

A woman wearing a teal cycling jersey and a blue helmet is adjusting her silver bicycle in a wooded area. She is surrounded by green leaves and branches, and the scene is brightly lit, suggesting a sunny day.

BICYCLER

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

CYCLING IN THE SUMMER OF 2010!



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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, helmets lose impact effectiveness.

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

Cover: Tripper on the Croton Reservoir ride, August 28, by Jim Zisfein. Above: Young lady cyclist fitted for a free bike helmet at the NYC DOT table at Summer Streets, August 21, by Alfredo Garcia



5BBC NOMINATIONS FOR NEXT YEAR

Hi, Members of the Five Borough Bicycle Club,

Each year, the 5BBC holds an annual election for the Executive Board. Bicycles can't steer themselves and neither can bike clubs - the Club's Board is responsible for making sure all the Club's tasks get carried out each year.

And there's plenty to do--Day Trips, Communications, Newsletter, Weekend Trips, Special Events, Programs, Bicycle Courses, etc. We need candidates to run for these offices--we're asking you to consider running for a board position. Our board has 13 positions and all of them are up for grabs every year. We need people who care about the Club and want to devote some of their time to making the magic happen for our rides and programs. In addition, anyone who wants to help the club at a supervisory level can ask to join the Board as Member-at-Large.

The Board meets once a month to decide on the Club's business and there's plenty of work to do in between meetings. If you're not sure if you want any major responsibilities but would still like to help out the Club with publicity, logistics, web site or database expertise, or assist Board members with various tasks, don't be shy, we have plenty of volunteer opportunities.

Anyone interested in being a board member should contact the Nominating Committee by sending an email to nominations@5bbc.org, by the Oct. 18 general meeting (see page 5.) You do not have to be present at the meeting to be nominated, as you can either be nominated automatically by the Nominating Committee or by at least two other members attending the meeting.

Thanks for helping make YOUR 5BBC a better club to ride!

Working Cyclist By Arabelle Taggart



Not exactly free advertising in the Bicycletter. Arabelle noticed this working bike in her neighborhood. The cargo compartment can carry quite a load. Can you ride a century with it?



Working bike with working cyclist. After making several deliveries during the day, he could use a little break, maybe some flattering. His job seems to be an unglamorous profession....



Note that the working bike has fenders, a somewhat small chainwheel and straight handle bar ends for different grip positions. See also brown packing tape that seems to secure the top hatch.

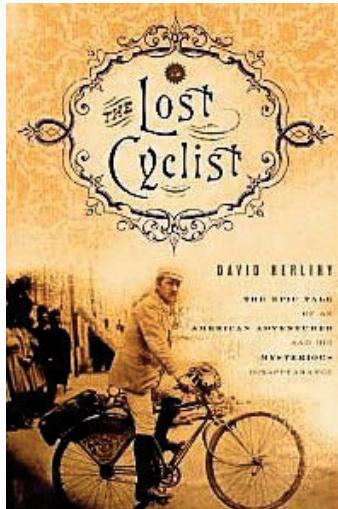


The working cyclist looks like a good bet to become a member of the Five Borough Bicycle Club. Just wondering if he goes on a ride, would he mind trippers asking him to carry extra gear or food for the lunch stop?

Monday Sept. 27, 2010, 7:00 PM
**"LOST CYCLIST" BOOK
SIGNING WITH AUTHOR
DAVID HERLIHY**

Bicycle Habitat

244 Lafayette St. @ Spring St. & Prince St., Manhattan.
Subway: N R 6 to Spring St.



On Monday, September 27th, we have the rare privilege of an evening with David V. Herlihy, bicycling historian and writer best-known for his award-winning "Bicycle: The History." David will be the 5BBC's special guest for a reading and book signing at Bicycle Habitat of his newest work, "Lost Cyclist: The Epic Tale of an American Adventurer and His Mysterious Disappearance." This is the thoroughly-researched story of Frank Lenz, a young whelmen who departed New York City in 1892 to travel around the globe. He never made it. Instead, Lenz was lost cycling to where he was told not to go: eastern Turkey, in the midst of a Turkish and Kurdish campaign that would kill some 10,000 Armenian civilians. The New York Times calls Herlihy's book "grippingly detailed" and "a view from the helmet cam in the days before helmet cams." In addition to "The Lost Cyclist" and "Bicycle: The History," David V. Herlihy and his work has been featured on National Public Radio and Voice of America and in the New York Times, the Boston Globe, Boston, and Historic Preservation. In 1999, Herlihy received the McNair History Award from the Wheelmen, the preeminent American association of antique bicycle collectors.

Monday Oct. 18, 2010, 6:00 PM
**TAPPAN ZEE BRIDGE &
THE I-287 CORRIDOR
THE NEXT CYCLING
PARADISE!**

Woolworth Tower Kitchen

233 Broadway @ Barclay St. Opposite City Hall,
Manhattan. Subways: A E C to World Trade Center; N R
1 to Chambers St.; 4 5 6 to Brooklyn Bridge



When The Tappan Zee Bridge (TZB) opened in 1955 it received 18,000 vehicles a day. Today it's nearly 170,000. The estimate by 2015 is gulp, 200,000. The bridge was built for a 50-year life span. Attempts at repair, movable lanes and congestion pricing have proved to only be marginal. The current bridge is also not seismic resistant. A major overhaul would be cost prohibitive. The TZB project Design Team presented four final designs. We are pleased to announce that all have incorporated a mixed-use model to include bicycles, pedestrians, rail and express bus routes. For more details, visit: www.tzbsite.com

Steve Faust, above with TZB, has represented the club as on the advisory committee to the TZB Project Management Team, will give a non-technical overview of the project. Steve has been involved with cycling for close to 50 years with the AYH Bike Committee and 5BBC as a leader. He is a retired professional Transportation Planner, worked with the Federal Transit Administration (FTA). He is a graduate of Brooklyn Technical High School, Brooklyn College and has taken civil engineering courses at Cooper Union. He holds Masters Degree in City & Regional Planning from Harvard University (Graduate School of Design) Steve also served the nation during the Vietnam War

Also: Nominations for the 5BBC 2011 Executive Board!

Bicycletter
September - October 2010

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Contributors: Antonio Rivera, Arabelle Taggart, Barry Hartglass, Bill Mastro, Brian Hoberman, Charles Crosby, Danny Lieberman, David Herlihy, Dennis Griffin, Dolores McKeough, Ed Pino, Ed Ravin, Eliana Hecht, Fred Dieckamp, Jen Benepe, Jim Peiper, Jim Zisfein, John Fischer, Ken Coughlin, Liz Baum, Lynette Chiang, NYBC, Peter Morales, Phil Goldberg, Richard Brause, Richard Sanford, Robert Eberwein, Sharon Behnke, Steve Faust, Suzie, etc.



"Lost Cyclist" author David V. Herlihy.
Photo by Kathleen R. McBride.



**Five Borough Bicycle Club
Bylaws regarding Executive
Board nominations:**

VI. Election of Executive Board

A. A nominating committee to seek board member candidates for the following year shall be appointed by the President. A report of the nominating committee with its list of candidates will be presented at the October membership meeting, and additional candidates may be placed in nomination from the floor at that time.

5BBC Rides Meeting Places

City Hall

South of Chambers & Centre Streets, directly across from Brooklyn Bridge entrance, Manhattan, Horace Greeley statue. Subways: 2 3 to Park Place, R to City Hall, 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.



Eleanor Roosevelt Statue

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

Newark Penn Station

Market St & Raymond Plaza, Newark, NJ, at information kiosk in main lobby inside station (near Market St main entrance), Newark, NJ. PATH or NJ Transit to Newark Penn Station

Pelham Parkway & White Plains Rd.

