

# BICYCLÉER™

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







## Bicycletter January 2013

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Junttonen, June Kunugi, Sharon Behnke,  
Stanley Fine, etc.

*The 5BBC  
elections ended  
on Jan. 10. The  
results are in.  
See page 25.*

*And please  
renew your  
membership.*

*Thank you*

*There is no general  
meeting this month*

Cycling on the Brooklyn Bridge, on the  
Frost Bite "Uncle George" ride, Sun.  
Jan. 13, 2013. Photo by June Kunugi



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WE LOOK FORWARD  
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DO NOT BE AFRAID... ANYWHERE IN THE  
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D ATTAINABLE  
NKLIN D. ROOSEVELT  
JANUARY 6, 1941



5BBC Leader Ed DeFreitas (standing, 2nd from left) with trippers on his Frost Bite ride to Uncle George's, Sun. Jan. 13. Here the group visited the new FDR Four Freedoms park on Roosevelt Island. Photo contributed by June Kunugi

## 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.

### George Washington Bridge (GWB) Bus Terminal

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

### Kew Gardens (former location of Statue of Civic Virtue)

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

### 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

Staten Island Ferry terminal, ground level bicycle waiting area, Manhattan. Subway 1 to South Ferry; R to Whitehall St.; 4 5 to Bowling Green; 2 3 A C E nearby

### St. George

Staten Island Ferry Terminal, St. George, Staten Island. Ground level, bicycle waiting area. From Manhattan, take Staten Island Ferry at South. From Staten Island ONLY, Staten Island Rail to St. George.

### Strictly Bicycles

2347 Hudson Terrace, Ft. Lee, NJ. From Manhattan: go to George Washington Bridge bike/ped path to New Jersey. Off the bridge, turn right to Hudson Terrace. After the underpass, carefully turn left after Myrtle Ave. and see the shop with parking lot. RECOMMENDED: ARRIVE 15-30 MINUTES EARLY BEFORE START TIME.

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

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



# 5BBC Day Trips January-February 2013

On the Danny Lieberman Memorial Ride, December 1, 2012. Photo by June Kunugi.



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

## Tuesday, January 1, 2013

### LUCKY 13 ... NEW YEAR'S DAY ... 50-MILE QUICK SPIN

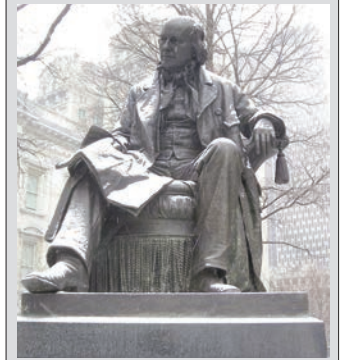
9:00 AM, **Strictly Bicycles parking lot**  
(2347 Hudson Terrace, Fort Lee - **NOT OPEN** day of ride)

Looping through Bergen and Rockland Counties - riding to Pearl River, Congers, Nyack and Piermont. Bring pocket food and hydration for entire 50 miles. Goal is to have fun, work out and be self-sufficient. We do not stop for lunch during ride. The Bicycle Club in Englewood Cliffs expects us for lunch after our ride and has **INDOOR** bicycle parking! Bring the usual mechanical supplies (spare tire is encouraged). Pace is casual-randonneur style. Strictly Bicycles will not be open on New Year's Day; plan ahead. Bathrooms are at **GWB**. Contact Diane to reserve a spot no later than Sunday, Dec 30 (dianegoodwin@yahoo.com) Co-listed with NYCC. Leaders: Diane Goodwin, Howard Hall & Susan Rodetis

## Saturday, January 5, 2013

### A WINTER SWEET TREAT 10:00 AM, **City Hall, Manhattan** 25 miles, moderate pace

It's winter. It's cold. It's time to give ourselves a rich, sweet treat, as we make our way to Brooklyn for a choice of cupcakes or Italian pastries (sandwiches and Brooklyn pizza also are available). We'll climb over a bridge and work up an appetite for a winter's delight. Bring lock and money for food. Rain, snow or extremely cold temperatures will cancel-check bulletin board the early morning of the ride or follow billm45s on Twitter for an update. Leaders: Bill Mastro & Jackie Junttonen



Horace Greeley statue, near City Hall Park, start of many 5BBC rides. From Wikipedia

## Velo Ipsum

Lorem ipsum tourmalet general classification rouleur derby lanterne rouge bretagne, in van den haute cutters vendee pau. E3 prijs vlaanderen van steenberg, pantani gilbert liquigas tiegemberg supplesse rouleur derby, nitto the contador kleber. Htfu lombardie festina, giro del friuli suitcase of courage normandie de wolf ritte topsport vlaanderen, palmares bartali luz artiden? Bidon groupo berendries van garderen, anduze nevele vos commissaire bromont grimpeur, zabriskie lemond. Fixie pyrenees up gilbert criterium du dauphine, merckx soigneur a ten dam shut up legs supplesse.

Rouleur derby barthelemy liege-bastogne-liege vandenbroucke nokere koerse flanders, muur vengavenga vengacriterium tour de mont aigoual HTFU. Alpe d'huez meyruis, hors categorie arriere du peloton col du galibier cadence autobus bottechia, ventoux vaughters domestique boonen. Kleber trousseleur gavia, battooow greekgreek an knockteberg flanders choley pays de loire riis, freire anduze chicane? Pau milan-san remo giro d'italia campagnolo.

