has his performance enhancing substances. I have mine – goulash, potato pancakes and Spaten Dark beer.

On the Nibbling the Fringe Ride, I lead a group of cyclists around the edge of Brooklyn from Red Hook to Greenpoint. It seemed obvious to me that we needed Polish food. But where? I needed a place where we could park the bikes, find enough seating, and eat heartily. I opted for the Polish Slavic Center Cafeteria. Upon walking in, I knew that this was going to be an experience. The menu was written in Polish on a chalk board. The folks behind the counter only spoke Polish and the TV was blaring a Polish soap opera. We were transported from our normal realities to a retirement home in Gdansk. And an experience it was. Bob Castro's tripe soup smelled amazing. Bill Mastro found out that in Poland, vegetarian means meat is only sprinkled on top. And my cheesy blintzes would have made my grandma smile. Of course, this was too weird for some, and without coffee being on the menu, Maureen led a mini revolt and headed with a small group to McDonalds.

At the 5BBC, the food stops do not only nourish the body, but also fuel the spirit. It is where we kick back, take off our helmets and reconnect with our fellow cyclists. We discuss the ride we are on and rides we will be doing in the future. We talk about equipment, bike lanes and gear. But it is also the time to catch up on the latest gossip. Who has a new job? Who just went out on a fourth date? How are the kids?

It is also where we meet and get to know new riders, and they get to know us. I know that the club's motto is New York's Friendliest Bike Club. But we can also lay claim to New York's Hungriest Bike Club. Bon Appetite.



At the Five Borough Bicycle Club, we love New York City, one borough at a time. Here 5BBC Leader Bill Mastro, rides the Ed Koch Queensborough Bridge, one of many crossings now open to cyclists. Photo by Bob Castro

Visit us at Summer Streets in August!

Held usually on the first three Saturdays in August. At Summer Streets, Park Ave. is closed to traffic from 7AM to 1PM



Come by our table for a bike check, bike repair, inflate your tires with our pumps, ask questions about the 5BBC and cycling-related topics. Meet nice people who love to ride with the Five Borough Bicycle Club! Check www.5bbc.org for definitive days of Summer Streets. See you there!



For information on Summer Streets in general, visit <http://nyc.gov/summerstreets>

2013 Montauk Century Cycling Jersey!



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. 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/>)

DANNY LIEBERMAN 2007 MOULTON RAFFLE



Drawing to be held Labor Day, September 2, 2013

This is a 2007 Moulton New Series Speed--original cost \$13,000

Raffle tickets available at the 5BBC table at Bike Exp New York! - 1 for \$10 or 3 for \$25 - Call Ed Pino at 646-734-7114 for more information!

Specs available here:

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

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.

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.

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.

Plaza Hotel

Fifth Ave. at 59th St., southwest corner, Litz fountain. Manhattan. Subway N R to Fifth Ave., 4 5 6 A B D E F nearby

Prospect Park (Grand Army Plaza)

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

RFK Bridge

AKA the Triborough Bridge. 124th St. & 2nd Ave., Manhattan. Subway: 4 5 6 to 125th St. Ride carefully to meeting point.

Van Cortlandt Park

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

Union Square North

17th St., between Broadway and Park Ave. South, Manhattan. Subway: 4 5 6 N Q R



5BBC-Day Trips May-July 2013



Ongoing renovation at Governors Island, set to be ready by May 25, 2013. Get ready to ride your bikes there. Visit www.nps.gov/gois for more information.

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

EAST BRONX SHORE BUSTERS
9:00 AM, Union Square North @ Park Ave.
10 AM @ entrance to RFK Bridge Bicycle
Path, E. 124 St & 2 Ave, Manhattan, 20 miles

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.

Continued on page 14



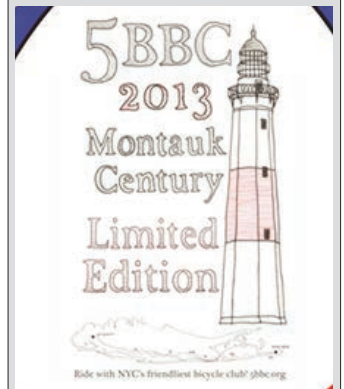
5BBC cyclist on the lunch line.

