

# BICYCLER™

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





The finely tuned Klein road bike of 5BBC leader Dennis Griffin. TA Training Quick Spin ride to Oyster Bay. Sat., Aug. 24, 2013.



FIVE BOROUGH BICYCLE CLUB

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Vacant  
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Vacant  
**Bicycle COURSE**

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

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

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

leisurely pace and attract cyclists like you. Make sure your bike is in good working order—adequate tire pressure & brakes that work well.

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

## About Day Trips

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

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

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

### Participants under age 18

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

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

\*Waiver available online at:  
[www.5bbc.org/minor\\_waiver.pdf](http://www.5bbc.org/minor_waiver.pdf)

## Bicycle Helmet Standards

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

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

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

Current helmet standards are set



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

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

For more information, visit the Bicycle Helmet Safety Institute, [www.bhsi.org](http://www.bhsi.org).



\*Cover: Sun, August 18, 2013: 5BBC Holly Campbell and trippers at Riis Landing, at the end of Rockaways Sussudio ride. Photo by Alfredo Garcia. Above: The Cannondale “Quick” 2013 helmet.

# Bicycletter September 2013

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### Contributors:

Bob Castro, Dennis Griffin,  
Jenya Molchanov and  
Nathalie Pham, etc.



### About the Five Borough Bicycle Club

The Five Borough Bicycle Club is a 501(c)(4) non-profit corporation organized in the State of New York exclusively for charitable, educational, and recreational purposes. We encourage people to enjoy the sport of non-competitive cycling, through our bike rides, weekend trips and general meetings. 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](http://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](mailto:programs@5bbc.org).

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

Five Borough Bicycle Club membership is \$25, or \$30 for two (2) members of the same household, is valid through December 31, 2013\*

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

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

Views expressed in the 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 October 2013 issue is: Monday 23 September 2013

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## 5BBC Rides Meeting Places

**10th & 12th Streets, Brooklyn**  
Intersection of 10th Street and 3rd Avenue, Brooklyn. Subways: F G to 4th Ave., R to 9th 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.

**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.

**Hostelling International HI-AYH (AKA as "the hostel")**  
Hostelling International / American Youth Hostels, Amsterdam Ave. @ 103rd St., Manhattan. Subways: 1 to 103rd St.; 2 3 to 96th St.

**Penn Station**  
8th Ave. & 31st St., northeast corner, Manhattan. Subways: 1 2 3 A C E to 34th 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.

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

**Van Cortlandt Park**  
Broadway at West 242nd St., Bronx. Last stop on 1 Subway

**Varick and Vandam Streets**  
Manhattan. Towards the West Side across from City Winery shop. Subways: 1 to Houston St. N R to Prince St.

*For a comprehensive list of ride locations, visit:*  
[www.5bbc.org/meetingplaces.shtml](http://www.5bbc.org/meetingplaces.shtml)

*Sunday 25 August 2013: 5BBC cyclists walking bikes over sandy portions of Brooklyn's Shore Parkway Greenway with sign (inset). Eventually going over the Gil Hodges Marine Parkway Bridge (opposite, top right) Neponsit Beach Bums ride. Photo by Bob Castro.*



# 5BBC-Day Trips September 2013



**NOTE:** There may be rides not listed in the Bicycletter. Please check the club web at [ww.5bbc.org/rides](http://ww.5bbc.org/rides) and/or bulletin board or club weekly emails. Also visit [www.mta.info](http://www.mta.info) for subway schedule updates.

**Sunday, September 1, 2013**

**A REPRISE OF THE EAST/WEST BORDER RIDE**  
**10:00 AM, Grand Army Plaza (entrance to Prospect Park), Brooklyn, 35 miles, moderate pace**

That's eastern Brooklyn and western Queens, as we make our way out from Grand Army Plaza through some less-seen neighborhoods and then continue to skirt our way back and forth between the boroughs. Yes we will ride into "The Hole" (Don't know the Hole? Come join the ride) and will stop by the former home of the Federation of Black Cowboys. Lunch in Glendale offers a few simple choices including Holly's favorite pizza, and if we are on the border you know we are riding to Grimaldi's bakery in Ridgewood on the way back to Grand Army Plaza. Bring lock and money for food. In case of iffy weather check Bulletin Board or follow billm45s on Twitter. Leaders: Bill Mastro and Fritz Van Orden

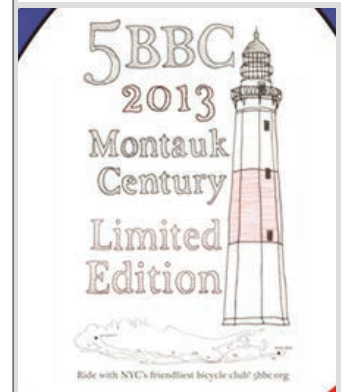
**Monday, September 2, 2013 (Labor Day)**

**MANHATTAN PERIMETER**  
**9:30 AM, City Hall, Manhattan, 35 miles at a 12 mph pace**

This year we'll do the uptown part on a forgotten bike/ped path through Inwood Park, which has the last major tract of virgin forest in Manhattan. We'll stop at a deli to pick up lunch for a picnic in the park. Be prepared to climb stairs and a few steep (but short) hills, and keep a lookout for bald eagles. Bring extra tube, light lock and \$\$ for lunch. Leaders: Claire Mordas and Bob Castro



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Limited edition 2013 Montauk Century cycling jersey. See page 8.





