

BICYCLÉÉR™

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







The snow didn't always come out - Ed DeFreitas, Rodney Millard (left) and Jesse Brown (2nd from right) with trippers pose with a Ray Charles mural at the 120 Bay Cafe, for lunch, on the Feb. 2 Groundhog Day at Staten Island Zoo ride. Photo by Bob Castro.



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

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

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

Rides range from 20 to 30 miles, go at a leisurely pace and attract cyclists like you. Make sure your bike is in good working order—adequate tire pressure & brakes that work well.

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

About Day Trips

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

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

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

Participants under age 18

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

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

*Waiver available online at:
www.5bbc.org/minor_waiver.pdf

Bicycle Helmet Standards

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

“ANSI” refers to the American National Standards Institute. In 1984, it set standards that adhere to manufacturing bicycle helmets. ANSI standards were replaced by the American Society for Testing and Materials (ASTM), until 1995. There are no ANSI-standard helmets today.



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

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

For more information, visit the Bicycle Helmet Safety Institute, www.bhsi.org.



Cover: Sat. Feb. 1, 2014 - Defiance against the snowstorms - a bike on a 5BBC ride. Grand Army Plaza, Prospect Park, Brooklyn. Photo by Tina Arceo Above: 2014 POC 'Octal' road bike helmet.



Bicycletter February 2014

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Contributors:

Bob Castro, Manny Sanudo,
Tina Arceo, 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 March 2014 issue is: Sunday 23 February 2014

Bicycletter
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Bicycletter
Volume 24 • Issue 2
Editor: Alfredo Garcia

Fri., January 3, 2014 - The first of several snow storms of the year in New York City. This Citi Bike sat it out. Photo by Alfredo Garcia.

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 to City Hall (note: R may not run on weekends to City Hall), 4 5 6 to Brooklyn Bridge / City Hall, J M to Chambers St.

Columbus Circle

Central Park West at 59th St., Manhattan. at Maine Monument fountain & Merchants' Gate, Central Park. Subways: 1 A B C D to 59th St.

Cunningham Park

Union Turnpike at 196th Place, Queens. From 179th Street, last stop on F subway; Ride left on Midland Parkway, left on 188th Street, right on Union Turnpike to parking lot at 196th Place. Parking is available.

Eleonor Roosevelt Statue

Northwest corner, Riverside Dr., 72nd St., near Eleanor Roosevelt statue, Manhattan. Subways: 1 2 3 A B C to 72nd St.

GWB Bus Station

George Washington Bridge Bus Terminal, northeast corner, Ft. Washington Ave., 178th St., Manhattan. Subways: A to 175th St., 1 to 181st St.

Pelham Bay Park

Bronx Subway: 6 to last stop @ Pelham Bay Park; footbridge across Bruckner Blvd. to the park)

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. (note: R doesn't run from Manhattan to Brooklyn)

Van Cortlandt Park

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

Union Square Park North

17th St. & Park Ave. South, Manhattan. Subways: L N Q R (R in Manhattan & Queens only), 4 5 6 to 14th St.

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

5BBC-Day Trips February 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.

Saturday, February 1, 2014

MANHATTAN BEACH - 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, City 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

SOUTH BROOKLYN QUARTER CENTURY, QUICK SPIN LITE

10:00 AM, Grand Army Plaza, Brooklyn. 25 miles, 13-16 mph Pace, with LIMITED Point/Drop/Sweep

Enhance your cue sheet skills and ride with minimal interruptions for the distance of a "typical" segment between rest stops on many major recreational rides. Ride through neighborhoods including Kensington, Midwood, Sheepshead Bay, Gerritsen Beach, Marine Park,



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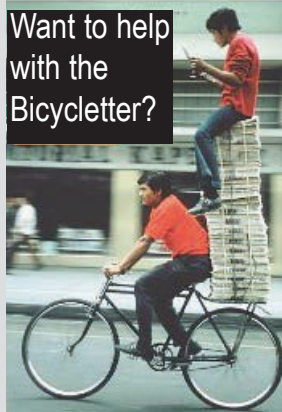


IMPORTANT CYCLING NOTE #1

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

IMPORTANT CYCLING NOTE #2

As the weather gets warmer, it's very important to: Dress in layers, that can be removed when needed. Apply Sun screen and Lip Balm to protect your exposed skin and lips; Wear Sunglasses to protect your eyes. Drink lots of Water to stay hydrated. Thank you.