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

5BBC Day Trips Sept. - Oct. 2010

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

MANHATTAN PERIMETER 9:30 AM, City Hall, 30 miles

See the City on the "Edge". New York has a world class harbor. We'll visit every available waterfront point and see the few parts that still don't have bike access. At the end, there'll be a bike friendly place to eat. Leaders: Ed DeFreitas & Bob Castro

Sunday, September 12, 2010 BIKE PHILLY FOR A DAY 5 AM, Penn Station

Enjoy the love of cycling in the city of Brotherly Love on a very special day. This trip will tie in with Bike Philly, a large citywide bike tour sponsored by the Bicycle Coalition of Greater Philadelphia. The tour features 10 & 20 mile car-free routes with a 35 mile extended route on shared roads. See the historic sights, partake the local cuisine and enjoy the day away. Rain or Shine. Trip meets 5 AM at Penn Station and returns to Penn Station the same night. Must be a current 5BBC member. See page 12. RSVP to bikephilly@5bbc.org, and send \$100 check payable to 5BBC to cover transportation & ride registration. Meals not included in trip price. Please send membership form with check as described at bottom of <http://5bbc.org/weekend>. Leaders: Owens Ridges, Jr. & Wentworth Price

TA CENTURY 5:30 AM, 110th St & Lenox Ave, or 6 AM, Prospect Park, 15, 35, 55, 75, or 100 miles

Sorry, no local 5BBC rides today, we're all riding or volunteering on the Transportation Alternatives NYC Century, the ride that helps fund NYC's bicycling and pedestrian advocacy organization. Please see <http://www.transalt.org> for more information.

Sunday, September 19, 2010 ARMONK ADVENTURE 8:30 AM, Pelham Parkway & White Plains Road, 60 miles at 15 mph

We'll treat ourselves to an extraordinary American meal after an extraordinarily exuberant ride. Leaders: Jesse Brown & Rodney Millard

BYOB 8:45 AM (for a 9:14 AM departure), Penn Station: NE corner of 8th Av and West 31st St, 40 unpaved miles

The Delaware & Raritan Canal hasn't seen barge traffic since 1932. The unpaved tow path next to the canal is part of the East Coast Greenway. It offers some of the finest and flattest bike riding in the region. Expect abundant greenery, wildlife and mile after mile of quiet relaxed bicycling. The tow path surface varies from hard dirt (sometimes muddy) to bank-run gravel. The gravel demands a minimum tire width of 1.5" / 35mm. It's about 40 miles between the NJ Transit stations in Trenton and New Brunswick. Bring lunch or \$ for it and \$28.50 train fare. BYOB? Bring your own bagels. The canal supplies the locks. Leaders: Richard Brause and Jim Zisfein

PALISADES PARK AND SO ON! 9:30 AM, City Hall, 35 miles.

Ya gotta love Jersey! It's got some really great stuff, including a fabulous view of the harbor. We'll enjoy the Hudson Fjord at the waterline, then from the GWB and finally from the majestic heights of the Palisades. We'll cruise through Hoboken and cross the Hudson one more time and watch the sun go down on the most magnificent city that God ever allowed humans to create. Leaders: Ed DeFreitas & TBA.

Sunday, September 26, 2010 BRONX RIVER PARKWAY / CRANBERRY LAKE 9 AM, Woodlawn (Jerome Ave & Bainbridge Ave, Bronx, last stop on #4), 42 miles and several steep hills

Travel along Westchester County's scenic roads and off-street bike paths, with lunch at a nature preserve where we'll take an (optional) walk around a swampy lake in a quiet, forested area. Since we'll be using the Bronx River Parkway during the Bicycle Sunday closings as well as neighboring bike paths, the ride is 44% car free. All paths are paved and suitable for road bikes. Bring appropriate walking footwear if you want to hike 1.5 miles during the lunch break. Back at 5 PM. Bring MTA Bike Permit just in case (or if you want to return early). Bring or buy lunch. Leaders: Ed Ravin & TBA

melt your heart. Bring lock and money for lunch at a local ethnic restaurant. Rain at start cancels. Leaders: Richard Sanford and Jesse Brown.

☺ **TWO MUSEUM TOUR OF THE BRONX**
10 AM, Westchester Square #6 subway station, Bronx, 20 miles

Visit two museums, starting in Pelham Bay and ending up in Van Cortlandt Park, with a lunch stop on Arthur Avenue, the "Little Italy of the Bronx". Relaxed pace ride. Bring money for lunch and \$8 for museum tour fees. Mostly flat terrain,



The third stop on the Frozen Seatpost ride was Eddie's Sweet Shop, a legendary spot in Forest Hills, Queens. Photo by Danny Lieberman.

Saturday, October 2, 2010
☺ HATS THAT WILL KNOCK YOUR SOCKS OFF
9:45 AM, Plaza Hotel, approximately 20 leisurely miles

When Marcus Malchijah started making hats fifteen years ago, he didn't know that his hats would be so popular that he would be sought out by jazz singers, rap groups, people out for a Sunday stroll, and above all church goers. And where does he do his craft? Why in the "Borough of Churches," of course: Brooklyn. We'll watch this craftsman at work as he turns out a hat right before our eyes. Get ready for colors that will amaze you, and styles that make a statement and

some minor hills. Co-sponsored by the Bronx Borough President's tourism office. If you don't have a bike, bike rentals and transportation from Midtown will be available for this ride - write to daytrips@5bbc.org for details. Leaders: Sharon Behnke and Jesse Brown

Saturday, October 9, 2010
BEAR MOUNTAIN METRIC CENTURY: THE SIX COUNTY RIDE
8 AM, Plaza Hotel, 65 miles

After cycling up the western bank of the Hudson for 50 miles through fall foliage, challenge yourself by ascending Perkins Drive to the 1,300 foot summit of Bear Mountain. The view is worth it!

Penn Station
 8th Ave. & 31st St., northeast corner, Manhattan. Subways: 1 2 3 A C E to 34th St

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.

Wakefield
 White Plains Road at 241st St, Bronx. Last stop on 2 subway train.



Westchester Square
 East Tremont Avenue at Westchester Avenue, Bronx. Subway: 6 to Westchester Square.

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

Please Renew Your 5BBC Membership TODAY!



Father and Child, Summer Streets, towards Chambers St.. 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.



From bookcover: The Best of Newspaper Design 27

Email newsletter@5bbc.org to help label & fold copies of the NEXT Bicyclette print edition to 5BBC members. Perhaps you can contribute articles & photos. Let's have fun getting the club's paper communiqué mailed to our members amidst 21st Century Internet.

B I C Y C L E T T E R

On Thursday, Sept. 2, print copies of the Bicycletter were folded, labeled and taped by Eliana Hecht, Gia Tran, Ken Loughlin, Phil Goldberg and Brian Hoberman, who graciously hosted the mailing party in his apartment. Copies of the prepared print newsletter was mailed out by Phil the next day at a USPS Bulk Mailing facility. Thanks to all involved.

Return to NYC on Metro North from the Garrison Station. Bring your MTA Bike Permit and \$11.25 train fare. The terrain is hilly with some VERY STEEP climbs. Riders must be able to maintain a 16 mph pace. Leaders: Dennis Griffin and Ira Najowitz.

