

BICYCLE ER™

Publication of the Five Borough Bicycle Club • January 2014 • www.5bbc.org



President Liz Baum



Five Borough Bicycle Club

A Note From Your President

To All Members, Non Members and Future Members:

As a new year approaches, we wish all a safe and happy holiday. On December 14th , we had our annual Holiday Party, and for all that came, thank-you, for all that helped out , thank- you and for all who made this the best ever, thank you, thank you.

At the party, a new award - The Extra Mile, given out by Ed Pino, and the first recipients were Shawn Carney and David Meltzer. As President, I gave out special awards to Alfredo Garcia and Peter Engel, for their distinguished service to the club.

In addition the annual Golden Spoke award was given to Bill Mastro.

For Ken Williams, great thanks for giving your time in making arrangements for having the 5BBC Holiday Party at Dinosaur BBQ restaurant, and for putting together the food drive for Harlem senior citizens.

For all who brought in Raffle items, thank you as well, especially Wendy Frank. And forgive me for all those who were not mentioned. Please remember that we all want to safely have fun, and enjoy your rides stay warm, stay hydrated, bring a tube, tools and Metro Card, during the winter months.

To the leaders, get some rides to Fritz and Geoff so that we have a full 5BBC ride schedule.

See you on the road, stay safe and Please follow the Rules of the Road

Once Again, Enjoy,
Liz.

May Grace Follow You Daily



2014 Executive Board

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Vacant
PROGRAMS

Vacant
SPECIAL EVENTS

Vacant
WEBMASTER

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MEMBERS-AT-LARGE



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: Holly Campbell and Natalie Pham, chasing the dragon at the 5BBC holiday party, Sat. Dec. 14, 2013 . Photo by Alfredo Garcia. Above: Bontrager "Circuit" road helmet.

Bicycletter January 2014

TABLE OF CONTENTS

- 2 • Happy Faces
- 7 • 5BBC Day Trips
- 9 • Bikes on Trains
- 10 • Bikes on Boats
- 11 • Season's Greetings!
- 12 • 5BBC Holiday Party Pixs!
- 17 • Become a 5BBC Leader
- 18 • We're on Facebook & Twitter
- 19 • Escapade Bike Tours
- 20 • Member Ads
- 21 • Blue Bike Rack photo
- 22 • Order Blank
- 23 • Bike Shops
- 24 • 5BBC Ride End Photo

Contributors:

Antonio Rivera, Bob Castro, Josh Gosiak, Manny Sanudo, Mike Moses, Liz Baum, Sharon Behnke, Steven Levine, 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, 2014*

*Membership initiated after October 1, 2014 is valid through December 31, 2015.

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 February 2014 issue is: Thursday 23 January 2014

Bicycletter
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Bicycletter
Volume 24 • Issue 1
Editor: Alfredo Garcia



We do other things besides cycling. Like donating a table full of canned foods & drinks for a Harlem senior food drive. At the 5BBC Holiday Party, Dinosaur BBQ, Sat., Dec. 14, 2013. Photo by Alfredo Garcia.



**5BBC Rides
Meeting Places**

City Hall (Park)

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, next to Chase bank, Queens Blvd. & Union Turnpike, Queens. Subways: E F to Kew Gardens, Union Turnpike.

Plaza Hotel (Grand Army Plaza)

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.

South Ferry

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

For a comprehensive list of ride locations, visit:

www.5bbc.org/meetingplaces.shtml

5BBC-Day Trips January 2014



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, January 5, 2014

THE DEAD POOL & KILLMEYERS
9:15 AM, South Ferry, for a 9:30 ferry, 34 miles, moderate pace

I'm thinking B&W Photos at The Dead Pool and Hot Goulash, Pretzels and Oom Pah at Killmeyer's Old Bavaria Inn. A Winter's romp through Staten Island. It may get nippy along the water so make sure to dress warm. In case of dangerous weather - check the FB page for ride status. Join the Winter 5BBC Riders! Leaders: David MEL Meltzer and Ben Bromberg.

FROSTBITE RIDE #5:
NEW YORK BOTANICAL GARDEN
10:00 AM, Grand Army Plaza south (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. (Last Day) 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 to the grounds & \$ for the show and grounds. There are discounts available for members, seniors, children AAA members. <http://www.nybg.org/exhibitions.php> Leaders: Ed DeFreitas & TBA.

