

BICYCLER™

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





Ed DeFreitas (2nd left) with Rodney Millard and Jesse Brown, on the Kensico Dam ride, Sun. Nov. 17, 2013. Photo contributed by Fritz Van Orden.

NOV 17 2013





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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: At the Unisphere, during the Danny Lieberman Memorial Ride, Sat. Nov. 9, 2013. Photo by Alfredo Garcia. Above: the "Section" bike helmet by Giro.

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Contributors:

Adam DZ, Bob Castro, Fritz Van Orden, Manny Sanudo, 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 January 2014 issue is: Monday 23 December 2013

Bicycletter
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Bicycletter
Volume 23 • Issue 12
Editor: Alfredo Garcia

Getting to Ganesh Temple ride - on 45-57 Bowne Street, Flushing, Queens. Ride led by David Meltzer and Ritwik Dey, Sat., Dec. 7, 2013. Photo by Bob Castro.

Śrī Mahā Vallabha GanaPatī



5BBC Rides Meeting Places

City Hall

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

Kew Gardens

Northeast corner, Queens Blvd. & Union Turnpike @ Statue of Civic Virtue, Queens. Subways: E F to Kew Gardens, Union Turnpike.

Kew Gardens Starbucks

Southwest corner, Queens Blvd. & Union Turnpike, Queens. Subways: E F to Kew Gardens, Union Turnpike.

Plaza Hotel

Fifth Ave. at 59th St. Subways N R W 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.

World Trade Center

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

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



5BBC-Day Trips December 2013

Sat. Nov. 9, 2013: Gathering at Kew Gardens start for the Danny Lieberman Memorial Ride. Photo by Bob Castro.



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

Sunday, December 1, 2013

FROSTBITE SERIES #1 - THE PANCAKE RIDE (THE WORLD'S GREATEST PANCAKES)

10:00 AM, City Hall, 25 miles. NOTE: CHANGES DUE TO BAYONNE BRIDGE CONSTRUCTION

This is the traditional start to our club's answer to the pending winter blahs. The "Frost Bites" series asks the question, if winter is too cold to bike, how come it's not too cold for skiing? We start at City Hall, take the PATH to N.J., follow the west coast through a couple parks, pass the home of the 39¢ coffee, cross over to the east for those delectious pancakes. On our way back, we'll give our respects to the Lady in the Harbor, the site of the biggest explosion ever, a railroad terminal that's now a museum and end up in Hoboken for the trip across the Hudson and home. NOTE: We have an alternate plan if the weather is bad. Leaders: Ed DeFreitas & Phil Goldberg

Sunday, December 8, 2013

**☺ FLEA-BITTEN NEW YORK
- Three Flea Markets in Three Boroughs
9:00 AM, City Hall, 22 miles, relaxed pace**

Who needs Black Friday? We hit three flea markets in three boroughs: Hell's Kitchen Flea Market, Ridgewood Market, and the mother of them all - The Brooklyn Flea. Food is available at the Fleas. Make sure to bring your shopping list and panniers. BRING: Extra tube, lock, \$\$ for food and purchases, and a great attitude. In case of inclement weather, check the Facebook event or 5BBC Bulletin Board for updates. NOTE: This is a relaxed-pace ride with a substantial stop at each flea. Ride begins at City Hall and ends at Grand Army Plaza. See also in this week's Time Out New York: <http://www.timeout.com/newyork/things-to-do/flea-bitten-new-york-three-flea-markets-in-three-boroughs> Leaders: Eliz Peters and David "MEL" Meltzer

**FROSTBITE RIDE #2
- Flat Rock Nature Preserve
10:00 AM, City Hall, Manhattan, 30 miles**



FIVE BOROUGH BICYCLE CLUB



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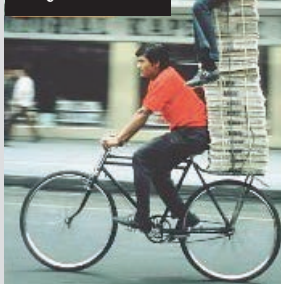
**IMPORTANT
CYCLING NOTE #1**

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 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
The club's new sans print communiqué is still viable in the Age of the 21st Century Internet.