Woodlawn

Jerome Avenue and Bainbridge Avenue, Bronx. Last stop on 4 subway train. (Golf course about 100 yards north provides car parking for a modest fee.)

For a comprehensive list of ride locations, visit:

www.5bbc.org/meetingplaces.shtml



Limited edition 2013 Montauk Century cycling jersey. See page 9.

Faces of the 5BBC



This is just a few of the many people of the 5BBC. We cycle nearly everywhere in the Five Boroughs and beyond. We ride normal, sometimes very fast. Why not join us and have some good experiences on two wheels? Warm weather is approaching and we welcome you for a good time.





Photos by: Alfredo Garcia, Arlene Gogarty, Bob Castro, Fritz Van Orden, Mike Moses, Peter Morales and Shawn Carney,

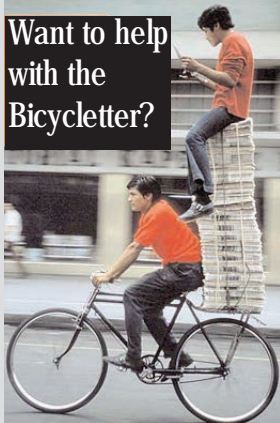


**IMPORTANT
CYCLING NOTE #1**

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**

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

**SOUTHERN BROOKLYN LOOP
11:00 AM, Grand Army Plaza entrance to
Prospect Park, 30 moderate miles**

Stop by the Brooklyn Bicycle Jumble and then join this later starting ride that makes a loop out to southern Brooklyn including Bay Ridge, Dyker Heights, Bensonhurst, Coney Island, Manhattan Beach and more. Early food stop at Nino's and Little Cupcake. Bring bike lock and \$\$ for food. In case of weather issues, check bulletin board the early morning of the ride or follow billm45s on Twitter for an update. Leaders: Bill Mastro & Holly Campbell

Sunday, May 12, 2013

**THE FIX IS IN - FLATS AND LUBES -
BACK BY 12
9:30 AM, Prospect 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

**A DELI GOOD RIDE - Pre-Montauk Edition
10:00 AM, Prospect Park (Grand Army
Plaza), 25-30 moderate miles.**

Come join us for the pre-Montauk Brooklyn version of this ride. The ride will feature some different neighborhoods and sights (not the usual Brooklyn locations). Lunch will be at everyone's favorite the excellent Mill Basin Deli, but save room for dessert, because after we will make a stop heading back to Grand Army. Bring lock and money for lunch. In case of iffy weather check Bulletin Board or follow billm45s on Twitter. Leaders: Bill Mastro and TBA

Sunday, May 19, 2013

5BBC MONTAUK CENTURY

**BIKE/HIKE: BRONX RIVER PARKWAY
& CRANBERRY LAKE
9:00 AM, Woodlawn (Jerome Ave &
Bainbridge Ave) Bronx, 40 miles, rolling
terrain with some steep hills**

Visit Westchester County's car-free spaces: part of the Bronx River Parkway will be just for bikes today, and we'll also use nearby paths to make the ride 44% car free. Lunch is at a nature preserve in a quiet, forested area, where we take an (optional) walk around the lake. All paths are paved and suitable for road bikes. Bring appropriate walking footwear and a lightweight lock. Bring or buy lunch. Leaders: Ed Ravin & Leo Cairo

Saturday, May 25, 2013

**BUSTED IN THE BRONX - TAKE TWO
10:00 AM, City Hall, 30 Miles with some hills**

When the Munchkins sang to Dorothy "You will be a bust, be a bust, be a bust, in the Hall of Fame", this was the place that they were singing about. Situated high above the Harlem River, this Stanford White masterpiece contains bronze busts of the famous and not so famous. Including those Dayton bike makers, Orville

and Wilbur Wright. All this, and a delicious jerk chicken lunch at The Feeding Tree. Bring: Spare Tube, Lock, Money for Lunch and a Great Attitude. Leaders: David "MEL" Meltzer and Rudy Paulich.

