

BICYCLER

Publication of the Five Borough Bicycle Club
July - August 2010 Sans Print Edition
www.5bbc.org



Summer's On!
Upcoming Rides &
Fun with the 5BBC!



Montauk
Recap!



2010 Executive Board

Sharon Behnke
PRESIDENT
president@5bbc.org

Jim Zisfein
VICE PRESIDENT
vicepresident@5bbc.org

Robert Eberwein
RECORDING SECRETARY
recordingsecy@5bbc.org

Brian Hoberman
CORRESPONDING SECRETARY
corresponding@5bbc.org

Bob Castro
TREASURER
treasurer@5bbc.org

Ed Ravin
DAY TRIPS
daytrips@5bbc.org

Fred Dieckamp
WEEKEND TRIPS
weekends@5bbc.org

Alfredo Garcia
BICYCLITTER
newsletter@5bbc.org

Katie Marion
LEADERSHIP
leadership@5bbc.org

Phil Goldberg
SPECIAL EVENTS
special-events@5bbc.org

Barry Hartglass
PROGRAMS
programs@5bbc.org

Dan Finton
BICYCLE COURSE
bikecourse@5bbc.org

Andrea Casertano
COMMUNICATIONS
communications@5bbc.org

Ben Karrasik
WEBMASTER
webmaster@5bbc.org

Joe Candelaria, Peter Engel
MEMBERS-AT-LARGE

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

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

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

range from 20 to 30 miles, go at a leisurely pace and attract cyclists like you. Make sure your bike is in good working order—adequate tire pressure 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, helmets lose impact effectiveness.

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

Cover: Mike Moses' photo of Dennis Griffin's photo of Prelude to Gold Coast ride. Cover Inset: Veteran 5BBC cyclist Richard Koprowski at the 100-mile Montauk Century finish. Photo by Alfredo Garcia. Above: the Louis Garneau "Pacifica" helmet.

Leadership Program Fall 2010

Class dates: Wednesdays Sept. 22, Oct. 6, 13, 20, 27 6-9 PM,
Ride Safety Class, Oct. 2 or 3



Ben Karrasik photo

Ed Pino and Liz Baum are back for the fall leadership training.

We are in need of New Leadership, so please join our ranks. Since our last class, both of us have become League Certified Instructors (LCIs) for the League of American Bicyclists (LAB). Classes will begin in September at a new location on 93rd street and Columbus Ave., hosted by our own President Sharon Behnke.

Dates of the class are as follows, evening, Wednesday September 22, October 6,13,20, 27- Evening classes run from 6-9 PM- On either Saturday or Sunday October 2 or 3rd, a mandatory Ride Safety Class will be given, incorporating what to bring on day trips.

In lieu of three day rides, there are two additional Day rides Oct. 10th & 23th. The weekend trip will be October 29th - 31 in beautiful Columbia County, with superb feature accommodations and host.

What we need Is YOU- without YOU the class cannot be held.

For more information, contact Ed and Liz at leadership@5bbc.org

Become a 5BBC Leader

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.)

For more information, contact the 5BBC Leadership team at leadership@5bbc.org

Katie Marion
Leadership Coordinator

Bicycletter July-August 2010

TABLE OF CONTENTS

3	• Become a 5BBC Leader
4	• Day Trips
10	• Montauk Momentos
12	• Weekend Trips
14	• Wave Hill & Diane
15	• Ferries, Maps & Apps
16	• Member Ads
17	• The Hudson & Arabelle
19	• Bike Shop Discount List

Contributors: Antonio Rivera, Arabelle Taggart, Barry Hartglass, Ben Karrasik, Beth Katz, Brian Hoberman, Caryn Greenberg, Dalah Del Prado, Dennis Griffin, Diane Goodwin, Ed Ravin, Fred Dieckamp, Mike Moses, Phil Goldberg, Sharon Behnke, Tom Hong, etc.

The next 5BBC General meeting will be held in September. More details next issue and 5bbc.org

See the 5BBC at Summer Streets!



On three Saturdays, August 14, 21 & 28, from 7AM to 1PM, Park Ave. will be closed to traffic from 72nd St. to Chamber St., for seven miles



Photo by Brian Hoberman

Take a stroll or Ride your bike to see us at the 5BBC table. We'll have club reps, info & bike repair for those who need it. Meet new friends! Web link: <http://tinyurl.com/67nkv3>



Photo by NYC DOT

5BBC Rides Meeting Places

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 to Lexington Avenue

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 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 Mounument 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 @ 188th Street, right on Union Turnpike to parking lot at 196th Place. Parking is available.

Doughnut Plant

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

George Washington Bridge (GWB) Bus Terminal

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

Manhattan Bridge

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

Newark Penn Station

Raymond Plaza, b/w Market St. & Raymond Blvd. PATH train to Newark

5BBC Day Trips July-August 2010

Saturday, July 3, 2010

☺ **PS1 WARM UP RIDE**

4:30 PM, Plaza Hotel, 12 leisurely miles

It's a blast. It's a bash. You'll be in hipster heaven, and feel totally trendy. Join us as we head to PS1 for "Warm Up," where art, architecture, and music all come together at one of the hottest and liveliest exhibitions of the summer. It's MoMa in Long Island City! (How revolutionary is that!) Dinner will be after the performance/exhibition at a local restaurant. Bring \$10 admission plus lock and money for dinner. Bring lights for the ride home. Rain at start cancels. Leaders: Richard Sanford and Phil O'Reilly.

Sunday, July 4, 2010
AROUND AND OVER THE HUDSON
9 AM, City Hall, 40 miles

See NYC from a ferry, the Bayonne Bridge, Liberty State Park, and Hoboken. Then stretch your legs along a long Hudson shoreline stretch to the G.W. Bridge (with the one big hill). Bridge the Hudson

back to NYC. Pass Seinfeld's (who?) old haunt & choose your lunch cuisine, Italian, Asian or Eastern European, all on one Amsterdam Ave. block. Follow the Hudson River line back down to City Hall. Bring a lock and \$ for lunch. Leaders: Ed DeFreitas & TBA

GARDEN CITY
9AM, Doughnut Plant, 60 miles

We'll mark our independence as we take a quick trip out to historic Garden City, Long Island, using backroads and quiet streets. An excellent lunch stop is planned. Remember to bring your sunscreen, a camera and some \$ for lunch. You'll be back in time for the fireworks. Leaders Danny Lieberman, Andrea Mercado & Diane Goodwin.