Sunday, October 10, 2010 JAMAICA BAY LOOP 9 AM, Prospect Park Grand Army Plaza, 40 flat and windy miles

Here's a lovely fall ride around Jamaica Bay. Travel on bike paths and greenways over bridges with great views of the bay and ocean. After picking up some lunch, we head over to the Jamaica Bay Wildlife Refuge where we'll have a picnic and spend some time exploring. Afterwards we ride through Broad Channel and the Rockaways before heading back to Brooklyn. Bring lightweight lock, lunch money and pump up those tires! Rain at start cancels. Leaders: Andrea Casertano, Susan Levine

☺ NEAR BROOKLYN 9:30 AM, City Hall, 25 miles

The twin cities of New York & Brooklyn danced with each other for fifty years before the wedding. We'll get some snapshots of that time & others. Then, maybe, end up at a bike friendly pizzeria near Brooklyn. Leaders: Ed DeFreitas & TBA

Saturday, October 16, 2010 BIKEWAY OVER THE HUDSON: AWOSTING FALLS 7:20 AM (for 7:47 departure), Grand Central Terminal, 45 hilly miles

The historic Poughkeepsie Highland Railroad Bridge reopened last year as the Walkway Over the Hudson, the world's longest and highest bridge dedicated to pedestrian and bicycling use. Our ride will showcase this bridge, as well as the Hudson Valley and Wallkill Valley Rail Trails, Awosting Falls in Minnewaska State Park, and peak fall foliage along the Shawangunk Ridge of Ulster County. Some of our riding will be off-road; 32c (1.5") or wider tires are recommended. Bring lunch (or \$ for it), MTA Bike Permit, \$29 train fare, and an appreciation for the natural beauty of Awosting Falls and the man-made beauty of this extraordinary bridge. Leaders: Richard Brause and Jim Zisfein.

TWIN LIGHTS 8AM (for 8:23AM departure), Newark Penn Station, 50-60+ miles, 12 mph pace

Cycle the Jersey counties of Essex, Union, Middlesex & Monmouth. See the Perth Amboy waterfront. Busy stretches take us to the Victory Bridge bike lane. After lunch in Matawan, a calm passage into the Henry Hudson Trail greenway. Then we climb hilly roads to Highlands and historic Twin Lights. The Seastreak ferry will give us a breezy return to Manhattan. Bring \$ for lunch, \$28 fare plus front & rear lights just in case. Not for beginners. Co-listed with NYCC. Leaders: Alfredo Garcia & Jesse Brown.

☺ QUEENS TREASURES 10 AM, Cunningham Park, Queens, 30 miles

More a tour than a ride through Queens, hitting some of the borough's 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 TBA.

Sunday, October 17, 2010 POUGHKEEPSIE RAILROAD BRIDGE, FDR & VANDERBILT - FALL LEAVES SPECIAL 7:30 AM (for 7:47 AM train to Poughkeepsie), Grand Central Terminal, 25 miles

You haven't seen fall foliage until you've viewed it from 200 feet above the Hudson River on the historic former railroad bridge recently converted into a bicycle/pedestrian crossing. Then, on to the FDR and Vanderbilt homes. Bring MTA Bike Permit, \$ for lunch, and \$29 for carfare. Leaders: Ed DeFreitas and TBA

OY OY OYSTER! 9 AM, Cunningham Park, 50 miles, moderate pace with hills

They may look slimy, but they sure taste good. So do their cousin shrimps, clammies, steamers, and other nautical delicacies, plus the best chowder this side of Cape Horn. Before ye swab the decks, unfurl those sails for our fall foliage visit to Oyster Bay's 27th annual Oyster Festival, with music, crafts, souvenirs, tall ships and maybe a turkey leg or two. Work up your appetite by cycling to this North Shore enclave. Free admission, but bring pieces of eight for goodies, bring a lightweight bike lock, wooden pegleg, and a parrot, dead or alive. We'll ride rain or shine, but stormy weather might cause a re-route. Leaders: Captain Ted Kushner and first mates Ed and Liz.

Saturday, October 23, 2010
TEATOWN LAKE BIKE/HIKE
 8:25 AM, Grand Central Terminal (for
 8:47 AM departure to Croton-Harmon),
 26 hilly miles

Enjoy the fall foliage on this hilly ride on quiet back roads along with quality time at Teatown Lake Reservation (<http://teatown.org>) for 3-4 miles of easy-going hiking. NOTE: the ride starts at Croton-Harmon, but to allow for hiking time, we will end at the Bedford Hills train station. This ride is very hilly, but there's no hurry. Lunch in Chappaqua. Bring MTA Bike Permit, \$18.25 carfare, lightweight bike lock and lots of snacks, as lunch will be on the late side. Leaders: Brian Hoberman & Andrea Casertano.

Sunday, October 24, 2010
RIDE TO THE KENSICO DAM
- FALL LEAVES SPECIAL
 10 AM, Wakefield (E. 241 St. & White
 Plains Rd, last Stop on IRT #2), 10-15
 mph, 35 miles

An "Off Road Vista" bike journey for a regular bike. In the depths of the "Great Depression", the government did a lot of projects to 'make work'. This one is a jewel. Flowing water, small dams and bridges, ducks, geese and swans make a "most pleasant" rolling ride. We'll follow the paved Bronx River Parkway bike path up to the dam and back. 35 miles. There will be some riding in traffic. Hilly in places. Bring MTA Bike Permit just in case. Leaders: Ed DeFreitas & TBA



Blurry sweep leader Phil Goldberg, under Hudson River between New Jersey and New York City, Lincoln Tunnel ride. Photo by Antonio Rivera.

LIAR'S RIDE
 10 AM, Cunningham Park, 20 miles

We're not lying when we tell you it's a leisurely ride along the Queens perimeter, and we promise to tell the truth during the 2-minute bike check, but the rest of the ride you can lie through your chainring teeth. In fact, the best liar will win a free lunch! Really! [Past winning lies are not eligible, including "You don't look fat in those bike shorts" and "My other bike is a fixie." Decision of the judges is final. Other restrictions may apply.] Leaders: Phil O'Reilly & TBA

Saturday, Oct 30, 2010
☺ TWO MUSEUM TOUR OF THE BRONX
 10 AM, Westchester Square #6 subway station, 20 miles

Visit two museums, starting in Pelham Bay and ending up in Van Cortlandt Park, with a lunch stop on Arthur Avenue, the "Little Italy of the Bronx". Relaxed pace ride. Bring money for lunch and \$8 for museum tour fees. Mostly flat terrain, some minor hills. Co-sponsored by the Bronx Borough President's tourism office. If you don't

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.mtanyct.info/customerselection.asp>. Read "Bike Safety in the Subways": www.mta.nyc.ny.us/nyct/safety/bike/



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

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

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

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

HURRAY FOR CYCLISTS!



Due to strong cyclist & resident support at Community Board meetings, several "protected" bike lanes will be built or expanded on Manhattan's Columbus Ave. and 8th Ave.



Despite opposition from Boro President Marty Markowitz, there is a bike lane on Prospect Park West in Brooklyn. The lane has reduced speedy car traffic somewhat.



Metro North Railroad was thinking about banning recumbent bikes on their trains. But cyclist Neil Weissman and several bike clubs got together to protest. Soon enough, Metro North relented. Thanks, Neil.