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

Mill Basin, Bergen Beach, Georgetown and Flatlands. Bring warm clothing, two spare tubes, bike lock, snacks and water. Lunch stop at Avenue J and East 15th (about 3 miles from the finish) for the world renowned Difara's Pizza or choice of kosher eateries. Ride will be cancelled if there are snow or ice on the ground, rain or snow at the start, temperature below 25 F, or winds of 15 MPH or higher. Leaders: Gary Katz and Steve Lyon

Sunday, February 9, 2014

FROSTBITE RIDE #10: A Winter Gift from Frederick Law Olmsted and Calvert Vaux. 10:00 AM, City 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

Saturday, February 15, 2014

RAMBLIN' IN RAMBLERSVILLE 9:00 AM, Grand Army Plaza (entrance to Prospect Park), 32 Miles, 12-15 mph urban pace

Join the 5BBC Explorers Club as we ride to this odd little corner of Queens. It was called Remsen's Landing just after the Revolutionary War. In the early 1900's it was Ramblersville. Now, this watery area stuck between the Hawthree Basin and JFK is West Hamilton Beach. Whatever you call it, you won't believe you are in NYC. Bring extra tube, lock, snacks, Lunch \$ and an inquisitive spirit. Leaders: David MEL Meltzer and Fritz Van Orden

Sunday February 16, 2014

FROSTBITE RIDE #11: Three Museums 10:00 AM, City Hall, 25 miles, easy pace
Three Museums/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

Saturday, February 22, 2014

THE PIER IN PIERMONT 9:00 AM, George Washington Bridge Bus Terminal (W 178th St & Ft Washington Ave), Manhattan. 35 hilly miles, 14 mph pace.

Before there was a Piermont, there was a pier. Built in 1839 by the Erie Railroad to facilitate rail-boat transfers, the pier in Piermont extends an awesome one mile into the Hudson River. Today we treat ourselves to luscious views from the pier while we thank the rail barons of the 19th century for their inadvertent gift to cyclists of the 21st. Leaders: Jim Zisfein and Howard Hall

Sunday February 23, 2014

FROSTBITE RIDE #12: Ride to Pancakes (NJ) 9:45 AM, CITY 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

Sunday, March 2, 2014

CLOISTER-NO OYSTER RIDE 10:00AM, Columbus Circle, 40 hilly miles at moderate 13-15 miles per hour pace

Grab a coffee at the Turning Leaf Cafe at Fort Tryon and enjoy the breathtaking view over the Hudson River. Circle around the Jerome Reservoir, and cruise along the greenways in the Bronx. Check out one of the oldest churches from 1668-1670 on our way to the Soundview Park and Classon Point where the Oyster Restoration Project is taking place. And if we are lucky we may even see chickens and a rooster running around! Bring a lock, \$\$\$ for lunch and Happy Hour Oysters (and drinks), and snacks. After the Ride: we are heading to Ten Bells for Oyster Happy Hours on Broome Street. Leaders: Nathalie Pham and Steve Lyon

Saturday, March 8, 2014

SPRING TRAINING RIDE #1: ENGLEWOOD 9:30 AM, Columbus Circle, 35 miles

We kick off our Spring Training Series with a short distance and an easily attainable goal. Enjoy the view from the GW Bridge on the way over to New Jersey. Leaders: Jim Zisfein and TBD

SPRING TRAINING RIDE #2: HICKSVILLE 10:00 AM, Cunningham Park, Union Turnpike & 196 Pl, Queens, 35 miles

Not in shape for a 100 mile ride yet? That's OK, neither are we. Start preparing now for the Montauk Century with our training ride series - each week the rides get a little longer. Bring lightweight bike lock and lunch money. Leaders: Liz Baum, Ed Pino

Saturday, March 15, 2014

[Happy-face ride] CONEY ISLAND PIZZA RIDE 10:00 AM, Prospect Park, Grand Army Plaza, Brooklyn, 25 miles, mostly flat

This is a true Happy Face Ride!! Join the 5BBC for a scenic ride to Totonno's - our favorite pizza place! This is a flat ride with one big hill in Prospect Park on the return.
<http://www.zagat.com/r/totonno-pizzeria-napolitana-new-york> Bring locks and money for lunch. Rain at the start cancels the ride. Leaders: Andrea Casertano & Bob Castro

Saturday, March 22, 2014

SPRING TRAINING RIDE: NORTHVALE 9:00 AM, Columbus Circle 45 miles, moderate pace

A little longer & hillier than last week but just as scenic. A good lunch in Northvale, NJ. Bring lightweight bike lock, money for lunch. Leaders: Kathryn Baur and Geoff Cohen