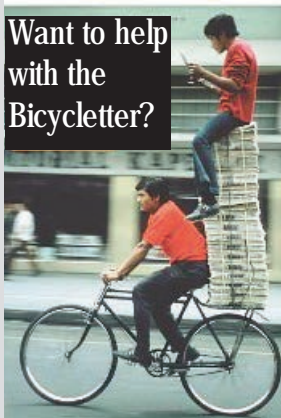
**IMPORTANT  
CYCLING NOTE #1**

There may be more rides not listed in the Bicycletter. Please check the club web at [www.5bbc.org/rides](http://www.5bbc.org/rides) and/or bulletin board; As a member, check club weekly emails.

**IMPORTANT  
CYCLING NOTE #2**

As the weather gets warmer, 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.

Want to help  
with the  
Bicycletter?



From bookcover: The Best of Newspaper Design 27

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

The  
5BBC  
Bicycletter  
is  
MONTHLY

**Saturday, September 7, 2013**

**WARM UP WITH THE FAMILY (STORE)  
10:00 AM, Grand Army Plaza (entrance to Prospect Park), Brooklyn, 30 miles, moderate pace**

Join Eliz and Bill for a relaxed ride, perfect warm-up before doing the NY Century on Sunday the 8th. We will ride around Brooklyn neighborhoods and then make our way to the wonderful Family Store in Bay Ridge for take-out for a picnic overlooking the harbor in Owl's Head Park. Fuel yourself for tomorrow's century. In case of iffy weather check Bulletin Board or follow billm45s on Twitter. Leaders: Bill Mastro and Eliz Peters

**Sunday, September 8, 2013**



**TRANSPORTATION ALTERNATIVES  
NYC CENTURY BIKE TOUR**

Many 5BBC members and leaders will be volunteering for the TA Century, a fundraising ride for Transportation Alternatives that takes 100, 75, or shorter-mileage routes through New York City. For more information about the ride, please see <http://nyccentury.org>. Additionally, 5BBC membership pays dividends. All current fully paid 5BBC members who have not previously registered for the TA NYC Century are eligible for a \$10.00 discount on their registration for the event. Please email [treasurer@5bbc.org](mailto:treasurer@5bbc.org) to request the steps to obtain the discount.

**Saturday, September 14, 2013**

**BUSTED IN THE BRONX  
– THIRD TIME'S THE CHARM  
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", they were singing about The Hall of Fame for Great Americans. 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, September 15, 2013**

**GET OUTA TOWN RIDE:  
PHILADELPHIA, PA  
7:45 AM, NJ Transit main ticket office at Penn Station, 8th Ave & 33rd St, Manhattan, C-14, 40+ miles**

We'll be taking NJ Transit and SEPTA trains to Philadelphia where we'll ride the streets of the city, and visit some historical sites. Lunch at a great restaurant and the company of good folks; what could be better? Standard fare is \$31.00+ and Senior fare is \$14.00+ round trip Leaders: Ed DeFreitas, Rodney Millard, and Jesse Brown

**Saturday, September 21, 2013**

**JOURNEY TO THE FIVE TOWNS  
9:30 AM, Grand Army Plaza (Prospect Park), Brooklyn, 55 mostly flat miles**

We welcome the change in seasons with a ride from Brooklyn through Queens and out to the swanky Five Towns in southwest Nassau. This is a mostly flat ride that will take us through diverse neighborhoods and then down by the waterfront mansions and country clubs. We return through the Rockaways and of course some Brooklyn back roads. Lunch stop in Cedarhurst area. Bring lock, hydration and dollars for food. In case of iffy weather check Bulletin Board or follow billm45s on Twitter Leaders: Bill Mastro & Holly Campbell

**Sunday, September 22, 2013**

**GET OUTA TOWN RIDE:  
POUGHKEEPSIE/NEW PALTZ  
7:30 AM, Grand Central Terminal information booth, C-14, 40 miles**

We'll be taking Metro North to Poughkeepsie where our journey begins across the worlds tallest pedestrian/cycle bridge and on to an extraordinary [hard pack] trail through a beautiful rural landscape and some excellent eateries. Standard fare is \$34.00 round trip; Senior fare is \$22.50. Bring your Metro North cycle pass or purchase one for \$5.00. Leaders: Ed DeFreitas, Rodney Millard, and Jesse Brown

**TIE-IN TO TOUR DE YONKERS**  
**8:00 AM, Grand Central Terminal to take the 8:20 AM train to Yonkers (via Hudson Line)**

Let's get on a Metro North train to do the 6th annual Tour de Yonkers ride. At the 9AM event start, ride 12, 25 or 40 miles. Details on the bike event, esp. registration, visit [www.yonkersbikeclub.org](http://www.yonkersbikeclub.org). Round trip fare is \$15 (\$28 if you buy on the train.) Bring MTA Bike Permit. Leaders: Alfredo Garcia & leader to be named later.