Great turnout for all at this year's Summer Streets in Manhattan, on August. 7, 14, 21. Cyclists & Pedestrians had a leisurely great time on Park Ave. between 7AM and 1PM. Lots of free stuff given, from breakfast at Whole Foods, bike helmets from the NYC DOT, water and energy drinks from Bike Habitat. See you next year. Photo by Antonio Rivera.

have a bike, bike rentals and transportation from Midtown will be available for this ride - write to daytrips@5bbc.org for details. Leaders: Sharon Behnke and Jesse Brown

Sunday, October 31, 2010
NYACK/PIERMONT
8:30 AM, George Washington Bridge
Bus Terminal, 55 miles at 15 mph

A double barreled treat for both the eyes and the stomach. Cycle alongside the scenic Hudson River and enjoy lunch at a bike-friendly restaurant. Leaders: Jesse Brown and Rodney Millard

FALLING FOR CONNECTICUT
8:40 AM, Grand Central Terminal (for
9:07 departure to Darien), 40 hilly miles

A scenic ride through the colorful leaves and country backroads of Fairfield County, Connecticut. Bring MTA Bike Permit, \$18.50 train fare, lightweight bike lock and snacks. Leaders: Brian Hoberman & TBA

QUADRUPLE BYPASS
6 PM, City Hall, 15 miles

See the City with her jewelry on from the top of the oldest, large bridges that she built. And look out for the ghosts and goblins. After all, a 400 year old plus lady tends to collect "things". After the ride, dinner at an appropriate all-night spot. Halloween costumes optional. Leaders: Ed Defreitas & Randy Horowitz

Tuesday, November 2, 2010
A NON-PARTISAN SPIN
10 AM, Eleanor Roosevelt Statue, West
72nd st. and Riverside Drive. 38 mostly
level miles at 12 mph pace

Vote early and then go for an easygoing non-partisan spin through Manhattan, Brooklyn and Queens while the rest of the nation casts their ballots. Ride on a mix of city streets, bike lanes and greenways, with a spin around the Unisphere in Flushing Meadows Park. Lunch at a kosher restaurant on Main St. in Queens before returning via the Flushing Bay promenade and Queensboro Bridge. Back at 3:30 PM. Bring lock and \$ for lunch. Leaders: Dana Hudes & Jim Zisfein

HAVE LOTS OF FUN ON A
FIVE BOROUGH BICYCLE
CLUB RIDE!

5BBC Milestones



Wally Stuck, 5BBC leader and gentleman, passed away in July, from complications of a stroke. Wally, shown above at a Bicycle Beach Bums Blowout party, joined us in the late 1990s, on Ed DeFreitas-led Frostbite Rides & summer Beach Bum rides, coming from Kearny, NJ. Wally was a good friend to those who knew him. He later became a ride leader, helped with quick spins, Bridges of New York rides and co-led the first 5BBC weekend Montreal trip to Tour de l'Île. He was also an NYCC A19 SIG grad. In 2002, as part of a combined 5BBC/NYCC group, Wally rode the 200+ mile New Jersey "Longest Day" double century, from High Point to Cape May. You may have seen his cheerful presence as a bike marshal at the Five Boro Bike Tour, at the Brooklyn entrance (Bay Ridge) of the Verrazano Bridge. Proud of being a US Marine, a Corps logo pin would always be on his bicycle. A memorial service (below) was held in Kearny on Aug. 7. He is survived by his son, daughter, wife & several stepchildren. Rest in Peace, Wally--You will be missed in the Five Borough Bicycle Club.



5BBC Cycling Photographers Gallery

Behind the cameras of several 5BBC members who heartily took photos of our day & weekend trips seen on the club website and on the pages of the Bicycletter. Thanks very much and hope to see more. Perhaps you can be a part of this swell group of people.



Antonio Rivera (left) who took lots of Summer Streets photos and Arabelle Taggart (right) who contributed pictures from her occasional travels to Highlands and Sandy Hook, NJ, as well as a NYC working cyclist.



Another Summer Streets photo taken by Antonio.



Arabelle also loves taking pictures of nature.



Thanks to Jim Zisfein (left) who provided the newsletter cover photo as well as an interesting bridge shot of the Bish Bash weekend trip. Here's another photo from the weekend trip.



Brian took this photo of cyclists in Berlin, Germany.



Veteran 5BBC leader Brian Hoberman, who contributed photos of the recent Martha's Vineyard trip. Brian recently went on the Hazon ride and marshaled the TA Century.

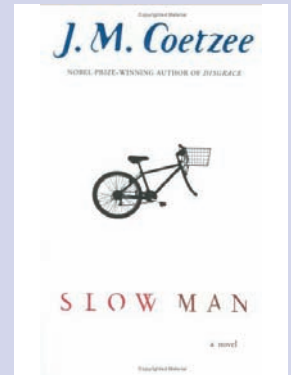


Long-time member Peter Morales, seen here on Astor Place, Summer Streets. He took a nice set of photos of the 5BBC weekend trip to Cape Cod.

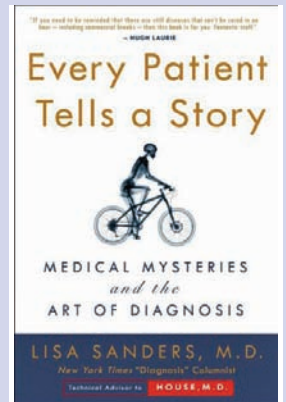


Encore--Peter took this gem of a sharply dressed man with a pedaling four-wheeler during Summer Streets.

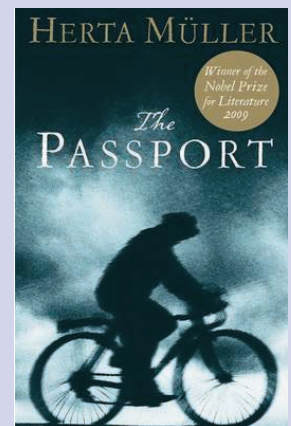
Books That May Not Have To Do With Cycling, Yet Have A Bicycle On The Cover, But Worth A Good Read



Slow Man by J.M. Coetzee. The renowned South African's novel of loss and bittersweet love



Every Patient Tells a Story by Lisa Sanders, M.D. True-life recollections of a doctor helping patients with difficult illnesses, how she diagnosed them and what happened after.



The Passport by Herta Müller. A crafted story of a German in a small European town, with apple-eating trees and corrupt government for starters.



Cycling the Northern Tier

By Dolores McKeough

Introduction by Lynette Chiang

5BBC Leader Dolores McKeough cycled a 4,000+ mile cross country trek, covering 11 states & Ontario, Canada - with a bunch of guys, some half her age, on an Adventure Cycling Northern Tier expedition trip.

This remarkable tour started on June 7, in Anacortes, Washington state, finishing September 6, to Brunswick, Maine.

Her emails are amazing and hilarious. She talked about planning this trip earlier this year in my Hudson Guild Senior Center movie - <http://bit.ly/superseniorycyclists>

Looks like she managed to keep her iPad dry through some rainy days!

We follow her tour from Wisconsin to the finish in via email.

Thursday 5 August 2010

Hi, We rode across the beautiful Mississippi River and into Wisconsin about a week ago (time flies). We camped that first night on the Wisconsin side of the River in a State park right on the river; a beautiful site. As soon as we entered Wisconsin (the diary state?) the hills appeared. It is much hillier than I expected. I like the hills, as distinct from the mountains.

Wisconsin has numerous mosquitoes but I have become used to it and try to wear long pants and sleeves in camp. The highlight of WI was a visit with my friend Diana and her husband Dave. I know Di via my NJ friend Mary Beth. When MB told Di I would be biking through their town Di contacted me with directions to their home on the lake.

Because our ride was a long one the day we were going thru their town, Mercer I told Di the guys weren't willing to go off route to meet her. Di does not take "No" as an answer to her invitation so she and Dave came out to meet us.

EXCELSIOR!

Dolores McKeough climbing the hilly Adirondacks, New York State. Photo courtesy of Dolores herself.

