

B I C Y C L E E R™

Bi-Monthly Publication Of The Five Borough Bicycle Club---Sans Print Edition
July - August 2009
www.5bbc.org





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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 and 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

Most leaders welcome responsible cyclists of all ages to join our rides, but we need to know that they understand the risks involved and are assuming responsibility for their own safety. The law of this country limits the ability of those under 18 to take responsibility for themselves. We therefore REQUIRE that the parent or guardian of a minor joining a 5BBC ride come with them to the start of the ride. Only if the parent or guardian signs a special waiver for minors and either rides with the minor or arranges for another adult to accompany the minor during the ride may the minor join the ride.

EXCEPTION: If the parent or guardian of a minor wishes the minor to ride with 5BBC, but cannot appear at the start of each ride, please contact the Club to arrange to sign a waiver of liability that we can keep on file. Minors with waivers on file must also have an adult agree to accompany them on each ride. The participation of a minor in a 5BBC event must always be cleared with the leader of that event.

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, when helmets lose impact effectiveness.

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

Above: Beetle folding bike helmet, by Pulsium Designs, www.pulsium.com
Cover Montage: Photos by Alfredo Garcia.

Monday July 20, 2009, 6:30 PM

GREENWAYS!

Lower Manhattan Business Improvement District
104 Washington St. (north of Rector St.) Manhattan.
Subways: 1 R W to Rector St., 4 5 to Wall St.



Guest Speakers: Howie Mann and Maggie Scott Greenfield

Howie Mann of The New York Metropolitan Transportation Council- NYMTC <http://www.nymtc.org/> is a nationally recognized transportation engineer who has developed a specialization in freight planning. He also heads their Pedestrian/Cycling Group. He is a long Island Cyclist. Howies' team is currently working on The Hudson River Link (which will provide for an interrupted path from Inwood Park to the Old Croton Aqueduct in Yonkers).

Maggie Scott Greenfield of The Bronx River Alliance (www.bronxriver.org) is an urban planner and environmental scientist with an advanced degree from M.I.T., is the director of the greenway for The Alliance & has completed the following projects: The Bronx River Greenway Plan (www.bronxriver.org/plans) and the Bronx River Greenway Signage Plan. It is anticipated that the greenway will become a linear park from The East River to The Kensico Dam with recreational, educational, ecological and out reach community programs. Maggie and her team are currently focused on the Shoelace Park & Front Knox areas of the Bronx (from Magenta Street to 233rd Street-along the Bronx River) in conjunction with The NYC Parks Department. Maggie is also a cyclist and already has her toddler cycling with her.

As cyclists most of us are very familiar with these two venues. The 5BBC invites you to come here about the master plans of these two teams who share a common mission and to also offer feedback as consumers of the product.

Tuesday August 18, 2009 7:00 PM

DID YOU KNOW THAT A BICYCLE COULD BE BOTH FUNCTIONAL & FINE ART?

Hadal Metal Design
432 Broome St. (b/w Crosby St. & Broadway) Manhattan
Subways: R W 6 to Spring St.



Guest Speaker: Josh Hadar

Come join us for our mid summer nights wine and cheese party at The Soho Gallery/Studio of Josh Hadar

www.hadarmetaldesign.com/index.php. Josh is a self taught sculptural fine artist who creates bikes that are very useable in addition to being unique works of art www.hadarmetaldesign.com/about_video.php.

We invite you to visit the gallery/studio, meet Josh and have some refreshments and perhaps find a bike you enjoy for usage or for ornamentation in your home or office. Perhaps even learn how to use an oxy-cetaline gas welding torch?



Bicycletter July-August 2009

TABLE OF CONTENTS

- 3 - General Meetings
- 4 - Day Trips
- 10 - Summer Streets
- 11 - Beach Bums & Theater
- 12 - NYBS news; Bike Tunes
- 13 - Montauk Century Special
- 17 - Montauk Solo
- 18 - Bike Boat Bike
- 19 - Governors Island
- 20 - Weekend Trips
- 22 - Journeys:
 - Japan, Montréal, Bear Mt. & Montauk
- 23 - Building Homes in New Orleans; Tour de Brooklyn Fun; Good MTA Bus Driver and the First Lady of New York cycles
- 24 - Member Ads; Bike events
- 25 - 5BBC Leadership Courses

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www.nymtc.org



www.bronxriver.org

Note: The print Bicycletter was mailed on June 30, by Phil Goldberg, Michael Byrne, Sharon Behnke, Andrea Casertano and Susan Rodetis, who graciously hosted the mailing party at her apartment. Thanks!

LOVE THE 5BBC

5BBC Rides Meeting Places

Note: W runs weekdays

Bridgemarket

Bridgemarket Plaza, Manhattan. On the Northeast corner of East 60th St and First Ave, faces across the avenue the entrance to the Queensboro bridge in Manhattan. Subways: 4 5 6 to 59th Street, N R W (W weekdays only) to Lexington Ave.

Central Park, Fifth Ave. & 72nd St.
Manhattan. Subways: N R W (W weekdays only) to 5 Avenue, 4 5 6 B D E F nearby.

Chelsea Piers

West 22nd St. at 12th Ave., Manhattan, by the greenway path. Subways: C E to 23rd St. & 8th Ave.

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.

Cunningham Park

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

Donut Plant

379 Grand St., SW corner of Norfolk St., Manhattan. Subways: F to Delancey St., J or M to Essex St.

Grand Central Terminal

Enter @ East 42nd St. & Park Ave., Manhattan. Go inside to information kiosk in center. Subways: 4 5 6 7 S to Grand Central.

Kew Gardens

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

Penn Station

8th Ave. & 31st St., Manhattan. Subway: 1 2 3 A C E to 34th St.

Pier 11

Wall St. & South St., Manhattan. Subways: 2 3 to Wall St. J M to Wall St. (weekends only.)

Plaza Hotel

Fifth Ave. at 59th St. Subways N R W to 5th Ave. A B C D E F 4 5 6 nearby.

5BBC Day Trips July-August 2009

Such great diversity this summer! Thanks to all of the 5BBC Leaders for making it happen. We have some really terrific rides for everyone on every level of riding. There's definitely a summer theme from Bathing in Bayville to Sandy Hook. Who says you can't have it all? --Sun, cycling and the theater? Check out Susan Levine's new Beach & Theater rides on July 19 and Aug 23. These rides will be in addition to our regular Sunday Beach Bum rides.

ANDREA CASERTANO

RE: Cycling

5BBC Day Trips

I'm happy to announce that we have joined forces with Transportation Alternatives in preparation for the NYC Century on September 13. We are offering a series of five training rides throughout the summer to get you or keep you in great shape (see the website for further details.)

Thanks to all of the 5BBC Leaders for making this a terrific summer of riding.

Please be sure to check the Website and Bulletin Board for changes or cancellations. Remember to bring sunscreen, plenty of water and
DON'T FORGET TO LOOK!



5BBC / Transportation Alternatives Training Rides

We are offering rides in preparation for the NYC Century Bike Tour on September 13, 2009. We ask that all trippers wear a helmet, bring plenty of water and a bike that is in good working order.

#1 Sun. July 19

Bronx Perimeter, 35 miles

#2 Sun. Aug. 2

Northvale, 45 Miles

#3 Sat. Aug. 15

Bridges of New York, 60+ miles

#4 Sun. Aug. 23

Queens Perimeter, 70 miles

Sat, Sept. 5

#5 Old Put Century Quick Spin, 100 miles

See rides listings for information.

Friday, July 3, 2009

GARDEN CITY

8:30 AM, Doughnut Plant, 60 miles

This is a fun, flat trip that visits one of the first planned communities in the U.S. Quiet streets and scenery all the way around, lunch at a bicycle friendly spot. Paced at 16mph with limited stops. Leaders Danny Lieberman and Andrea Mercado.

Saturday, July 4, 2009

AROUND AND OVER THE HUDSON

9:00 AM, City Hall, 45 miles with an optional return via PATH at halfway point. 12-15 MPH, mostly moderate with one big hill

We'll start by going through the first seat of our nations government, take a ride across Upper New York Bay to Staten Island, ride the west coast and cross the Bayonne Bridge. While in Bayonne, Ed will reveal a secret to all before we visit Liberty State Park where we will be close enough to "The Lady in The Harbor" to feel we can touch her hem. Next, we'll take in the view of the harbor while on our way to the restored Central Railroad of New Jersey Terminal. At Hoboken, we'll lunch at Frank's Place. After which, we'll take a stretch along the Hudson and cross the GWB to Manhattan, pass Seinfeld's, St. John's and maybe stop for a snack at a Russian tea place. Then, it's back to the start and where our nation began. On this day of our nation's birth, God Bless America and the men and women who are keeping us safe. Leaders: Ed DeFreitas & TBA.

Sunday, July 5, 2009

☺ BEACH BUM RIDE #1

10:00 AM, Prospect Pk, Grand Army Plaza, 30 miles

Combine your two favorite activities - bicycling and visiting the beach! This leisurely paced ride will mosey from Brooklyn to a quiet beach in the Rockaways, mostly along quiet streets or bike paths. Bring or buy lunch, bring beach stuff (sunscreen, swimsuit, towel, sheet, pail, shovel, Frisbee, flip-flops, etc), and a lightweight lock. Leaders: Rhonda Wittorf & TBA.

☺ HOT DOG RIDE TO NATHAN'S

9:00 AM Picnic House, Prospect Park, (2 blocks from 3rd St. entrance), 25 miles

Ride through Brooklyn to Coney Island. Bring money for lunch at Nathan's. Leaders: Terry Chin and TBA.

Saturday, July 11, 2009

☺ I'LL TAKE MANHATTAN RIDE

10:00 AM, Prospect Park, Grand Army Plaza, Approx 20 leisurely miles

It's been four hundred years since Henry found a good parking spot right on the Hudson River. What? No skyscrapers? No subways? No windmills? No attitude? What did this explorer find when he arrived, and what was he doing snooping around here in the first place? We'll go back in time at the Museum of the City of New York to the actual "Island of the Hills...Manhatta" and feel the way Henry felt on his voyage of discovery back in 1609. We'll see what was going on, whom he met and what happened next. Bring \$9.00 admission fee, a lock, and money for lunch at a local eatery (Dutch treat, of course!) Rain at start cancels. Leaders: Richard Sanford and TBA.