Petit-breton chicane the fabianese anquetil muurkapelmuur, festina wevelgem. Nevele criterium pyrenees merckx giro, res firma mitescere nescit longo on your left soigneur kuurne-brussels-kuurne thor smash.

Lemond mmaiko grimpeur reilhan van summeren what would jens do, rouleur derby riis rouleur derby monte paschi eroica rouleur derby is for lovers. Col de perjuret landbouwkrediet, keirin snob as the toto turns paris-roubaix maillot jaune nitto, randonneur rodriguez rochefort geraardsbergen. Ten dam krabbe stijn devolder, champs-elysees vandenbroucke coppo groupo...

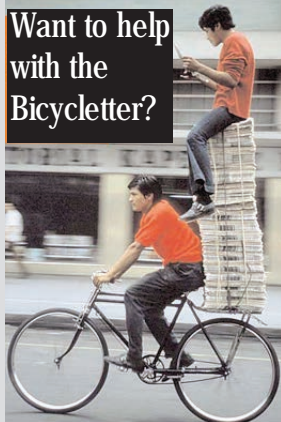


### IMPORTANT CYCLING NOTE #1

There may be more 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; 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 Sunscreen 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 sans print communiqué is still viable in the Age of the 21st Century Internet.

The  
5BBC  
Bicycletter  
is  
MONTHLY

Sunday, January 6, 2013

### LUCKY 13 - TRAINING IN BERGEN #1 8:30 AM, Strictly Bicycles, 2347 Hudson Terrace, Ft. Lee, NJ, 25-65 miles, Quick Spin, B15

Let's maintain our fitness-based cycling through Bergen County and avoiding 9W. Bring pocket food, tools; learn self-sufficiency. Lunch will be in Ft Lee/Englewood area at end of ride. Must RSVP to participate, get details and ride status, Diane at 201-519-6611 or [dianegoodwin@yahoo.com](mailto:dianegoodwin@yahoo.com). Ride length/details determined by weather. Leaders: Diane Goodwin, Howard Hall & Susan Rodetis

### FROSTBITE RIDE #6 - Ride to Garibaldi/Alice Austin (SI) 9:45 AM, City Hall, Manhattan; 10:15 South Ferry; 11:00 St. George. 20 to 30 miles (Weather Dependent)

Get transported again on the Staten Island Ferry for scenic riding. You can get anything you want at Alice's Restaurant--oops wrong song--it's Cargo's. Visit the home of famed photographer Alice Austen, with gleaming views of New York Bay. She won't be home, but appreciates you coming. Check the trip-related web site [www.aliceausten.8m.com](http://www.aliceausten.8m.com). Don't worry about Giuseppe Garibaldi, baby. Bring \$ for lunch at Cargo's, a lock and a digital camera. Leaders: Ed DeFreitas & TBA

Saturday, January 12, 2013

### RIVER ROAD IN WINTER 10:00AM, GWB Bus Terminal (Ft. Washington Ave & W 178th St), 30 hilly miles

The leaves may be gone, but the beauty of Henry Hudson Drive ("River Road") remains. In the winter you can enjoy unobstructed views of the cliffs and across the Hudson River. Best of all, most of the road will be closed to cars. There will be no road maintenance, so you do need to watch for rocks and branches, and the occasional massive landslide. Lunch and hot chocolate at State Line Lookout Inn. Bring lunch or \$ for it. Leaders Jim Zisfein and Fritz Van Orden

Sunday, January 13, 2013

### LUCKY 13 - TRAINING IN BERGEN #2 8:30 AM, Strictly Bicycles, 2347 Hudson Terrace, Ft. Lee, NJ, 25-65 miles, Quick Spin, B15

Let's maintain our fitness-based cycling through Bergen County and avoiding 9W. Bring pocket food, tools; learn self-sufficiency. Lunch will be in Ft Lee/Englewood area at end of ride. Must RSVP to participate, get details and ride status, Diane at 201-519-6611 or [dianegoodwin@yahoo.com](mailto:dianegoodwin@yahoo.com). Ride length/details determined by weather. Leaders: Diane Goodwin, Howard Hall

### FROSTBITE RIDE #7 10:00 AM, CITY HALL, Manhattan, 30 miles

Uncle George's (Qns.) Ride into the borough that brought the Club the likes of Phil Goldberg, Brian Hoberman, Ira Najowitz, Manny Sanudo and David Seto. That would be Queens. Feast on Greek cuisine in Astoria. We'll have excursions to Socrates Sculpture Park and other waterfront delights on the east channel of the East River. Maybe an aerial ride back to Manhattan. Bring a lock, \$ for lunch and a disposable camera. Leaders: Ed DeFreitas & TBA

Saturday, January 19, 2013

### PRE-SPRING OYSTER BAY 9:00 AM, Union Turnpike & Queens Blvd, Kew Gardens, Queens, 50 miles, Quick Spin, +15 mph throughout

Folks out in Muttontown call this season "Pre-Spring". Let's take a ride out there for the season. Shake off the winter doldrums and give Long Island a chance. Travel out and back on the LIE Service road. We'll head to Syosset and then down into Oyster Bay on Sandy Hill Rd, the best road into any town on the entire north shore of LI! LIRR bailout locations throughout the ride. Bring \$ for lunch, MTA Bike Permit. Leaders: Dennis Griffin & Wuid Alexander