☺ **BICYCLE BEACH BUMS**
10 AM, Prospect Park (Grand Army Plaza), 30 flat miles

Combine your two favorite activities - bicycling and visiting the beach! This leisurely paced ride will go 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. Can't make it today? We're running this ride every Sunday in July and August - same start time, same place.

Monday, July 5, 2010

☺ **BROOKLYN RESIDENTIAL TOUR (PART 2)**
10 AM, Manhattan Bridge, 25 miles

Explore some of the quieter sections of Brooklyn. We'll ride through Fort Greene, Prospect Heights, Park Slope, Windsor Terrace, Sunset Park, Bay Ridge and more. Bring lock, money for lunch. Leaders: Terry Chin & TBA

Saturday, July 10, 2010
☺ THE FIX IS IN-FLATS AND LUBES - BACK BY NOON
9:30 AM, Manhattan Bridge, 15 leisurely miles.

Want to learn how to fix a flat or that squeaky noise coming from your chain? Don't want to stay indoors for a class to learn how? Here's another 5BBC repair ride, where we'll ride a little but learn a lot. This ride will cover tire/tube removal, patching a tube, and putting it all back together. We'll also give you some pointers on how to chase that flock of chirping sparrows out of your drivetrain. Visit NYC's first and only bicycle parts vending machine as we ride through that nexus of cycling - Williamsburg! Optional lunch and bike Q&A after noon in Dumbo. Leaders: Ed Sobin & TBA

Sunday, July 11, 2010
THE LOTTERY RIDE
8:30 AM, George Washington Bridge Bus Terminal, 65+ miles at 15mph pace

Cycle to three states on an improbable quest for winning lottery tickets. Leaders: Rodney Millard & Jesse Brown



Wave Hill ride. Photo by Diane Goodwin.

BROOKLYN SOJOURN **9 AM, City Hall, 40 miles**

Electric cars aren't new. Beautiful brownstones in not the expected neighborhoods (smell a bargain). Nothing weak about Weeksville. And, oh yeah, a piece of Brooklyn Dodger history. All this and maybe more in a Brooklyn sojourn. Bring a lock and \$ for lunch. Leaders: Ed DeFreitas & TBA

☺ BICYCLE BEACH BUMS

10 AM, Prospect Park (Grand Army Plaza), 30 flat miles

Combine your two favorite activities - bicycling and visiting the beach! This leisurely paced ride will go from Brooklyn to a quiet beach in the Rockaways, mostly along quiet streets or bike paths. Lunch pick-up is at a Russian market in "Little Odessa". Bring or buy lunch, and bring beach stuff (sunscreen, swimsuit, towel, blanket) and a lightweight lock. Leaders: Marina Bekkerman and Jim Zisfein.



Quiet club ride along First Ave. & the UN. Photo by Antonio Rivera

Saturday, July 17, 2010 **QUEENS ULTIMATE** **-PERIMETER RIDE** **8 AM, Bridgemarket, 75 miles,** **quick-spin pace.**

Ride around the borough that has so much to offer. You'll see airports, racetracks, plenty of water and more than enough hills. We'll ride a Quick Spin pace just to make it more fun! Leaders: Danny Lieberman & Dan Finton.

Sunday, July 18, 2010 **BICYCLE BEACH BUMS** **10 AM, Prospect Park (Grand Army Plaza), 30 flat miles**

Combine your two favorite activities - bicycling and visiting the beach! This leisurely paced ride will go 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: TBA

Saturday, July 24, 2010 **IS STATEN ISLAND?** **8:15 AM, South Ferry, Manhattan,** **or 9 AM, St. George, Staten Island,** **50 quick-spin miles**

This ride will go through the island (Not around it!). There will be over 2,500 feet of climbing in the first 25 miles. Areas visited will include Ward Hill, Grymes Hill, Silver Lake Park, Snug Harbor, Todt Hill Rd, Lighthouse Hill,

Fresh Kills Park before breaking for lunch in Tottenville. The return will be flatter & quicker. Note - this is a fast-paced, quick spin ride - no point /drop / sweep. Bring two spare tubes, two water bottles, sun screen and \$ for lunch. Leaders: Dennis Griffin & TBA

LINCOLN TUNNEL CYCLE **10 PM, Chelsea Piers, 23 Miles**

Let's cycle to our annual favorite underwater crossing. Bring front and rear lights, as required by NYS law, to see traffic and to be seen. Illuminated clothing suggested. Make sure your bike is in good working order. We may not stop for flat tires. No backpacks/panniers/rear packs. NO questions about ETAs, riding pace, sunscreen, etc. Safety, fun & curiosity favors the cooperative cyclist. Tunnel access pending Port Authority approval. Some hills. We start riding at 10:30PM, so get there early. Leaders: Alfredo Garcia, Jesse Brown & Rodney Millard.

Sunday, July 25, 2010 **GOING FOR SOMETHING FISHY AT CITY ISLAND** **9 AM, City Hall, Manhattan, 35 mostly flat miles, 12-15 mph pace**

Pelham Parkway & White Plains Rd.
Southeast corner, White Plain Rd. at Pelham Parkway, Bronx. Subway: 2 to Pelham Parkway.

Pier 11
Wall St. & South St., Manhattan.
Subways: 2 3 to Wall St. A to Fulton St., 1 E R nearby

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

Prospect Park (Grand Army Plaza)
Flatbush Ave. @ Eastern Parkway, Bklyn. Near benches at entrance to park. Subways: 2 3 to Grand Army Plaza, F Q to 7th Ave., R to Union St.

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

St. George Terminal
Staten Island ferry terminal, lower level, St. George, Staten Island. SIRT train to St. George. Or take boat from South Ferry Manhattan.

Van Cortlandt Park
Broadway at West 242 St., Bronx. Last stop on 1 Subway.

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

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



Photo by Arabelle Taggart



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; For members, check club weekly emails.

IMPORTANT CYCLING NOTE #2

As the weather gets sunny and hot, it's very important to: **Dress lightly; Wear sunglasses to protect your eyes.** Apply **Sunscreen** to protect your exposed skin; **Lip Balm** to keep lips from drying and cracking. Drink lots of **Water** to stay hydrated. Thank you.

Want to help with the print Bicycletter? With other involving things?



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 amidst the age of 21st Century Internet.



The July August 2010 print edition of the Bicycletter was prepared for mailing on June 30 by Phil Goldberg, Eliana Hecht, Jesse Brown, Rodney Millard, Gia Tran, Alex Wong and Eric D. The issues were mailed to our 5BBC members the next day. Thanks very much!