Saturday, January 11, 2014

ROCKAWAY EIGHT 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

FROSTBITE RIDE #6:
RIDE TO GARIBALDI/ALICE AUSTIN (SI)



FIVE BOROUGH BICYCLE CLUB

PLEASE RENEW
YOUR 5BBC
MEMBERSHIP
FOR 2014
THANKS



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FIVE BOROUGH BICYCLE CLUB



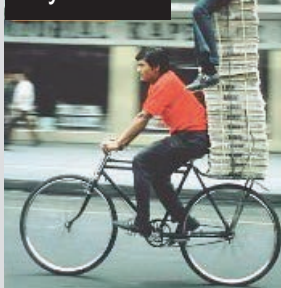
IMPORTANT CYCLING NOTE #1

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

9:45 AM, c ity Hall, Manhattan; 10:15 AM South Ferry; 11:00 St. George. 20 to 30 miles (w eather 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. Don't worry about Giuseppe Garibaldi, baby. Bring \$ for lunch at Cargo's, a lock and a digital camera. Leaders: Ed DeFreitas & Gary Katz

DIM...DIM SUM BUMM
10:00 AM at c ity 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 MIDw INTER'S RIDE TO FILLMORE'S
10:00 AM, Starbucks, southwest 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

Sunday, January 19, 2014

FROSTBITE RIDE #7:
c oney Island Dreaming on such a w inters Day (Bklyn) 10:00 AM, c ity Hall, 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(Sandy Survivor), renowned for prized pizza. Check out

http://id.essortment.com/historyofpizza_rmgf.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

SINK OR Sw IM -- OR SKATE.
BEAc H BUM/SKATING PARTY
10:00 AM, c ity Hall Park, 22 Miles,
moderate pace

Life is full of options. At the Riverbank State Park there is an olympic size indoor pool, so...why not have a little swim time. Break out the swimwear and get wet. But, it is winter and there is also a great ice skating rink. Lace up the skates and glide around with your friends. The choice is yours. Along the way we will check out some great sights in Sugar Hill. And, of course we will have a wonderful lunch. BRING: Swimming: Bathing suit, towel, locker lock and money for admission. Skating: Skates or \$\$ to rent, locker lock and money for admission. All: Bike lock, money for lunch and great winter spirits. Leaders: David MEL Meltzer and Holly Campbell

Sunday, January 26, 2014

FROSTBITE RIDE #8:
Flat Rock Nature Preserve
10:00 AM, c ity Hall, 30 miles

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

Saturday, February 1, 2014

MANHATTAN BEAc H
- THE GOOD, THE BAD & THE GAUDY
10:00 AM, Grand Army Plaza, Brooklyn, 20-ish Miles, moderate pace

Manhattan Beach is beautiful and serene during the winter stillness. On the way there we will duck down some side streets to experience wonderfully over-the-top architecture: keeping up with the Joneses, Manhattan Beach style. Lunch either Cafe Glechik or Roll N Roaster, depending on group size, availability, and who whines loudest. Check FB page for any weather cancellation. Bring: Tube, Lock, \$ for lunch, a smile. Leaders: David MEL Meltzer and Kathryn Baur.

Sunday, February 2, 2014

FROSTBITE RIDE #9: GROUND HOG DAY!-IT'S ALL HAPPENING AT THE ZOO!

9:45 AM, c ity Hall (Base of the Brooklyn Bridge) & 10:15 at S.I. Ferry, 15 miles, easy pace, modest grades

This is a Great Destination! Eight Acres of outdoor and indoor (good for a chilly day) exhibits. And what exhibits. Two American Bald Eagles. Leopards. Exotic birds, plants & fish, including some in a special bubble out tank that gives the illusion of them swimming in the air in front of you. Alligators(or are they crocs?). Snakes from around the world & more. Oh yeah. This is also the home of Staten Island Chuck. Bring your own lunch or buy it from their commissary. Eat inside or out. Admission is \$8 for adults & \$6 for seniors. Want to know more? www.statenislandzoo.org/. And there is bike parking. But, bring a lock. Leaders: Ed DeFreitas & TBA

Sunday, February 9, 2014

FROSTBITE RIDE #10: A winter Gift from Frederick Law Olmsted and Calvert Vaux 10:00 AM, c ity Hall, 30 miles