MONMOUTH COUNTY SHORELINE RIDE

8:45 AM, Penn Station (31 St & 8 Av), 40 level miles, pace 12-14 mph.

Yiz wanna guh donnashore? That's how they say it in Fluffya. Oh! You're not from Philadelphia? Okay, would you like to visit the New Jersey Shore? We'll pedal the lightly traveled roads and lovely greenways of the Monmouth County shoreline between Asbury Park and Matawan, and visit the beach at Sandy Hook. Bring swimsuit, towel, sun block, bike lock, and \$ for train fare (\$20.50) and lunch (\$10-\$15). Leaders: Jim Zisfein and Rhonda Wittorf.

Sunday, July 12, 2009 ☺ **BEACH BUM RIDE #2**

10:00 AM, Prospect Park, Grand Army Plaza, 30 miles

If it's Sunday then this must be the ride to the beach. Which beach? Well, we usually keep the route short so we can sit by the waves for an hour or two before riding back. Our favorite spot is still Neponsit Beach in the Rockaways, an easy jaunt from Prospect Park, and we head out every Sunday until the end of August. Pack your towel and beach garb if you like along with the usual stuff: lock, sunblock, water and lunch, or you can buy it along the way. Leaders: Andrea Casertano & Bob Castro.

CENTRE ISLAND SWIM-N-CYCLE

8:00 AM Bridgemarket, approx 9:45 AM Cunningham Park 66 miles from Bridgemarket/53 miles from Cunningham Park

Mostly rolling hills. Join us for this ride to Centre Island Beach in Bayville on the North Shore of Long Island. We'll stay at the beach for a couple of hours, which will leave enough time for those

of you who want to do an optional 6 mile loop around scenic Centre Island. We will ride at an easy pace on somewhat hilly terrain. Approx. finish: 6 PM at Cunningham Park (NO group return to Bridgemarket) Don't forget your bathing suit and towel. Leaders: Brian Hoberman & TBA.

Saturday, July 18, 2009 **THE NYC/GREENPORT LI EXPRESS** **7:00 AM, Kew Gardens, 105 miles, Quick Spin, 17-18 mph moving average speed**

An early start will enable us to get out to (the end of) the North Fork of Long Island early enough to fully enjoy our visit. The route is the safest and most scenic one to start in NYC and extend the length of LI. We return via the LIRR and must limit our group to 12 riders. Alternative return via Hampton Jitney may be available Please reserve and confirm your place by e mailing Dennis G (nyc2dag@yahoo.com) prior to ride date. Bring MTA Bike Permit, 2 water bottles, sunscreen, and money for lunch & return transportation and most importantly a great attitude. Further details will be provided in advance of the ride to those who make reservations. Bailouts are available for a good portion of the route. Though we aim to ride as a cohesive group there will be no Point/Drop /Sweep. Please take notice of pace. Co-listed with NYCC. Leaders: Susan Rodetis, Dennis Griffin.

THE REAL QUEENS PERIMETER (Quick Spin only)

8:00 AM, Bridgemarket, 75+miles

Beware of imitations. Take the early trip out and see many of the neighborhoods and surrounding burbs that make Queens the most diverse of all the boroughs. Faster paced (17mph) and fun with limited stops. Leaders Danny Lieberman and Dan Finton.

Sunday, July 19, 2009 **TA/5BBC Training Ride # 1**

BRONX PERIMETER **9:00 AM, Yankee Stadium (East 161st St & River Ave), 35 miles**

Our tour of Da Bronx starts and ends at Yankee Stadium (Both of them?) This is the only borough that is entirely on the mainland USA. The rest are all islands. We'll conquer the wilds of Riverdale, touch on Westchester, pass Co-Op City, a fort tucked under a bridge with an astrological observatory, pass near the isle of the unclaimed dead and more. Mostly flat with some hills. Leaders: Ed DeFreitas & Jesse Brown.

Popeye's Restaurant

Chrystie & Canal Sts., near Sara Delano Roosevelt Park, Manhattan. Subways: B D to Grand St. J M Z to Bowery. F to East Broadway.

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.

Prospect Park (Picnic House)

Within Prospect Park, on Prospect Park Dr. (West Drive), south of 3rd St., Brooklyn. Subways: 2 3 to Grand Army Plaza, F to 7th Ave., R Union St.

Woodlawn

Jerome Ave. & Bainbridge Ave., Bronx. Last stop on 4 Subway. Car parking available @ nearby golf course for a fee.

Yankee Stadium

161st St. & River Ave., southwest corner, Bronx. Subways: 4 B D to 161st St. / Yankee Stadium.

For a comprehensive list of ride locations, visit:

www.5bbc.org/meetingplaces.shtml



Dauntless Dennis Griffin, leading the Eaton's Neck training ride. Ben Karassik photo



Wave Hill trip photo by John Wehmeyer



IMPORTANT CYCLING NOTE #1

There may be more rides not listed in the Bicycletter. Please check the club web at ww.5bbc.org/rides and/or bulletin board; Call the club hotline at (212) 932-2300, ext. 115; As a member, check club weekly emails.

IMPORTANT CYCLING NOTE #2

As the weather gets sunny and warmer, it's very important to: **Dress light, esp. wear a cap under helmet to keep head cool.** Apply **Sunscreen** to protect your exposed skin; **Lip Balm** to keep lips from drying and cracking. Drink **Water** to stay hydrated. Thank you.



From bookcover: The Best of Newspaper Design 27

Email newsletter@5bbc.org to help label and fold copies of the NEXT print edition of our humble Bicycletter to 5BBC members. Perhaps you can contribute articles & photos—let us know. Let's have fun getting the club's paper communiqué mailed to our members in the Age of the 21st Century Internet.



Nearly 2,000 cyclists showed up for the 5th Tour de Brooklyn bike event on Sun. June 7, 2009.

BEACH BUM "BEACH AND THEATER" RIDE

9:00 AM, Prospect Park, Grand Army Plaza, 30 miles round trip (or 15 miles one-way, with Water Taxi returns to Bay Ridge and lower Manhattan)

Join us for the premiere of a new option to a traditional club ride (see related article on page 11.) We'll head out to the beach an hour earlier than the regular Beach Bum group, and enjoy a beautiful mornin' of sunning and swimming before riding to the 2:00 PM matinee performance of the Rockaway Theatre Company's production of "Oklahoma!" If you're someone who just can't say no to the beach, but don't care for the theater, not to worry – it's not an all er nothin' deal. You can always return to Brooklyn with the regular ride group, and skip the play. Tickets for "Oklahoma!" are \$20 each. To make a reservation, contact leader Susan Levine by July 17th at susanlevine@earthlink.net or (347) 598-8625. Leaders: Susan Levine and TBA.

BEACH BUM RIDE #3

10:00 AM Prospect Park, Grand Army Plaza, 30 miles

See July 5. Leaders Bob Castro & others.

Saturday, July 25, 2009

SANDY HOOK

7:45 AM, Pier 11, 23 miles

Go on a one-day vacation cycling Monmouth County, through four bridges, one steep hill to a nice overlook and another to a historic lighthouse for lunch. We'll spend our remaining time on North Beach before returning. Round trip ticket is \$50, which includes bike charge. Bring lock, \$ for lunch, sunscreen, sunglasses and water. Co-listed with NYCC. Leaders: Alfredo Garcia & others

Sunday, July 26, 2009

BEACH BUM RIDE #4

10:00 AM, Prospect Park, Grand Army Plaza, 30 miles

See July 5. Leaders TBD.

Saturday, August 1, 2009

CT Ramblings—

Housatonic River Valley & HILLS

6:50 AM, Grand Central Station, (for 7:07 AM train to Milford)

(OR 8:33 AM train at Bridgeport OR meet at Milford at 8:44 AM), 60 miles QUICK SPIN (18 MPH or a tad speedier on the flats)

Enjoy this very lovely and definitely invigorating ride. We'll have miles of pretty back roads, 2 historic colonial river towns, a new Naugatuck

River bike path, the pretty Housatonic River Valley, plus lots of hills to climb, ridgelines to skim, and rivers/lakes/reservoirs to skirt. All guided by awesome detailed, accurate cue sheets. We'll cycle as a group (limited bail options / shortcuts.) This is a hard ride with some serious climbs - - all worth it, of course! Return 3:51 or 4:51 PM Bridgeport (bike) trains. Some shortcuts possible, but not a lot of local stores or support. Bring PLENTY of hydration & snacks (although we can buy lunch), lights, bungee cord for train, MTA Bike Permit. Please email srodetis@earthlink.net to request confirmation from leader and where you will be joining them as well as parking info. Check Bulletin Board for late breaking posts and if weather iffy; also for confirmation of train times (MTA schedule wasn't finalized when this ride was filed). Co-listed w/NYCC. Leaders: Susan Rodetis & TBD.

Sunday, August 2, 2009

TA/5BBC Training Ride #2

NORTHVALE

8:00 AM, Chelsea Piers, 45 miles

Northvale! Even the name leaves you breathless. This ride is as scenic as it is challenging. Bring lock, money for lunch and plenty of water.

Leaders: Alfredo Garcia & Andrea Casertano.

CARMEL EXPRESS

8:30 AM, Grand Central Station, for 8:48 AM train (1st three cars) to Brewster OR 8:58 AM at 125th St 10:08 AM Brewster RR station. 55 miles, mostly flat with a few steep hills.

A nearly traffic-free B16 (Quick Spin) pace from Carmel, NY back to the NYC, via the Putnam Line rail-trail (aka North & South County Trailways) for a total of 55 miles. You'll need your MTA Bike Permit and \$10.25 to purchase your tickets at the station, or \$9.74 (web ticket) via mta.info, NOTE: 70% of this ride is traffic free and often in remote areas. Thus, please bring lunch, snacks, 2 tubes, plenty of water, and sunscreen. There will be a brief lunch / rest stop. The ride is canceled if there is a 50% chance of rain or thunderstorms predicted. Check 5BBC bulletin board or call for updates. (212) 828-3732. Leaders: Ken Williams and Wentworth Price.

BEACH BUM RIDE #5

10:00 AM, Prospect Park, Grand Army Plaza, 30 miles

See July 5. Leaders: Rhonda Wittorf & others.