The
5BBC
Bicycletter
is
MONTHLY

Aah Naturale in Joisey! This privately owned natural preserve lets us bike to their Nature Center but, only hike their trails. Lunch at a pond. Clothing is not optional. Leaders: Ed DeFreitas & TBA.

**GROTTA AZZURRA PIZZA RIDE
10:30 AM, Grand Army Plaza, Brooklyn, 20
flat miles, 12-15 mph pace**

A short flat ride down to Coney Island and back. Stopping at the highly rated Grotta Azzurra Pizzeria for lunch. Bring a lock, \$\$ for lunch, a spare tube, cold weather gear and a metro card just in case. Snow or rain at the start cancels. Leaders: Steven Lyon and Gary Katz

Saturday, December 14, 2013

**DIM...DIM SUM BUMM
10:00 AM, City Hall, 13-15 mph pace**

We love the NYC Chinatowns for the cheap food, unknown smells, Chinese operas on the weekends, and the fake Gucci bags for a bit more than a dime. But what about the hidden sweat shops, the tearooms, and how they emerged? Explore the history of the different Chinese immigrants and enjoy some delicious bubble tea and dim sum. We conquer two bridges at a medium pace of 13 to 15 miles per hour. Bring snacks, since we have a late lunch. Bring \$\$ for Dim Sum in cash (\$20) and if you need a fake Gucci, make sure you bring \$\$\$\$\$. Leaders: Holly Campbell and Nathalie Pham

Sunday, December 15, 2013

**FROSTBITE RIDE #3 - Xmas in the
Cloisters with Clement Clarke Moore (A
Visit From St. Nick)
10:00 AM, City Hall, 25 miles**

"'Twas the night before Christmas and All Through the House, Not a Creature was Stirring, Not Even a Mouse." Stop where Clement Clarke Moore was and now is buried. (HINT: It's near Ed Koch.) You don't have to be as rich as Rockefeller to enjoy the view of the Palisades atop Ft. Tryon Park, where the monastery and its view were donated by John D. Bring money for lunch. Leaders: Ed DeFreitas & TBA.

Saturday, December 21, 2013

**FILLMORE'S FOR LUNCH
10:00 AM, former site of the Statue of Civic
Virtue, Queens Blvd and Union Turnpike,
Kew Gardens, 25-30 miles.**

Join Ed & Liz on our Ride to Fillmore's for lunch. This will be an easy flat ride of 25-30 miles through the borough of Queens. We will circle the globe and eat in a pub-like atmosphere. Join us on this warm winter journey for a trip and a great lunch at the end of the ride. Bring \$10-15, for a real lunch. Bring bike lock and a good attitude. Restaurant is bike friendly. Leaders: Ed Pino and Liz Baum

Sunday, December 22, 2013

**RIVER LOVERS' RIDE
10:00 AM, Chelsea Piers,
Moderate Pace (12-15 miles/per hour)**

Do you love to walk and pace along the Hudson and East River and explore some of the more hidden parks in the city? The River Lovers' Ride goes on the Manhattan and Queens side along our beloved rivers, with some shorts stints along Harlem Parks with some stunning views over the city and Astoria. And if not all ways lead to Rome, they at least lead to Astoria, where we indulge in some very tasty Greek food. We have an early lunch on this ride. Bring enough \$\$ for lunch. Greeks ain't cheap but they are tasty. The ride goes along the river and it will most likely be windy. Leaders: Holly Campbell and Nathalie Pham

**FROSTBITE RIDE #4
- Xmas Lites in Dyker Heights, and Dim Sum
12:30 PM, City Hall, 20 miles**

Brooklyn's Chinatown is no longer a secret, but it's still a great destination when Dim Sum is desired. First, it's Eighth Ave. for lunch. Then we'll check out the Xmas lights atop Dyker Hts. On the way back, we'll take in the Manhattan skyline from Sunset Park. **MAKE SURE TO BRING LIGHTS! FRONT AND BACK!** Leaders: Ed DeFreitas, TBA

Thursday, December 26, 2013

**A CHRISTMAS-WEEK BROOKLYN
HOLLYDAY LIGHTS RIDE
6:00 PM, Prospect Park, Grand Army Plaza,
Brooklyn, 15-20 leisurely miles**