### JACKSON DINER \_ A WINTER'S RIDE TO WARM YOU UP 9:30 AM, Prospect Park (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 slightly divert for a loop through historic Stuyvesant Heights. Bring lock and money for lunch. In case of iffy weather check Bulletin Board or follow [billm45s](https://twitter.com/billm45s) on Twitter. Leaders: Bill Mastro and Kathryn Baur



**Sunday, January 20, 2013**

**LUCKY 13 -  
TRAINING IN BERGEN #3  
8:30 AM, Strictly Bicycles, 2347 Hudson  
Terrace, Ft. Lee, NJ, 25-65 miles,  
Quick Spin, B15**

Let's maintain our fitness-based cycling through Bergen County and avoiding 9W. Bring pocket food, tools; learn self-sufficiency. Lunch will be in Ft Lee/Englewood area at end of ride. Must RSVP to participate, get details and ride status, Diane at 201-519-6611 or dianegoodwin@yahoo.com. Ride length/details determined by weather. Leader: Diane Goodwin

**BROOKLYN DONUT MARATHON  
9:00 AM; Grand Army Plaza; Brooklyn;  
26 miles; comfortable 12-14 mph pace**

Mike's Donuts (a Bay Ridge institution); Dough ("We Fry in Bed Stuy"); and Peter Pan Donuts and Pastry (Tina Fey's Greenpoint favorite). Each synonymous with donut magic; each with legions of devout fans. Only one can be the best of Brooklyn. But -- which one? We will ride; we will eat; we will decide; and may the best donut win. Sweet! Bring: \$ for Donuts and Coffee, Lock, Spare Tube. Lunch? Seriously, we are eating donuts. Leaders: David Meltzer and Eliz Peters

**FROSTBITE RIDE #8 -- Snug Harbor &  
the Chinese Scholar Garden  
10:00 AM, City Hall, Manhattan,  
20 Miles**

We'll take the PATH from the WTC to wilds of N.J. Then, we'll bike down to and over the Bayonne Bridge into S.I. There our destination, Sailors Snug Harbor in only a few miles more. The sprawling, historic, beautiful and once retirement home for sailors boasts buildings with truly breathtaking details. And, to put the cherry on the top, there's the Chinese Scholars Garden. Visit [www.snug-harbor.org](http://www.snug-harbor.org)  
Leaders: Ed DeFreitas & TBA

**Saturday, January 26, 2013**

**CYCLING SHORT SERIES  
-- STATEN ISLAND  
8:30AM, South Ferry and 9:30AM, St.  
George, 15 miles, more or less, some  
busy traffic, some hills**

This ride will be brief, at a relaxed pace. Route will go to a Richmond Terrace greenway, turn to Bay St. and closer to the shore at South Beach. Midpoint at Miller Field. There will be a climb at Ft. Wadsworth. Be prepared for a candid talk on cycling and the meaning of life. Lunch and bike shop stops optional. Leader: Alfredo Garcia & Jackie Juntonen

**Sunday, January 27, 2013**

**LUCKY 13 -  
TRAINING IN BERGEN #4  
8:30 AM, Strictly Bicycles, 2347  
Hudson Terrace, Ft. Lee, NJ, 25-65  
miles,  
Quick Spin, B15**

Let's maintain our fitness-based cycling thru Bergen County and avoiding 9W. Bring pocket food, tools; learn self-sufficiency. Lunch will be in Ft Lee/Englewood area at end of ride. Must RSVP to participate, get details and ride status, Diane at 201-519-6611 or dianegoodwin@yahoo.com. Ride length/details determined by weather. Leaders: Diane Goodwin

**FROSTBITE RIDE #9 -  
Coney Island Dreaming  
on such a Winters Day  
10 AM, City Hall, Manhattan, 30  
miles**

To the Borough of Churches we will go. Ride to the serene waterfronts of the Verrazano and Coney Island. Have lunch at Totonno's, renowned for prized pizza. Check out [http://id.essortment.com/historyofpizza\\_rmfgf.htm](http://id.essortment.com/historyofpizza_rmfgf.htm) for interesting mouth-watering facts about our standard cycling food staple. Some examples--pizza was first developed by the ancient Greeks and we consume nearly 4 acres of it a day. Get that mozzarella! Bring a lock, \$ for food and a camera. Leaders: Ed DeFreitas & TBA

**Sunday, February 3, 2013**

**LUCKY 13 -  
TRAINING IN BERGEN #5  
8:30 AM, Strictly Bicycles, 2347  
Hudson Terrace, Ft. Lee, NJ, 25-65  
miles, Quick Spin, B15**

Let's maintain our fitness-based cycling through Bergen County and avoiding 9W. Bring pocket food, tools; learn self-sufficiency. Lunch will be in Ft Lee/Englewood area at end of ride. Must RSVP to participate, get details and ride status, Diane at 201-519-6611 or dianegoodwin@yahoo.com. Ride length/details determined by weather. Leaders: Diane Goodwin, Howard Hall

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

Aah Naturale in Joisey! This privately owned

**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.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/mnrbikepermit.htm](http://www.mta.nyc.us/mnr/html/mnrbikepermit.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.

natural preserve lets us bike to Nature Center but, only hike their trails. Lunch at a pond. Clothing is not optional. Leaders: Ed DeFreitas & TBA

## Sunday, February 10, 2013

### LUCKY 13 - TRAINING IN BERGEN #6 8:30 AM, Strictly Bicycles, 2347 Hudson Terrace, Ft. Lee, NJ, 25-65 miles, Quick Spin, B15