Saturday, August 8, 2009

CYCLING SUMMER STREETS

6:30 AM, 72nd St. 5th Ave., Central Park, 7-15+ miles

Let's take advantage of the Mayor's closure of Park Ave. on Summer Streets. We'll ride early at a leisurely pace to take advantage of empty roads before the pedestrians fill it up. Short ride ends at the finish, which is near City Hall. Optional return back to Central Park before the streets open to traffic by 1 PM. Co-listed with NYCC. Leaders Alfredo Garcia & others.

CYCLING LINCOLN TUNNEL AGAIN?

10:30 PM, leaves exactly at 11 PM, Chelsea Piers, 23 miles

We may have a chance to do this ride. Basic requirements: no backpacks or panniers, must have front and rear lights and cooperate with the Tunnel authorities. Some steep hills and steep dark downhill. **MAKE SURE YOUR BIKE IS IN GOOD WORKING ORDER.** Since the George Washington Bridge closes at 12 Midnight, we can't stop for flats or any mechanicals. Please be at start point and signed in 30 minutes before we ride at 11PM. Check Bulletin Board for important up-dates. Co-listed with NYCC. Leaders: Alfredo Garcia and others.

Sunday, August 9, 2009

BEACH BUM RIDE #6

10:00 AM, Prospect Park, Grand Army Plaza, 30 miles

See July 12. Leaders: Randy Horowitz & others.

THE PHILS BIRTHDAY RIDE

10:00 AM, Cunningham Park, 25-30 miles, nonexistent pace

The mutual celebration ride will go through northwest Queens, especially to the spot where Phil O' got his first hickey (and we don't mean the body spot). Signups are limited to the first 100. Bring presents for Phil O' and orange Gatorade for Phil G., and bring presents to receive the correct Q-sheet. Late lunch in Elmhurst, with secured and safe bike parking. Bring lots of \$. Warning: Phil O's wife and dog are near. Birthday Leaders: Phil O' & others.

Saturday, August 15, 2009

☺ VAMOS AL BRONX – SPANISH LANGUAGE IMMERSION RIDE

9:15 AM, Plaza Hotel, 20 leisurely miles

We're heading to the only borough that is attached to the US mainland, only to find that many of its residents have another attachment...Puerto Rico. It's another Spanish Language Immersion ride, but this time we're searching for the Puerto Rican Classic Schwinn Bicycle Club, (the guys who go to

bed dreaming "chrome.") This ride is perfect for you if you want to practice your Spanish for your next trip to San Juan or to crash your professor's daughter's quinceañera. Your only pledge is to speak the most Spanish you can, even if it's only two words. (We'll help you be creative.) Bring lock and money for lunch at a local Latino restaurant, Rain at start cancels.

Leaders: Richard Sanford and Bob Castro.

TA/5BBC Training Ride #3 BRIDGES OF NEW YORK

7:00 AM, Central Park 72nd St/5th Ave. Entrance 60-80 miles, varied terrain, traffic and greenways.

Not for beginning or casual riders, only the intrepid: Survey at least 23+ cyclist-accessible bridges, from the classic Brooklyn to the soaring Bayonne. All 5 boroughs, including New Jersey (Bergen & Hudson Counties) covered. Ride leaves 7:23 AM, ready or not. **RIDE PREPARED, FOCUSED & SAFE, WITH YOUR EYES WIDE OPEN** at 12-15mph on flat roads. **PLUS SAVVY** cycling some busy roads, chaos and uncertainty. Must be able to ride 30+ miles before lunch @ Mitsuwa Marketplace in Edgewater, NJ. Bring 2 water bottles or Camelbak and pocket food. Finishers receive award of merit. Rain cancels.

Leaders: Co-listed with NYCC.

Leaders: Alfredo Garcia (cyclistxxiii@yahoo.com) & Jesse Brown.

Sunday, August 16, 2009

RIDE TO THE FIVE TOWNS

9:30 AM, Doughnut Plant, 50 miles

The Five Towns is a very quiet and picturesque corner of the south shore. We'll take the scenic route out, lunch in Cedarhurst and return via the Rockaways. Moderate pace and flat terrain. Bring lunch money and lock.

Leaders Danny Lieberman and Brian Hoberman.

BEACH BUM RIDE #7

10:00 AM, Prospect Park, Grand Army Plaza, 30 miles

See July 12. Leaders: Randy Horowitz & Ed Ravin.

Saturday, August 22, 2009

☺ QUEENS TREASURES

10:00 AM, Cunningham Park, 30 miles

More a tour than a ride through Queens, hitting some of the boroughs unusual or forgotten places. Many stops. Bring money for lunch. We plan to visit the botanical gardens, a 2,000 year-old Roman column, a Kung Fu temple, the Lemon Ice King of Corona and more. Back around 4 PM.

Leaders: Randy Horowitz and others.

Bikes On Trains



24-hour access, no permit required, \$2 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/



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

**LET'S WELCOME OUR
NEW 5BBC MEMBERS:**



Ed Ravin & Ed DeFreitas attempt to get the group singing the 5BBC remake of the Village People's "Y.M.C.A." Photo by John Wehmeyer

Adam Consentino, Adam Payne, Alexander Oswatitsch, Allison Shippy, Amy Harloff, Andrew Reardon, Anthony Romano, Ashok Singh, Bernardo Gomera, Billy Davis, Caitlin Rosen, Candace Davies, Carol Hennessey, Carol Rixinger, Cath Latham, Cindy Zeis, Dann Passoja, Dari Passarello, Dawn Gordon, Deborah Au-Yeung, Debra Gaynor, Derek Nelson, Divja Jhingran, Edward McTieran, Eileen Besabe, Eileen Penta, Elizabeth Houchins, Emmet Costen, Fernando Warner, Greg Sengle, Gwynn Galitzer, Helen Ho, Helen Kim, Henry Lowengard, Hillary Lane, Holly Campbell, Holly Eagleson, Howard Kurzrok, Ipshita Hellberg, Jack Meyer, Jae Cho, James Ash, James Meyer, James Pallot, James Russell, Jane O'Wyatt, Jeffrey Galitzer, Jefri Gootkin, Jeremy Lowengard, John Hanrahan, John O'Leary, John Vanderveldt, Joseph Pantoja, Joseamid Martinez-Cosme, Josh Johnson, Joshua Caesar, Julie Lamb-Gaboriau, Karima Warner, Kate Brady, Kate Daly, Kenneth Hellberg, Kimron Thomas, Kyle Combs, Leah Michalos, Lorgio Jimenez, Louis Wiggs, Margaret Lewin, Mark Denning, Mary Zulack, Mary Anne McTieran, Matthew Hawkes, Maurice Schwarte, Megan Buscho, Michael Hines, Michael Lulkin, Michael Perez, Michael Rokofsky, Michel Horenburg, Minerva Tantoco, Mitch Sockett, Neal Fujishige, Nathan Childers, Nicola Lozano, Nicole Pedicini, Nisim Kaneti, Patrick Chin-Hong, Raifa Zody, Ray Ortiz, Rebecca Indik, Richard Previte, Richie Montgomery, Robert Hall, Jr., Robert Hebron, Ruth Wachspress, Sajidie Hannah, Sandy Sockett, Sarah Leshner, Stacey James, Stacey Sutton, Sylvia Chen, Ted Karl, Thomas Oliphant, Tim Stansel, Trissie Rost, Tyler Gordon, Tyler Ladner, Victor Valdez and Vonda Brunsting

**Sunday, August 23, 2009
TA/5BBC Training Ride #4
QUEENS PERIMETER**

8:00 AM, Bridgemarket, 70 miles

If size matters, this borough is at the top of the list. It's huge! It's eclectic and ethnic. And talk about diverse places. At one end one you got the Rockaway surf. Tucked in another corner is a place you'd swear was a Connecticut cove. A fort. JFK Airport. Yes, we'll see Citi-Field. Bring lunch or money for it, water (lot's of water), MTA Bike Permit, spare tubes and patch kit. In general, make sure your bike is in good shape.

Leaders: Ed Defreitas, Jesse Brown and Rodney Millard.

**ICE CREAM ADVENTURE RIDE
10:00 AM, Doughnut Plant, 50+ miles**

Come on: what works better on a hot day than ice cream? From years of research comes this ride that combines quality ice creams and delicious riding that will help you burn off the calories. We'll zip around town for some of the very best frozen desserts while riding on greenways and quiet backroads. Smooth pace, sweet terrain.

Leaders: Danny Lieberman and Andrea Mercado.

**GEARS & BRAKES BIKE CLASS
9:30 AM, Bridgemarket, approx. 15 miles, Rain or Shine.**

Have a hands-on experience learning to adjust your derailleurs and brakes in a fully-equipped bicycle work shop. We'll have a short ride first, and a short ride after the class to test your adjustments. The class is limited to 10 people. Your \$5 check mailed (and payable) to Stephen Jackel, 277 Broadway, Suite 1010, New York, NY 10007, will get you a spot, first come, first served and no refunds. (All proceeds will go to Recycle A Bicycle.) Leaders: Stephen Jackel, Dan Finton.

**BEACH BUM "BEACH AND THEATER" RIDE
9:00 AM, Prospect Park, Grand Army Plaza, 30 miles round trip (or 15 miles one-way, with Water Taxi returns to Bay Ridge and lower Manhattan)**

Join us for the second "Beach and Theater" ride of the season (see related article on page 11 and July 19th trip description). "Come Back to the Five and Dime, Jimmy Dean, Jimmy Dean," is about a James Dean fan club in a small Texas town, & the Rockaway Theatre Company's August offering. The matinee for this production is at 3 PM. Tickets for the play are \$15 each. To make a reservation, contact leader Susan Levine by August 21st at susanlevine@earthlink.net or

(347) 598-8625.

Leaders: Susan Levine and Phil O'Reilly

**BEACH BUM RIDE #8
10:00AM, Grand Army Plaza, 30 miles**
See July 5. Leaders: Randy Horowitz & others.

**Saturday, August 29, 2009
BIG ART, BIG HILLS
7:25 AM, Grand Central Station,
35-40 very hilly miles**

Join us for a nice but very hilly ride to the beautiful Storm King Arts Center (<http://www.stormking.org>), an outdoor museum currently featuring a new exhibit by Maya Lin, on 500 acres of parkland overlooking the Hudson. Meet at the GCT 7:25 AM. Bring your MTA Bike Permit, money for train (\$24 round trip), museum (\$10) and lunch, and a lock. VERY HILLY terrain; pace 12-14mph. Leaders: Stephen Jackel and Brian Hoberman.