We dedicate the day to City Island, out on a spit of land but deep in the heart of the Bronx. On our way, we'll pass along the mighty Hudson. Lunch at City Island. They built world class racers here. Look around and enjoy what it means to be a harbor town. Then, back to Manhattan along the East River. Bring a lock and \$ for lunch. Leaders: Ed DeFreitas & TBA

**☺ BICYCLE BEACH BUMS
10 AM, Prospect Park (Grand Army Plaza), 30 flat miles**

Combine your two favorite activities - bicycling and visiting the beach! This leisurely paced ride will go 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: Andrea Casertano & TBA

**Sunday, August 1, 2010
SANDY HOOK ONE WAY
8 AM, Newark Penn Station, 60+ miles**

Let's cycle our way to Sandy Hook via Newark. We will ride continuously through various Jersey counties to places like Rahway Prison, Perth Amboy park, the Victory Bridge, the Henry Hudson Trail and Keansburg Amusement Park. Riding pace will be 12mph. Not for beginners or those wanting to ride faster. Leader dictates pace. There will be some busy traffic and steep hills along the way. We'll enjoy the sights of the Hook before taking the Seastreak ferry to Manhattan . Please ride a bike in good working condition, bring tubes, inflate tires, pump, \$ for food and boat fare (\$28) and get ready to ride at 8:23 AM. Leaders: Alfredo Garcia, Jesse Brown and Rodney Millard

**HUDSON RIVER MUSEUM
9 AM, Plaza Hotel, 50 miles at 12-15 mph pace**

Ride through Central Park and up the center spine of Manhattan, cross the Harlem river into The Bronx, follow Broadway through Yonkers and spend a little time on the Old Croton Aqueduct till we reach the Hudson River Museum. This is not just a museum - it's also a mansion & planetarium. So, bring your inquisitiveness, \$6.00 for admission, a lightweight lock, lunch, and MTA Bike Permit just in case. Bring or buy lunch. Some hills, road bikes OK if you don't mind a little dirt. Maybe a bonus additional museum. Leaders: Ed DeFreitas & TBA

**☺ BICYCLE BEACH BUMS
10 AM, Prospect Park (Grand Army Plaza), 30 flat miles**

Combine your two favorite activities - bicycling and visiting the beach! This leisurely paced ride will go from Brooklyn to a quiet beach in the Rockaways, mostly along quiet streets or bike paths. Lunch pick-up is at a Russian market in "Little Odessa." Bring or buy lunch, and bring beach stuff (sunscreen, swimsuit, towel, blanket) and a lightweight lock. Leaders: Marina



Full picture of Dennis Griffin's Prelude to Gold Coast ride. Great photo by Mike Moses

Bekkerman and Jim Zisfein.

**Saturday, August 7, 2010
SANDY HOOK MELLOW
8 AM, Pier 11, 23 miles**

Take the 8:15 AM boat to the lovely Jersey Shore . Spend a great day cycling pleasant surroundings from Sandy Hook and its adjunct towns at 10-12mph. We'll cross 4 bridges before having lunch at the historic Navesink Twin Lights, with great views and a cool breeze. We'll return to the Hook for some beach time before taking the ferry back. Bring \$45 fare; \$ for lunch; bring swim gear for the beach. Please get to Pier 11 early. Some hills and busy roads. Leaders: Alfredo Garcia and TBD

**☺ THE FIX IS IN - BRAKES AND GEARS
10 AM, Manhattan Bridge, 15 leisurely miles**

Ride a little but learn a lot about how to tune your brakes for safe stopping & to adjust your gears for smooth shifting. Bring or buy lunch. Leaders: TBA

Sunday, August 8, 2010 THE LOTTERY RIDE

**8:30 AM, George Washington Bridge
Bus Terminal, 65+ miles at 15mph pace**

Another chance to buy lottery tickets in three states on the same day. Jackpot or not, remember that we're all winners. Leaders: Rodney Millard & Jesse Brown

ROCK AROUND THE ROCK 8:45 AM City Hall, 40 mostly flat miles with one exceedingly difficult hill

What would it be like if the Revolutionary War never happened? Well, on Staten Island, it almost didn't. We're going to that very spot. We'll enjoy both flat and hilly terrain. Bring or buy lunch. Leaders: Ed DeFreitas & TBA



Queens Treasure Ride. Photo by Tom Hong

THE FROZEN SEATPOST 9 AM, Doughnut Plant, 60+ miles, fast pace

The future will be frozen, and if you want some you will have to ride your bikes. Sweet terrain, fast pace. Bring lucre for all the treats, sunscreen and your camera. Leaders: Danny Lieberman & Richard Brause

☺ BICYCLE BEACH BUMS 10 AM, Prospect Park (Grand Army Plaza), 30 flat miles

Combine your two favorite activities - bicycling and visiting the beach! This leisurely paced ride will go 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: TBA

Saturday, August 14, 2010 THE CARRIAGEWAYS OF MINNEWASKA 7:20 AM (for 7:47 AM departure), Grand Central Terminal, 60 VERY hilly miles (6,000 ft total climb)

Why be down in the dumps when you can be up in the Gunks? Lift your spirits in the Shawangunk Mountains of Ulster County -- provided that you can lift your bicycle over a vertical mile on a 60-mile ride, and you're willing to forsake the paved road for the unpaved carriageways of Minnewaska Preserve. Highlights include spectacular Awosting

Falls, a swim in one (or two) sky lakes and Poughkeepsie's "Walkway Over the Hudson", the world's longest and highest bridge dedicated to bike/ped use. Bring or buy lunch, MTA Bike Permit, \$29 train fare and a swim suit. We recommend minimum tire width 1 1/4" or 32mm for off-road riding. Leaders: Richard Brause and Jim Zisfein.

TA CENTURY TRAINING RIDE #1 THE SHORES OF THE BRONX 9 AM, Columbus Circle, 45 miles, several steep hills

From the secluded verdant streets of Riverdale (yes, folks, we're still in NYC) to the boatyards and seafood shops on City Island, there's plenty of things to see in the Bronx, including views of both the New Jersey and Long Island shores. Bring or buy lunch. Leaders: Ed Ravin & TBA

Sunday, August 15, 2010 RIDGWOOD, NEW JERSEY 8:30 AM, George Washington Bridge Bus Terminal, 50+ miles at 15 mph

Enjoy the company of your cycling comrades and the joy of life. Leaders: Rodney Millard & Jesse Brown

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/nycct/safety/bike/



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

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

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

Specific restrictions apply. Note: separate old LIRR and Metro North permits still valid for their respective lines. Web page link for application form: www.mta.nyc.us/mnr/html/mnrbikepermit.htm