They set a WELCOME sign up on their red convertible, parked on the corner we would be passing (1/4 mile from their home) and set up a welcome table. They greeted us as we approached; and supplied us with watermelon, homemade cookies, Ice water, snacks and wonderful conversation. I took time to go and check their house out. What a wonderful spot they have on the lake with 2 docks & several boats. They fish, swim and boat. They also spend time greeting numerous visitors to their warm and comfortable home. So yes, Wisconsin folks are as warm and kind and hospitable as Minnesota people.



Speaking of hospitality we were greeted with that too in the Upper Peninsula of Michigan (UP) where we have been for the last 3 days. The first night in the UP was disastrous. Torrential rain started around 8 PM and continued till midnight. We had mud and water flow into our site.

I was busy eating pizza when it started and just raised my feet as I sat at the picnic table. One of the younger riders pulled out a yellow rubber ducky and watched him float along. Then we got worried; the rain didn't let up and a tent floated by covered with mud. 3 guys had their tents set up on high ground; they were set for the night. I hadn't set my tent up before the rain. With help I set it on a fairly dry, covered platform onto which 2 others also set their tents. I fell immediately to sleep in the damp and yes, wet tent.

In the morning the sun was out, the tent dried but the mud was still all around. We needed a dry place for the next day so we cut our planned ride in half and stayed in a "bunk house". It was quite nice with the 6 of us in a room (2 set tents up outside). Here's the UP hospitality that greeted us-- the Rev. Carl invited us to his house for dinner.

What a great time we had. What hospitality he and his wife Mary Beth greeted us with. Besides burgers and salad we had cake and ice cream; played games and learned about life in their small town in the UP.

I didn't have time to send the above last week so here is a brief addendum. We are in the lower peninsula of Michigan. Right now we are at Interlochen. The high school students here hope to be at Julliard and/or Tanglewood in a few years. As I write this I am listening to a jazz concert by some of the best students.

In the last few days I have come to really like Michigan. We have camped along many lakes including Lakes Michigan and Huron.

Today we were in Traverse City. Very nice place--I could see myself spending time here. We have a few more days in Michigan--it is a great stat with many rolling hills in the sections we've seen.

We have passed the 3,000 mile mark.

Wednesday 18 August 2010

Hi, I'm sitting on a ledge above Lake Erie in a campground outside of New Glasgow, Ontario. The waves look and sound just like the ocean. The water is not cold but I only got my feet wet.

We crossed into Canada yesterday after spending about 2 weeks in Michigan. In the last 3 days of Michigan summer set in for us. The temp went up to the mid and upper 80s and the humidity went even higher.

Once we crossed the river into Canada it seemed to cool but that was because we rode along the river where there was a cooling breeze.

Once we got a little inland up went the temperature. We stayed in a motel last night because there were no camping areas for tents. I could very easily get used to motel living. It was a luxury I wouldn't mind repeating again.

Today's ride was supposed to be easy as have the rides of the past few days. 50 miles or so of flat terrain.

Well, the wind kicked in and pushed us back or at least made going forward a struggle.

With the head and cross winds at 12-15mph and the gusts about twice that the going was slow even on flat roads. The good thing about the wind is that it kept my body temperature down; the wind was better than a fan keeping me cool.

The humidity has gone down; it is a wonderful evening by Lake Erie.

We will be riding around the Lake for the next 5 or 6 days till we get to Niagara Falls where we will cross into NY.

The area we are and have been in is farmland-- miles and miles of flat farmland similar in ways to Minnesota.

We rode through at least 150 miles of Michigan farmland in 3 days before we crossed the border.

While we were in Michigan we met some great people: there was Bob who made pickles to sell for charities such as the Lions.

Actually Bob told us his secret: he buys big jars of dill pickles, adds cut up jalapeños, and adds spices including red pepper.

He then re-labels the jars and sells them a Bob's Best Pickles. According to him the pickles are popular (they are very good); he donates the income to the Lions.

Bob was our host when we stayed at Lions Park in Luther. He brought his wife, Betty, and a bottle of wine along after dinner. Betty and I drank the bottle so Bob went home for

a bigger 1 1/2 liter bottle which the guys finished off.

Bob was a GM worker from Detroit who like many other "flatlanders" moved upstate when they "retired." There is very little diversity in these small towns.

Mary we met in the Capac Public Library. When she learned we were staying in a campground and didn't have a dessert for

would be in Tim Horton country soon so thought we should try real donuts while we could.

Already we have passed at least 3 Tim Horton shops (I haven't stopped yet.)

BIKE MATTERS especially for David, Peter and Steve from the BFold bike shop in Manhattan. My bike still goes well. Two nights ago we changed all four tires. Remember, I

was carrying them for spares. The tires were still serviceable but after 3,300 miles I was afraid of getting flats so Joe, our leader helped me change them.

Actually he changed 3 of them while I struggled with one. The Mr. Tuffy liners make it harder to change but certainly have kept flats to a minimum. I had 3 flats the first 8 days but none since. The kickstand doesn't work most of the time and I need a new headset. Joe tried to fix the headset problem but said I needed a new one.



Dolores, resplendid with her Bike Friday Pocket Rocket, which she rode on the Northern Tier. Photo by Jim Peipert.

dinner she went home and then brought a cherry pie to our campsite. She apologized for not having time to bake a cake as she handed over the pie.

Now that, I think, is very special. The pie was delicious. The Donut Girls in Memphis are also special. We were on the way to the ferry yesterday when we passed their tiny store; what a nice surprise to find it, all smiles, serving their donuts.

I bought 2 and Rhonda gave me one. The 2 guys with me also had a couple and were gifted with a bonus.

If you are ever near the small town of Memphis, Michigan? Do yourself a favor and stop in at the Donut Girls. We knew we

tries my goods while I'm on the road but when I am in camp it becomes the food storage locker. The system works very well and my fellow bikers are grateful as raccoons and other wild creatures could try to take our food.

Tuesday 24 August 2010

Hi, Today was the perfect riding day in the Adirondacks. Sunny with temps reaching the low 70s with very little wind. I need good weather when I climb these hills.

I had a flat yesterday the first one since mid June.

The day was especially beautiful because we had one and a half days of rain Sunday and



New Glasgow, Ontario, Canada



Stysh's Brown Barn Camp, Boonville, New York. Photo by John Fischer.



Erie Canal Trail, New York



Rubber Ducky



Dolores speaks to seniors at the Hudson Guild Community Center, before the tour. Photo by Lynette Chiang.



Horseshoe Falls, between New York State and Ontario, Canada.



Weird cycling-related traffic sign. Photo by John Fischer.

Monday. Sunday is especially memorable as a difficult day. The rain started at breakfast as drizzle; turned to light rain as we started out; then became heavier and heavier throughout the day.

As the day wore on the wind kicked in so we had rain blowing toward us from the rain and splashes from the cars and trucks. This was a 60-mile day; conditions only worsened as the road surface became flooded.

The final 10 miles were very difficult because the road was filled with pot holes-- very large holes (almost ditches). Is it better to almost lose a tire or wheel in a ditch or ride in traffic?

So I rode in traffic for a few miles so as not to go into a ditch. We spent the night in a barn because it was too wet to set up tents. Stysh's Brown Barn Camp is an old cow barn made into a camper's lounge in Boonville NY.

It worked out well; we camped inside. We were in the Adirondacks so you know we had some climbing to get there. We have climbed about 106,000 feet and gone more than 4,000 miles. Yesterday it was almost dry when we started out; the streets were still wet and there was a lot of moisture in the air but the rain didn't begin until 10 AM.

From then til 3 PM we had serious rain showers. The area had 3-5 inches of rain in 48 hours. The rivers and lakes are very high. Anyhow, you can appreciate how today's sunny weather was so beautiful for us.