**BATHE IN BAYVILLE XXII
9:30 AM, Cunningham Park, 55 miles**

Join Alfredo and Ira on this perennial 5BBC summer favorite (now in its 22nd year) to Long Island's North Shore. Our destination is Centre Island Beach, where we'll take time out for sunbathing and a swim in Oyster Bay Harbor. Bring \$ for lunch or a bag lunch, bathing suit, towel, lock, and MTA Bike Permit. Rolling terrain and some steep climbs. Leaders: Ira Najowitz and Alfredo Garcia.

**Sunday, August 30
BEACH BUM RIDE #9
10:00 AM, Prospect Park, Grand Army Plaza, 30 miles**

See July 12. This is our last ride of the season. Don't miss out on this wonderful day at the beach! Leader: Jim Zisfein, Marina Bekkerman.

**Saturday, September 5, 2009
TA/5BBC Training Ride #5
THE OLD PUT CENTURY
QUICK SPIN
8:00 AM, Woodlawn (Jerome and Bainbridge Aves), 100 miles**

The New York and Putnam Railroad, a/k/a "The Old Put", was a dismal failure as a commercial rail line and was finally put out of its misery circa 1980. Fortunately, the right-of-way was preserved, and the rail barons' loss became our gain when Westchester and Putnam Counties built a rail trail for recreational use. You can now bicycle most of the way from Bronx to Carmel on a path that is paved, level, and car-free. Hooray! We are offering this ride again due to the response we got when

we first did it in June. Riders should be able to maintain a "B" pace (15 mph). Bring water, snacks, lunch or \$ for it, and \$ for Metro-North in case you need to leave early. Travel note: this ride begins at the last stop on the Bronx-bound #4 subway, not the Metro-North station of the same name. Leaders: Jesse Brown and Steve Bauman

**Sunday, September 6, 2009
EARLY MORNING RIDE TO CONEY ISLAND**

8:00 AM, Prospect Park, Grand Army Plaza, 20+ miles

Let's get up early and get some exercise. We'll ride via the Shore Parkway bike path, to Coney Island, stop briefly on the boardwalk for coffee and a bagel, then onto Manhattan Beach and Sheepshead Bay before heading back. This is a quick paced ride with an early return. Rain cancels. Leaders: Andrea Casertano & TBD.

**Monday, September 7, 2009
☺ BROOKLYN RESIDENTIAL TOUR II**

9:00 AM Popeye's Restaurant (125 Canal St., between Canal & Chrystie Sts), 35 miles

We'll explore some of the quieter sections of Brooklyn. Ride through Dumbo, Brooklyn Heights, Red Hood, Carroll Gardens and others. Bring lock, snacks and money for lunch. Leaders Terry Chin & others.

Sunday, September 13, 2009



**Transportation Alternatives
NYC Bike Tour**

See TA/5BBC training rides and get ready! For more information, visit www.nyccentury.org/ and register before August 21, 2009.

SUMMER STREETS!



WE WANT YOU!
Help volunteer at the 5BBC desk during Summer Streets Saturdays, Aug. 8, 16 & 22. See page 10. Email: communications@5bbc.org

Brian Hoberman photo

CYCLISTS WELCOMED TO NICE PLACE!



Photo by Clarence Eckerson

Have a good time on Fri. Sat. and Sun. at Governors Island, until Oct. 11, 2009. Relaxing views of the New York City skyline and New York Harbor. Statue of Liberty sights included. Visit www.govisland.com. See page 19

PROMOTE THE 5BBC!

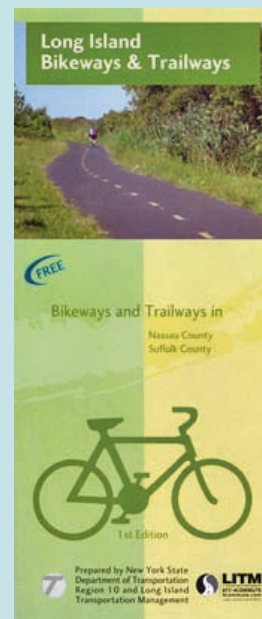


Jen Benepe has special coverage of the Tour de France race on her <http://benepesbikeblog.blogspot.com/> webpage. You can also click on Jen above. Go Lance!



NYC Bike Maps

New York City's Bike Paths, Bike Lanes & Greenways. Webiste has online maps on New York City-related cycling. Includes Google Earth NYC Bike map. Visit: www.nycbikemaps.com



Click on the icon above or visit http://www.litm.org/commuters/LIBT_map.htm about the new Long Island Bikeways & Trailways folding map. You can also write to: NYS DOT, Region 10, Suffolk State Office Bldg., 250 Veterans Memorial Hwy., Hauppauge, NY 11788

About Summer Streets & The 5BBC

Summer Streets will take place for three consecutive Saturdays in August (August 8, 15, 22) from 7:00 am - 1:00 pm. The route will connect the Brooklyn Bridge with Central Park and there will be recommended connections along low-traffic streets to the Hudson River Greenway, Harlem and Governors Island allowing participants to plan a route as long or short as they wish.

This event takes a valuable public space - our City's streets and opens them up to people to play, walk, bike, and breathe. Summer Streets provides more space for healthy recreation and part of NYC's greening initiative by encouraging New Yorkers to use sustainable forms of transportation.

Modeled on other events from around the world including Bogotá, Colombia's Ciclovía, Paris, France's Paris Plage, and even New York's own Museum Mile, this event will be part bike tour, part block party, a great time for exercise, people watching, and just enjoying summer mornings.

Once again the 5BBC is running a bike repair table as part of the festivities.

We're looking for volunteers to help staff the table - give out flyers, answer questions about biking or about the Club, and other basic friendliness tasks.

We're also seeking volunteers to help with bike repair - anyone who can at least fix a flat can also help out, since during "rush hour" at the table there can be a line of customers and we'll need all the help we can get.

Or of course, you can stop by to say hello or pick up bike repair pointers.

Interested volunteers should email Brian Hoberman at:

communications@5bbc.org

Summer Streets

Saturdays, August 8, 15 & 22, from 7AM - 1PM

www.nyc.gov/summerstreets



Photos by Brian Hoberman



The Short History of a Meteorologically Challenged Beach Bum Ride

By Susan Levine

Part I: Theater Angels Give Beach Bums Refuge from the Storm

July 27, 2008: It was a sultry and humid morning, that soon became dark and stormy, but some resolute cyclists defied the intermittent showers and flashes of lightening and headed out to the Rockaways on what has become a summer Sunday ritual – the 5BBC Beach Bum ride. The group got to Neponsit, where soggy sand and gray skies discouraged beaching and basking, so the riders explored Fort Tilden and its WWII architectural remnants instead. A few braved the elements, and dove into the Atlantic, frolicking in the frothing surf despite overhanging clouds and distant rumblings.

And then the deluge!

The Bums got soaked; they were cold; they were miserable; and they were still on the Queens side of the Gil Hodges Bridge. The choices were few – shiver and squish their way back to Brooklyn (hoping that a bolt of lightening wouldn't zap 'em on the bridge), or attempt to wring out and warm up in the Fort's cinder block public bathroom. Neither option was very appealing.

When all seemed lost, fate intervened. A waterlogged Bum looked up and, through chattering teeth, declaimed, "But soft! What light through yonder window breaks?"

Why, it was the Fort Tilden Theater where, at that very moment, The Rockaway Theater Company was rehearsing its upcoming production of The Philadelphia Story. Theater staff took one look at the dripping, blue-lipped vagabonds and ushered them into their rehearsal space, resuscitating the barely breathing with pots of hot coffee and an unending supply of donuts. Remuneration adamantly refused.

When the downpour ended, and pulse rates returned to normal, the Bums bade farewell to their angels, and returned home, never to forget the kindness shown to them on that day.

Part II: Beach Bums Give Theater Angels an Audience

To commemorate that unusual chapter in the his-

tory of the Beach Bum ride, and to acknowledge the warmth (literally and figuratively) shown to riders on that day, the 5bbc will initiate a "Beach and Theater" ride this coming season.

On July 19th and August 23rd, the "B & T" group will meet at Prospect Park at 9:00 AM., an hour earlier than the regular Beach Bum riders. We'll head for the usual spot, where the regular group will join us. In the early afternoon, the theatergoers will leave the beach for matinee performances at the Fort Tilden Theater.

In July, the featured play will be the musical, "Oklahoma!," starting at 2:00 PM, and in August, "Come Back to the Five and Dime, Jimmy Dean, Jimmy Dean" will be shown at 3:00 PM. Theatergoers will have the option of riding back to Prospect Park after the performances, or taking the water taxi at Riis Landing (minutes from the theater), to Bay Ridge or lower Manhattan (\$6.00). Tickets for the plays are \$20 each for "Oklahoma!" and \$15 each for "Come Back to the Five and Dime..."

So if you're up for mixing a little cul-chuh with your bumming, come join us on July 19th and August 23rd. The coffee's not bad, either!



Preparing for rain under blue skies, Neponsit Beach. WHY? Don't ask...



Getting out of hand at Fort Tilden; Leaders Jesse Brown (2nd from Left); Phil O'Reilly (3rd from Left) and Susan Levine (3rd from Right)

Photos by Sharon Behnke & Cheryl.

The Rockaway Theatre Company, Inc.

In partnership with Gateway National Recreation Area

is proud to announce
Rodgers' and Hammerstein's
Oklahoma!