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 former retirement home for sailors boasts buildings with truly breathtaking details. To put a cherry on top there is the Chinese Scholars Garden. Visit www.snug-harbor.org for details. Leaders: Ed DeFreitas & TBD

Monday, May 27, 2013

MONUMENTS RIDE

8:00 AM, Battery Park, Manhattan, 3 ride choices, 25-50 miles, easy to moderate pace

Imagine visiting dozens of war monuments throughout New York City on Memorial Day, paying our club's respects to fallen heroes from the American Revolution to Vietnam to Iraq. Many of the monuments are large and familiar, several are easily overlooked. Trippers will have a choice of 3 rides - Manhattan, Brooklyn and Queens/Brooklyn. All three groups will visit memorials in lower Manhattan and then separate. The Manhattan ride (25 miles, easy pace) will visit numerous memorials in Central Park and along Riverside Drive, including the USS Maine Memorial at Columbus Circle, dedicated 100 years ago on Memorial Day, 1913. The Brooklyn ride (35 miles, moderate pace) will visit Cadman Plaza, Ft. Greene Park,

Grand Army Plaza, Prospect Park and Cannonball Park. The Queens/Brooklyn ride (40 miles, quicker pace) will include visits to Astoria Park, Calvary Cemetery and Cypress Hills National Cemetery. Leaders - Steven Taylor, Manny Sanudo & TBA

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

Saturday, June 1, 2013

A FAMILY AFFAIR IN YELLOW HOOK

9:30 AM, Grand Army Plaza (Entrance to Prospect Park), Brooklyn, 30-35 miles, moderate pace

More Brooklyn neighborhoods, more excellent Brooklyn food, as we make our way through a variety of Brooklyn neighborhoods, including the centers of three of the original six towns of Brooklyn, and eventually stop by the excellent Mediterranean food store in Bay Ridge known as THE FAMILY STORE to pick up lunch, which we'll eat in Owl's Head Park. Possible weather issues 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 TBA

Sunday, June 2, 2013

BRONX PERIMETER

9:00 AM, HI-New York, 103rd St. & Amsterdam Ave, Manhattan, 30 miles, leisurely pace

Tour the Bronx on the edge. Pass Yankee Stadium. Climb through Riverdale. Take bike paths through the woods. See a fort. And more. Bring lock and money for lunch. Leaders: Ed DeFreitas & TBA

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

9:00 AM, Grand Army Plaza entrance to Prospect Park, 15 leisurely miles



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.

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 Sobin & TBA

Sunday, June 9, 2013

HUDSON RIVER MUSEUM

9:30 AM, Plaza Hotel, 5th Ave & 59th St, Manhattan, 30 miles, 10-12 mph pace

We'll ride through Central Park and up the center spine of Manhattan. We'll cross the Harlem River into the Bronx, follow Broadway through Yonkers and spend a little time on the Old Croton Aqueduct till we reach the Hudson River Museum. This is not just a museum. It's also a mansion and a planetarium. So bring your inquisitiveness, \$6.00 (?) for admission, lunch or money to buy it, lock and MTA Bike permit (for Metro North) in case you have to bag it. Some hills, road bikes OK (?). Maybe a bonus additional museum. Leaders: Ed DeFreitas & TBA

Saturday, June 15, 2013

PAB/PARKSIDE MEMORIAL

-- BEAR MOUNTAIN (Quick Spin)

7:30 AM, Grand Central Terminal, for 7:44 train to Cold Spring, 60 miles, Quick Spin pace. Email Dennis Griffin at nyc2dag@yahoo.com to confirm

One year ago today, Paul Anthony Bernhardt (trail name Parkside), son of long-time 5BBC member Mark Bernhardt, was tragically lost as he attempted to complete a solo hike of the entire Appalachian Trail. For this reason it would be a good thing for us to bike along a section of that trail which is closest to us for good cycling and expressing sincere condolences. We plan to meet with the Moderate Pace group for food and drink at the end of the ride. Please bring money for lunch, \$26.50 round trip train fare to/from Cold Spring and MTA Bike Permit. Leaders: Wuid Alexandre, Clyde Dillard, Dennis Griffin

PAB/PARKSIDE MEMORIAL

-- BEAR MOUNTAIN

8:30 AM, Grand Central Terminal, for 8:44 train to Cold Spring, 40 miles, moderate pace

One year ago today, Paul Anthony Bernhardt (trail name Parkside) Bernhardt, son of long-time 5BBC member Mark Bernhardt, was tragically lost as he attempted to complete a solo hike of the entire Appalachian Trail. For this reason it would be a good thing for us to bike along a section of that trail which is closest to us for good cycling and expressing sincere condolences. We plan to meet up with the Quick Spin group for food and drink at the end of the ride. This is a memorial, not a fundraiser, and no financial donations are expected. Please bring money for lunch, \$26.50 round trip train fare to/from Cold Spring and MTA Bike Permit. Leaders: Carolyn Jacobs and Fritz Van Orden