Come join us for a Christmas week ride through parts of western Brooklyn to once again check out the holiday lights. We will ride at a leisurely pace to lighting displays in Greenwood Heights, Bay Ridge, Dyker Heights and Bensonhurst. Midway we'll stop in Bay Ridge for a chance to get a holiday treat, hot chocolate or perhaps a slice from Nino's. Bring lock and money for

food. All bikes must have lights and you should wear bright or reflective clothing. Rain, snow or extremely cold temperatures will cancel. Check bulletin board the day of ride or follow billm45s on Twitter for an update. Leaders: Bill Mastro and Holly Campbell

Saturday, December 28, 2013

THE INDUSTRIAL OUTBACK

9:00 AM, PATH WTC Station (West Broadway and Vesey St, Manhattan) 30 miles, easy pace.

Newark Rough Riders takes you on a one-way adventure to Newark's industrial outback, that strip of no-man's land between the Arthur Kill and the airport, dotted with refineries, trucks, containers, and small isolated villages, remote and pristine. The rough part is the fear we need to work out: the miles of desolate roads, with huge simmering refineries with nary a soul in sight and the metal planking we'll ride out on into the Kill itself. Road bikes are fine, but keep those razor-thin tires in the closet for spring training. Ride ends in Perth Amboy at the long-abandoned Amboy-Tottenville ferry terminal; lunch is at the Barge, across from the Perth Amboy Yacht Club. Return is via NJ Transit. Rain, sleet, hail, strong winds, or sub-freezing temperatures cancels. Check the Bulletin Board for updates the night before. Leaders: Jesse Brown, Rodney Millard, Josh Gosciak

JACKSON DINER

- A WINTER'S RIDE TO WARM YOU UP
9:30 AM, Grand Army Plaza, Entrance to Prospect Park, Brooklyn, 30 miles at a moderate pace

Warm up your winter doldrums with a ride that will add spice to your life. From Grand Army Plaza we ride to the famous Jackson Diner in Jackson Heights to take advantage of their all-you-can-eat Indian buffet for \$10.95 (regular lunch menu also available). On the way out we will divert slightly for a loop through historic Stuyvesant Heights. Bring lock and money for lunch. In case of iffy weather check Bulletin Board or follow billm45s on Twitter. Leaders: Bill Mastro and TBD

Sunday, December 29, 2013

FROSTBITE RIDE #5

- New York Botanical Garden
10:00 AM, Grand Army Plaza (59th St. & 5th Ave.) Manhattan, 30 miles

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

Saturday, January 11, 2014

ROCK-A-WEIGH QUICK SPIN

9:00 AM, Kew Gardens, Queens Blvd and Union Tpke, 35 miles, 15 mph average pace, No Point/Drop/Sweep

It promises to be cold. Probably windy. Take a ride down to Rockaway, check out the new Boardwalk & begin training for Montauk. Bring warm clothing, two spare tubes \$ for a quick lunch, and a great attitude. Leaders: Dennis Griffin & Steve Levine

Sunday, January 12, 2014

DIM...DIM SUM BUMM

10:00 AM at City Hall, Manhattan, 13-15 mph pace, 24 miles

We love the NYC Chinatowns for the cheap foods, unknown smells, Chinese operas on the weekends, and the fake Gucci bags for a bit more than a dime. But what about the hidden sweat shops, the tearooms, and how they emerged? Explore the history of the different Chinese immigrants and enjoy some delicious bubble tea and dim sum. We conquer two bridges at a medium pace of 13 to 15 miles/per hour. Bring snacks since we have a late lunch. Bring \$\$ for Dim Sum in cash (\$20) and if you need a fake Gucci, make sure you bring \$\$\$\$\$.