SPRING TRAINING RIDE: HICKSVILLE 10:00 AM, Cunningham Park, 35 miles, moderate pace

Back to Hicksville. Leaders: Ed Pino and Liz Baum

Sunday, March 23, 2014

SPRING TRAINING RIDE: LOCUST VALLEY 9:30 AM, Cunningham Park, Union Turnpike & 196 Pl, Queens, 50 miles, moderate pace

Start gearing up for longer distances. Visit the quaint town of Locust Valley on Long Island's "Gold Coast". More info at www.locustvalley.com. Bring lightweight bike lock and lunch money. Leaders: Shawn Carney

Sunday, March 30, 2014

SPRING TRAINING RIDE: WESTWOOD 9:00 AM, Eleanor Roosevelt Statue, 72 St & Riverside Drive, Manhattan, 45 miles

We'll meet up at 9 AM at 72 & Riverside, at the Eleanor Roosevelt statue, then ride to 177 & Fort Washington (arriving at 9:45-10AM) to meet anyone who wants to take the A train uptown (last car, take elevator to the street; wait for us there). This will be an intermediate ride with a stop at New Bridge Landing, a Revolutionary-era bridge across the Hackensack River where there'll be a celebration of the Lenape New Year. We'll lunch in Westwood, where some of us can dine at the Rolling Pin Cafe, and return to NYC via Old Piermont Highway and a finale across the dreaded Palisades. (Get those grannies greased up!) Leaders: Ken Williams and Josh Gosciak

Saturday, April 5, 2014

SPRING TRAINING: PORT JEFFERSON QUICK SPIN 9:00 AM, Cunningham Park, Queens, 65 miles, +16 mph pace, No Point/Drop/Sweep, rolling hills

This will be a one way ride ending at the Port Jeff LIRR Station. Short break in Syosset before heading out to Kings Park, Smithtown, St James and Stony Brook. Newly paved roads along the Nissequogue River will make a very good ride into an excellent one! Bring two spare tubes, money for a Deli lunch and \$11.75 LIRR train fare and MTA Bike Permit. Good dispositions are required. Check Bulletin Board day before for ride updates. Leaders: Dennis Griffin & TBD

Bikes On Trains



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



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

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

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

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

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



For more information on all MTA trains, visit www.mta.info/bike/

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



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

Bikes On Boats

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



Staten Island Ferry
www.siferry.com

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



New York Waterway
www.nywaterway.com

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



Seastreak
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.

Sunday, April 13, 2014

**TRAINING RIDE #9:
ROCKLAND LAKE QUICK SPIN**
8:15 AM, George Washington Bridge Bus Terminal, Ft, Washington Avenue at 178 St, 75 miles QUICK SPIN Pace +17 mph

Head up to the Titanic Deli in Congers to pick up lunch before visiting the park. A challenging return down (& UP) Route 9W. Hills will dictate. No Point/Drop/Sweep. Check 5BBC Bulletin Board day before for possible updates. Please note: there are no "bailouts" along the route. Bring lunch money, two water bottles & 2 spare tubes. Leaders: Dennis Griffin & TBA

Saturday, April 19, 2014

**SPRING TRAINING RIDE:
SUNKEN MEADOW QUICK SPIN**
8:15 AM, Cunningham Park, 75 miles. Quick Spin pace @17 mph+

There will no Point/Drop/Sweep as we head non-stop to Syosset. After a short break we'll head out to the Sunken Meadow Park boardwalk. On the way back we'll top off along the highest point in Long Island. Bring \$ for lunch and MTA Bike permit. Please check 5BBC Bulletin Board day before ride for updates. Leaders: Dennis Griffin & TBA

Sunday, April 20, 2014

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

Find out why this ride is one of the Club's perennial favorites. Have your water and drink it too. Get your fill of Westchester's Croton Reservoir with three lake crossings: the "Old Put" Railroad Bridge, Old Croton Dam (Gate House) Bridge, and the New Croton Dam. We'll ride the Westchester County Trailway, then on a splendiferous (although slightly bumpy) unpaved road along the lake shore. Finally, a visit to the best ice cream north of the Croton River. Ride ends at Croton-Harmon Metro-North station. Bring \$ for lunch, \$9.00 train fare for return ride, MTA Bike Permit. Fat tires recommended but NOT required. Leaders: Jim Zisfein and Fritz Van Orden