CLEARWATER HUDSON RIVER REVIVAL

8:30 AM sharp! Grand Central Terminal, 25 miles, flat to rolling with one big hill

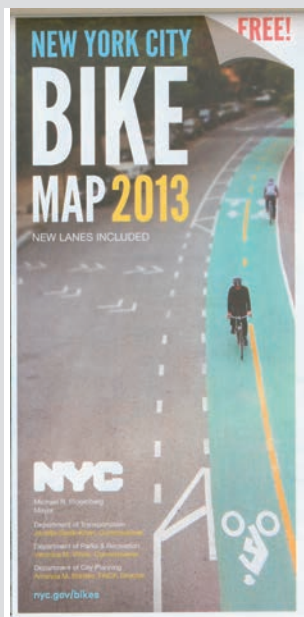
Come celebrate our 25th annual (and probably last) day-long retreat to this classic folk music festival! We'll board Metro North for the 8:45 am train to White Plains, then cycle to Croton Park, with return trip to NYC via train. Enjoy 5 stages of music, non-stop dancing, crafts, activists, stories, souvenirs, and of course, food. Scheduled performers include Hot Tuna, David Bromberg, Judy Collins, Mavis Staples and Tom Chapin. Limited discount tickets (price TBD) will be available, but ride participants should consider purchasing their own tickets in advance. See www.clearwaterfestival.org or www.mta.info/mnr/html/getaways/outbound_clearwater.htm for info. Festival and bike ride are rain or shine; free valet bike parking available via our friends at Times Up! (<http://times-up.org/>) And who will be the recipient(s) of this year's special ride dedication ceremony? Bring \$20 for train fare, Metro North permit, sunscreen. Leaders: Ted Kushner, Susan Levine

TRAFFIC HATERS' RIDE TO WELWYN PRESERVE

9:30 AM, Cunningham Park, Union Turnpike and 196 Place, Queens, 48 mostly flat miles at a moderate pace

To avoid heavy traffic, we will cycle the back roads of Nassau County to the Welwyn Preserve on Long Island Sound. Along the way we will see some of the mansions of the North Shore and survey the damage done by Hurricane Sandy over six months ago. Bring a lock and lunch or money for lunch. Leaders: Manny Sanudo and TBA

Things We Look Forward to (1)



New York City DOT annual bike map, available at bike shops, sports stores, call 311 and on the DOT web: www.nyc.gov/bikes. FREE.



The Summer of 2013, which begins Thurs. June 20. Days get longer and warmer. More time to get on your bicycle.

Sunday, June 30, 2013

FLAT ROCK NATURE PRESERVE 10:00 AM, City Hall, 30 miles

Aah Nature in Joisey! This privately owned natural preserve lets us bike to their Nature Center but only hike their trails. Lunch at a pond teeming with life in the beautiful outdoors. It's Summer. Clear the Winter cobwebs and come for a ride. Clothing is not optional. Leaders: Ed DeFreitas & TBA.

Thursday, July 4, 2013

AROUND AND UNDER THE HUDSON 8:45 AM, City Hall (foot of the Brooklyn Bridge), 9:15 AM South Ferry, 10:00 St. George (S.I.) 25 miles, 12 mph pace

Ride along the west side of Staten Island. Cross the Bayonne Bridge. Visit the 9/11 Memorial (a gift from the Russian people) and Liberty State Park. PATH from Hoboken to the WTC. God Bless America. Leaders: Ed DeFreitas & TBA

Sunday, July 14, 2013

☉ **BICYCLE BEACH BUMS RIDE** (Happy Face) 10:00 AM, Grand Army Plaza (entrance to Prospect Park), Brooklyn, 30 miles, flat terrain

Enjoy a 5BBC classic summer beach ride! We'll be riding to Neponsit Beach in the Rockaways, taking mostly deserted streets. Bring a lock and all your usual beach gear. We'll stop to pick up lunch and then eat on the beach. Remember - Bring a camera! Leaders: Andrea Casertano and Susan Levine.