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**



Adam Fontaine
Aimee Calandria
Alexandra Cavoulacos
Alyson Kanney
Amy Chung
Amy Schall
Angela McMonagle
Ashley Richardson
Brian Cardozo
Brian Donnelly
Brian Saccaggi
Charity Robey
Charles Brewster, Jr.
Christine Huang
Claudia Block
Daniel Scanlan
Donald Melvin
Doug Checkeris
Edward Hudson
Essy Kashanian
Estelle Lander
Francis Kim
Henri Desire
Hester Lyons
Howard Tanz
Jake Lefkowitz
James Brown
Jerry Menkhaus
Jodi Apelman
Jose Diaz
Joseph Mongeluzzi
Josh Goodrich
Juan Sierra
Kathryn Scharbach
Kecia Hawkins
Keith Morgan
Kerwin Tesdell
Kevin Spett
Linda Lamonica
Martha Golero
Mathias Cohen
Melissa Carmody
Myron Mokey
Nathan Smith
Nina Sabghir
Oluawon Harris
Paul Jacobsen
Ramona Lloyd
Rena Lefkowitz
Richard Billson
Richard Kahn
Russell Goldenberg
Sam Mandel
Sandra Erard
Shannon Rudd
Stephen Lacey
Thomas Golero
Thomas Phillips
Wendy Frank
Yaffa Sabghir

**Sunday, August 15, 2010
KENSICO DAM RIDE
9 AM, East 233rd St and White Plains
Road, Bronx, 35 miles, 12-15 mph pace**

An "Off Road Vista" bike journey. Follow the Bronx River Parkway bike path up to the dam and back. Most of the route is a paved path (suitable for road bikes) but there's still some riding in traffic. Hilly in places. Bring MTA rail pass just in case. Leaders: Ed DeFreitas & TBA

**☺ BICYCLE BEACH BUMS
10 AM, Prospect Park (Grand Army
Plaza), 30 flat miles**

Combine your two favorite activities - bicycling and visiting the beach! This leisurely paced ride will go 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: Brian Hoberman & TBA

**Saturday, August 21, 2010
☺ GIMME A BREAK - MAGIC AND
COMEDY SHOW
6:30 PM. Plaza Hotel, Approximately 20
leisurely miles.**

It's hot out there during the day, but we'll chill out at night at the Rogue Fun Shop and Comedy Show in Elmhurst Queens. Show starts at 9 PM and ends at 11 PM. We ride to Queens, have dinner at an All American diner and head for the show. For going home you can either ride back with us to the start or we'll escort you to the nearest train stop. Price \$10 -phone reservation strongly advised a few days in advance as show fills up -call venue directly at 718-505-0316 or 917-520-5564 - or \$12 at door - (no guarantee of seats if you wait). Rain at start? We take the train part of the way. Bring lights for night riding. Leaders: Richard Sanford and TBA

**Sunday, August 22, 2010
TA TRAINING RIDE #2
DAM AND DOUBLE DAM -
9 AM, Van Cortlandt Park, 60 hilly
miles**

The Kensico and Croton Dams are not just critical parts of NYC's water supply infrastructure, they're also great bicycling destinations, with spectacular views from the car-free roadways that traverse them. Additional car-free mileage on the Bronx River and Putnam Line trails. Since this is Westchester County, we'll also have some nice steep hills to contend with. Bring or buy lunch. Bring a MTA Bike

Permit for emergencies or early return. Pace - somewhat fast. Terrain: many steep hills. Leaders: Robert Eberwein & Ed Ravin

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

Join Alfredo and Ira on this perennial 5BBC summer favorite (now in its 23rd 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.

**☺ BICYCLE BEACH BUMS
10 AM, Prospect Park (Grand Army
Plaza), 30 flat miles**

Combine your two favorite activities - bicycling and visiting the beach! This leisurely paced ride will go 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: Andrea Casertano & Susan Levine



View of Williamsburg Bridge from the Jumble Ride. Photo by Arabelle Taggart

**SPEND YOUR CYCLING
SUMMER WITH THE 5BBC!**

Saturday, August 28, 2010
CROTON RESERVOIR TRIPLE-CROSS
 9 AM, Van Cortlandt Park, 35 miles,
 leisurely 10-12 mph pace

You can 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 New Croton Dam -- plus a splendiferous (although slightly bumpy) ride along the lake shore. Ride ends at Croton-Harmon Metro-North station. Bring \$ for lunch, \$8.25 train fare for return ride, MTA Bike Permit. Leaders: Jim Zisfein and Maggie Clarke.

TA CENTURY TRAINING RIDE #3
 9 AM, Columbus Circle, 75 miles

Getting read for the century? If you've been able to ride 60 miles so far, come along and try for something with a few more miles. Destination not available at press time, but check 5bbc.org for late-breaking listings. Leaders: Robert Eberwein & TBA

Sunday, August 29, 2010
MT KISCO, NEW YORK
 8:30 AM, Pelham Parkway & White Plains Road,
 60+ miles at 15 mph

Come enjoy a little country just outside The City. Leaders: Rodney Millard, Jesse Brown, & Ed DeFreitas



A quiet stretch on a bike lane during the Bike Jumble ride. Photo by Arabelle Taggart.

☺ **BICYCLE BEACH BUMS**
 10 AM, Prospect Park (Grand Army Plaza), 30 flat miles

This is your last chance to combine your two favorite activities - bicycling and visiting the beach! This leisurely paced ride will go 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: Brian Hoberman & TBA

Sunday, September 5, 2010
THE OLD PUT CENTURY - TA CENTURY TRAINING RIDE #4
 8 AM, Woodlawn, 92 miles, 15 mph pace

The New York and Putnam Railroad, a/k/a "The Old Put", was a dismal failure as a commercial rail line and was put out of its misery circa 1980. Fortunately, the right-of-way was almost entirely 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 (and back) on a path that is paved, level, and car-free. Hooray! Bring water, snacks, lunch or \$ for it, plus \$ for train fare and an MTA Bike Permit in case you need a still-operating railroad to leave early. Leaders: Jesse Brown and Jim Zisfein

Special issue on the 20th anniversary of the Five Borough Bicycle Club--PDF edition coming in December 2010.

If you like to contribute an old (scanned) photo or timeless (written) memories, it would be appreciated.

Email newsletter@5bbc.org for details.

What was your favorite day trip, weekend trip, or a particular year of the Montauk Century, even the Mattituck Strawberry events of long past. We'd like to preserve our club's posterity.