Last Friday was another unusual day: we rode 50 miles on the Erie Canal Trail (flat but not paved) then 30 miles on the road. We did some climbing as we went by miles of apple, pear and peach orchards.

We were on our way to Camp at Sodus Point which is on Lake Ontario. It is a beautiful site which looks out over the lake. Because we were all exhausted we went to town for dinner.

What a loud, booming place on a Friday night. The boaters were in town; Sodus Point is a big boating area on the Lake. We ate at Captain Jacks. I along with several others had the "trash plate" so named by a

Rochester restaurant who serves it in the early morning to all night revelers. The plate consists of French fries, macaroni salad, baked beans, a cheeseburger (no bun) topped with a very spicy sauce.



View from Captain Jacks Tavern, Sodus Point, NY

Captain Jacks serves this dish on a platter it is so big. I ate the whole thing while the two young guys on either side of me had a tough time finishing theirs. Tom, the owner of Captain Jacks, his wife Brenda and a few friends came to our table because they saw our bikes outside and wanted to find out about our ride.

They were so taken by our cross country excursion they decided to do something special. After we finished eating they gave us magic markers and asked us to sign our names and home towns on a wall space they designated. They then took pictures of us which they plan to put on the wall. I'll check their Facebook page sometime to see if they actually do. It was a fun evening after a long riding day.

Monday 6 September 2010

Hi, We made it to Bar Harbor on schedule (Sept. 1.) With three others just before 3 PM this afternoon. I was delayed for half an hour due to a flat 3 miles out of town. It was good that several guys were with me because it would have taken me twice as long if I were alone.

All eight of us will be going out for a celebratory dinner in a few minutes. I've had lobster meals twice; a lobster roll; clam chowder twice over the last 3 days. I expect to enjoy more of the same tonight.



Bar Harbor, Maine

Wednesday 8 September 2010

Hi, The Northern Tier cross county ride was completed on Labor Day (Sept. 6) when we arrived in Bar Harbor. We went out for a lobster feast in the evening to celebrate. On Tuesday morning we went to the water's edge to dip our wheels in the Atlantic as we did 3 months ago in the Pacific. From the Pacific to the Atlantic--what a great three months.



Dolores encounters a Cormorant wannabe, Niagara Falls. Photo by John Fischer.



Start of tour, dipping rear wheels in the Pacific Ocean. Anacortes, Washington State. Monday, June 7, 2010. Photo by John Fischer. Follow entire tour account by John on his cycling blog, <http://nt2010.blogspot.com/2010/06/monday-june-7-shakedown-ride.html>



Glorious Finish--Dipping the front wheels in the Atlantic Ocean. Simpson's Point, Brunswick, Maine. Monday, September 6, 2010. Photo by Charles Crosby.

Leadership Program Fall 2010

Ed Pino and Liz Baum are back for Fall leadership training!



Since our last class, both of us have become League Certified Instructors (LCI) for the League of American Bicyclists. Classes will begin in September at a new location on 93rd st. & Columbus Ave., hosted by 5BBC President Sharon Behnke.

The classroom training will be held on Wednesdays, from 6-9 PM: September 22, October 6, 13, 20 and 27. On either Saturday or Sunday, October 2 or 3rd, a mandatory Ride Safety Class will be given. Incorporated in this class is what to bring on day trips. There are two additional day rides on Sunday, October 10 and Saturday, October 23. The class finishes with a weekend trip from October 29th - 31st in beautiful Columbia County, with superb accommodations at the home of a 5BBC volunteer.

We look forward to welcoming future 5BBC ride leaders! For more information, contact Ed and Liz at leadership@5bbc.org

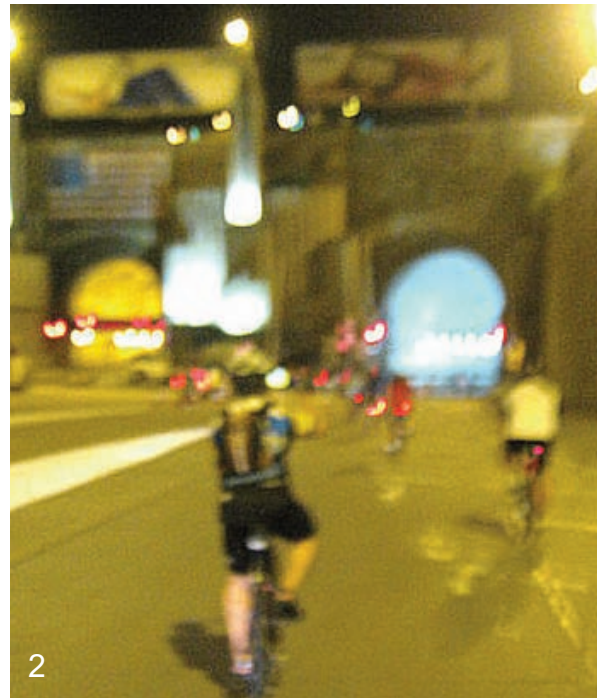


Veteran 5BBC Leader Ed Ravin

Leader photo credits: Ed & Liz by Ben Karrasik; Ed Ravin by Bill Mastro

Cycling in the Summer of 2010

Oh, to have fun riding New York City and beyond





7



8



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10



11



12



13

Photos

- (1) Care free and cyclin' down Park Ave. on Summer Streets, 8/21. (JB)
- (2) You had to be there--the light at the beginning of the Lincoln Tunnel, 7/24. (AR)
- (3) Is Staten Island? Road cyclists ponder a dwarfing lighthouse, 8/24. (DG)
- (4) 'Magic and Comedy Show' ride cohorts Phil O'Reilly and Richard Sanford, 8/21. (RS)
- (5) A gleeful Eliana Hecht at start of the 456 mile (736 kilometer) La Route Verte, Rivière-du-Loup, Quebec, Canada, 8/10. (KC)
- (6) Livin' it up on the Shores of the Bronx ride, 8/14. (BM)
- (7) LOOK CLOSELY--Cyclists walking over a fallen tree on the Croton Reservoir Triple-Cross ride, 8/28. (JZ)
- (8) The charming Jen Benepe with pet dog Ana at Bike Habitat during 8/21 Summer Streets. (JB)
- (9) Ed DeFreitas & Jesse Brown with trippers on 7/25 'Something Fishy at City Island' ride. (BM)
- (10) Phil Goldberg & Andrea Mercado at 5BBC Repair Station, Summer Streets, 8/7. (AT)
- (11) On the Walkway on the Hudson, Poughkeepsie, Carriageways of Minnewaska 8/14 ride. (RB)
- (12) Ken Williams at Van Cortlandt Park, Shores of the Bronx TA training ride, 8/14. (BM)
- (13) Andrea Casertano, Bob Castro and Cheryl at the 5BBC Bike Repair station, at 8/21 Summer Streets. (ACG)

Photo Credits:

- Alfredo Carlos Garcia (ACG)
- Antonio Rivera (AR)
- Arabelle Taggart (AT)
- Bill Mastro (BM)
- Dennis Griffin (DG)
- Jen Benepe (JB)
- Jim Zisfein (JZ)
- Ken Coughlin (KC)
- Richard Brause (RB)
- Richard Sanford (RS)



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

About Weekend Trips

Summary of Weekend Trips

5BBC WEEKEND TRIPS 2010



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.