**WALTER'S RUN**  
**- MAMARONECK AND LARCHMONT**

**9:00 AM, Columbus Circle, 45 Miles, Some Hills, Moderate Pace**

We cycle up the Grand Concourse and through the Bronx Greenbelt. Arriving in Westchester County, we ride to Mamaroneck for lunch at Walter's iconic hot dog stand. After lunch, we ride along the beautiful waterfront with a stop in scenic Manor Park. End of ride is in the Bronx at the 2 or 4 subway train. Bring: Snacks, Money for Lunch, Spare Tube, Lock, and a Smile. Leaders: David MEL Meltzer, Bill Mastro and Geoff Cohen

**Sunday, September 29, 2013**

**BRONX PERIMETER**  
**9:00 AM, Hostelling International NY, 103rd St. & Amsterdam Ave, Manhattan, 30 miles, leisurely pace**

Keep going with the Perimeter Series. 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 & Fritz Van Orden

**Saturday, October 5, 2013**

**QUEENS FOR A DAY**  
**9:00 AM, Grand Army Plaza (entrance to Prospect Park), Brooklyn, 50-55 miles, 12-15 mph urban pace**

We are off from Grand Army Plaza to the streets of Queens, travelling both some common and some very less common byways along the way, which includes the upper reaches of College Point, Malba, and Douglaston Manor. There is a breakfast stop at Grimaldi's on the way out of Brooklyn and lunch is likely in Whitestone. Bring money for food, hydration and a great

inquisitive attitude. In case of iffy weather check Bulletin Board or follow [billm45s](https://twitter.com/billm45s) on Twitter. Leaders: Bill Mastro and Kathryn Baur

**Saturday, October 12, 2013**

**[Happy-Face Ride] ☺**  
**CONEY ISLAND PIZZA RIDE**  
**10:00 AM Prospect (Grand Army Plaza), Brooklyn, 23 miles. Easy pace, mostly flat**

This is a true Happy Face Ride!! Join the 5BBC for a scenic ride along the Brooklyn waterfront to Coney Island and Manhattan Beach. Lunch will be at Totonno's, our favorite pizza place. Rain at the start cancels the ride. Leaders: Andrea Casertano & TBD

**Saturday October 19, 2013**

**CENTRAL NEW JERSEY: QUAIN TOWNS AND HISTORIC ESTATES**  
**6:45 AM, Intersection of 10th Street and 3rd Avenue, Brooklyn, 60 miles, 13-16 mph pace**

Come join us for a scenic ride through quaint towns, preserved farmlands and beautiful back roads in Central New Jersey. THIS RIDE REQUIRES PRE-REGISTRATION AND WILL BE LIMITED BASED ON AVAILABLE CAR POOL SPOTS. We will meet early in Gowanus near the R,G and F trains and carpool to Cranbury, NJ. Options exist to meet in New Jersey. We will stop at the historic Walnford site for a quick tour and a picnic lunch and later ride into a winery. The terrain ranges from somewhat flat to rollers. Although many roads are quiet, we do ride on some busy New Jersey roads, especially near the end. If interested in the ride, please contact Bill Mastro at [treasurer@5bbc.org](mailto:treasurer@5bbc.org) with information on whether you need a ride or whether you have a car and whether you can take others. There will be a required contribution of \$15.00 for those carpooling to help offset the cost of tolls and gas. Leaders: Bill Mastro and Fritz Van Orden

**Sunday, October 20, 2013**

**CROTON RESERVOIR TRIPLE CROSS**  
**9:00 AM Van Cortlandt Park, (242 St & Broadway), Bronx, 40 miles, 12-14 mph pace**

You can have your water and drink it too. Get your fill of Westchester's Croton Reservoir with three lake crossings - the Putnam Trail railroad bridge, Old Croton Dam (Gate House) Bridge, and New Croton Dam - plus a splendidorous (although slightly bumpy) ride along the lake

**Bikes On Trains**



24-hour access, no permit required, \$2.50 fare each way. Walk bike to station. Enter and exit through service gate. Avoid rush hours. Try to use letter lines (e.g. A, D, E, F) when possible. For weekend email advisories, visit: <http://advisory.mtanyc.info/customerselection.asp>. Read "Bike Safety in the Subways": [www.mta.nyc.ny.us/nyct/safety/bike/](http://www.mta.nyc.ny.us/nyct/safety/bike/)



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

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

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

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

[www.mta.nyc.us/mnr/html/mnr/bikepermit.htm](http://www.mta.nyc.us/mnr/html/mnr/bikepermit.htm)



For more information on all MTA trains, visit [www.mta.info/bike/](http://www.mta.info/bike/)

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



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



## Bikes On Boats

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



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

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



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

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



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

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



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

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

shore. Ice cream at The Blue Pig. Ride ends at Croton-Harmon Metro North station. Bring \$ for lunch, \$9.75 train fare for return ride, MTA bike permit. Leaders: Jim Zisfein and Claire Mordas.

## Saturday October 26, 2013

### STATEN ISLAND PERIMETER

**7:00 AM, South Ferry, to leave on 7:30 AM ferry. Please arrive 15 minutes before start time. Est. 40 miles @ 12mph pace on flat terrain**

Once we get off the Staten Island ferry, an earnest chance to go around this Big Apple borough. Made sure your bike is well tuned for this ride (e.g. properly inflated tires, brakes, shifting, etc. Bring tubes, irons, frame pump). Be prepared to go carefully on some bumpy roads, some busy traffic and some dull stretches (for mental toughness). Bring or buy food for lunch at Conference House Park. Your endeavors will be rewarded with a climb to a serene view of New York Bay from Ft. Wadsworth. You'll be glad you did. Optional loop at Great Kills Park. Leaders: Alfredo Garcia and TBD.