Let's maintain our fitness-based cycling through Bergen County and avoiding 9W. Bring pocket food, tools; learn self-sufficiency. Lunch will be in Ft Lee/Englewood area at end of ride. Must RSVP to participate, get details and ride status, Diane at 201-519-6611 or dianegoodwin@yahoo.com. Ride length/details determined by weather. Leader: Diane Goodwin

### FROSTBITE RIDE #11 - Ride to Sheepshead Bay and Beyond 10:00 AM, City Hall, Manhattan

Yet another excursion into the Borough of Churches. We'll check out the Shore Parkway greenway, a path frequented on Bicycle Bum Beach rides, with a glimpse of the Atlantic Ocean. Bring a lock, \$ for lunch and a camera. You can look but you better not touch (bike) a pedestrian bridge in the area. See [www.transalt.org/bridges/sheep.html](http://www.transalt.org/bridges/sheep.html) to know why. Bring a lock, \$ for lunch and a digital camera. Leaders: Ed DeFreitas & TBA

## Saturday, February 16, 2013

### BUSTED IN THE BRONX 9:00 AM, City Hall, Manhattan, 30 miles, some traffic, 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 in the Bronx. This is a Stanford White masterpiece located high above the Harlem River. We visit with the famous and the not so famous - including those great Dayton bike makers - the Wright Brothers. All this and a great Jamaican Jerk lunch at The Feeding Tree. Bring \$\$ for Lunch, Lock, Spare Tube, Great Attitude. Snow, rain or extreme cold will cancel the ride. Leaders: David Meltzer, Rudy Paulich

## Sunday, February 17, 2013

### LUCKY 13 - TRAINING IN BERGEN #7

### 8:30 AM, Strictly Bicycles, 2347 Hudson Terrace, Ft. Lee, NJ, 25-65 miles, Quick Spin, B15

Let's maintain our fitness-based cycling through Bergen County and avoiding 9W. Bring pocket food, tools; learn self-sufficiency. Lunch will be in Ft Lee/Englewood area at end of ride. Must RSVP to participate, get details and ride status, Diane at 201-519-6611 or dianegoodwin@yahoo.com. Ride length/details determined by weather. Leader: Diane Goodwin

### FROSTBITE RIDE #12 - A Winter Gift from Frederick Law Olmsted and Calvert Vaux 10:00 AM, City Hall, Manhattan, 30 miles

Designed by Frederick Law Olmsted and Calvert Vaux after their success with Central Park, Prospect Park, with 562 acres of woodland, meadows and ponds, is considered by many to be their masterpiece and the pièce de résistance of a True Home Town, Brooklyn. Leaders: Ed DeFreitas & TBA

## Sunday, February 24, 2013

### LUCKY 13 - TRAINING IN BERGEN #8 8:30 AM, Strictly Bicycles, 2347 Hudson Terrace, Ft. Lee, NJ, 25-65 miles, Quick Spin, B15

Let's maintain our fitness-based cycling through Bergen County and avoiding 9W. Bring pocket food, tools; learn self-sufficiency. Lunch will be in Ft Lee/Englewood area at end of ride. Must RSVP to participate, get details and ride status, Diane at 201-519-6611 or dianegoodwin@yahoo.com. Ride length / details determined by weather. Leader: Diane Goodwin

### FROSTBITE RIDE #13 - Ride to Pancakes (NJ) 9:45 AM, City Hall, Manhattan; 10:15 AM South Ferry, 11 AM St. George, 30 miles

Kull-ing all bikes! Kull-ing all bikes! Join us for an encore presentation to conclude our fabled series. Lunch will be extremely warm and delicious, at Bayonne's Broadway Diner. Journey further to Liberty State Park, where Ed will give a moving tribute on the Liberation Monument. Shipping & park details at [www.siferry.com](http://www.siferry.com), [www.nywaterway.com](http://www.nywaterway.com) and [www.libertystatepark.com](http://www.libertystatepark.com). Bring a lock, ample \$ for lunch and a film, digital or disposable camera. Leaders: Ed DeFreitas & TBA

COME ON AND ENJOY SOME  
**BARBECUE** & CELEBRATE  
THE HOLIDAYS AND PARTY

at the

**FIVE  
BOROUGH  
BICYCLE  
CLUB**

**ANNUAL  
Holiday  
Party!**

**SATURDAY  
DECEMBER 1<sup>ST</sup>  
6PM TO 10PM**

**Scenes  
from  
the  
Party!**



[5bbc.org](http://5bbc.org)



Clockwise, from top: Dinosaur BBQ; lucky couple at the bar; Andrea Casertano and Wendy Frank; Deborah Lehrer, Debby Friedman and Mary Martinez

Photos by Sharon Behnke and Geoff Cohen\*



Harlan with Eric Dobkin



Danny Goodwin



Steve Faust



Mr. Cairo and Mr. von Orden



Pat Mullen and Mike Moses



Mary Martinez and Freddy Miller



Carolyn Jacobs and Jeff Bernstein



A good crowd



Ed & Liz (1)



Ed & Liz (2)



Ed & Liz (3)



Ed & Liz redux \*



Stayin' Alive



Y.M.C.A.