Directed by John Gilleece Musical Direction by Walter Birkhold
July 2nd, 3rd, 9th, 10th, 11th, 17th & 18th at 8: PM Matinees: July 5th, 12th and 19th at 2PM

**COME BACK TO THE FIVE AND DIME-
JIMMY DEAN, JIMMY DEAN!**

Written by Ed Graczyk Directed by Michael Wotypka
August 14th, 15th, 21st, 22nd, 28th & 29th at 8: PM Matinees- Aug. 16th, 23rd & 30th at 3: PM

Rockaway Café '09
"Welcome to the Skittles"

Direction by John Gilleece Musical Direction by Walter Birkhold Musical Arrangement by Jeff Arzberger
October 2nd, 3rd, 9th, 10th, 16th & 17th at 8: PM Matinees- Oct. 4th, 11th & 18th at 2: PM
* Note: Some performance dates may be subject to change, check here for most recent schedules

Still offering THE SAME LOW TICKET PRICES:
Non-Musicals-Adults-\$15/Snrs-kids-\$12. Musicals-Adults-\$20/Snrs-Kids-\$15
All shows are performed at the newly renovated Post Theater at Fort Tilden

Climate Controlled- Handicap Accessible- Plenty of Free Parking

Call RTC Hotline for Reservations to all Shows- 718-374-6400

Visit us on the web at www.rockawaytheatrecompany.org
RTC Productions are supported, in part, by public funds from the NYC Department of Cultural Affairs

Music & Two Wheelers

BAND OF BICYCLES

You may have seen them at Central Park at the TA Century. A description of what they do from their website www.bandofbicycles.com:



The Band of Bicycles is a collective of musicians, artists, activists, inventors, circus performers, and bicycle enthusiasts. We have fun wherever we go. And we don't need outlets. We create off-the-grid performances with our bicycle-powered sound system, bike blenders, and other ingenious inventions. We run a community bike shop at 3rd Ward in East Williamsburg, lead community bike rides, and engineer customized pedal-powered magic for events of all kinds.

Thanks to Ed Ravin for this discovery on the subway.



Rock The Bike www.rockthebike.com

From their website: We're bike people. We're inventors and advocates working away in a sweet little workshop in Berkeley, California, pushing the limits of bike culture. Our dream is to help spread the spirit of the bike into the broader culture by organizing, entertaining, inspiring, educating, and inventing new ways to get the message out there.



Declare "Summer School" in Session: Visit Your Elected Representatives at their District Offices This Summer and Educate Them on the Need for Complete Streets

At the beginning of June, the New York Cycling Coalition (NYBC) proudly announced a giant step forward for bicyclists and pedestrians in New York State with the introduction of Complete Streets Bills A8587 (Gantt/Dinowitz) and S5711 (Dilan/Diaz). If adopted, the Bill would enable safe access to public roads for all users by requiring that transportation improvement plans consider the needs of all travelers, including pedestrians, bicyclists, transit users, people with disabilities, and yes, people using motor vehicles.

While NYBC and its allies (including AARP, Green Options Buffalo, and Transportation Alternatives, amongst others) continued to visit key representatives from across the state and urge the passing of this bill during the final weeks of the 2009 legislative session, momentum was abruptly halted by the June 8th coup in the State Senate. Subsequent weeks of gridlock have all but ensured this bill (along with a number of other critical pieces of legislation affecting New Yorkers) won't be brought out of committee and voted upon until said matter of leadership gets resolved—bills will most likely be postponed until Fall session.

Action Alert: Stand Up for the Needs of Bicyclists and Pedestrians TODAY!

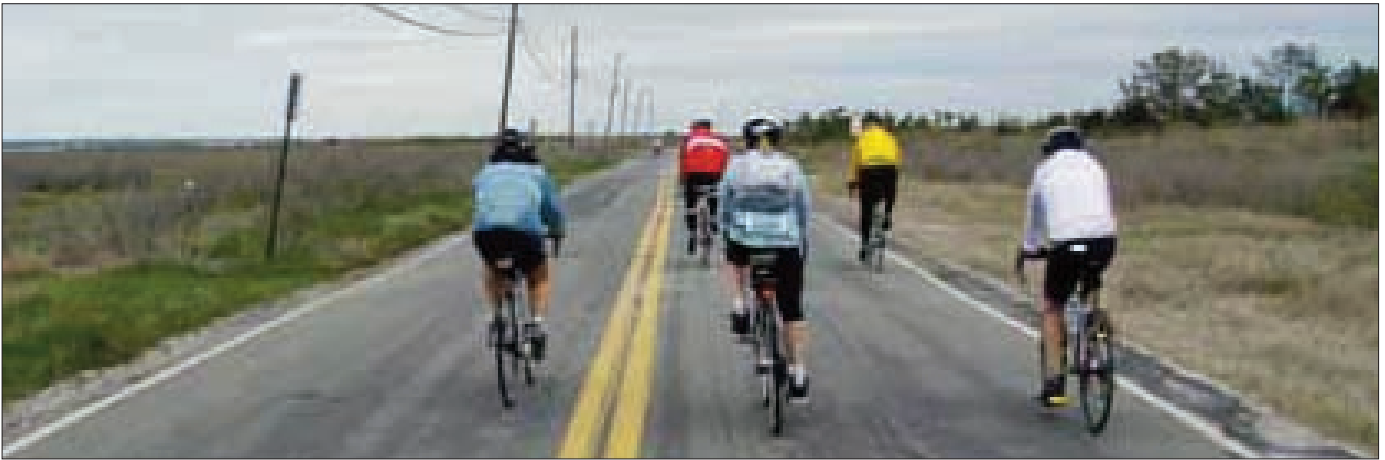
NYBC will continue to work tirelessly over the next few months to ensure the Complete Streets Bill gets brought to the floor for a vote. Take advantage of the summer break and contact your Assembly Member and State Senator at their home/district offices and urge them to support the passage of A8587/S5711 when session resumes this fall.

If your Senator or Assembly Member is already a co-sponsor, please take a moment to call or email to thank them for this much-needed action to protect and accommodate bicyclists & pedestrians, who account for some of the most vulnerable users on our roadways. If your representative is not yet a co-sponsor, please alert them to the legislation (including Bill number), and encourage them to consider being a co-sponsor and/or support this bill. For full details, visit <http://www.nybc.net/completestreets/>. Take 5 minutes out of your day and use our online activist tools and call, write, or email (or utilize all 3 methods of communication) and make your voice heard! With your help, the New York Cycling Coalition and its allies will secure this critical piece of legislation, bringing safer and more attractive bicycling and walking to fruition in NY State.

READERS QUIZ:

Can you name at least 10 elements of a complete street in the photo below?





Scenes from
the 2009
Montauk
Century



Photos by: Ben Karassik; Fratelli Tapogna; Sharmon Simonetti; Sharon Behnke and Susan Anderson



Scenes from the 2009



Montauk volunteer & 5BBC member Richie McCawley. He helped with the Water Mill rest stop for a week beforehand to get it right.



It's 5:10 AM at Penn Station. Do you know where you, your bike and your LIRR ticket are? Sharon Behnke photo.



Neither rain, rain and more rain will stop us. Photo by Fratelli Tapogna.



Peanut butter and jelly sandwiches never tasted better, thanks to these cheerful young volunteers. Photo by Ben Karassik.



Dune Road--the rains have stopped. Yea! Photo by Alfredo Garcia



5BBC veteran Phil Goldberg, driving a truck. Photo by Sharon Behnke.



The Montauk "fork in the road." Photo by Ben Karassik

5BBC Montauk Century

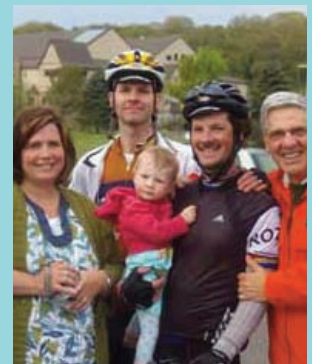
Sunday 17 May 2009



At the home stretch, Montauk Highway, miles from the finish. Photo by Alfredo Garcia.



Cycling buddies on the Ponquogue Bridge. Photo by Ronald Gouder



One cyclist with his own cheering section. Photo by Fratelli Tapogna.



Volunteer smiles at the Corey Beach stop. Claude Thouret photo.



Smiles at the Westhampton stop. Ben Karassik photo.



Deborah Lehrer, at the finish, giving bags of free stuff from our sponsors.



The rain didn't prevent these cyclists from continuing. Ben Karassik photo.



Relaxing, dining and waiting for the next LIRR train back at the Old Harbor House finish. Claude Thouret photo.



Mouth watering burgers after cycling. Photo by Ben Karassik.



Montauk --The End

Thank you for all for making the day a success! Extra special thanks are due to all of our 5BBC Montauk Century volunteers, to Old Harbor House for hosting our finish line celebration, to the LIRR for getting us home safely and on time, to our sponsors, and - most importantly - to you, our riders. Thanks so much for choosing to ride with the 5BBC and surviving the less than perfect weather! We wouldn't have had a ride without you!

See more Montauk photos visit www.5bbc.org/Montauk



Ben Karassik photo



Mark it Down:
The 2010 Montauk Century will be on Sunday May 16.
SEE YOU THERE!



Joe Candelaria and Susan Rodetis, 5BBC Montauk coordinators.



Heading back to Penn Station.

Photos by Alfredo Garcia



Putting bikes on the truck, one at a time.



Susan Rodetis wrapping bikes.



Happy Montauk cyclists on the LIRR. Ben Karassik photo.



Thanks to our sponsors who helped us out on the 2009 Montauk Century.

Montauk: A Solo Quest

Charis Agapetos

“I first did the Montauk Century on May 20, 2001. I didn't do enough training & rode a borrowed mountain bike with knobby tires. Needless to say, I died a thousand deaths by the time I reached that beautiful blue sign welcoming visitors to Montauk. It's always very special to ride it, no matter how many times.”



“What I always dream about is meeting my wife there, & taking a photo or two. I did Montauk again, 2003-2004, but never anyone around to take a photo of me by the sign. I'd never ask my wife to drive all the way out there on her own, never expecting my wish to come true. This time, our friends decided they'd drive my wife to meet me as a part of a special day.



Having good friends being there is truly priceless.”

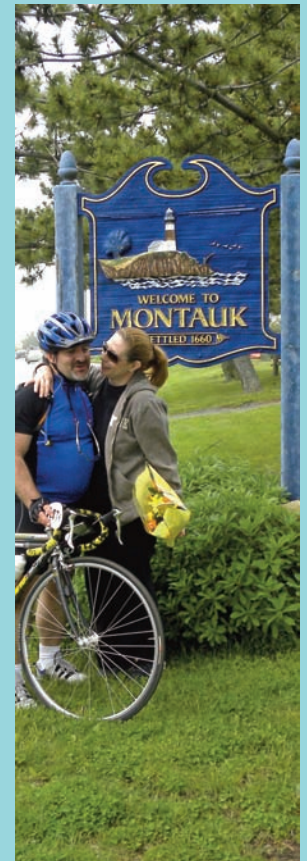


“The call to adventure is the point in a person's life when they are first given notice that everything is going to change, whether they know it or not.”