### BEER GEEKS II - ANOTHER PINT

**10:00 AM, Grand Army Plaza (Prospect Park), 23 miles, Moderate Pace**

From the cobblestone streets of Red Hook to the Beer Barons of Bushwick, Brooklyn has had a significant impact on the American beer industry. This tour visits the ghosts of breweries past: Leonhard Michel, Federal, Consumers, Ulmer, Hittleman, Budweiser and my namesake - Meltzer Brothers. Today, Brooklyn is again at the head of the pack with craft brewers Six Point, Kelso and Brooklyn Brewery. Find your inner beer geek. Lunch and beer to be consumed after the ride. Bring: Snacks [late lunch], lock, spare tube, \$\$ for lunch, and a thirst for knowledge. Leaders: David MEL Meltzer and TBA

## Sunday, October 27, 2013

### WAR OF THE WORLDS: THE GOLDEN JUBILEE CELEBRATION!

**Meet 8:30 AM, near corner of Varick and Vandam Streets, Manhattan (across from City Winery), or approx 9:45 am, Gateway/Old Bridge Shopping Center, South Amboy NJ (Garden State Parkway Exit 123, then Route 9 south about 1 mile to Ernston Road exit; ahead at light for shopping center entrance). 45-50 miles, mostly flat. Special**

**Note: we will try to arrange car pooling to and from NJ start point; if you need a ride or have a car and can transport other bikers and bikes, please contact Ted at [folkpro@aol.com](mailto:folkpro@aol.com)**

Some seventy-five years ago, angry inhabitants of the Red Planet invaded Earth, causing widespread destruction, panic, and mass hysteria. We'll celebrate this historic anniversary by cycling to the actual New Jersey site where the Martians landed. This very rarely scheduled ride (first held in 1988, last held in 2008) will include interactive construction of a special antenna that will capture space-wandering radio waves in an attempt to re-create the landmark Orson Welles broadcast that shocked the nation, plus a trivia contest with prizes! Ride may return after sunset; possible dinner stop afterwards. Working front and rear bike lights, reflective vest recommended. Rain at start may cancel or shorten ride. Leaders: Ted "Martian" Kushner and Phil "Gykajzrn" Goldberg



FIVE BOROUGH BICYCLE CLUB

It is your membership dues that allow us to offer free rides every week and provide our other services. Please support the Club and join or renew your membership today at [5bbc.org](http://5bbc.org). Thank you



FIVE BOROUGH BICYCLE CLUB



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# Ride On: NYC's Citi Bike Share Program So Far -- Baruch College, Tuesday, 9/17, 6:15 PM - 8:15 PM



The CitiBike bike sharing program launched in May, 2013. It was started with 6,000 bikes and 600 docking stations in Midtown, Lower Manhattan and West Brooklyn. It's been an unqualified success. CitiBike has added 65,000 annual members and hosted over 1.5 million cumulative trips, with daily trips increasing from roughly 6,000 at launch to over 40,000 by the end of July.

This open forum on Tuesday, September 17th explains how the program works and what benefits it provides to NYC. Held by Baruch College in conjunction with The Sustainability Practice Network, panelists include Hillary Brown, Professor, The City College of New York, CUNY; Justin Ginsburg, Project Director, Alta Bicycle Share; Charles Komanoff, Komanoff Energy Associates; Jon Orcutt, Policy Director, NYC Department of Transportation; Valerie Smith, Director of Corporate Sustainability, CitiBike.

It takes place on Tuesday, September 17th, 6:15 to 8 pm in Room 750 at the Baruch College Vertical Campus, 151 E. 25th Street (between Lexington and Third Avenues).

Complimentary pre-registration is required to attend this program. Register online, by phone or e-mail: Complete and submit the online registration form, on <http://tinyurl.com/qjb3ne8>

You can also call all **646-312-3231**, or send an E-mail to: [matthew.lepere@baruch.cuny.edu](mailto:matthew.lepere@baruch.cuny.edu).

## Bikes On Boats



### Ferries to the Rockaways

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

Due to the aftermath of Hurricane Sandy, limited commuter ferry service has started between the Rockaways & Manhattan. Seastreak fares are \$2 each way, and leave from the Beach 108th street Rockaway locations to Pier 11 in Manhattan. In addition, this Seastreak weekday service has stops at the Brooklyn Army Terminal (as a result of no R subway service between Brooklyn and Manhattan.) Bikes are placed in designated areas of boat.

**New York Beach Ferry**  
**(Weekends & Holidays)**  
[www.newyorkbeachferry.com](http://www.newyorkbeachferry.com)

For several years, weekend boat service between the Rockaways and Manhattan has been started by New York Beach Ferry, in conjunction with the Parks Dept., to promote beaches at Riis Park. Fare is \$25 (with bike one way); \$35 roundtrip. Boats go between Manhattan's Pier 11 and two Rockaway terminals at Beach 108th and Riis Landing, near Ft. Tilden. Service runs through Labor Day.