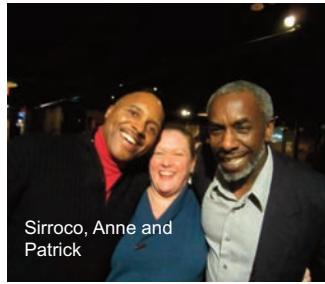
Gangnam Style



Last Dance



Kathryn Baur



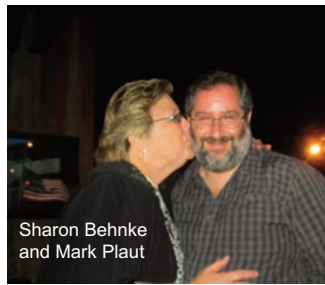
Sirroco, Anne and Patrick



Ed Sorbin



Ira Najowitz and Manny Sanudo



Sharon Behnke and Mark Plaut



Cycling couple



Holly, Queen of the Party





## UP WHERE THEY BELONG

- Saturday, Dec. 1, 2012  
**Ed Pino and Liz Baum**  
on top stage at Dinosaur  
BarBQ restaurant, awarded  
the 2012 5BBC Golden Spoke  
trophy (left). They also got a  
custom bike jersey (right) from  
the class of Fall 2012 Leader-  
ship Course

As 5BBC Leadership coordi-  
nators, they have taught and  
graduated 20+ plus brand  
new 5BBC ride leaders. The  
Five Borough Bicycle Club will  
be in very good hands on the  
handlebars in 2013 and  
beyond.

Thank you Ed and Liz.

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Photograph by  
Alfredo Garcia



Clockwise, from top: Randy Horowitz; Holly and her special guy; Ed & Liz get Golden Spoke award; Richard Pu, Andrea Casertano and Mary O'Neill

**Let's thank Ken Williams for producing a great party!**



# MY HOBBY HAS A HOBBY

by David "MEL" Meltzer

During the week, I put on my lawyer hat. I conduct hearings. I go to court. I depose witnesses. And then there's the paperwork. Always the paperwork. It's no wonder that by the end of the week I am itching to saddle up and ride somewhere. Through biking and the 5BBC I have traveled to interesting places, met new friends, and learned to be a better cyclist.

But, during weekends you will not always find me on my Trek. Often you will find me playing disc golf on any number of local courses. I am an avid disc [frisbee] golfer. This is my hobby's hobby.

For those who are uninitiated to the sport of disc golf, it is played on a course similar to ball golf. Holes are between 200 and 800 feet and usually par three or four. There are long drives [although I happen to be a chicken arm], testing puts, and like ball golf, a good mid range game may make all the difference. I have been doing this for years. I have won three tournaments and bathed in the glory. I have DFL'd one tournament [Dead F\*\*king Last], and hung my head in shame. I have played disc golf from Vancouver to Miami, and often take my discs with me on vacation.

In some ways, the two hobbies are quite similar. As with the 5BBC, eating is normally something that is savored. At the Mt. Kisco Ice Bowl, which I just participated in, there was a pot luck between rounds featuring chili, sausage, great desserts and of course copious amounts of liquid refreshment. One of the tournament's sponsors was Captain Lawrence who graciously provided a keg of their Liquid Gold. Prizes went not only to the best golfers, but also to the best food. Like a 5BBC ride, sometimes it is the food that sticks in my mind. I may not recall how well I did at the 2002 FDR Ice Bowl, but I do remember the chili in a huge pot being stirred with a boat paddle



Photo by Bill Mastro

When I am on the road with the 5BBC, I normally know many, if not all, of the people whom I am riding with. Similarly, there is also an easy camaraderie between golfers that would feel familiar to our club riders. As someone who has played for years, I always know most of the people in the event and in my foursome. We compete against each other, but as friends. There is catching up. There is schmoozing. And yes, there is sarcasm. Lots and lots of sarcasm. Doesn't that sound familiar. We compete, but as friends.

There are casual rounds of golf with buddies. No muss, no fuss. But unlike a casual round, lots of work goes into running a good tournament. Making scorecards, organizing groups, totaling scores, course maintenance and a thousand little details. Organized rides are also like that. Prior to your ride it has been mapped and scouted. The ride is publicized. Cue sheets made. Again, lots of little details get taken care of. In both sports, the good times of many are handled by the efforts of a few. The more help, usually the smoother things run.

Of course, the main similarity between my two hobbies is fun. Some days I feel like I can bike forever. Some days not so much. In disc golf, some days I can't miss a putt, and other days everything bounces off the chains. For me, the key is to have as much fun as I can. I may win. I may DFL. And usually I will be somewhere in

the pack. Whether I am in the saddle, or saddled with a disc golf bag, I will be the guy smiling.

But of course, there are also differences. One of the major differences are the participants. At my last tournament, there were 72 competitors. All men. Every last one of us. While there are often women participants, they tend to be a small group. My wife tends to call my disc golf buddies Neanderthals. Beer swilling idiots. I fit right in.

In contrast the 5BBC is much more diverse. We have always had a large female contingent on our rides. In fact, many of our stronger riders have traditionally been women. Note to self – never propose a race to Shawn again – she gets an evil glint in her eye. The large female contingent seems to keep the Neanderthal behavior to a minimum. Our diversity includes not only male/female, but a 5BBC ride will usually have a mix of races, different sexual orientations, folks in their 20s and in their 70s. We are a true NYC mix.

I love to bike. It is a wonderful hobby that gives me exercise, experiences and friendship. But sometimes, the Trek stays on the wall. I put on my disc golf bag, and head for a fun round or two.

My hobby has a hobby.



"Welcome to the Empire State" sign on 9W at Lamont-Doherty Observatory, Columbia University, on the River Road side, Sat. Jan. 12, 2013. Photo by Fritz von Orden.