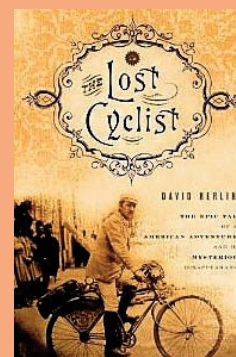
Interesting Cycle Reads



The New York City Dept. of Transportation has released an 11-page booklet on city cycling, called "Bike Smart." Teaches cyclists how to ride bike lanes, dealing with traffic, and making sense of bike-related traffic markings. Available free by calling 311 or downloading a colorful pdf version at: <http://tinyurl.com/248hv95>. Also at your local bike shop.



Subtitled "Systematically & Mercilessly Realigning the World of Cycling," the so-called "Bike Snob," compile his interesting and funny views ranging from pro racers, commuters, hipsters, etc.



In "The Lost Cyclist," David Herlihy writes of an ill-fated 1892 bike tour of Frank Lenz's journey to Turkey, where he disappeared. Thereafter, another cyclist adventurer, William Sachtleben, attempts to find out what happened. A fine tale worth reading.

Montauk Century 2010



A confident road cyclist. (1)



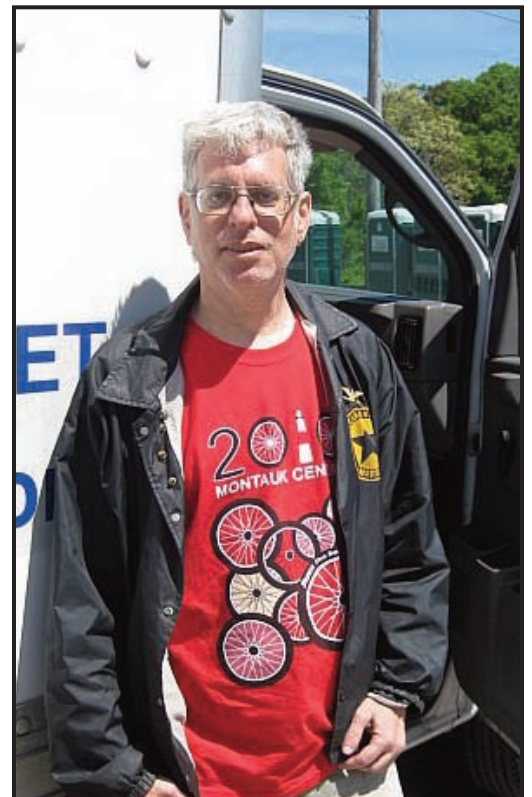
Dauntless Dalah Del Prado cycling the FULL 145 mile ride along with her intrepid companion Harry. (2)



Cute & helpful volunteers at the Babylon LIRR start. (4)



He can't wait to get out of the sand and ride. (1)



Man of the Hour, Phil Goldberg, 5BBC Special Events Coordinator. He humbly presided over one of the best 5BBC Montauk events ever. (1)

Photo Credits:

Sharon Behnke (1)
 Dalah Del Prado (2)
 Linda & Steve Faust (3)
 Ben Karrasik (4)
 Alfredo Garcia (23)

Special Credit:

Caryn Greenberg, for her great Montauk graphic design on jerseys, t-shirts and emblem seen throughout this recap!

Happy Cycling Recap



Dalah among the many who conquered the spacious Ponquoque Bridge, Southampton. (2)



Montauk Century volunteers Brian Hoberman, Tour Director Beth Katz and Andrea Casertano. (3)



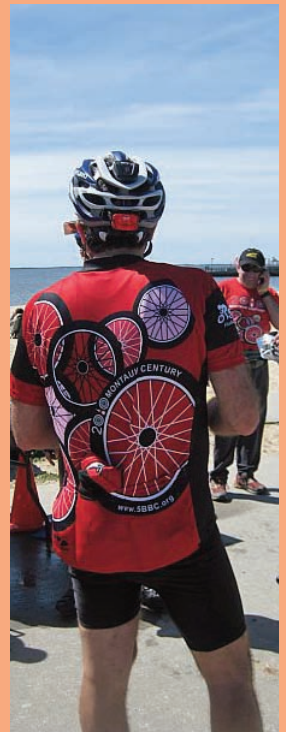
A cheerful finisher at Montauk. (23)



Patrick Cherilus cheerfully handles luggage from truck. (4)



Espirit de corps volunteers at Corey Beach. They were the many who made peanut & jelly, and nutella sandwiches, fruit, provided water and energy drinks as well as other helpful services for the riders. (1)



Wonderful weather provided a sunny outlook for all. (1)

MANY THANKS TO:

Phil Goldberg
Beth Katz
Bob Bagomolny
and the many volunteers who made the 2010 5BBC Montauk Century a safe & sound success.

See you at next year's ride on:
Sunday, May 15, 2011



There will be a special pdf Bicycletter issue devoted to the Montauk Century in mid September. Lots of photos and articles. If you like to contribute, email newsletter@5bbc.org for information.

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

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



Ken Coughlin photo

See Franklin Roosevelt's Cottage!
SEEKIN' HYDE PARK
August 7-8 (Saturday morning to Sunday afternoon)

Trip No. SHP

Space available: 8 people

Deposit: \$150

Regular price: \$225

Early-bird discount price (Deadline July 7): \$200

Transportation: Metro North Railroad and self-contained

Lodging: College campus

Trip rating: B/C

Mileage: 80 - 90 miles in 2 days, some hills

Leaders: Susan Levine and Brian Hoberman.

This year's trip to the beautiful Hudson Valley will take us to both sides of the river, thanks to the opening last fall of the Poughkeepsie-Highland Railroad Bridge, "The Walkway Over the Hudson." Saturday morning departure from Grand Central station will take us to Poughkeepsie via Metro North. After briefly stopping at Vassar's elegant Alumnae House to check in and drop off our luggage, we bike to New Paltz and a guided tour of historic Huguenot Street, which dates back to 1677 and boasts six original homes built by the first French-speaking Protestant settlers. Saturday evening, we dine in style at a restaurant owned and operated by a graduate of the Culinary Institute of America.

On Sunday morning, our destination is Top Cottage, Franklin Roosevelt's private retreat in Hyde Park, which he designed to accommodate his need for wheelchair accessibility. After a tour of the house and grounds, we return to Alumnae House to pick up our gear, and bike to the Poughkeepsie train station for the return trip to Grand Central.

Lancaster's Crown Jewel

COVERED BRIDGES RIDE

August 14-15 (Saturday morning to Sunday night)

Trip No. CB

Deposit: \$150

Regular price: \$240

Early-bird discount price (Deadline July 14): \$216

Transportation: Van or carpooling

Lodging: motel; double accommodations

Trip Rating: A/B/C

Mileage: Various, on rolling hills

Leaders: Sharon Behnke and Phil Goldberg.