*For both ferry services, it helps to bring a bungee cord to secure your bike to the boat's railing.*

### Velo Ipsum

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Rodriguez criterium du dauphine petacchi rochefort boonen supplesse, giro del friuli stijn devolder around molteni valkenberg. Res firma mitescere nescit giro d'italia, bosberg ten dam lemond taaienbergt suppress freire.

# 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](mailto:treasurer@5bbc.org). Designed by Shawn Carney (<http://driftandburn.wordpress.com/>)

## 5BBC SOCIAL & DANNY LIEBERMAN 2007 MOULTON RAFFLE

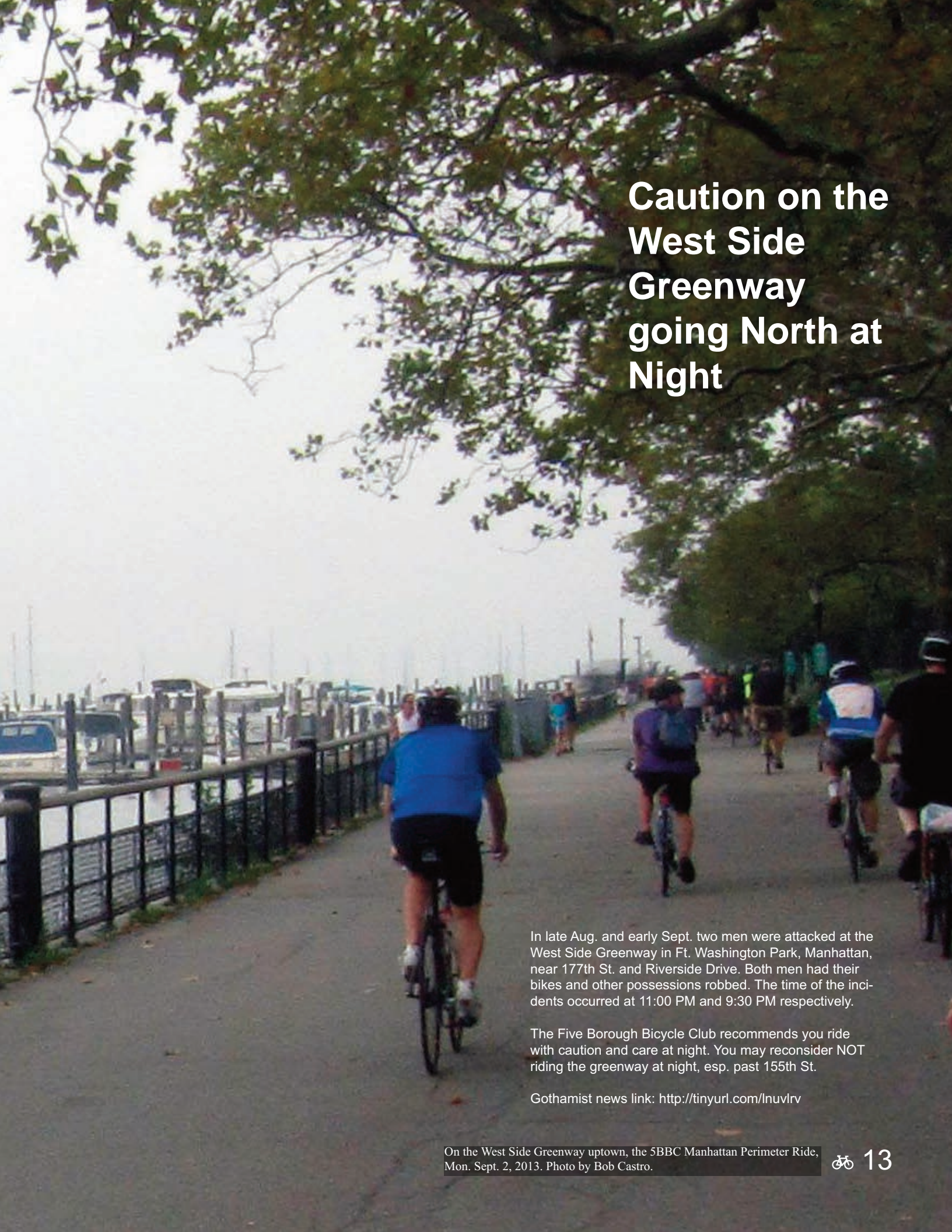


Our social and raffle drawing will be held on September 11 at O'Casey's at 22 E 41st St New York from 6 - 8pm upstairs. The raffle is on! Come by our monthly social for your last chance purchase of raffle tickets. We will hold the drawing at 7:30pm for the MOULTON bike, so you still have a good chance to win!

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>



## Caution on the West Side Greenway going North at Night

In late Aug. and early Sept. two men were attacked at the West Side Greenway in Ft. Washington Park, Manhattan, near 177th St. and Riverside Drive. Both men had their bikes and other possessions robbed. The time of the incidents occurred at 11:00 PM and 9:30 PM respectively.

The Five Borough Bicycle Club recommends you ride with caution and care at night. You may reconsider NOT riding the greenway at night, esp. past 155th St.