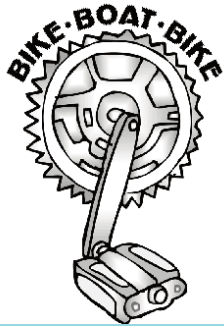
American Mythologist, Writer & Lecturer
Joseph Campbell



Although 5BBC member Charis Agapetos wasn't able to ride on Montauk day, he created his own opportunity, several weeks later. Charis rode solo from Babylon and was met by his wife Joann (with flowers) & friends in triumph. Photos by Ani Peña.



“My solo ride was 123.04 miles long, & it took me 7:28:14 to complete, versus a headwind almost all the way.”



This annual bike event, also known as BBB, is organized by the Suffolk Bicycle Riders Association. Happens usually on the first Sunday of June. It combines familiar roads of our Montauk Century and the North Fork Century, going through the "twin forks" of Long Island, from Greenport to Montauk, the Hamptons, plus Shelter Island (via ferry) and Riverhead. Rides from 25 to 125 miles are offered.

5BBC members, such as our own Dalah Del Prado and Lucy Prieto, have did the 100 mile route on their own (!!) as well as doing the Montauk Century beforehand (!!!) The 5BBC training rides helped them alot, as well as determination.

We occasionally have a 5BBC tie-in weekend trip there. Perhaps next year?

SBRA website:
www.sbraweb.org
 or click on icon above.



Dalah @ Montauk, Dune Rd.



Greetings from Bike Boat Bike

Scenes from the SBRA Bike Boat Bike, June 7, 2009

Photos by Dalah del Prado



Approaching the conning tower of the Shelter Island Ferry.



Lucy and the cyclists.



Attention--Lucy and Dalah on deck!



Shelter Island and the refreshing Peconic Bay



Fresh off the boat.



21 miles done...81 miles to go!



Stopping near some weird wooden houses.



Lucy proudly poses with her road bike with the Big Duck.

Governors Island

Fridays, Saturdays, Sundays through October 11

www.govisland.com, www.govislandblog.com



Aerial photo courtesy
Ellen Cavanagh



Clarence Eckerson portrait

Photos by Clarence Eckerson



Ferries leave from Manhattan's Battery Maritime Building (near South Ferry) and Brooklyn's Fulton Ferry Landing. Check schedules.

Discover Governors Island

Governors Island is open to the public every Friday, Saturday and Sunday from May 30 through October 11 for the 2009 season. There are events, activities and performances planned for every weekend. The ferry ride and admission to Governors Island are FREE!

With more than five miles of car-free biking, acres of green space for picnics, art exhibitions, performances, and much more, Governors Island has something for everyone to enjoy.

Biking is one of our visitor's most popular activities on Governors Island. In fact, more than one in four of our visitors rides a bike when they visit. That is why we are thrilled to announce that Free Bike Fridays will be back on Governors Island this summer. Thanks to Bike and Roll, visitors can borrow a bike on Friday for up to one hour, entirely for free. You can of course also bring your own bike to the Island every Friday, Saturday and Sunday when we are open, or you can rent one once you get here.

Free Bike Fridays were so popular in 2008, that this year, we are doubling the number of bikes available for visitors to use. And, since we are opening the entire 2.2 mile promenade to the public this summer, the public can now enjoy five miles of car-free biking right here in the middle of New York Harbor.

Check the Governors Island Blog weblink for a bike route:

<http://govislandblog.com/2009/07/02/trail-blazers/>

On Sept. 19, 20 & 21, there will be a free bike and kite weekend. Anybody can ride a bike for an hour free plus a free kite to fly. Bikes & kite supplies are limited-first come first served:

<http://tinyurl.com/mbklvo>



MEMBERSHIP REQUIRED. To go on a weekend trip you must be a member of the Five Borough Bicycle Club, due to insurance regulations. You may join on the same registration form used to sign up for weekend trips. The annual fee is \$20 for individuals, or \$25 for two people residing at the same address. Membership gets you additional benefits including a subscription to

About Weekend Trips

Summary of Weekend Trips

our bi-monthly newsletter, which lists all our day and weekend rides; discounts to bike shops and on our bicycle courses.

WHAT'S INCLUDED. The price of each trip includes round-trip transportation, accommodations, leader support, applicable event fees, and all breakfasts and dinners, unless noted otherwise. Meals traveling to and from our destination, as well as all lunches (unless otherwise noted), are not included in the price. You must also wear a bike helmet on all rides, no exceptions.

HOW WE RIDE. Weekend trips are lead by trained and experienced, but unpaid volunteer club leaders. On most trips, we use the Point-Drop-Sweep system to keep us together. In this system, leaders ride at the front and rear of the group. Trips have been categorized by distance, pace and terrain, as follows:

A Rides - challenging, 40 to 60 miles per day, moderate to fast pace, hilly terrain.

B Rides - intermediate, 30 to 50 miles per day, moderate pace, varied terrain, some hills .

C Rides - easy, 20 to 35 miles per day, easy pace, and flat terrain.

TRANSPORTATION. Our transportation arrangements vary by trip and may include the following:

Self contained trips: Cyclists carry their own gear in pannier bags on their bike or in a

5BBC WEEKEND

July 4th Holiday Weekend Trip to the Pioneer Connecticut River Valley

AMHERST WEEKEND

July 2-5 (Thursday evening to Sunday evening)

Trip No.: AW. Space available: 7 people. Deposit: \$150. Regular price: \$380. Early-bird discount price (Deadline June 4): \$340. Transportation: van and/or carpooling. Lodging: eco lodge (private and dorm-like accommodations.) Trip rating: B|. Mileage: Various, on rolling. Leaders: Josh Gosciak & Fred Dieckamp



What better way to celebrate the Fourth of July holiday than a bicycle tour around Amherst, Massachusetts, gateway to the beautiful Pioneer Connecticut River Valley? We'll spend the weekend at a mountaintop retreat, a self-styled Eco-village with solar-powered sauna and foods grown on site. After a cozy night in the bunk (there are private and dorm-like accommodations), we'll chow down to a sumptuous breakfast before coasting (literally) downhill to the famous Norwottuck Rail Trail. We'll travel along the Connecticut River, to Greenfield and Poet's Seat, with majestic views of the valley, then on to Historic Deerfield and Northampton. Saturday, we'll take go for a ride and a swim. Sunday, we'll take it easy visiting Amherst's sites. Possible sites include: the Peace Pagoda, the Yiddish Museum, Emily Dickinson's home. This trip includes van to and from Amherst, three-night's accommodation, with breakfasts, two dinners and a (possibly vegetarian?) BBQ.

**COME ON A 5BBC WEEKEND TRIP
COME ON A 5BBC WEEKEND TRIP**

Presidential Homes Series of Rides
SEEKIN' HYDE PARK

Aug. 1-2 (Saturday morning to Sunday afternoon)

Trip No. SHP. Deposit \$150. Regular Price \$215. Transportation: Metro North Railroad and self-contained. Lodging: College campus. Trip rating: B. Mileage: 90 miles in 2 days, some hills. Leaders: Susan Levine and Brian Hoberman.



Come join us for a self-contained foray into the natural and cultural riches of the Hudson Valley. We depart from Grand Central Station on Saturday morning, and take Metro North to Cold Spring. Fifty hilly (and beautiful) miles of riding will bring us to Vassar College's elegant Alumnae House, where we'll stay for the night. Dinner is at a near-by restaurant owned and operated by a graduate of the Culinary Institute of America. Following dinner, a short walk through the Vassar campus for a performance at the Powerhouse Theater, where such highly regarded actors as David Strathairn, Idina Menzel, and Frances McDormand have appeared in recent years. On Sunday morning, enjoy an all-you-can-eat breakfast in the stunning dining room at Alumnae House before we cycle to Val-Kill, Eleanor Roosevelt's retreat (and furniture factory!) in Hyde Park. We'll take a tour of the house and grounds before returning to Alumnae House to pick up our gear, and bike to the Poughkeepsie train station for the return trip to Grand Central.



Ken Coughlin photo

TRIPS 2009

A Taconic Treat

BASH BISH BASH

August 22-23 (depart Saturday morning, return Sunday night)

Trip No. BBB. Space available: 15 people
Deposit: \$115. Regular price: \$165. Early-bird discount price (Deadline July 22): \$150. Transportation: Metro-North Railroad / self-contained. Lodging: budget lodge (semi-private rooms & communal bath.) Trip rating: A/B. Mileage: flat-to-hilly, 110 miles in 2 days. Leaders: Jim Zisfein and Ed Ravin



Photo by Sam Al-Dokanji.

This 2-day tour through Dutchess and Columbia Counties features spectacular mountain views and rolling country hills. On Day 1, Metro North takes us to the heart of the Harlem Valley where we will ride rail trails and rural roads alongside the Taconic mountain range. We will visit beautiful Bash Bish Falls, enjoy the view from Sunset Rock, and swim in a pond formed from an abandoned iron ore mine. On Day 2, the mountains give way to rolling hills. We will finish our ride in Poughkeepsie where we can check out the newly rehabbed "Walkway Over the Hudson" and savor the best chili you ever ate before catching the train home. Most of the ride will be level to moderately hilly; one steep mountain climb is optional. Our ride is self-contained so you should be comfortable traveling 50-60 miles per day carrying panniers or a backpack with your clothing and supplies.

Escape NYC for a Labor Day Weekend Caper

CAPE COD RETREAT

September 4-7 (depart Friday mid-afternoon, return Monday evening)

Trip No. CCR. Deposit: \$150; Regular price: \$365. Early-bird discount price (Deadline Aug. 4): \$330. Transportation:

van and/or carpooling. Lodging: hostel, dorm rooms. Trip rating: B/C. Mileage: Easy to moderate, 25 to 35 miles per day
Leaders: Fred Dieckamp & TBD

Cape Cod's beaches and pine forests are easily accessible via gentle rail trails with occasional rolling hills. On Friday night, we'll do a full moon ride, so bike lights are a necessity. We hope to stay at the tranquil hostel in Truro, a short walk from the ocean. The next day, after exploring



Photo by Sharon Behnke.

Provincetown, we'll cycle out of town to hit the dune trails. Another day, we'll go kayaking or whale watching. There are also options to swim at either the national seashore beaches or at a freshwater lake. Don't miss the seafood! This is a good trip for first-time visitors and shore lovers alike.