Designed by Frederick Law Olmsted and Calvert Vaux after their success with Central Park, Prospect Parks 562 acres of woodland, meadows, and ponds is considered by many to be their masterpiece and the piece de resistance of a True Home Town, Brooklyn. But, there's another Park. Do you know which it is? Come, the answer is filled with American history. Leaders: Ed DeFreitas & TBA

Sunday February 16, 2014

FROSTBITE RIDE #11: THREE MUSEUMS 10:00 AM, c ity Hall, 25 miles, easy pace

Three Musuems/Mansions/Homes. All in the Borough of Manhattan. All here before the Civil War(one in a different place from when it was built). Two before their was a United States. Two wrapped up deeply in American history. Minor to Zero entry fees. The city is four hundred years old. You think that it doesn't have history? In one place, a Founding Father fulfills his dream for his family. While in another, his son revenges his death. While in another, nature shows us how to really live, simply and beautifully. Come find out what astounding

things we Americans can do when we decide to. Leaders: Ed DeFreitas & TBA

Sunday February 23, 2014

FROSTBITE RIDE #12: RIDE TO PANc AKES (NJ) 9:45 AM, c ITY HALL (THE ONLY START POINT UNTIL THE BAYONNE BRIDGE IS REOPENED!) 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 tell the story of the most powerful terrorist explosion(not 911) at the Liberation Monument. Transportation & park details at www.nywaterway.com and www.libertystatepark.com. Bring a lock, \$ for lunch and a camera. Leaders: Ed DeFreitas & TBA



PLEASE RENEW
YOUR 5BBC
MEMBERSHIP
FOR 2014
THANKS



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.mtanyct.info/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.



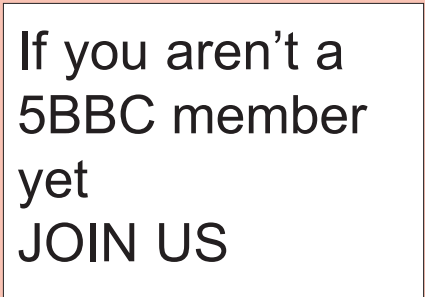
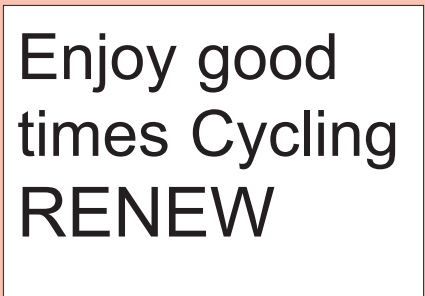
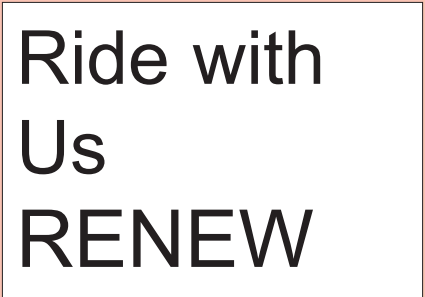
Seastreak
www.seastreak.com

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.





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

**5BBC Holiday Party
Dinosaur BBQ restaurant
Sat. Dec. 14, 2014**





BBC
CYCLE CLUB
rg



Despite the snow, we had a great turnout. (AG)



President Liz Baum and Caryn Greenberg. (SB)

More photos from the 5BBC Holiday Party

Photo credits: AG (Alfredo Garcia); SB (Sharon Behnke); SL (Steven Levine)



Phil Goldberg (center) and company had a great Dinosaur BBQ dinner (SL)



5BBC Vice President David Meltzer with good company. (SL)



For this time, everybody was young, dancing the night away. (SB)



Montauk Centurion Mike Moses with Sharon Behnke. (SB)



5BBC Party Organizer Ken Williams with 5BBC Advocacy Steve Vaccaro. (SB)



Ed Pino gives the first 5BBC Extra Mile awards to David Meltzer & Shawn Carney (SL)



Bill Mastro awarded the 2013 Golden Spoke by President Liz Baum (SL)



Among the raffle winners include Liz Ou-Yang (SL)

Many thanks to our sponsors who provided the raffle prizes!

To see more pictures of the party, visit our facebook page photo album at: <http://tinyurl.com/kj4773o>



Bill Mastro (center) leading his fabulous Dyker Heights night ride, Thurs. Dec. 26, 2012. Photo by Mike Moses.