Gothamist news link: <http://tinyurl.com/lnuvrv>



# The BIG New York Escape

Words and Photos  
by Nathalie Pham

*“The beginning is always hard, the middle is exciting and the end is always sad.”*

One of my favorite movie lines in *Hope Floats*. My 14 day adventure in Alaska was just that, plus body aches and frustration in the middle of the trip. This year I started long distance cycling to escape daily life. People always associate runners with “running away” from problems and that may be true for me as cyclist.

What would be a better escape than Alaska?!

On my first trip with the 5BBC a guy mentioned to me Adventure Cycling ([adventurecycling.org](http://adventurecycling.org)). It is an organization where people can find companion cyclists for longer trips. They also offered tours from fully supported to self contained. There was a listing for a self contained tour in Alaska.

I got hooked on that idea. It seemed out of reach for me on a physical level. And what is self contained or fully supported? 450 miles, carrying I guess my own luggage, maybe food, and cycling in rain? Camping. I have not camped since I am a teenager. At least if I am talking about successful camping where I did not hate it. Would I be able to train and research all what I need for this without looking like a fool?



Nathalie's  
**BIG ALASKA ADVENTURE**

## Preparing For The Trip

Uncertain if I could even do it --I cycled three days a week minimum of 33 miles. I biked with Cindi (my cinderblock) on my rack for the extra weight. Over Memorial Day I decided to cycle on my own from New York to Boston to see if I was strong enough and to get some experience.

The researching and ordering from cycling clothing to camping supply started. Clothing for various seasons and conditions. They need to have positive reviews for cycling in rain and warmth. The cot had to withstand sleeping on gravel, and the tent has to be easy to pitch on my own within a few minutes. They had also be light weight and not add more than 4 or 5 lbs to my luggage. I found many helpful information and items in the backpacker section.

After the gear, I had to think about getting my new bike Jamie (Jamis Aurora Elite 2013) to Anchorage. Instead of buying the cheapest fare via kayak.com, I called the various airlines and googled their sporting equipment fees. Virgin American and Jet Blue came out ahead with \$50 fee for a bike box for one way. Delta was enormous at \$200. Adventurecycling recommended shipping it to a bike shop, but that was \$500 from NYC.

I also talked to Anthony, from Bay Ridge Bicycle, who helped me with getting Jamie. He recommended to take it on the plane because of the enormous shipping expense.

## Chaos: The Night Before Departure

Let's talk about dumb things to do like packing the night before. Everything seemed smooth: I was able to take Jamie apart until I got to the pedals. Jumping, twisting, turning and cursing could not loosen the pedals and it was 2 am. The flight was leaving at 10:30 am out of Newark.

I cancelled the shuttle pick up, googled instead for a bicycle shop close to Penn Station that opens at 8 or 9 am. In the morning with a bike box, a small carry on and my bike, I hopped in a cab and ripped my pants wide open. Yup, I did show off what I was wearing under the pants. Luckily, a friend of mine was there to help and picked up some jeans for me.

In the bike store, the guy took off the pedals in a few minutes with a much larger pedal wrench and made my futile attempts look real pathetic. Trying to close the bike box with a half naked woman jumping up and down must have been a sight through the store glass windows. In new jeans, and my bike box I arrived on time at Newark. A wine tasting on a San Francisco layover, and I was off to Anchorage. Ready for a two week adventure.

## Those Who Lead

Pete Strauss and Joe Loviska were the tour leaders. Pete is a retired engineer who does this for entertainment. I liked that Pete reminded me of my Dad, who is also an engineer. I appreciated all his preparation work, checklists, and recommendations. I have never really thought about what makes a great tour leader. Keeping the crew sort of on time, watching out for the weak links and making sure they make it, and not get overly involved into the group dynamic may help a lot.

Pete did have his handful with one cyclist, the mother, who was way over her head with her limited cycling ability, and her daughter who became the attention seekers and drama queens of the trip. He may have observed it but did not get involved. Instead he made sure everyone arrived and got ushered into the nightly camps.

Joe, was the youngest of our group at 29. I never had a deep conversation with Joe, but he really liked to cycle. He hails from Missoula, Montana. Joe works modifying bikes to help people with various disabilities. I

think he does not know how impressive he is.

I remember him bailing me out when the baptist tried to convert me on one of our first cycling days. He diverted his attention and moved him far away from me. On another instance we were cycling together and he stopped and quickly dipped into the river. The water must have been freezing! Just a great guy and I am curious to see what the future holds for him.

## On The Road

The tour was well planned and the pacing worked well for me. The days became increasingly harder. The previous day prepared us for the next day. Our first day on gravel was only 21 miles climbing, the next was 52 miles with several minor climbs. Day 1 got us used to cycling on Alaska "roads". I had to learn whether Jamie would behave herself on gravel.

I am not sure if advanced rating is appropriate or not. I would not know how to measure it, but a person does need to be able to ride at a min 10 miles/per hour and be able to climb some pretty steep slopes for about 1 mile. There were days we were climbing at least 20miles+ with either small or steep bumps on a loaded bike. It is not for the fair hearted. The entire group was fairly exhausted. Most of us were either drinking to find the courage for the next day or going to bed at 8 or 9pm from exhaustion.