BIKE PHILLY FOR A DAY

Sunday, September 12 (one day only)

Trip No. BPD

Space available: 8 people

Deposit: Pay in full, must be received by Friday, 8/27

Price: \$100

Transportation: Van

Mileage: 35

Leaders: Owens Ridges & Wentworth Price

Enjoy the love of cycling in the city of Brotherly Love on a very special day. This trip will tie in with Bike Philly, a large citywide bike tour sponsored by the Bicycle Coalition of Greater Philadelphia. The tour features 10 & 20 mile car-free routes with a 35 mile extended route on shared roads. See the historic sights, partake the local cuisine and enjoy the day away. Rain or Shine. Trip meets 5 AM at Penn Station and returns to Penn Station the same night. You must be a current 5BBC member. **IMPORTANT:** RSVP to bikephilly@5bbc.org, and send \$100 check payable to 5BBC to cover transportation & ride registration. Meals not included in trip price. Please send membership form with check as described at bottom of <http://5bbc.org/weekend>



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.



Now this is FUN on the Bish Bash weekend trip. Richard Brause (left) and trippers on a bridge in Dover, New York. Photo by Leader Jim Zisfein, who recalls: "Somehow I didn't think it would be a good idea to ride across, and it took careful footwork to even walk this."

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



Germany: Man looking out of his bike shop in Altlandsberg, not far from Berlin. At least 120 cycles were hung outside building. From Reuters. Thanks to Fred Dieckamp for passing this on.

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 with-holding 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*





CAPE ESCAPE --The annual Five Borough Bicycle Club weekend trip to Cape Cod, MA. Led by Ted M. Kushner & Fred Dieckamp. Sept. 3-6, 2010

Good beaches, great company, cool cycling. Leaders Ted and Fred brought this year's group to Touro for nice cycling along quiet roads, visited nice towns, had a swell time in Provincetown, as well as doing non-cycling activities such as kayaking. Often we have repeat trippers, like our own Peter Morales.



From Wikipedia: Cape Cod, often referred to locally as simply the Cape, is an island and a cape in the easternmost portion in Massachusetts, Northeastern United States.

Cape Cod is also popular for its outdoor activities like beach walking, biking, boating, fishing, go-karts, golfing, kayaking, miniature golf, and unique shopping. Bed and breakfasts or vacation houses are often used for lodging.

The Five Borough Bicycle Club has offered weekend cycling trips to Cape Cod. We would take a 15-passenger van from the city, drive about five miles to our beautiful destination. We would either stay in hostels in Orleans or Truro (this year's lodging).

There were times the 5BBC offered two Cape Cod trips a year. Of all our weekend trips, this New England trip is our special classic.

Love this trip? Watch for details for next year's 5BBC Weekend trip to Cape Cod!

Martha's Vineyard Trip July 1-5, 2010 (informal)



- The usual suspects came along, you might remember some, including this one on the Menemsha ferry!
- This leader is having a great time.



- Hand painted cycling map of Martha's Vineyard.
- The two-wheeled results were pretty good indeed, quiet, far removed from civilization with no absolute worries, for now.

- The annual Edgartown parade sure provided a big bang or two for all participants.
- The usual suspects rounded up at the West Chop Lighthouse.

Maybe you'll be in Martha's Vineyard next year? Wait and see!

Highlands and Sandy Hook Views By Arabelle Taggart



Nice discovery by Arabelle on her cycling travels in the town of Highlands, NJ. There is a new extension of the Henry Hudson Trail greenway, linking Atlantic Highlands to Highlands, a non-hilly door to Sandy Hook.



Two ladies cycling on the trail on this interesting tricycle. Arabelle kindly asked for a photo and they obliged. Note the Highlands trail is gravel. Road cyclists, ride with care....



Once you get to Sandy Hook, ride leisurely along the 6-mile greenway. If you look closely, see rabbits and cactus along the grounds. Sometimes a turtle or two.



The greenway eventually ends towards the North end of Sandy Hook. And appropriately enough, towards the seasonal summer ferry to Manhattan.



On The Record -- Highlights of 5BBC Executive Meetings based on minutes by Robert Eberwein & Jim Zisfein

April 5, 2010 BID

Present: Sharon Behnke, Jim Zisfein, Andrea Casertano, Bob Castro, Robert Eberwein, Dan Finton, Alfredo Garcia, Barry Hartglass, Brian Hoberman, Ed Ravin, Peter Engel, Beth Katz.

Newsletter (Alfredo): Plans 8 issues this year--the usual six plus 2 specials (pdf only)--a Sept.: Montauk Century and a Dec.: 5BBC 20th-year anniversary.

Special Events (Beth): Presented: Montauk "swag" items-- bag, patch kit, Crew T-shirt; Bike NY (Steve Taylor) are loaning us some equipment, including two tents. Volunteers etc.--Pathfinders to cover rest stops



Above: from the July 12 executive board meeting at the BID. Left to right: Ed Ravin, Brian Hoberman, Jim Zisfein and Sharon Behnke. Photo by Alfredo Garcia.

at Corey Beach, Westhampton and Watermill.

Bicycle Course (Dan): Scheduled 2 "flat-fix" rides: May 8th & June 26th.

Communications (Andrea & Peter): Postcards getting into bikeshops; Finishing up club brochures for Bike-To-Work Day (Fri 5/14) at the Brooklyn Bridge.

Sharon will be interviewed by NY Times Bike Blog reporter David Goodman.

May 10, 2010 BID

Present: Sharon Behnke, Jim Zisfein, Andrea Casertano, Bob Castro, Robert Eberwein Dan Finton, Alfredo Garcia, Barry Hartglass, Brian Hoberman, Ed Ravin, Peter Engel, Beth Katz.

Communications (Andrea): On Bike-to-Work Day (Fri 21) will distribute 5BBC brochure. Andrea will be at Bklyn Bridge on Friday morning--5BBC tabling at Summer Streets on 2nd-4th weekends in August--Design a 'Rider' strip sheet to be given out at club rides each week with upcoming info.

Special Events (Beth): Montauk 2010 Jerseys and T-shirts are selling well.

Leadership: Ed Pino & Liz Baum have agreed to run the Leadership class this fall.

June 7, 2010 BID

Present: Sharon Behnke, Jim Zisfein, Bob Castro, Fred

Dieckamp, Dan Finton, Alfredo Garcia, Phil Goldberg, Brian Hoberman, Ed Ravin, Richard Brause.

Programs Coordinator (submitted by Barry Hartglass, via Sharon): Next General Meeting 6/21 is an Israel cycling travelogue with Kosher wine & refreshments. Day Trips (Ed): July and August calendar is mostly filled. Need is for some Saturdays and TA training rides. Summer Streets (8/7, 8/14, 8/21) will have 5BBC repair table as in previous years.

Bike Course Coordinator (Dan): A bicycle repair-focused ride is scheduled for 6/26.

Weekend Trips (Fred): 3 trips have gone out thus far: Bear Mountain (9 trippers), Bike Boat Wine Dine (6 trippers), and Montauk Weekend (7 trippers). Penn Dutch was canceled. Most signups are via Active.com.

July 12, 2010 BID

Present: Sharon Behnke, Jim Zisfein, Bob Castro, Fred Dieckamp, Dan Finton, Alfredo Garcia, Brian Hoberman, Andrea Casertano, Ed Ravin, Peter Engel.

President (Sharon): Ed and Liz will take over leadership training duties for the remainder of year.

Communications (Andrea): 2,700 postcards went out to Bike New York participants who expressed interest in bicycle clubs. Current website promotions include Beach Bum rides and leadership training. Volunteers will be recruited for Summer Streets. Possibilities for a new club jersey will be discussed with designer Caryn Greenberg. One possibility will be recreating a successful club jersey from circa 1996.

Day Trips (Ed): TA will be promoting the TA Century training rides that were created by and will be led by 5BBC leaders. Sharon added that the 5BBC will be assisting with 2 Bronx tourism rides in October.