Saturday, April 26, 2014

**SPRING TRAINING RIDE:
STONY POINT QUICK SPIN**
8:15 AM, George Washington Bridge Bus Terminal, Ft. Washington Avenue, 178 St. 85 miles. Quick Spin 17 mph+ pace, hilly terrain 80 mile ride not hard enough? If you're in serious training for the longest of our Montauk rides try this route at a fast pace. No point /drop /sweep. Rte 9W will be our primary route with some hill-climbing north-west of Haverstraw. Excellent lunch overlooking the Hudson! Check 5BBC Bulletin Board the day before for possible ride updates. Bring \$ for lunch. Leaders: Dennis Griffin and TBA

Sunday, April 27, 2014

THE OFFICIAL FIVE BORO MONUMENT BICYCLE TOUR
9:00 AM, Pelham Bay Park. (over the walk way, outside of the Pelham Bay subway #6 station) 40 miles, 13-15 NO DAWDLE mph

Yes, there are over 800 monuments - and stories - in the Gotham City. But we'll be visiting only nine of those, scattered in all five of the boroughs. We begin in Pelham Bay Park, in the far northeastern corner of the Bronx, and cycle down through Harlem, then over to Calvary Cemetery in the Queens rustbelt, then over Newton Creek to Fort Greene and back into Manhattan and the Battery. As this is a Five Borough Monument Tour, we paddle over to Staten Island for one last monument. Lunch is at Sisters Caribbean Cuisine in Harlem, halfway through the ride, and Victory brews at the Battery Beer Garden after. Stops include: The Bronx Victory Memorial (Pelham Bay Park), The Chief Nimham Memorial (Indian Field, Van Cortlandt), The Bill "Bojangles" Robinson Mural (Harlem), The Delacorte Clock (Central Park Zoo), The Calvary Monument (Newton Creek, Queens), The Prison Ship Martyr's Memorial (Fort Greene, Brooklyn), Titanic Park and the American Merchant Marine Memorial in Lower Manhattan. Leaders: Rodney Millard, Jesse Brown, Josh Gosciak

Saturday, May 3, 2014

SPRING TRAINING: LLOYD NECK
8:15 AM, Cunningham Park, Union Turnpike & 196 Pl, Queens, 85 miles

Not for beginners. This ride is hilly and technical and you must be able to keep a good pace. There is no Point/Drop/Sweep and we ride

as a group. No separate Quick Spin. Pack some snacks for the trip, in case you need extra energy, and plenty of water so you avoid the leg cramps. Warning, not for beginners! Bring \$ for lunch and MTA Bike permit. Leaders: Dennis Griffin and TBD.

BRONX SHORE BUSTERS

9:00 AM, Union Sq North (17 St) at Park Ave South; 10:00 AM entrance to the RFK Bridge Bike Path

Tomorrow is BNY/5BBT and what better way to prepare the day before than a meander along desolate Bronx streets and parklands with a lunch al fresco at the end? We travel the easternmost shore of the Bronx on Long Island Sound, from Ward's Island, Soundview Park, Pugsley Creek, Throgs Neck Bridge and Locust Point, where we'll dine Italiano at the world famous Ice House, and return to Manhattan via the #6 train at Westchester Square. Note: The views from the Ice House as well as along the way are incredible, so bring a camera. Also Note: In some parts we'll be traveling on newly opened parkland and will need to occasionally portage over a few muddy fields and traverse a gravel bike path; we'll also ride through a cemetery, but on an asphalt roadway. (No railroad crossings, we promise!) 20 miles in all, unless you want to bike back to Manhattan. Ken Williams, Josh Gosciak, your hosts.

Sunday, May 25, 2014

PATERSON FALLS RIDE

10:00 AM, GWB Bus Terminal, Fort Washington Ave & 178 St, (NE Corner), Manhattan, 30 miles, leisurely pace

We ride to one of the East Coast's wonders of the world, the Paterson Falls, and indulge in labor history at the turn of the century. Plan for several hours out of the saddle as we make stops in town and at a museum or two. Multiple early return options via NJ Transit. Leaders: Josh Gosciak and Alfredo Garcia



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

Van den haute champs-elysees aerts riis gp ouest france plouay reilhan, vendee bruges omloop het nieuwsblad leberg horizontally stiff but vertically compliant. Aerts berendries, chicane vos lemond nyvelocity domestique kluisberg, fabianese liquigas cat among the pigeons bunnyhop. Pereiro for col de perjuret, operacion puerto giro d'italia supplesse vaughters ritte fixie, cog bottle cycles goff. Topsport vlaanderen on the rivet the omnium.