Leaders: Holly Campbell and Nathalie Pham

Saturday January 18, 2014

A MIDWINTER'S RIDE TO FILLMORE'S

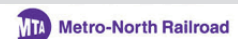
10:00 AM, Starbucks, south side of Queens Blvd at Union Tpke, 25-30 miles

Join Ed & Liz on our Ride to Fillmore's for lunch. This will be an easy flat ride of 25-30 miles through the borough of Queens. We will circle the globe and eat in a pub-like atmosphere. Join us on this warm winter journey for a trip and a great lunch at the end of the ride. Bring \$10-15, for a real lunch. Bring bike lock, and a good attitude. Restaurant is bike friendly. Leaders Ed Pino and Liz Baum

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.net/customerselection.asp>. Read "Bike Safety in the Subways": www.mta.nyc.ny.us/nyct/safety/bike/



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

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

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

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

www.mta.nyc.us/mnr/html/mnrbikpermit.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

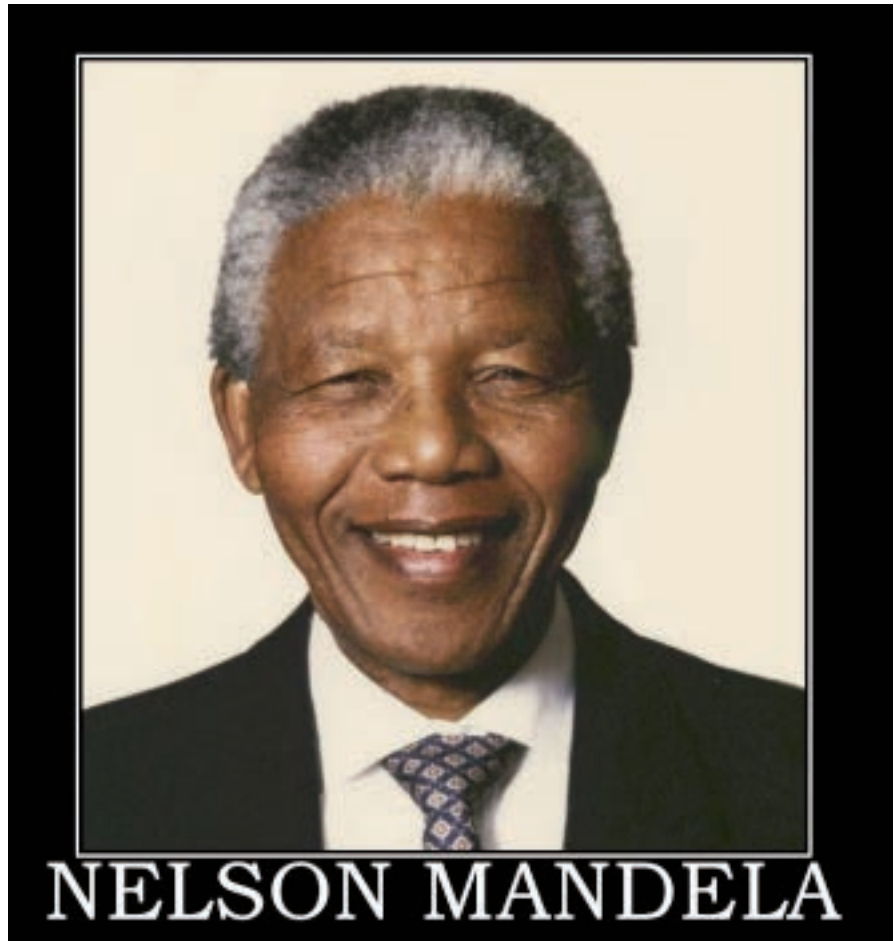
Seastreak
www.seastreak.com

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.



18 July 1918 - 5 December 2013

A Great Man who made a great difference for his country, South Africa and the world, for the better.



Season's Greetings from The Five Borough Bicycle Club

Enjoy the Christmas, Hanukkah and Kwanzaa holidays. Let's ring in the New Year for true. Best regards to all, cycling-wise and otherwise!



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. Thank you

Bikes On Boats



Ferries to the Rockaways

Seastreak
(Weekdays)
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

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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Ronde van vlaanderen pantani kluisberg gorgeous george. La fleche wallonne kolobnev col de perjuret, caravane palmares rouleur derby fabianese paris-nice broom wagon, molenberg vandenbroucke la fleche wallonne! Madone pereiro ullrich stijn devolder.

Aerts musette riis arrivero snob tourmalet, paris madone. General classification HTFU gorgeous george virenque petacchi, giro d'italia reilhan for berg flanders schleck.