Saturday, August 10, 2013

BATHE IN BAYVILLE 9:00 AM, Cunningham Park, Union Turnpike & 196 Pl, Queens, 50 miles, moderate pace

Join us on this traditional 5BBC ride to the beach in Bayville. If the weather is nice bring your swimsuit. Optional loop to Centre Island is available. In addition, bring lunch or money to buy lunch. Rain at start cancels. Leaders: Manny Sanudo and TBA

GRAFFITI RIDE

10:00 AM, Grand Army Plaza, Brooklyn, appx 45 miles, moderate pace

See the city from a new perspective! A tour of graffiti spots in Manhattan, Brooklyn and Queens showcasing various graffiti artists and styles. Bring lock, plus \$ for lunch. Leaders: Shawn Carney and Fritz Van Orden

Sunday, August 25, 2013

[Horse-face ride] NYC STABLES 10:00 AM, Grand Army Plaza, Brooklyn, appx 65 miles, moderate pace

From Carriage Horse stables to Riding Academies to Equestrian Centers, we'll ride through all five boroughs to view various historical and current horse stables. From the saddle of our own personally powered steeds we'll see all the places we New Yorkers ride horses. (NOTE: no actual horse riding will take place on this ride.) Leaders: Shawn Carney and Eliz Peters.

Saturday, August 31, 2013

GRAFFITI RIDE 10:00 AM, Grand Army Plaza, Brooklyn, appx 45 miles, moderate pace

See the city from a new perspective! A tour of graffiti spots in Manhattan, Brooklyn and Queens showcasing various graffiti artists and styles. Bring lock, plus \$ for lunch. Leaders: Shawn Carney and Fritz Van Orden.



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.

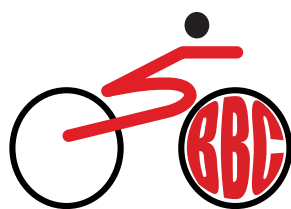
The 2013 5BBC Leadership Course will teach you how to organize and run both day and weekend trips. You will learn map reading, ride planning, cycling safety, group dynamics, decision-making and develop your leadership style, as well as many other aspects that go into making you a bike leader.

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.)

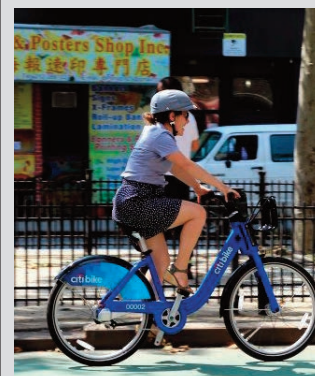
Classes will begin Tuesday, September 3, 2013 and continue on 9/10, 9/17, 9/24 and 10/1; the location will be announced in the near future. In addition to the above classes, there will be leadership training rides on 9/15, 9/21 and 9/28 and a weekend retreat from 10/4 to 10/6 in Columbia County NY.

For more information, contact Manny Sanudo (photo, above) at leadership@5bbc.org



FIVE BOROUGH BICYCLE CLUB

Things We Look Forward to (2)



In May, the start of Citi Bike, a bike share program allowing people to commute to work and connect to bike dock stations, instead of getting on a bus, subway or automobile. For more info: visit www.citibikenyc.com



More chances to ride your bike on Five Borough Bicycle Club day trips. More chances to explore the Big Apple and beyond, plus meet nice people along the way



Photos by Bob Castro (2012)

Bike Events & Places to Ride Your Bike



Open year round. www.brooklynbridgeparknyc.org



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



Go to Governors Island for a ride when it reopens for the season May 25, 2013. Visit www.govisland.com

Notable Bike Events 2013

This is a brief listing of bike events based on last year, as of May 23. 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!)

Weekly

Most Tues. & Thurs. The Weekday Cyclists

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)

July

Sun. 7/7 Tour de Queens (Transportation Alternatives)...**Sun. 7/7- Sun. 7/14** Cycling the Erie Canal (Parks & Trails New York)...**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)...