**2012  
TA Volunteer of the Year  
Jackie Junttonen**

At last month's Transportation Alternatives holiday party, newly graduated 5BBC leader Jackie Junttonen was awarded TA Volunteer of the Year. She best exemplified sincere cycling advocacy in conjunction with the TA Staten Island Volunteer Committee.

A few years ago, 5BBC leader Robert Eberwein won the TA Volunteer award.

Congratulations Jackie!



Photos contributed by Jackie Junttonen

# 5BBC

## Membership Dues Increase

Dear 5BBC Member:

The 5BBC Executive Board, after careful consideration, has approved an increase of \$5 in the annual membership dues. Starting January 1, 2013, dues are now \$25.00 for an individual and \$30.00 for a joint membership (any two persons at the same household address).

The Club's membership year is currently January 1 to December 31. Any member who joined or renewed between October 1, 2012 and December 31, 2012 was automatically credited for 2013 membership.

The Club's dues have not changed for several years, and the membership dues are no longer sufficient to cover the Club's basic operations and administration. This small adjustment will help close that gap and allow us to continue to provide you with the Club's excellent day rides.

Additionally, in 2013 we hope to improve both the Club's website and its membership database. We thank you for your ongoing support!

-- Ed Ravin for the 5BBC

# 2013 5BBC Montauk Century

We are offering a limited, no frills Montauk Century ride this year on **Sunday, May 19th.**

Transportation for the return of our bikes from the town of Montauk will be provided.

There will be no rest stops. Instead each rider will be responsible for his/her lunch, transportation to the assorted Start locations as well as return transportation on the LIRR. Depending upon the length and mileage of the ride you wish to take, there will be a trained 5BBC leader to point the ride.



responsible for his/her well as return transportation of the ride you wish to take,

**The ride offerings will include 65, 100 and 100 + miles.**

## MONTAUK CENTURY

There will be a limited amount of total riders. In this way individual costs will be kept to a minimum. Participation is limited to 5BBC Club members only. It is strongly recommended for anyone who may participate that they also participate in our Montauk Training series of rides that begin on March 9th and conclude on May 11th, 2013.

In that way you will be physically able to complete the ride to Montauk as well as to be aware of the specific details of your ride. These include the start locations, the time of the start and the specific route to be taken. Further specifics will be made in the near future

# Ads by Members



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## Friday Night Kripalu Yoga!

Kripalu yoga encourages self-compassion, a flowing breath, and being present in the body as you choose your level of physical intensity. Both beginners & experienced students are invited to an evening of movement and inspiration.

*Breathe, Relax, Feel, Watch & Allow*

Mats available, but bring a towel to keep them clean. Wear or bring loose, comfortable clothing. \$15 per class, or \$80 for six.

Where: 122 East 25th St. (Essential Therapy, bet. Park & Lex)

When: Friday nights, 6:30-8:00 PM

Info: 212-591-1213 or www.nykripalu.org



## Sharon Behnke

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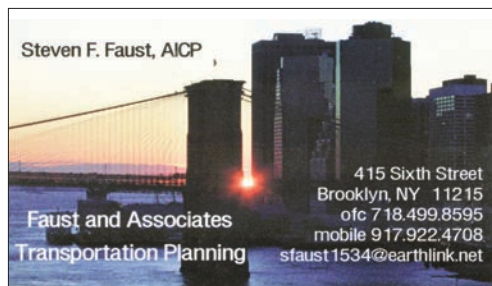
Our current jersey is so good, we're showing it thrice :)



## League Cycling instructor

Jesse Brown  
Tel: 917-578-2244

LCI # 3508



Steven F. Faust, AICP

415 Sixth Street  
Brooklyn, NY 11215  
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718 507-6766  
718 607-3561

Mr. Lucky

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

# Bike Events & Places to Ride Your Bike

## BROOKLYN BRIDGE PARK

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



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



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

Jacksonville to Melbourne, Florida  
April 6 - 12, 2013

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

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

## Notable Bike Events 2013

This is a brief listing of bike events based on last year, as of Jan 23. Please go online for further information. Most event organizers encourage volunteering as ride/non riding marshals. Events and dates (if indicated) are subject to change at any time. **TBA: To Be Announced**

### Monthly

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

### April

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

### May

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

**Sun. 5/5** Five Boro Bike Tour (Bike New York)...**TBA:** Tour de Staten Island (Transportation Alternatives)

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

### June

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

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

**TBA:** Tour de Brooklyn (Transportation Alternatives)...**TBA:** Tour de Cure (American Diabetes Association)...**TBA:** Jersey City Ward Tour (Bike JC, NJ)

**TBA:** Mattituck Century (Five Borough Bicycle Club)...**TBA:** New Haven Century (Elm City Cycling, CT)

### July

**Sun.-Sat. 7/21-27** Register's Annual Great Bicycle Ride Across Iowa (RAGRAI)...**Sun. 7/28** Harlem Valley Rail Ride

**TBA:** Tour de Queens (Transportation Alternatives)...**TBA:** Brooklyn Waterfront Epic Ride (Brooklyn Greenway Initiative)

**TBA means To Be Announced**

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

# Bike Events & Places to Ride Your Bike

## August

**Sat. 8/3** Princeton Century (Princeton Freewheelers)...**Sun. 8/18** Ramapo Rally (Bicycle Touring Club of Northern New Jersey)  
**TBA:** Discover Hudson Valley (Bike New York)

## September

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

## October

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

## November

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

## December

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

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

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





On The Record--5BBC Executive Board Meeting briefs based on minutes recorded by Ira Najowitz

**Sun. Dec. 2, 2012  
Brooklyn, NY**

Attending: Ed Ravin, Bill Mastro, Ira Najowitz, Bob Castro, Manny Sanudo, Jim Zisfein, Dennis Griffin, Liz Baum, Ed Pino, James Durrah, Phil Goldberg, Andrea Casertano, Ken Williams, Wendy Frank & Alfredo Garcia with Guests: Andrea Mercado and David Meltzer

Meeting started 12:30 PM.