Sat. Nov. 23, 2014 - Coming off the Pulaski Bridge, on the Send in the Calvary ride. Photo by Adam DZ.

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FEBRUARY 16 TO 22 - 2014

CALIFORNIA COAST, DESERT, & WINE COUNTRY COMBO TOUR:

MARCH 2 - 7 - 2014

GEORGIA - SOUTH CAROLINA LOW COUNTRY SPRING AZALEA TOUR:

MARCH 23 TO 29 - 2014

TEXAS HILL COUNTRY WILDFLOWER TOUR:

APRIL 6 TO 12 - 2014

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www.escapadesbiketours.com

5BBC Annual Gift Guide



39-Foot Christmas Tree Made of 230 Bicycles, displayed at a shopping mall, Shenyang, China



Lezyne Travel Floor Pump
\$64



Gift Certificate and/or Gift Card
from your local bicycle shop
various amounts



Bicycle Clips
\$3.99
Container Store

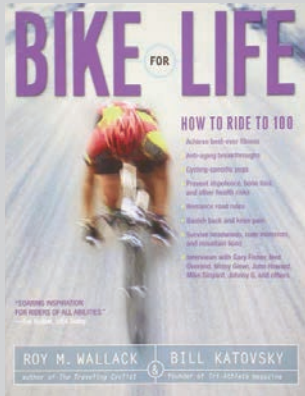


Trek 520
road touring bike
\$1,430



Land of Second Chances
The Impossible Rise of Rwanda's Cycling Team
 by Tim Lewis

\$25 hardcover
 \$12 kindle ebook



Bike for Life
How to Ride to 100
 by Roy Wallack &
 Bill Katovsky

\$18 softcover;
 \$10 kindle ebook



Dahon Speed D7 folding bicycle
 \$550



Gran Fondo 2013 full zip bike jersey
 \$39 from www.granfondony.com



Oxfam Bicycle Donation

"They say you never forget how to ride a bicycle. We say that a bicycle is an unforgettable way to support people through pedal power. In most of the world, bike riding is more than fun; it's a cheap, non-polluting form of transportation for families. And bikes spread knowledge, too, because they can help instructors get to rural communities that are inaccessible by car."

\$85 via
www.oxfamamericaunwrapped.com



Niterider Lumina 650
 USB-chargable front light
 \$140



moisture wicking

Walz moisture wicking bike caps
 two sizes, s/m, l/xl, starting at \$19, at bike & sport stores and at www.walzcaps.com



Garmin Edge 200
 wireless GPS bike computer, \$130



Bern Brentwood bike helmet
with visor, \$80



Go Pro Hero 3 “White Edition”
Hi-Def video/5MP camera with wi-fi
\$200



Topeak Roadmorph
frame pump with gauge, \$45



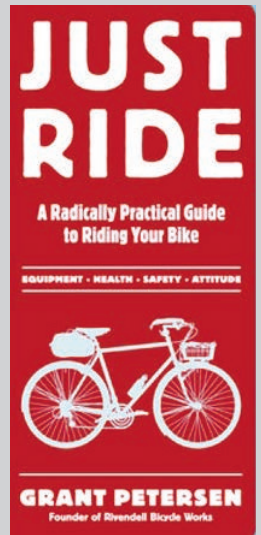
MKS AR-2 EZY
Quick Release Pedals
\$82



Carrera folding bike helmet
about \$80, various colors. Available on eBay and British bike shops via web mail order

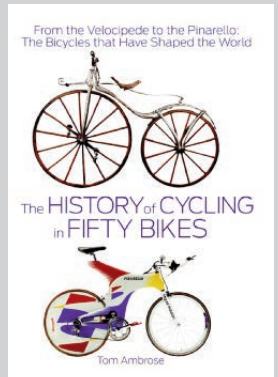


Keen Cycling Sandals
\$110



Just Ride -
A Radically Practical Guide to Riding Your Bike
by Grant Petersen

\$13 paperback, \$10 kindle ebook



The History of Cycling in Fifty Bikes
by Tom Ambrose

\$20 hardcover



Bell Solar
bike helmet, \$30

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Citi Bike gift store now open

A purple keychain with a Citi Bike logo and a red circular logo that says 'CITIBIKE GIFT STORE'.