Discover some of Pennsylvania's most famous rural scenery and best biking as we join 3,000 other riders in the annual Covered Bridge Metric Century. This major Northeast biking event, produced by the Lancaster Bicycle Club (<http://www.lancasterbikeclub.org>), offers the choice of 62-, 31- and 15-mile routes, with a maximum of seven different historic covered bridges, followed by a post-ride party at a brookside park. You'll get a free T-shirt for doing the ride and will be rewarded with a traditional Lancaster County smorgasbord dinner on Saturday night.



A Taconic Treat

BASH BISH BASH

August 21-22 (depart Saturday morning, return Sunday night)

Trip No. BBB

Space available: 15 people

Deposit: Pay in Full

Regular price: \$170

Early-bird discount price (Deadline July 21): \$155

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 day

Leaders: Richard Brause and Jim Zisfein.

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.

TRIPS 2010

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.



Cape Cod, 2004. Photo by Sharon Behnke

Escape NYC for a Labor Day Weekend Caper **CAPE COD RETREAT**

September 3-6 (depart Friday mid-afternoon, return Monday evening)

Trip No. CCR

Deposit: \$150

Regular price: \$365

Early-bird discount price (Deadline Aug. 3): \$330

Transportation: Van and/or carpooling

Lodging: hostel, dorm rooms

Trip rating: B/C (mostly C)

Mileage: Easy to moderate, 25 to 35 miles per day

Leaders: Fred Dieckamp & Ted Kushner

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 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 & shore-lovers alike.

Easiest 100 miles in the East

SEA GULL CENTURY

October 8-10 (Friday afternoon to Sunday evening)

Trip No. SGC

Deposit: \$150

Regular price: \$425

Early bird discount price (Deadline Sept. 8): \$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 and Wentworth Price.



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 Seagull features 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.

ABOUT WEEKEND TRIPS, CONTINUED

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

**ENJOY
YOURSELF ON A
5BBC WEEKEND
TRIP!**

RECENT 5BBC RIDE #1

Saturday,
May 29, 2010

WANDERING TO WAVE HILL

9 AM, Columbus
Circle, Manhattan,
30 miles with a
few hills

Enjoy an extended spring visit to a treasure in the Riverdale section of the Bronx: Wave Hill. Once a private estate, it is now a secluded oasis overlooking the Hudson River and the Palisades (See www.wavehill.org). Our route will pass through picturesque parks in both Manhattan and the Bronx. Bring a lightweight lock, bring or buy lunch.

Leaders: Brian
Hoberman & TBA.

**GO ON GREAT FIVE
BOROUGH BICYCLE
CLUB RIDES THIS
SUMMER!**

Wave Hill

By Diane Goodwin

What better way to get back in the swing of New York City riding than to be invited to a 5BBC Brian Hoberman group ride! Upon my return to NYC, I have been apprehensive about riding in the City ... yes, me, the Masi Captain! You lose your edge when you move to the suburbs - especially if it's in Akron, Ohio.

So, I packed my bag, headed over the GWB from Englewood, NJ to find Columbus Circle and the group. I don't know why I thought they were meeting in front of the Whole Foods supermarket, but that mistake took me around the busy circle! It was great to see old friends like Dan Finton, Mary O'Neill and Mark Plaut and meet new riders like Daria and Richard.

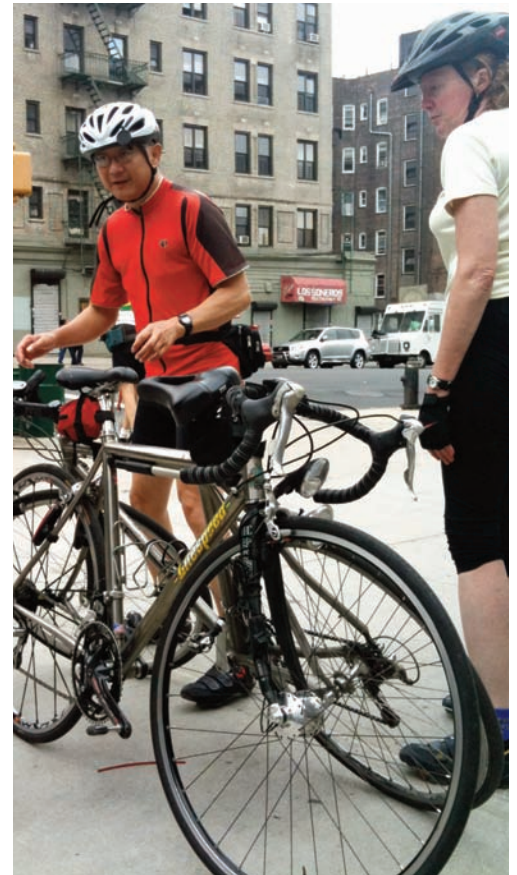
I could have chosen to ride Rt. 9W as a quick training ride but Dan Finton mentioned this ride. I thought to go with a slower pace and enjoy myself. I didn't have to worry about high heart rate or spinning my legs off. This would be a relaxing day. The point-drop-sweep system is what we used, which is awesome, as I didn't have to look at the cue sheet the entire day (sorry, Brian ... all that work on the cue sheet). I was impressed that Brian included the membership application on the other side of cue



sheet. Another time Brian impressed me was on the train from Bike New York ... his knowledge of the subway system via iPhone app. It's amazing what you forget about living in NYC until you return.

Upon arrival of Wave Hill, I learned we were to hang out for 1-2 hours. It was a clear, sunny day and the view of the Hudson River & Palisades was peaceful. It was nice to not eat and rush off. Most of the rides I do are quick and you don't really get to know who you're riding with but on this ride we learned it should have been named "the lawyer's ride." We counted at least three lawyers ... plenty of interesting conversation.

I knew of this ride from years ago but never rode it. Saturday was the perfect day to offer it and maybe Brian, or another leader, will offer it again. The gardens are worth riding to and this area of the



Bronx is a little hilly but pretty. Taking the bike path back was great for me, as it will be part of my commute.

Some riders ended at Columbus while a few of us headed down toward Greenwich Village. We got to check out Fleet Week and dodge the busy trafficky bike path - but the ships were worth it.

From this ride, I renewed my membership to support the club, rode the next day with a few members (non-club ride) learning about the infamous doughnuts on 501 (NJ) and signed up to help Danny Lieberman co-lead his July 4th ride to Garden City.

It's nice to be back.