There will never be words to describe the touring itself. How can words adequately describe cycling next to snow covered mountain ranges, open fields, smooth roads, and fire weeds. Climbing another hill opens another view of another summit, or a silted river stream from melted glacier. On times a moose crossed in front of the bike (not for me) or an eagle is soaring in the sky. And we did this for miles after miles.

I really don't like camping and I am more pro B&Bs with dinner at a farm to table. Yet, I loved every moment-





even those hills. It was an excellent introduction to touring and Alaska. They did select pretty decent RV or camp sites, usually with needed hot showers.

With the onset of hyperthermia, I spent a night at an inn. The night I missed, the group camped at Paxon Lake. It was the prettiest camping site on our trip. The group showed me later the photos and I was jealous that I got too sick to go.

When it comes to food, I am spoiled! I live in a city where I can get anything from papayas, mangosteens, lychees, cherries and organic greens. I am hardly the right person to make a good objective judgement on Alaskan tour cuisine. It seemed everyone was very happy with the food. We had hearty breakfast with eggs, bacon, ham, potatoes, pancakes, French toast and oatmeal most of the mornings. They normally provided us two sandwiches that we could pack ourselves. We had cooking rotations and everyone just had to take one turn. Otherwise, we ate out.

The only thing annotation would be that gluten-free does not exist and being vegetarian is a real challenge in Alaska. I think they never heard of vegan before...they may think that is a new animal or so. Just saying that this is the only precaution I may have for other cyclists.

### **My Fellow Cyclists**

We were 15 in the group including the tour leaders. Overall, the group split by age - early 30's and the 50+ set. I was in the middle, but floated more in the 50+ because it was less drama and booze. The 50+ came all along well, and were very cordial to each other. I would not say best friends were made, but we were comrades and provided each other with support.

The 30s were very much into drinking and partying in the evening or during the day. Early drink stops were common. I did not really click

much with them. Ms. Prima Dona, who always needed to be center of attention, scared me off. I got plenty of that in my life already, and decided that on my vacation, I want to stay FAR away from that. Most of the time I cycled by myself since I did not want to race out in the morning with the earlybirds. Over time I got much stronger, and started to surpass some of the 50's set that I previously rode with. The 30's were not an option.

I was always the last person left in camp, but usually caught up with group members Lisa, Joan and Ron at the first rest stop to chit chat. At the second stop I may catch Phil or John if they were cycling slower or took a longer break. It was actually very nice to ride at my own pace, slowing down, accelerating or stopping as I chose. It was also nice to have this time to think, silently drinking in the landscape.

### **What I Would Have Packed Or Done Differently**

Looking back I should have packed my cycling winter jacket. Not for cycling, but for sleeping. I got several times a bit chilly and bought various clothing items to keep warm.

Front panniers would have also been a better choice as they would have given me a better load balance when hill climbing. The front panniers would have also fit all of my luggage and prevented the sleeping bag to get wet in the rain.

Luckily, we found a laundromat and I dried it, but otherwise it would have been a small little catastrophe. Sleeping in a wet bag after a strenuous day?!

Nutrition supplements are "cycling life helpful." I can hardly say life saving, but they do help. I bought electrolyte tablets at REI before leaving, but I should have gotten the professional ones. John gave me the pro version when he saw that my nutrients were off balance. It made a huge difference. I would also buy several packs of electrolyte gum as backup.

It is hard to keep the meals balanced and to get enough natural vitamins, especially if one's natural diet is high in fruits, and vegetables and low in refined carbs.

Minor other things I may want to pack next time is extra wire to fix my bike since the rack got loose, a needle and a thread (seems minor but is very helpful), sleeping hat and a mosquito body suit. REI has some of the full net armor. Maybe another set of light weight shoes in case the shoes get soaked.

My only major regret is that I did not take a few days off to stay at Denali National Park to go hiking or camping at Wonder Lake. I think three or four more extra days would have been smart to plan for. It would have been nice to rest, hike and explore more.

### **Retrospective**

I would do it again. With all the bumps, cooking and hauling extra 20 lbs of salmon for 40 miles. Mosquitoes eating me up. What an experience to be part of a landscape and hearing about lives that differ so much from the city. The bigger question is what's next ?!?!



*For more on Nathalie's trip to Alaska, visit her blog at:*

*[nathaliepham.tumblr.com](http://nathaliepham.tumblr.com)*



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Mr. Lucky

# 5BBC Weekend Trip to the Sea Gull Century!



***A weekend of sun, sea, and cycling for 2013***

## **SEA GULL CENTURY**

October 4-6, 2013 (Friday morning to Sunday evening)

Regular price: \$480

Early bird discount price (Deadline Sept. 4): \$432

Registration closes September 20, 2013

**IMPORTANT: YOU MUST BE A CURRENT 5BBC MEMBER**

Transportation: Van or carpool & ferry

Lodging: 3 star motel, double accommodations

Trip Rating: A/B/C

Mileage: 65 miles or 100 miles, mostly flat

*Leaders: Steve Sakson and Wentworth Price*

Maryland's Seagull Century is often rated the best and easiest 100 in the East. Combine it with the fun features on our trip, and you've got the ingredients for an annual 5BBC favorite. The Seagull takes you through the Chesapeake Bay's most picturesque farmland and unspoiled forests on the best-paved roads around. Sponsor Salisbury University offers great support with rest stops loaded with goodies, including pie a la mode. By midday we'll reach Assateague Island Park, where wild ponies and tame deer will greet your arrival, and the ocean beach will restore you for the ride back. Our trip includes a luxurious ferry ride across Delaware Bay on Friday, a Bike Expo where you can snag big bargains on great gear, and a big celebration dinner after the ride Saturday night. On Sunday, we'll take a leisurely ride on a coastal Maryland rail trail, and lunch in historic Annapolis before heading home.