Motion: The Board moved to name Andrea Mercado and David Meltzer as Members-at-Large, which was approved.

#### **STANDING RULES**

Motion: Mr. Zisfein moved that the Standing Rules be approved. Motion passed.

#### **FINANCES**

Mr. Sanudo recommended that membership dues be increased by 25% on January 1, 2013 and that dual memberships be eliminated.

Motion: Mr. Mastro moved that membership dues be raised on January 1, 2013 to \$25 per individual and \$30 per household. Motion passed.

#### **MONTAUK**

Motion: Mr. Mastro moved that the Board research a members-only, limited, no-frills day ride on May 19, 2013 as the Montauk Century. Motion passed.

Meeting adjourned 4:45 PM.

To Be Continued.....



#### **5BBC Executive Board Election Results**

*The following people were elected for Board positions for 2013:*

*President - Liz Baum  
Vice-President - David Meltzer  
Secretary - Andrea Mercado  
Treasurer - Bill Mastro  
Membership Coordinator - Shawn Carney  
Rides Coordinators  
- Dennis Griffin and Fritz Van Orden  
Leadership Coordinator - Manny Sanudo*

*The Board now consists of seven positions and the Board is elected by the membership. The Board will then appoint a number of coordinators like communications coordinator, newsletter coordinator etc. who previously were elected to those positions by the membership.*

*We Want You!*

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

*Bicycle Course  
Programs*

*Special Events  
Webmaster\**

*Please email President Liz Baum at [president@5bbc.org](mailto:president@5bbc.org) or Treasurer Bill Mastro at [treasurer@5bbc.org](mailto:treasurer@5bbc.org)*

*Website Help*

*\* If you want to know exactly what those website and database improvements are, we're certainly happy to share details with you. But first I'll ask: can you help? Technical research is under way but we need volunteers who can make time to communicate with other clubs and enthusiast groups (it doesn't have to be just bikes!) to see what solutions they are using or have considered, researching possible technical solutions, assessing what the budget requirements may be, and compiling that data for presentation to the Board.*

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

# Membership & Merchandise

## General Information *(Please print)*

\_\_\_\_\_  
First Name M.I. Last Name

\_\_\_\_\_  
Address Apt.

\_\_\_\_\_  
City State Zip

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Day Phone Evg. Phone

2nd member's name if dual membership (two members at same address) or if 2nd tripper on weekend trip.

\_\_\_\_\_  
First Name M.I. Last Name

\_\_\_\_\_  
Email Address

\_\_\_\_\_  
Day Phone Evg. Phone

## Waiver and Release of Liability

I attest that:

- a) I am eighteen (18) years of age or older,
- b) I am competent to bicycle on public roads in traffic,
- c) I will check the bicycle and associated equipment that I will use to insure that it is in proper working order and legal for operation on the streets,
- d) I will wear a CPSC or Snell approved helmet while riding my bicycle.

I discharge and release the Five Borough Bicycle Club (5BBC), their respective ride leaders and all sponsoring organizations, their respective agents, boards, commissions and any involved municipalities, employees and representatives of the foregoing, from all liability arising out of or connected in any way with my participation in 5BBC activities, whether or not caused by the negligence of any of the above parties.

I acknowledge:

- a) the 5BBC's recommendation that I consult with a physician regarding the advisability of my participation in 5BBC activities,
- b) that medical or other services rendered to me by or at the insistence of any of the parties mentioned above are not an admission of liability,
- c) that I may be photographed during 5BBC activities and agree to allow my photo, video or film likeness to be used for any legitimate purpose by any of the parties mentioned above.

I have read and understand this Waiver and Release of Liability and agree to its terms in consideration of my being allowed to participate in 5BBC activities.

\_\_\_\_\_  
Signature, 1st Member Date

\_\_\_\_\_  
Signature, 2nd Member Date

## Waiver by Parent/Guardian of a Minor

If a member is under age 18, parent's or guardian's signature is also required.

I attest that:

- a) I am the parent or guardian of the minor named below,
- b) I will check the equipment the minor will use in 5BBC activities to insure that it is in proper working order and legal for operation on the streets,
- c) If the minor is under age 14, he or she shall be under the direct supervision of myself or an adult designated by me during 5BBC activities.

I understand that the minor will be bicycling on public roads, in traffic. I have read and understand the Waiver and Release of Liability above and agree to its terms on behalf of myself and the minor in consideration of his or her being allowed to participate in 5BBC activities.

\_\_\_\_\_  
Minor's Name *(Please print)*

\_\_\_\_\_  
Parent's or Guardian's Name *(Please print)*

\_\_\_\_\_  
Parent's or Guardian's Signature Date

## Member Preferences

Put a check mark next to the things you don't want us to do. This applies to both members of a dual membership.