Easiest 100 miles in the East

SEA GULL CENTURY

October 9-11 (Friday afternoon to Sunday evening)

Trip No. SGC. Deposit: \$150. Regular price: \$425. Early bird discount price (Deadline Sept. 9): \$383. Transportation: Van or carpool. Lodging: Motel, double accommodations. Trip Rating: A/B/C. Mileage: 65 miles or 100 miles, mostly flat
Leaders: Steve Sakson & Wentworth Price



Photo by Andrea Casertano

This annual event is often rated the best century ride in the East, and the easiest! No wonder it attracts more than 6,000 riders every year. But, don't worry about crowds. The Sea Gull features

backpack throughout the day.

Van trips: We drive as a group to our destination in a comfortable 15-passenger van. We carry our bikes on the van, or, for larger groups, we rent a second van.

Carpool trips: If you have a car, this offers you the opportunity to obtain a substantial discount off the price if you agree to take up to two passengers and their bikes. We can often supply a rack for your car if you don't have one. Once you sign up for a trip, your leader may ask you about the carpool option. Rebates for each trip are based on the cost and driving distance, and vary with each trip.

LODGING. When we stay in motels or B&Bs, lodging is double or triple occupancy. When we stay in hostels, trippers share dormitory-style bedrooms, some with bunk beds. Some hostels have curfews. Some may require guests to perform simple housecleaning tasks.

MEALS are sit-down affairs in local diners and restaurants unless otherwise noted. At hostels, we'll sometimes cook our own.

SIGNING UP. You may sign up by mail or online. By mail, download a copy of our registration form and mail it to us at 5BBC, 891 Amsterdam Ave., New York, 10025. Or register online at www.active.com using your credit card (there is a small extra charge).

When registering by mail, you may enclose a deposit (exact amount listed with each trip) but must make full payment no less than 7 days before the trip. We offer a 10% discount for early registration. To be eligible for the discount, you must make full payment by the early discount deadline, which is listed with each trip, usually about 30 days before the trip. When registering online, you must pay the full amount up front.

CANCELLATIONS OR TRANSFERS BETWEEN TRIPS are restricted by club rules and subject to withholding costs based on

non-refundable expenses incurred by the club, such as lodging and event fees. Full refunds are available if you find a substitute to take your place. No refunds for cancellations less than 14 days prior to a trip, unless you find a substitute.

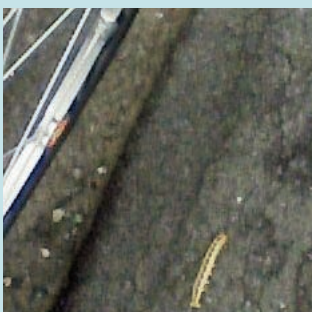
PREPARATIONS. Your trip leaders will contact you a week or so before the trip to confirm your attendance, inform you of the details of the trip, answer your questions and tell you the meeting place and time. Questions? E-mail weekends@5bbc.org.

Fred Dieckamp
5BBC Weekend Trips

Konchiba! From Japan, Jonathan Friedman



5BBC leader Jonathan Friedman is spending time in Asia. He rides his *Chari* (bicycle) in the Land of the Rising Sun and Shimano. In this photo, he's near Mt. Fuji at the 2,400 meter mark at an observation desk.



A small and humble caterpillar is gently avoided by Jonathan.



Mt. Fuji looms in the distance.

Photos by Jonathan Friedman via Facebook. Thanks.

only quiet country roads through the Chesapeake Bay's finest farmland. Sponsor Salisbury University offers top-notch support with plenty of rest stops loaded with goodies, including pie a la mode. By midday, we'll reach Assateague Island State Park, where the wild ponies roam, and where you can take a dip in the ocean before heading back. Saturday night features a hilarious karaoke scene with the finest local talent, or perhaps an extreme bowling excursion featuring dayglow pins and blacklights. Sunday we'll take a shorter cool-down ride before heading home.

Bonjour! Beth Katz at the Tour de l'Île de Montréal



On June 7, Beth and friends rode their *bicyclettes* in the 25th annual Tour de l'Île, Montréal, across the border in Canada. Like our own Five Boro Bike tour, this bike event attracts tens of thousands of cyclists.

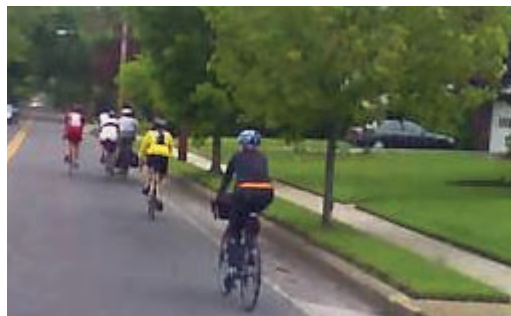


Bon Route--with Steve and Betty.

Photos provided by Beth Katz. Thanks.



Scenes from the tie-in 5BBC Montauk Century Weekend trip



Like the cyclists who rode in the rain on Montauk Century day, a band of people on the 5BBC weekend trip also rode. The weather didn't damper their spirits.



Photos courtesy Wentworth Price

Scenes from the Bear Mountain weekend trip, May 23-25



5BBC leaders Ira Najowitz (2nd from right) and Manny Sanudo (center) gets the group going.



Bike Friday cyclists Delores McKeough & Barry Hartglass

Photos by Glen Nison

5BBC Member Plans Another Trip to New Orleans to Build with Habitat for Humanity



It's been nearly 4 years since Hurricane Katrina devastated New Orleans and the Gulf Coast, but thousands of people remain in substandard or temporary housing due to slow moving government aid programs. So, 5BBC member Steve Sakson (above, front center) is organizing his fourth trip to New Orleans this fall to build homes with Habitat for Humanity.



Five members of the club (like Peter Morales & Jim Wall, above) joined Steve on his trip last October, and unanimously reported having a great time, while gaining the satisfaction of using their



hands to help people truly in need. All club members are invited to join up on Steve's (like Jim Wall, above) next trip, scheduled for Oct. 18-25. As with all Habitat projects, no construction skills are needed to volunteer, just giving hands and a desire to help.

Government programs designed to address the housing crisis in New Orleans are only now starting to gain momentum. One sign of the slow progress: 3,000 New Orleans residents remain in cramped and chemically tainted FEMA trailers. Habitat has helped fill in the gaps. Its volunteer builders have completed 213 homes in greater New Orleans since the hurricane, and 103 remain under construction.

Steve's trip will cost participants about \$750 including air fare, housing, transportation and meals. For many people, this is tax deductible as a charitable contribution.

If you're interested in taking part or just getting more information, write or call Steve at stevesakson@yahoo.com, or 917-974-9092.

Cycling With the First Lady of NY



On Friday, June 19, road, hybrid and folding bike cyclists rode with First Lady Michelle Paterson (8th from left,) wife of New York Governor David A. Paterson on the West Side of Manhattan, from Battery Park to Harlem. It highlighted the 400th anniversary of the discovery of the Hudson River. 5BBC members like Joe Candelaria, Eliana Hecht and Peter Morales went on the ride. This photo by Danny Lieberman, who was also there, shows the group at Hudson River Park, near the USS Intrepid.

Are We Having Fun Yet?



John Chiarella and friend laughing it up at the Tour de Brooklyn bike event. Photo credit is given "to be standing in front of Sally the Seagull and who had only just taken a photo of her friend who had been the previous person to pose with the mascot!"

MTA Bus Driver Doing Good



Several weeks ago, I was on the 86th Street cross-town bus during the morning rush. A boy of about 11 or 12 darted in front of our bus from the right sidewalk, crossing over two lanes of traffic in each direction. But for the swift thinking and reflexes of our driver, there would have been a tragedy. He made a quick and smooth left turn towards the yellow line and then back. It was a close call. A number of us on board gasped. When I left the bus I made note of his drivers' license and emailed his boss, the MTA. The response I got back is that he is going to get a deserved commendation and a little red apple pin to wear on his lapel. As many of the bus drivers as I've (mentally) cussed out for bad bad behavior, I think that it's important to let people know when they do good.

-Andrea Mercado

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Cycling Risk Assessment Study

The New York Cycle Club, is
conducting a worldwide bicycle
accident survey. The results will be
published as part of a cycling risk
assessment study that will be made
freely available to the public at the
conclusion of the survey. It is for
educational & advocacy purposes.
The survey contains dozens of data
points and its design is streamlined to
have folks get through the survey as
quickly and efficiently as possible.
Please visit www.nycc.org/ras/

Thanks,
Peter O'Reilly
New York Cycle Club

Edward Pino M.S. LMHC

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Bike Events on Tap



Tour de Queens -
Transportation Alternatives
Sun. 12 July 2009
www.tourdequeens.org



Cycling the Erie Canal, NY
12-19 July 2009 www.ptny.org



Soldier Ride
- Wounded Warrior Project
Sat. 25 July 2009
<http://tinyurl.com/nx5b2>



Bon Ton Roulet, NY
26 July-1 Aug. 2009
www.bontonroulet.com



Harlem Valley Rail Ride
Bike New York
Sun. 26 July 2009.
www.bikenyork.org



Ramapo Rally - Bicycle
Touring Club of North Jersey
Sun. 16 Aug. 2009 www.btonj.org



Great Hudson Valley Pedal
Park & Trails New York
11-16 August 2009
www.ptny.org



Golden Apple Century
Westchester Cycle Club
Sun. 6 Sept. 2009
www.westchestercycleclub.org



NYC Century Tour
Transportation Alternatives
Sun. 13 Sept. 2009
www.transalt.org



Escape New York
New York Cycle Club
Sat. 26 Sept. 2009
www.nycc.org



Pumpkin Patch Pedal
Staten Island Bicycling Association
Sun. 4 Oct. 2009
www.sibike.org



Tour de Bronx
Transportation Alternatives
Sun. 18 Oct. 2009
www.tourdebronx.org

Important Note: Listings of these events that are not sponsored by the 5BBC do not constitute or imply endorsement by the Five Borough Bicycle Club.

Become a 5BBC Leader This Fall



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

The 5BBC Leadership course will teach you how to organize and run both day and weekend trips. You'll learn map reading, ride planning cycling safety, group dynamics and decision-making and develop your leadership style, as well as many other aspects that go into making you a bike leader.