Photographs: Top, Richard Pu and Mary O'Neill by Diane Goodwin; Above, by wavehill.org

Ferries & Cycling in New York City

Warm-weather cruising opportunities on the water to bring your bike and ride to nice destinations, far from the madding crowd...Check ferry websites for schedule, fares, & bike access fees.



New York Water Taxi will again offer cool Rockaway Beach cruises from Manhattan's Pier 11 on weekends. Boats stop at Riis Landing, not far from the Gil Hodges / Marine Parkway Bridge. You might see fellow 5BBC cyclists from a Sunday Beach Bum ride. For more info, visit www.nywatertaxi.com



Premier free boat ride in the city: the Staten Island Ferry. You can ride to places like the North Shore Greenway in St. George, Ft. Wadsworth, Midland & South Beaches, Miller Field, Alice Austen House and Conference House Park. Info: the NYC Cycling map, www.siferry.com and www.nycbikemaps.com.



NY Waterway offers service to Weehawken and Hoboken, NJ, from Manhattan's West 38th St. terminal. Check out the Hudson River Walkway (you can bike there) waterfront. Info: www.nywater.com



Bring your bike to Liberty State Park, at the Marina and Warren St., in Hudson County, NJ, from Manhattan's World Financial Center, off the greenway. Info: www.libertylandferry.com/ Check this link to a related bike route: <http://tinyurl.com/2codjnv>



Baby & family riding a rented Quadricycle on Governors Island. Photo by Alfredo Garcia.



From June 10 to October 10, on Fridays and weekends, take a free boat ride with your bike to Governors Island, from Manhattan & Brooklyn. Nice short routes as well as free cultural events. Free bike use on Fridays and usual bike rentals. Info: www.govisland.com



The Seastreak ferry leaves from Manhattan's Pier 11 to Highlands & Atlantic Highlands, NJ, close to the Jersey Shore. During the summer, Seastreak goes to Sandy Hook every day and to Martha's Vineyard, MA on weekends. Info: www.seastreak.com



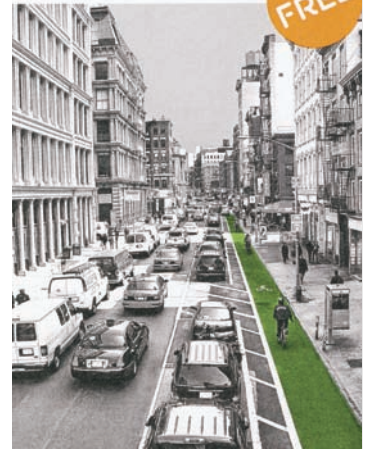
Cycling on the South Beach boardwalk, Staten Island. Photo by Arabelle Taggart.

Entire gage compiled by Alfredo Garcia

Noteworthy Big Apple Cycling-Related Items

NYC +30 MILES OF NEW BIKE ROUTES
CYCLING
MAP 2010 

FREE



Map available at local bike shops, or call 311 or visit <http://tinyurl.com/2bsloas>



For those who have iPods, iPhones & iPads, handy cycling apps—the NYC Bike Map, left, an electronic version of the NYC bike map and Spokes NYC, below left, which creates bike routes. Available free on iTunes



What do NYC taxi drivers think of bike lanes?

Example: "Bike lanes are dangerous for us! It just makes the bicycle riders feel more safe, but it's not true. If we don't see them half the time. If there were more lanes and they were wider, and people obeyed them more, it would be better. Everyone in their place. A lot of cab drivers hate bicycles, but not me, because I ride one sometimes too."

More on the L Magazine's "Fare is Fair--Thoughts on NYC Bicycling Policies" article link on <http://tinyurl.com/235tebs>

Ads by Members



Lynette Chiang
Customer Evangelist

Phone:
800-777-0258
541-687-0487/541-513-7711 (Cell)

Fax:
888-394-7797/541-687-0403

Website/E-mail:
www.galfromdownunder.com
lynnetec@bikefriday.com
lynchiang@yahoo.com

3364 W. 11th Avenue
Eugene, OR 97402 • USA

www.bikefriday.com



2010 concept and jersey designed by our own Caryn Greenberg.

Join us for next year's
5BBC Montauk Century
on:
Sunday
May 15, 2011
www.5bbc.org/montauk

Tel: 917.699.7193
Fax: 212.563.9870

Admitted: NY & Mass
Mdanbach@aol.com

Law Office of M. Daniel Bach
B.A., B.S., J.D., LL.M

Real Estate, Divorce,
Landlord / Tenant, Criminal
Wills & Estates, Personal Injury,
TLC & Traffic Violations

38 W 32ND ST., SUITE 1210
NY, NY 10001
BY APPOINTMENT ONLY

Edward Pino M.S. LMHC
Psychotherapist

Individual Psychotherapy
"Counseling techniques that work"

610 West 115th St PH
New York, N.Y. 10025
By Appointment
646-734-7114
edpino@mac.com

Individual Psychotherapy/ Family counseling
12 Steps/Codependancy/ Hypnosis/Stress reduction



Sharon Behnke

Licensed Real Estate Salesperson
70 West 93rd Street, Suite 2
New York, New York 10025
917-841-0356 Cell
646-607-2799 Efax
917-258-2240 Office
sbehnke@beekmanstreetrealty.com
www.beekmanstreetrealty.com

BeekmanStreet
REALTY



718 680 5227
Scheduling & Information

BICYCLING INSTRUCTOR
REPAIRS, TOURS AND BEGINNER LESSONS

TERRY CHIN
8725-4TH AVENUE
BROOKLYN, N.Y. 11209

Steven F. Faust, AICP



Faust and Associates
Transportation Planning

415 Sixth Street
Brooklyn, NY 11215
ofc 718.499.8595
mobile 917.922.4708
sfaust1534@earthlink.net

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

HAND-KNIT & HAND-CROCHETED

bicyclist's pant leg protectors
custom helmet pads
hats, scarves, headbands, bags, kitchen items
AND knitting lessons



marinasknittery@gmail.com
www.Marinasknittery.etsy.com

Friday Night Kripalu Yoga!

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

Breathe, Relax, Feel, Watch & Allow

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

Where: 122 East 25th St. (Essential Therapy, bet. Park & Lex)
When: Friday nights, 6:30-8:00 PM
Info: 212-591-1213 or www.nykripalu.org



Empire Pest Control, Inc.
438 Court Street, Brooklyn, N.Y. 11231-4107
(718) 237-0989 • E-mail: empirepestcontrol@netscape.net

EDWARD D. DE FREITAS

Martial Henrys
L'image
PORTRAIT STUDIO

VIDEO PRODUCTIONS

114-02 Merrick Blvd.
Jamaica, NY 11434
Tel: (718) 206-1798
limagestudio@aol.com
www.limagephoto.com



Bike Events on Tap



Tour de Queens
Sun. 11 July, 2010
www.tourdequeens.org



NYC Century Bike Tour Trans. Alternatives
Sun. 13 Sept. 2010 www.transalt.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.