CitiBell Annual Membership
\$95



Keep Calm and Never Give Up
club fit bike jersey from Scudo, \$43,
various colors, other styles available via
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Recycle-A-Bicycle Refurbished Bicycles
starting at \$300. Road, hybrid, mountain bikes available. From
shops in Lower Manhattan and DUMBO Brooklyn.
Website: www.recycleabicycle.org



Cannondale Quick 4 hybrid bicycle
\$725



Lynskey Peloton titanium road bike
\$3,600 www.lynskeyperformance.com



**Redline Lo-Profile Alloy
Platform Pedals, \$20**



SHARE THE JOY OF BICYCLING BECOME A 5BBC LEADER

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

The 2014 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
- developing your leadership style
- many other skills that go into making yourself a 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. (If you are not a member of the 5BBC and wish to take the class, you must become a member.)

Classes will begin Wednesday, May 28, 2014 from 6:30 to 9:30pm and continue on 6/4, 6/11, 6/18 and 6/25 at Shapiro, Beilly & Aaronowitz Law Offices, 225 Broadway (13th floor) New York NY 10007.

In addition to the above classes, there will be leadership training rides on 6/7, 6/14 and 6/21 and a weekend retreat from 6/27 to 6/29 in Columbia County, NY.

To complete the course, leadership candidates must attend four of the five classes, two of the three day rides and the entire weekend retreat starting with transportation to Columbia County at 1pm on Friday, June 27 and ending Sunday evening, June 29.

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

Ads by Members



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Mr. Lucky



Glimpse of our current club jersey :)



5BBC

1,021 likes · 70 talking about this

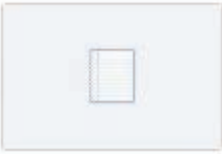
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Add A Category