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



5BBC

1,023 likes · 145 talking about this

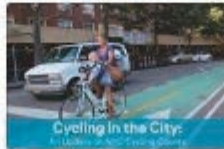
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Add A Category

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>



1,023



About

Photos

Likes

Events

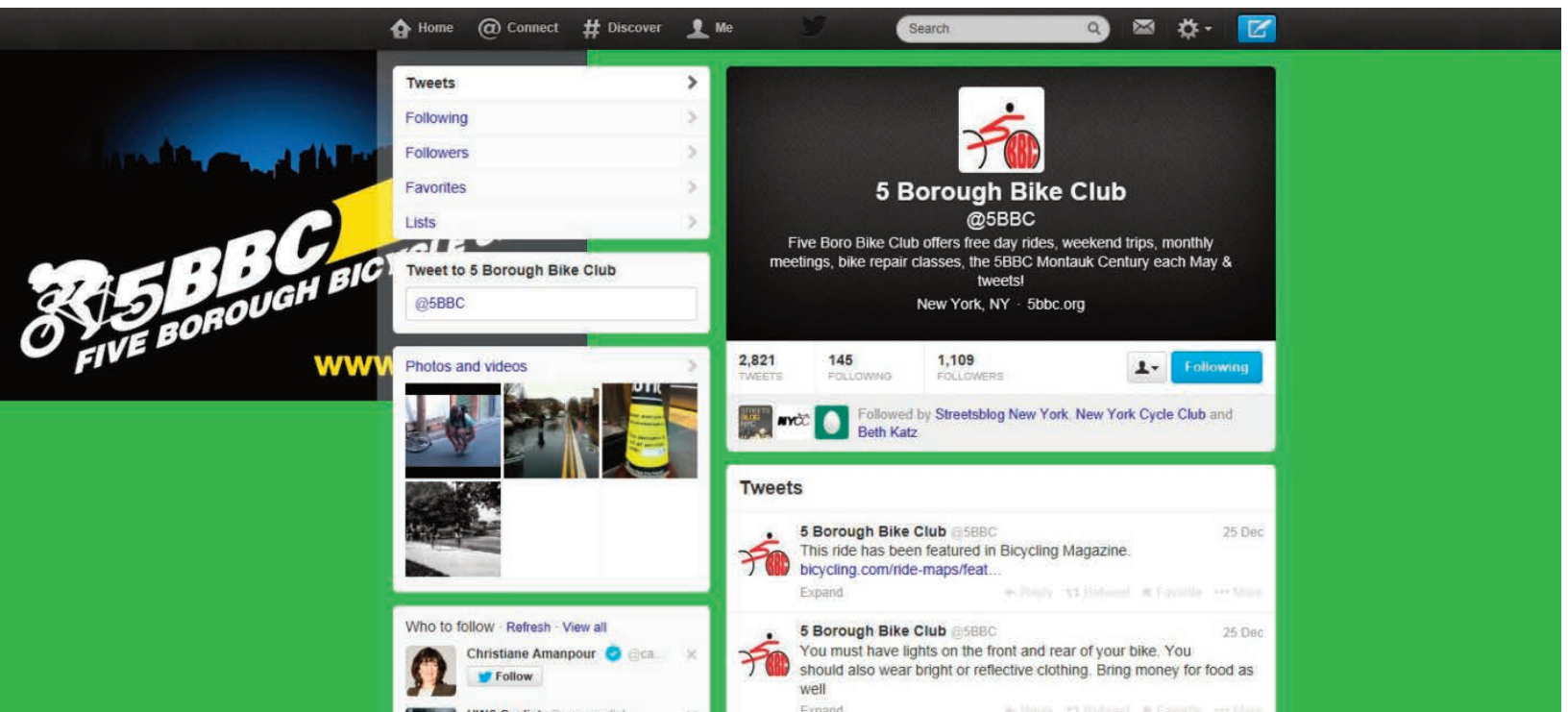
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We're on Facebook and Twitter!
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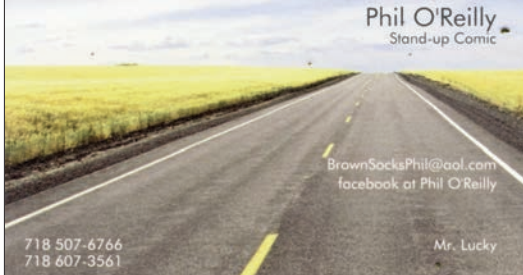
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Mr. Lucky



Glimpse of our current club jersey :)



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 5BBC members like you.** Visit www.5bbc.org/bikeshops.shtml for more shops.