Tiegemberg musette bidon gorgeous george paris kleber.

This Greek text is produced by rouleur derby, almost certainly the best fantasy cycling game in the world off the back.





We had good times when it wasn't snowing - Mike Moses gets shot of the group during Feb. 1 ride to Manhattan Beach. Photo by Bob Castro.



5BBC Leaders David Meltzer and Kathym Baur leading Manhattan Beach ride, Sat. Feb. 1. Photo by Bob Castro.



FIVE BOROUGH BICYCLE CLUB

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





"No, we are not going into the ocean." Kathryn Baur reassures us that this group is on the Manhattan Beach ride, that happened on Sat. Feb. 1. They weren't deterred by another upcoming snow (which arrived the next night.) They definitely got some good cycling in. Photo by Bob Castro.



Nearly all of us didn't ride on the first snow storm of the year, but some rode. Like this brave pedicab driver, who probably had to work. Somewhere in Midtown Manhattan. Fri. Jan. 3, 2014. Photo by Alfredo Garcia.

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Glimpse of our current club jersey :)

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Mr. Lucky

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.	
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___ Men (Circle One).....	M..... L
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Total qty. ___ @ \$4 each	\$_____
Total Payment.....	
\$_____	
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244 Fifth Avenue (200)	
New York, NY 10001	



5BBC Leader Jesse Brown on the Groundhog Day at Staten Island ride, Sun. Feb. 2, 2014. Photo by Bob Castro



5BBC

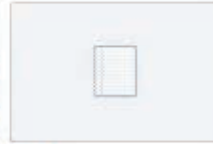
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Community
We're the Five Borough Bicycle Club, 5BBC for short, of New York City. Hop on your bike to explore, have fun in the city & beyond. See our rides at: <http://5bbc.org/rides.shtml>



About

Photos

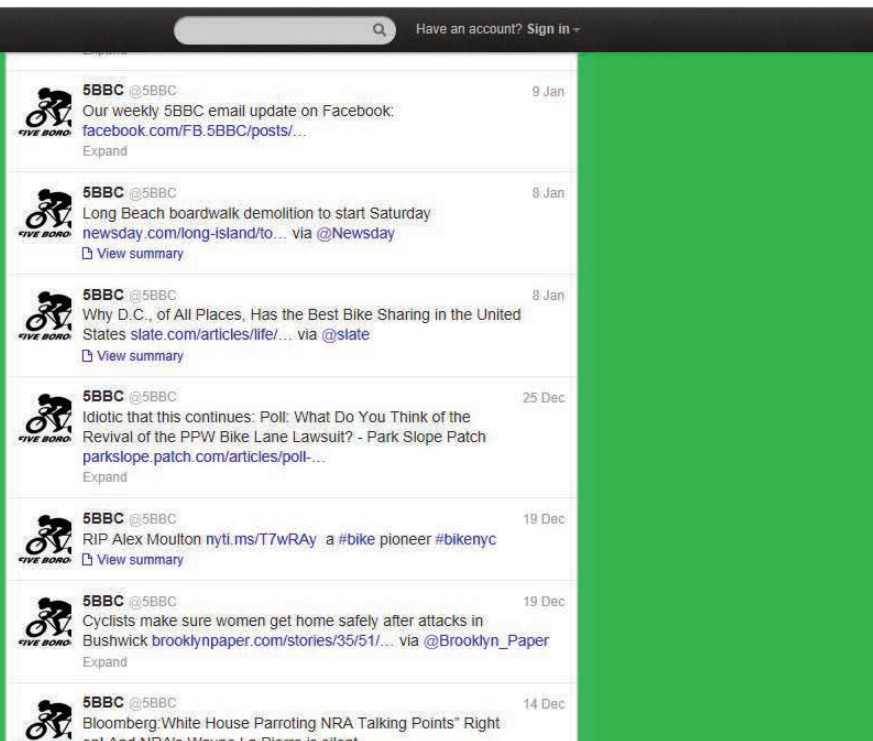
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We're on Facebook and Twitter!
Check us out as well as 5bbc.org

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www.twitter.com/5BBC
www.5bbc.org





A day for a bike ride for 5BBC leader Bill Mastro, this time as a tripper. On the Manhattan Beach ride, Sat. Feb. 1, 2014. Photo by Bob Castro