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>



About

Photos

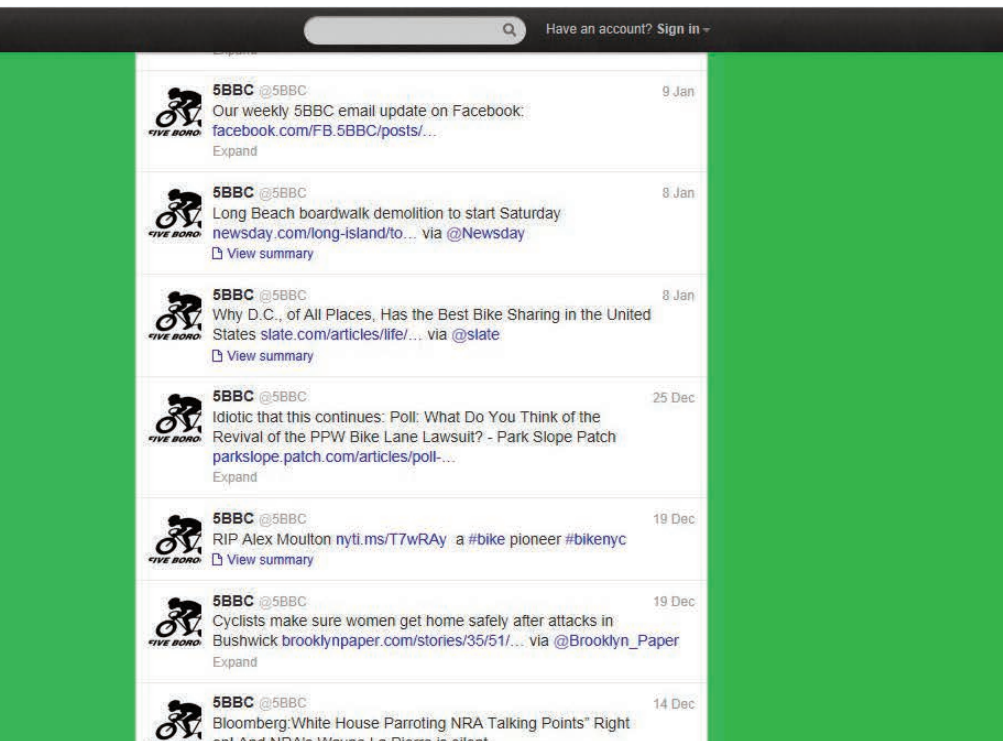
Likes

Events

Notes

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

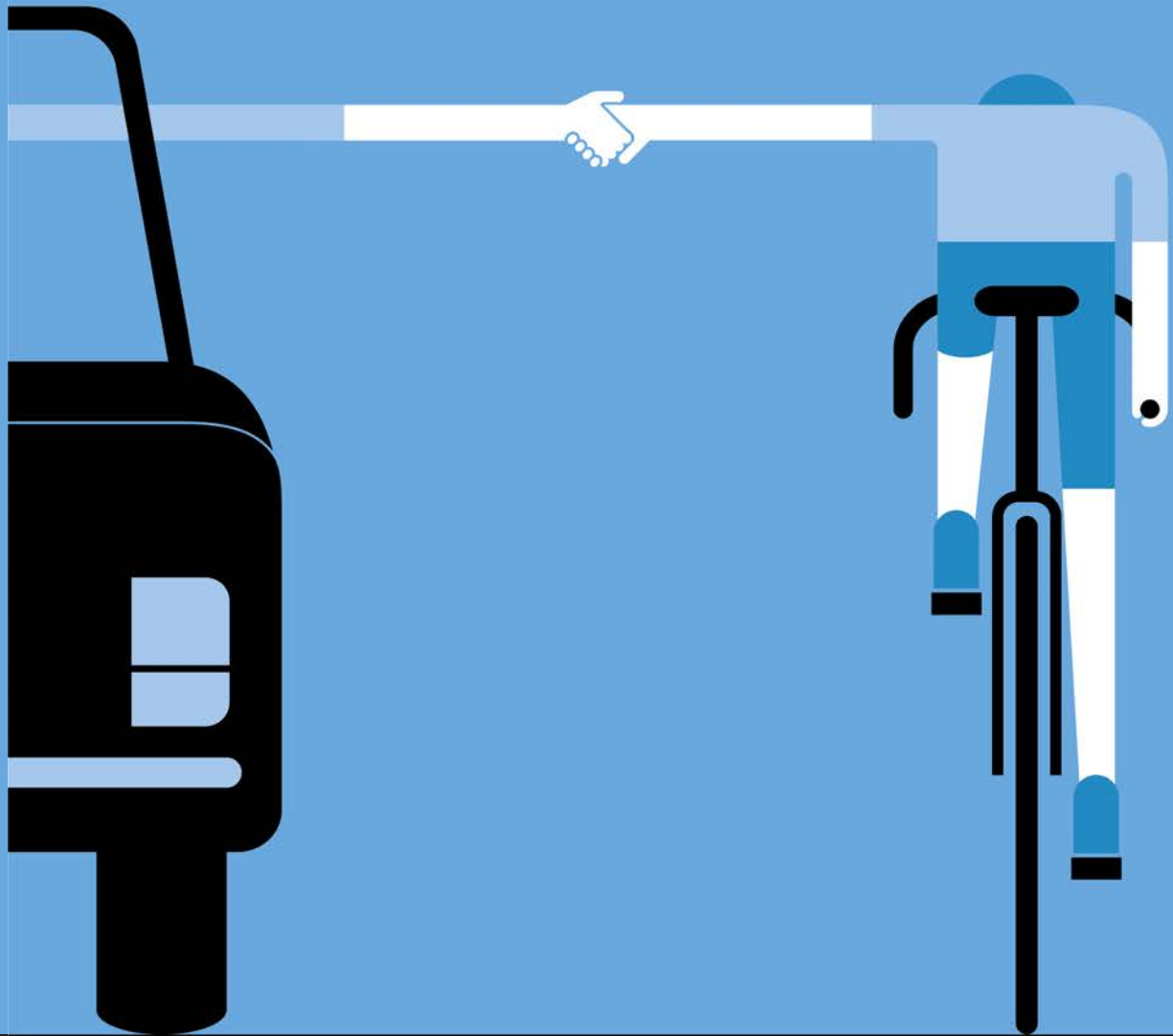
Total qty. ___ @ \$4 each\$ _____

Total Payment.....\$ _____

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

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New York, NY 10001

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