Cycling over the Bayonne Bridge



Veteran 5BBC leader Ed DeFreitas

Photographs of the Around & Over the Hudson ride by Arabelle Taggart

GO ON GREAT 5BBC RIDES THIS SUMMER!



Liberty State Park with views of New York skyline



Leader Jesse Brown going over the ride!



Riding past an ocean liner



Friend Jesse makes sure nobody got sunburn on the ride. Nobody.

RECENT 5BBC RIDE #2

Sunday, July 4, 2010

AROUND AND OVER THE HUDSON

9 AM, City Hall, Manhattan, 40 miles

See NYC from a ferry, the Bayonne Bridge, Liberty State Park, and Hoboken.

Then stretch your legs along the Hudson shoreline stretch to the G.W. Bridge (w/ the one big hill). Bridge the Hudson back to NYC.

Pass Seinfeld's (who?) old haunt and choose your lunch cuisine, Italian, Asian or Eastern European, all on one Amsterdam Ave block.

Follow the Hudson River line back down to City Hall. Bring a lock and \$ for lunch. Leaders: Ed DeFreitas, Jesse Brown, Rodney Millard

Membership, Trips & Merchandise

General Information *(Please print)*

First Name _____ M.I. _____ Last Name _____

Address _____ Apt. _____

City _____ State _____ Zip _____

Email Address _____

Day Phone _____ Evening 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 _____ Evening 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.

Five Icon Jersey - CLOSEOUT SALE

Indicate quantity and size.

Men Out of Stock
Ladies (Circle One) 10 14

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

Lady Liberty Jersey - CLOSEOUT SALE

Indicate quantity and size.

Men (Circle One)..... XXL
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. 12/11/09

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.
Bx, NY 10461 718-409-1114
www.westchesterpro.com

BROOKLYN

Bay Ridge Bicycle World
8916 3rd Ave. Bklyn, NY 11209
718-238-1118
www.bayridgebikes.com

Bicycle Station
560 Vanderbilt Ave
Bklyn, NY 11238 718-638-0300

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

Kensington Cycle Works
140 Ocean Parkway
Bklyn, NY 11218 347-635-4645
www.kensingtoncycleworks.com

On The Move

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

Roy's Sheephead Cycles
2679 Coney Island Ave.
Bklyn, NY 11235 718-646-9430
www.roysbikes.com

Verrazano Bicycle Shop
7308 5th Ave
Bklyn, NY 11209 718-680-6521

MANHATTAN

A Bicycle Shop
163 W 22 St. NY, NY 10011
212-691-6149 a-
www.bicycleshop.com

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

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

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

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

Chelsea Bicycles
156 W 26th St. (6th-7th Aves)
NY, NY 10001 646-230-7715
www.chelseabicycles.net

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

Conrad's Bike Shop
25 Tudor City Place
NY, NY 10017 212-697-6966

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

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

Larry & Jeff's Bicycles Plus (1)
1400 3rd Ave. (79-80 Sts)
NY, NY 10021 (212) 794-2929
www.bicyclesnyc.com

Buddy's Schwinn Bicycle
79-30 Parsons Blvd,
Flushing, NY 11366
718-591-9180

Peak Mountain Bike Pro Shop
42-42 235th Street
Douglaston, NY 11363
718-225-5119
www.peakmntbike.com

**South Shore Bicycle &
Fitness**
1067 Broadway
Woodmere, NY 11598
516-374-0606
www.southshorebicycle.com

Valley Stream Bicycle
95 E. Merrick Rd.
Valley Stream, NY 11580
516-825-8181
www.valleystreambicycle.com
Visentin Bike Pro Shop
51 Pine Hollow Rd., Rte. 106
Oyster Bay, NY 11771
516-922-2150
www.visentinbike.com

WESTCHESTER

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

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

Sierra Cycles
46 Garth Rd.
Scarsdale, NY 10583
914-725-8333

CONNECTICUT

Baybrook Bicycles
243 Captain Thomas Blvd
West Haven, CT 06516
203-933-4576
www.baybrookbicycles.com
College Street Cycles
252 College St.
New Haven, CT 06510
203-865-2724
www.collegestreetcycles.com
Newington Bicycle
1030 Main St.
Newington, CT 06111
860-667-0857
www.newingtonbike.com

NEW JERSEY

Bicycle Tech
246 Main St. Lincoln Park, NJ
07035 (973) 768-4998
Bicycle Workshop
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
2347 Hudson Terrace
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

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

East End Bicycles
943 Montauk Hwy.
Shirley, NY 11967
631-399-7390
www.eastendbikes.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



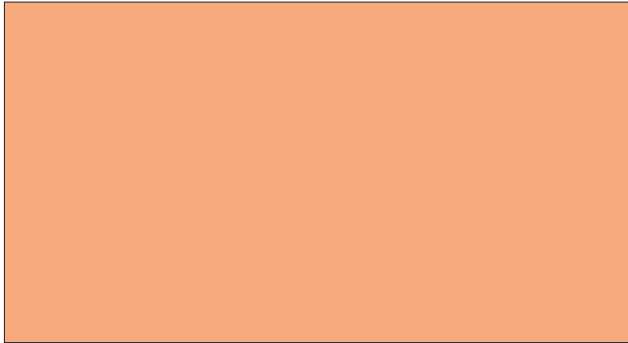
c/o Bike New York
 891 Amsterdam Avenue, Room 002
 New York, NY 10025-4403
www.5bbc.org

Address Service Requested



Montauk Century volunteer Kathryn Baur at Old Harbor House restaurant finish with new Five Borough Bicycle Club banner. Photo by Sharon Behnke.

First Class Mail
 US Postage
 PAID
 New York, NY
 Permit # 1004



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, 2010*

*Membership initiated after October 1, 2010 is valid through December 31, 2011.

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 2010 issue is:

Monday 2 August 2010

Bicycletter
 © 2010 Five Borough Bicycle Club.
 All rights reserved.

Bicycletter July-August 2010
 Volume 20 • Issue 4

Editor: Alfredo Garcia
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

Phone: (347) 688-2925 Note: this is a Google number set up for the 5BBC.

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.



www.facebook.com/group.php?gid=26961314596



www.twitter.com/5bbc

Join our Facebook and Twitter groups.