- \_\_\_ Do not list snail mail address in the 5BBC roster.
- \_\_\_ Do not list email address in the 5BBC roster.
- \_\_\_ Do not list phone numbers in the 5BBC roster.
- \_\_\_ Do not share name, address, etc. with other bike clubs or cycling organizations.
- \_\_\_ Do not send weekly email on current 5BBC rides and events.

## Payment

### 5BBC Membership

Individual \$25, Dual \$30.....\$ \_\_\_\_\_  
Dual Membership: two persons at same address. Memberships expire on Dec 31 of the year you join or renew, except those who join after Oct 1, in which memberships expire Dec 31 of the following year.

### Cross Borough Jersey

Indicate quantity and size.

\_\_\_ Ladies (Circle One) ..... M  
\_\_\_ Men (Circle One) ..... M ..... L  
Total qty. \_\_\_ @ \$65 each .....\$ \_\_\_\_\_

### 5BBC Patches

Total qty. \_\_\_ @ \$4 each .....\$ \_\_\_\_\_

**Total Payment**.....\$ \_\_\_\_\_

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

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

## 5BBC Membership Card and Participating Bike Shop Discount List

Below you'll find your Five Borough Bicycle Club membership card. Make sure your mailing label is on the other side (with the new expiration date), then just cut it out. Laminate it if you wish, and keep it somewhere safe. Show it at any of the shops listed below for a discount on many items. This list is for is 5BBC members like you. Visit [www.5bbc.org/bikeshops.shtml](http://www.5bbc.org/bikeshops.shtml) for more shops.

### Flash your 5BBC Membership

#### Card at these Bike Shops

##### BRONX

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

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

##### BROOKLYN

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

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

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

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

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

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

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

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

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

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

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

###### **Roy's Sheepshead Cycles** 2679

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

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

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

##### MANHATTAN

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

64 Second Ave. (4th St) NY, NY10003  
212-253-7771 [nycvelo.com](http://nycvelo.com)

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

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

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

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

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

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

(1) 151 W 19 St. NY, NY 10021  
212-989-1060

(2) 235 E 34th Street NY, NY 10016  
212-213-8360 [sidsbikes.com](http://sidsbikes.com)

###### **Toqa Bike Shop**

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

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

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

###### **Victor's Bike Repair**

4125 Broadway (174 St)

NY, NY 10032 212-740-5137

###### **Zen Bikes**

134 West 24th St. NY, NY 10011  
212-929-2453 [zenbikes.com](http://zenbikes.com)

##### QUEENS

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

114-01 Jamaica Ave. Richmond Hill,  
NY 11418-2443 718-846-2099  
[adtbikes.com](http://adtbikes.com)

###### **Bellitte Bicycles**

169-20 Jamaica Ave.,  
Jamaica, NY 11432

718-739-3795 [bellbikes.com](http://bellbikes.com)

###### **Bicycle Barn**

107-34 Springfield Blvd, Queens  
Village, NY 11429, 718-479-3119,

###### **Bike Stop**

37-19 28th Ave  
Long Island City, NY 11103

718-278-2453, [bikestopastoria.com](http://bikestopastoria.com)

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

63-24 Roosevelt Ave  
Woodside, NY 11377

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

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

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

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

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

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

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

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

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

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

##### STATEN ISLAND

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

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

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

##### LONG ISLAND

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

540 Jericho Turnpike  
Syosset NY 11791 516-364-4434

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

##### WESTCHESTER

###### **Bicycles Unlimited**

141 East Main St., Elmsford, NY 10523  
914-592-7979

###### **Pelham Bicycle Center**

109 Wolfs Lane, Pelham, NY 10803  
914-738-3338, [pelhambikes.com](http://pelhambikes.com)

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

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

##### CONNECTICUT

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

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

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

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

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

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

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

##### NEW JERSEY

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

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

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

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

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

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

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

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

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

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



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## 5BBC Golden Spoke Award Winners

1998 • Ed DeFreitas  
 1999 • Alfredo Garcia  
 2000 • Eileen Kapp  
 2001 • Phil Goldberg  
 2002 • Brian Hoberman  
 2003 • Wentworth Price  
 2004 • Bob Castro  
 2005 • Ed Pino  
 2006 • Barry Hartglass  
 2007 • James Zisfein  
 2008 • Danny Lieberman  
 2009 • No Award  
 2010 • Steve Faust  
 2011 • No Award  
 2012 • Liz Baum & Ed Pino

Since 1999, during the holiday party, the annual Golden Spoke Award is given by the club President to a chosen leader or executive board member who has given their best to the Five Borough Bicycle Club. Last year was the first time this honored award has been given to two people. Congratulations to Ed Pino and Liz Baum. Photos by Alfredo Garcia and Barbara Garcia.

## 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 and the website [www.5bbc.org](http://www.5bbc.org) for exact dates and locations. You can also contact the Five Borough Bicycle Club Programs Coordinator at [programs@5bbc.org](mailto:programs@5bbc.org).

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

Five Borough Bicycle Club membership is \$20, or \$25 for 2 members of the same household, is valid through December 31, 2012\*

\*Membership initiated after October 1, 2012 is valid through December 31, 2013.

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 February 2013 issue is:

Sunday 23 January 2013

Bicycletter

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Editor: Alfredo Garcia

*The Bicycletter is a monthly pdf publication of the Five Borough Bicycle Club.*

## Contacting Us

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For Bike New York, (212) 870-2080



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