Flash your 5BBC Membership

Card at these Bike Shops

Brooklyn

Westchester Bike Pro Shop

2611 Westchester Ave.
Bx, NY 10461 718-409-1114
westchesterpro.com

Brooklyn

Bay Ridge Bicycle World

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

Bicycle Station

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

Fulton Bikes

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

Kensington Cycle Works

140 Ocean Parkway
Bklyn, NY 11218 347-635-4645
kensingtoncycleworks.com

On The Move

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

Roys's Sheepshead Cycles

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

Verrazano Bicycle Shop

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

Manhattan

B-Fold (Folding bikes)

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

Bicycle habitat

244 Lafayette St NY, NY 10012
212-431-3315 bicyclehabitat.com

Bicycle Renaissance

430 Columbus Ave.(81st St)
NY, NY 10024 212-724-2350
bicyclerenaisance.com

Bike Works

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

Champion Bicycles

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

Chelsea Bicycles

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

City Bicycles

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

Conrad's Bike Shop

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

Continuum Cycles

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

Eddie's Bicycle Shop

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

Enoch's

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

Frank's Bike Shop

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

Gotham Bikes

112 W Broadway, NY, NY 10013 212-732-2453 togabikes.com

Heavy Metal

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

Innovation Bike Shop

105 W 106 St., NY, NY 10025
212-678-7130 innovationbikeshop.com

Jack Rabbit

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

Larry & Jeff's Bicycles Plus

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

Liberty Bicycles

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

Manhattan Bicycles

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

Mani's Bicycle Shop

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

Master Bike

255 West 72 St. NY, NY 10024
212-580-2355, masterbikeshop.com

Metro Bikes

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

Mod Squad Cycles

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

My Bike Heaven

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

NyC Velo

64 Second Ave. (4th St) NY, NY 10003
212-253-7771 nycvelo.com

NyCe Wheels

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

Pedal Pusher

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

Sid's Bike Shop

(1) 151 W 19 St. NY, NY 10021
212-989-1060
(2) 235 E 34th Street NY, NY 10016
212-213-8360 sidsbikes.com

Toga Bike Shop

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

Tread Bike Shop

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

Victor's Bike Repair

4125 Broadway (174 St)
NY, NY 10032 212-740-5137

Zen Bikes

134 West 24th St. NY, NY 10011
212-929-2453 zenbikes.com

Queens

arc De Triomphe Bicycles

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

Bellite Bicycles

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

Bicycle Barn

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

Bike Stop

37-19 28th Ave
Long Island City, NY 11103
718-278-2453, bikestopastoria.com

Bill's Cyclery

63-24 Roosevelt Ave
Woodside, NY 11377

Buddy's Schwinn Bicycle

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

Peak Mountain Bike Pro Shop

42-42 235th St., Douglaston, NY 11363
718-225-5119, peakmtbike.com

Spin City Cycle

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

Spokesman Cycles

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

Staten Island

Bennett's Bicycles

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

Bennett's Bicycle

540 Jericho Turnpike
Syosset NY 11791 516-364-4434
www.thebicycleplanet.com

Bike Discounters

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

Brands Cycle Center

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

East End Bicycles

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

Carlhart Bicycles

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

Sayville Bike Works

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

South Shore Bicycle & Fitness

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

Sunrise Cyclery

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

Sunrise Tri

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

Valley Stream Bicycle

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

Visentin Bike Pro Shop

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

Westchester

Bicycles Unlimited

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

Pelham Bicycle Center

109 Wolfs Lane, Pelham, NY 10803
914-738-3338, pelhambikes.com

Sierra Cycles

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

Connecticut

Baybrook Bicycles

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

College Street Cycles

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

Newington Bicycle

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

NeW Jersey

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

Bicycle Tech

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

Marty's Reliable Cycle

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

Strictly Bicycles

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



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From the Dec. 26, 2013 Dyker Heights ride, in Brooklyn. Photo by Antonio Rivera.