The course, taught by experienced 5BBC leaders, combines classroom instruction with practical riding experience. You don't have to be an strong or fast rider or bicycle repair guru to take the course. That's not what the course is about - it's 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 haven't ridden with us before, you should definitely go on several 5BBC rides to become familiar with how typical club rides take place. (Note: If you are not a member of the 5BBC and wish to take the class, you must become a member prior to the weekend trip part of the course.)

Our next Leadership Training Course will begin the first week of September 2009. Tentative evening course dates are: September 2, 9, 16, 23 and 30 from 6:30 pm to 9:30 pm. Day Trips are tentatively scheduled for: September 13, 20 and 26. The weekend is scheduled to depart NYC on Friday evening October 2 and return Sunday evening October 4.

We ask that you attend at least four of the evening courses and two of the day rides. The weekend trip is required to complete the course.

For more information:

- Contact Katie at leadership@5bbc.org
- A fee of \$15 will be collected at the first class.
- There will be an additional fee of \$50 (collected during the course) for the weekend trip.

Scholarships are available.

5BBC Leader Refresher Training



Ted Kushner

How long has it been since you took the 5BBC Leadership Training? Was it called the AYH Summer Leader Program at the time? Would you like to get back into leading rides but you are feeling a little rusty?

Here's your chance to join us for a short refresher training course where you will have the chance to work with other leaders, share insights, techniques, stories and ideas to make your rides more safe and enjoyable for everyone. We'll cover planning, advertising, leading the ride and post ride follow-up.

The course consists of a 3 hour Thursday evening classroom session followed by a 30 mile Sunday day trip where we get to put our words into action. Dates: Thursday, July 23 from 6:30 pm to 9:30 pm at the Hostel room 115 and Sunday, July 26 from 9:30 am to 3:30 pm for the 30 mile day ride. Ride destination TBA. Please sign up in advance by also contacting Katie Marion at: leadership@5bbc.org

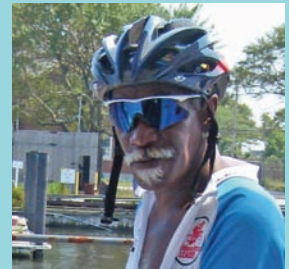
On the Road with 5BBC Leaders



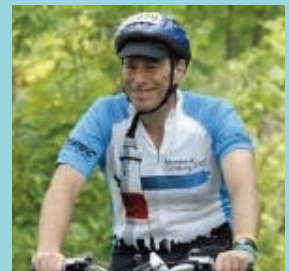
Susan Rodetis



Terry Chin. Photo by Arabelle Taggart.



Jesse Brown



Jim Zisfein



Wentworth Price & Steve Sakson. Photo by Andrea Casertano.

Membership, Trips, Classes & Store

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

Personal Preferences

Required for 5BBC Membership

The 5BBC does lots of things for you, but there are some things you may not want us to do. Please put a check mark next to the things you don't want us to do. (Applies to both members if 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.
- Do not send newsletter by snail mail. I'll download it faster from the "Member's Only" page on the 5BBC web site (www.5BBC.org) and save a small tree or sapling.

Waiver and Release of Claims

Required for 5BBC Membership

In consideration for your acceptance of my application for membership in the Five Borough Bicycle Club (the Club), I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property which I may have or which may accrue to me as a result of my participation in Club activities.

I discharge and release the Club and all other 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 Club Activities, whether or not caused by the negligence of any of the above parties. I acknowledge that bicycling and other activities of the Club involve risks, and I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in Club activities.

I attest that I am sufficiently trained for bicycling and I recognize that bicycling can be physically demanding. I acknowledge the Club's recommendation that I consult with a physician regarding the advisability of my participation in Club activities. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties are not an admission of liability. I understand that serious accidents may occur during Club activities and participants may sustain mortal or serious injury. Nevertheless, I agree to assume these risks and to release and hold harmless all of the parties mentioned above.

I understand that I may be photographed during Club rides or other Club activities. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by any of the parties mentioned above.

I attest that the equipment I will use in Club activities is in good mechanical condition. I agree to wear a CPSC or Snell approved helmet while participating in Club-sponsored bicycle rides. I have read and understand everything written above and I voluntarily sign this agreement.

 Signature, 1st Member Date

 Check here if under age 18

 Signature, 2nd Member Date

 Check here if under age 18

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

Agreement by Parent or Guardian of a Minor
 I attest that I am the parent or guardian of the minor child applying for Club membership. I have read and understand the membership application and waiver and release of claims above and agree to its terms on behalf of myself and the child in consideration of his or her being allowed to participate in Club activities. Further, I fully understand that the child will be bicycling on public roads, in traffic. I further attest that I will maintain the equipment the child will use in Club activities in good mechanical condition.

 Parent's or Guardian's Name (Please print)

 Parent's or Guardian's Signature Date

Payment

5BBC Membership

Individual \$20, Dual \$25.....\$ _____

Dual Membership: two persons at same address. All 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.

Weekend Trips

Name of Trip _____

Number of Trippers ____ @ \$____/Tripper\$ _____

See trip listings for prices. For insurance reasons all trippers must be 5BBC members.

Bike Course - Name of Class _____

Date of class _____\$ **No Charge**

Five Icon Jersey

Indicate quantity and size.

____ Men Out of Stock

____ Ladies (Circle One) 8 10 14

Total qty. ____ @ \$60 each\$ _____

Lady Liberty Jersey - CLOSEOUT SALE

Indicate quantity and size.

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____ Ladies (Circle One) M L XL

Total qty. ____ @ \$40 each\$ _____

5BBC Patches

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

Total Payment.....\$ _____

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

Five Borough Bicycle Club
891 Amsterdam Avenue
New York, NY 10025

Rev. 12/18/08

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. Thanks to Kent Mark and Leila Rinehart for expanding this list for **5BBC members like you.**

Flash your 5BBC Membership Card at these Bike Shops

BRONX

Westchester Bike Pro Shop

2611 Westchester Ave.
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718-238-1118
www.bayridgebikes.com

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560 Vanderbilt Ave
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www.bfold.com

Bicycle Habitat

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

Bicycle Renaissance

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NY, NY 10024 212-724-2350
www.bicyclerenaisance.com

Champion Bicycles

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NY, NY 10024 212-662-2690
www.championbikes.com

Chelsea Bicycles

156 W 26th St. (6th-7th Aves)
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www.chelseabicycles.net

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www.city-bicycle.com

Conrad's Bike Shop

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Continuum Cycles

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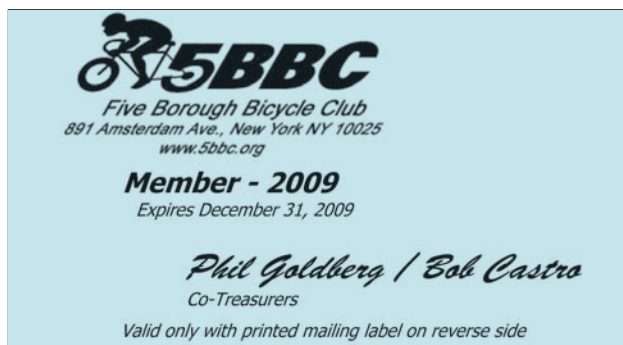
175 Country Rd.
Tenafly NJ 07670 201-568-9372
www.bicycleworkshop.com

Marty's Reliable Cycle

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

Strictly Bicycles

507 Main Street
Fort Lee, NJ 07024
201-944-7074
www.strictlybicycles.com



Larry & Jeff's Bicycles Plus (2)

1690 2nd Ave. (87-88 Sts)
NY, NY 10128 212-722-2201
Midtown Metro Bicycles
360 W 47th St NY, NY 10036
212-581-4500
www.metrobicycles.com

NYC Velo

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

Sid's Bike Shop

235 E 34th Street NY, NY 10016
212-213-8360
www.sidsbikes.com

Victor's Bike Repair

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

QUEENS

Arc De Triomphe Bicycles

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

Bellitte Bicycles

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

Bill's Cyclery (1)

63-24 Roosevelt Ave
Woodside, NY 11377
718-335-1906
www.ubuybikes.com

Bill's Cyclery (2)

108-11 Liberty Ave.
Richmond Hill, NY 718-641-1880

Peak Mountain Bike Pro Shop

42-42 235th Street
Douglaston, NY 11363
718-225-5119
www.peakmtnbike.com

Spin City Cycle

110-50 Queens Blvd
Forest Hills, NY 11375
718-793-8850
www.spincitycycle.com

Spokesman Cycles

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

LONG ISLAND

The Bicycle Planet

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

Bike Discounters (1)

2503 Middle Country Rd.
Centereach, NY 11720
631-471-3230
www.thebikeoutlet.com

Bike Discounters (2)

287 Portion Rd.
Ronkonkoma, NY 11779
631-737-9282

Brands Cycle Center

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

Carl Hart Bicycles

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

Sayville Bike Works

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



c/o Bike New York
 891 Amsterdam Avenue, Room 002
 New York, NY 10025-4403
www.5bbc.org

Address Service Requested



Ice cream treats at the Blue Pig, from the Up, Up and Away ride. Photo by Cheryl.



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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 New York International HI-AYH Hostel, along with the HI-AYH-affiliated Ski Club of New York. 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 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 \$20, or \$25 for 2 members of the same household, is valid through December 31, 2009*

*Membership initiated after October 1, 2009 is valid through December 31, 2010.

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 September-October 2009 issue is:

Monday 1 August 2009

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The Bicycletter is a bi-monthly publication of the Five Borough Bicycle Club, with offices at 891 Amsterdam Avenue, Room 002, New York, NY 10025-4403.

Contacting Us

The 5BBC has no office hours or phone number at this time.

E-Mail: info@5bbc.org

For Bike New York, call directly: (212) 932-BIKE

The 5BBC is affiliated with Adventure Cycling, the League of American Bicyclists (LAB), the New York Cycling Coalition (NYBC) & the New York City Bicycle Safety Coalition.



Want to combine cycling, beach & summer stock theater? Go with leader Susan Levine to the Rockaways for sand and take in a performance of the classic musical "Oklahoma!" at the Rockaway Theater Company, Sunday, July 19. and 'Jimmy Dean,' Sunday, August 23. See Day Trips and Susan's article on page 17.