**For important 5BBC Weekend Trip details, visit: <http://www.5bbc.org/aboutweekend.shtml>**



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



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



Go to Governors Island for a ride when it reopens for the season  
May 25, 2013. Visit [www.govisland.com](http://www.govisland.com)

## Notable Bike Events 2013

This is a brief listing of bike events based on last year, as of August 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

### September

**Sun. 9/1:** Golden Apple (Westchester Cycle Club, NY)...**Sat. 9/7** Brooklyn Bike Jumble (New York Bike Jumble)...**Sun. 9/8** TA Century (Transportation Alternatives)...Gran Fondo New Jersey...**Sat. 9/21:** Escape New York (New York Cycle Club)...**Sun. 9/22** Tour of the Hamptons (Massapequa Park Bicycle Club)...Tour de Yonkers (Yonkers Bicycle Club)...**Sun. 9/29** Honolulu Century (Hawaii Bicycling League)...**Sat. 9/28** Rosarito Ensenada (Rosarito Ensenada ride, Mexico) **Sun. 9/29:** Twin Lights (Bike New York)

### 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)

### 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)

**NOTE: The Pumpkin Patch Pedal bike event, which is presented by the Staten Island Bicycling Association, will not be held this year.**

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

**Bike MS New York City** -- [www.bikemsnyc.org](http://www.bikemsnyc.org)

**Bike New York** – [www.bikenewyork.org](http://www.bikenewyork.org)

**Gran Fondo New Jersey (NJ)** -- [www.granfondonj.com](http://www.granfondonj.com)

**Hawaii Bicycle League** – [www.hbl.org](http://www.hbl.org)

**Hostelling International (San Diego, CA)** – [www.sandiegohostels.org/christmas-bike-ride](http://www.sandiegohostels.org/christmas-bike-ride)

**Massapequa Park Bicycle Club** - [www.massparkbikeclub.org](http://www.massparkbikeclub.org)

**Maui Bicycle Club (Hawaii)** – [www.mauibicycleclub.org](http://www.mauibicycleclub.org)

**New York Bike Jumble (NYC)** -- [www.nybikejumble.com](http://www.nybikejumble.com)

**New York Cycle Club** – [www.nycc.org](http://www.nycc.org)

**Parks & Trails New York** -- [www.ptny.org/canaltour](http://www.ptny.org/canaltour)

**Philly Bike Expo** -- [www.phillybikeexpo.com](http://www.phillybikeexpo.com)

**Piermont Bike Festival** -- [www.piermontbikefestival.com](http://www.piermontbikefestival.com)

**Rosarito Ensenada Bike Ride (Mexico)** – [www.rosaritoensenada.org/english](http://www.rosaritoensenada.org/english)

**Sea Gull Century (Salisbury, Maryland)** – [www.seagullcentury.org](http://www.seagullcentury.org)

**The Weekday Cyclists (New York City)** -- [www.weekdaycyclists.org](http://www.weekdaycyclists.org)

**Times Up!** – [www.times-up.org](http://www.times-up.org)

**Transportation Alternatives** – [www.transalt.org](http://www.transalt.org)

**Westchester Cycle Club (NY)** -- [www.westchestercycleclub.org](http://www.westchestercycleclub.org)

**Yonkers Bike Club** -- [www.yonkersbikeclub.org](http://www.yonkersbikeclub.org)



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

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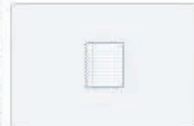


Add A Category

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



930



About

Photos

Likes

Events

Notes

We're on Facebook and Twitter!  
Check us out as well as [5bbc.org](http://5bbc.org)








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 Idiotic that this continues: Poll: What Do You Think of the Revival of the PPW Bike Lane Lawsuit? - Park Slope Patch [parkslope.patch.com/articles/poll-...](http://parkslope.patch.com/articles/poll-...)  
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**5BBC** @5BBC 19 Dec  
 RIP Alex Moulton [nyti.ms/T7wRAY](http://nyti.ms/T7wRAY) a #bike pioneer #bikenyc  
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**5BBC** @5BBC 19 Dec  
 Cyclists make sure women get home safely after attacks in Bushwick [brooklynpaper.com/stories/35/51/...](http://brooklynpaper.com/stories/35/51/...) via @Brooklyn\_Paper  
 Expand
- 
**5BBC** @5BBC 14 Dec  
 Bloomberg: White House Parroting NRA Talking Points" Right on And NRA's Wayne La Pierre is silent

# 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







Leader Shawn Carney leads her wonderful Graffiti Ride, Sat. Aug. 10, 2013. Photo by Jenya Molchanov.



One of the many exquisite works of art seen on Shawn Carney's Graffiti Ride. Sat. Aug. 10, 2013. Photo by Jenya Molchanov.