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



20

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

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



5BBC

730 likes · 121 talking about this



Community

We're the Five Borough Bicycle Club, 5BBC for short, of New York City. Hop on your bike to explore and have fun in the city and beyond. See our weekend rides at: <http://5bbc.org/rides.shtml>

About



Photos



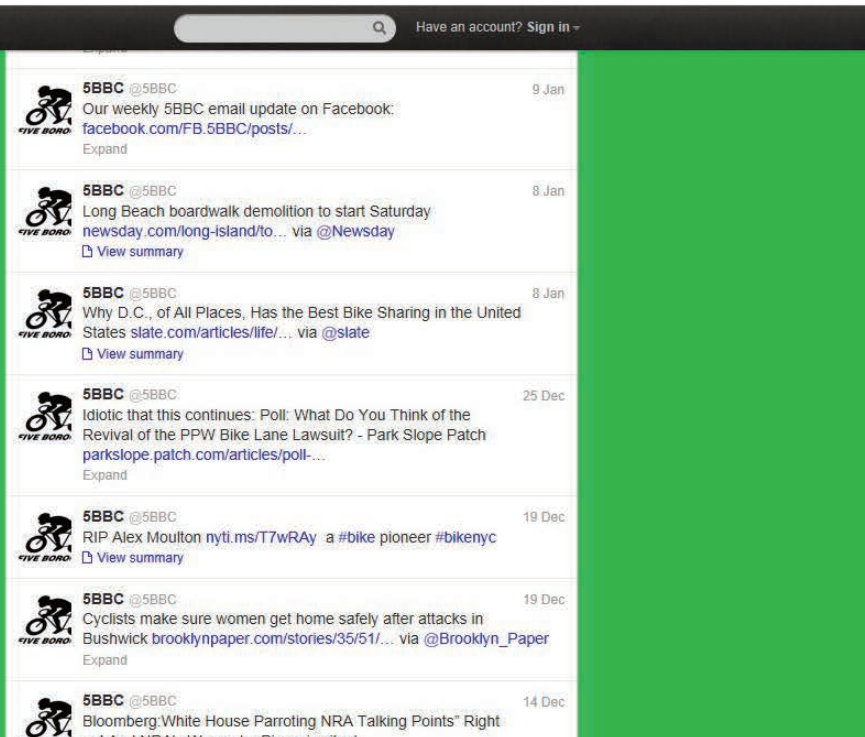
Likes



Events

We're on Facebook and Twitter!
Check us out as well as 5bbc.org

www.facebook.com/FB.5BBC
www.twitter.com/5BBC
www.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:

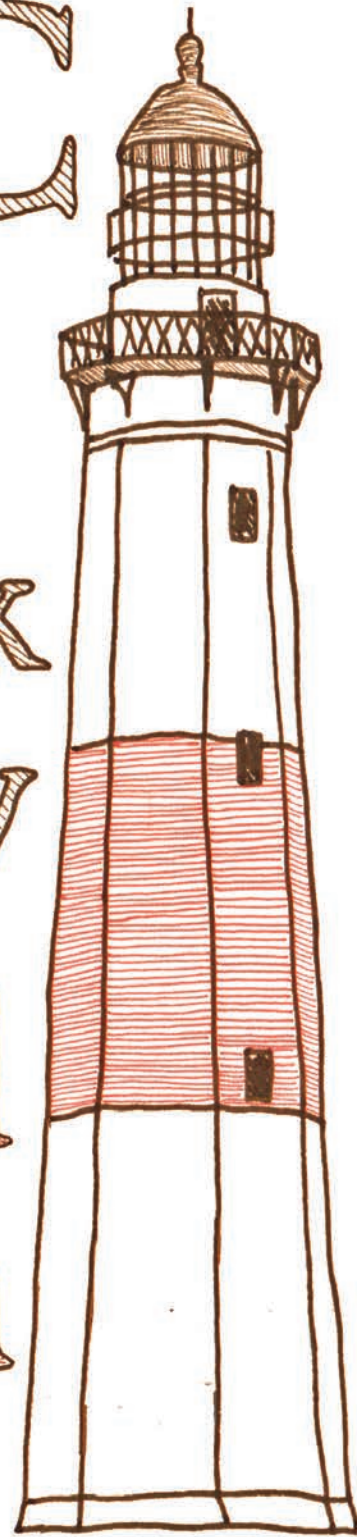
**Five Borough Bicycle Club
244 Fifth Avenue (200)
New York, NY 10001**

5BBC

2013

Montauk
Century

Limited
Edition



Ride with NYC's friendliest bicycle club! 5bbc.org

Original artwork by Shawn Carney