Programs (Barry): The October General Meeting (10/18, location TBD) will be a case study of The TZ Bridge/I- 287 Corridor project from Steve Faust.

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. We welcome your contributions. Thanks.

5BBC Leader Writes Book!

THE BABY BOOMER QUIZ



I am Randy J. Horowitz, a baby boomer, born in the class of 1957. I have ridden the NYC Subway to and from work for many years. To occupy my time, I read the newspaper and completed many crossword puzzles. Maybe you are too. I wrote the "Baby Boomer Quiz, 1001 Questions for Your Enjoyment" (above) as an alternative. When waiting for a train, plane or at the beach, you now have something else to challenge you. I hope you have as much fun taking the Baby Boomer Quiz as I did writing it.

SUPPORT ONE OF OUR OWN, BUY HIS BOOK!

Send \$20 (includes S&H) to: Randy J. Horowitz 71-24 171 Street Flushing NY 11365

Bike For Sale



Two-year old Trek 7500- been used three times, 17.5 inches, aluminum frame, with a nifty and cushy suspension fork and seat post. Priced to sell below 900.00 If interested, contact Liz Baum via email at eb9ster@gmail.com



**RECENT
5BBC
RIDE #3**

Saturday
August 28, 2010
CROTON
RESERVOIR
TRIPLE-CROSS

9:00 AM,
Van Cortlandt Park,
Bronx, 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.



Photos by Suzie



The majestic Croton Reservoir. Cycling from Van Cortlandt Park was worth the views.



Skirting the Croton Reservoir, heading for the spillway.

Summer Streets!



- A Summer Streets lady cyclist--pretty in pink with tattoos and high heels.
- At the "Cube" on Astor Place, where cyclists, pedestrians, NYC Police officer and stop sign volunteers are in harmony with each other....until 1 PM.



- Cyclist riding with no pedals, scooting with his feet. No chains to replace, just massage legs daily.

- At the 14th St. intersection. Summer Streets is a great idea, closing streets to vehicular traffic, allowing cyclists and pedestrians to enjoy themselves. Even taking a swim.

- Little girls cycling with training wheel bikes. Summer Streets allows young children to ride confidently without busy and fast traffic.

- Nadette Stasa at the Times Up! table, drawing people's curious interest with alacrity

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RACING Five Borough Bicycle Club
Sunday, May 16, 2010



2010 design and jersey created by our own Caryn Greenberg.

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5BBC Montauk Century
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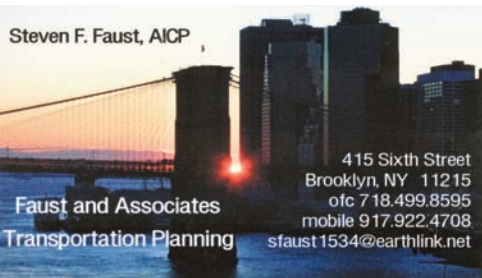
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sfaust1534@earthlink.net

Faust and Associates
Transportation Planning

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.

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custom helmet pads
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Friday Night Kripalu Yoga!

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

Breathe, Relax, Feel, Watch & Allow

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

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



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Bike Events on Tap



Transportation Alternatives Sun. 3 Oct. 2010
13 Sept. 2010 www.transalt.org http://tinyurl.com/26n388s



Escape New York-NYCC
Sat. 25 Sept. 2010 www.nycc.org

Tour de Bronx, TA Sun.. 24 Oct.
2010 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.

New York Bicycling Coalition Commends State Legislature, Governor On Enactment Of Safe Passing Law

(August 16, 2010) ALBANY — The New York Bicycling Coalition congratulates the state legislature and Governor David Paterson for enacting a law mandating that drivers pass cyclists at a safe distance when traveling on New York's roads.

Although the law does not set a specific distance, the text of the law states that three feet is considered a safe distance, and that sometimes an even greater passing distance is necessitated by road conditions.

From the New York Senate site: *Each year while riding on the right side of the road, bicyclists are hurt or killed because they are hit by drivers in vehicles that pass too closely to them. For this reason, seventeen states have enacted safe passing laws. Several states, including Connecticut, Minnesota, New Hampshire, Tennessee, and Utah, have specified that when passing a person riding a bicycle going in the same direction, a distance of no less than three feet must be maintained between the*

and the bicyclist. A minimum of three feet is considered a safe distance in most circumstances. There are, however, occasions when a distance greater than three feet is necessary in order to pass at a safe distance. For example, the adverse impact of wind blast and debris kicked up from vehicles passing too closely to bicyclists may cause a bicyclist to swerve and crash. A safe buffer between the motorist and the cyclist is needed in such common circumstances as when a cyclist needs to maneuver around cracks, potholes, or the hazard of an opening door from a parked car. Another way to help ensure the safety of bicyclists who ride on the state highways would be to create marked bicycle lanes. However, many highways throughout the state are too narrow to accommodate bicycle lanes, and the cost of constructing such lanes would be prohibitive. By mandating passing at "a safe distance," this legislation will serve to educate the public about the need for motor vehicles and bicyclists to share our roads safely. A violation will result in a traffic infraction, deterring vehicles from passing at a distance that may harm or kill bicyclists.

The governor signed the bill on August 13 and announced the move on August 15. For more information on the new law, which takes effect Nov. 1, 2010, visit the New York State Senate's page for the bill:

<http://open.nysenate.gov/legislation/bill/S7897>.

BILL NUMBER: S7897

TITLE OF BILL : An act to amend the vehicle and traffic law, in relation to vehicles passing bicycles on roadways

PURPOSE OR GENERAL IDEA OF BILL : To improve the safety of bicyclists who ride on the right side of the roadway by providing that when a vehicle overtakes or passes a bicyclist or bicyclists, he or she shall do so at a safe distance from the left side of the bicycle

SUMMARY OF SPECIFIC PROVISIONS: Section one amends paragraph 2 of subdivision (a) of section 1120 of the vehicle and traffic law, as amended by chapter 653 of the laws of 1964, by adding overtaking or passing bicyclists on the right half of the roadway to the list of exceptions to when a vehicle must drive on the right hand side of the road.

Section two amends the vehicle and traffic law by adding a new section 1122-a which provides that when overtaking a bicycle from behind and proceeding on the same side of a roadway, the operator of a vehicle shall pass to the left of the bicycle at a safe distance until the vehicle safely clears the bicyclist.

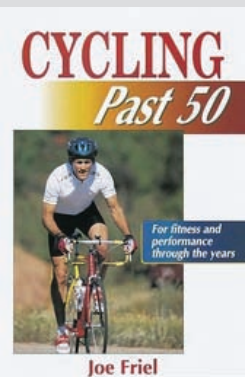
Section three provides the effective date.

JUSTIFICATION : Each year while riding on the right side of the road, bicyclists are hurt or killed because they are hit by drivers in vehicles that pass too closely to them. For this reason, seventeen states have enacted safe passing laws. Several states, including Connecticut, Minnesota, New Hampshire, Tennessee, and Utah, have specified that when passing a person riding a bicycle going in the same direction, a distance of no less than three feet must be maintained between the vehicle and the bicyclist. A minimum of three feet is considered a safe distance in most circumstances. There are, however, occasions when a distance greater than three feet is necessary in order to pass at a safe distance. For example, the adverse impact of wind blast and debris kicked up from vehicles passing too closely to bicyclists may cause a bicyclist to swerve and crash. A safe buffer between the motorist and the cyclist is needed in such common circumstances as when a cyclist needs to maneuver around cracks, potholes, or the hazard of an opening door from a parked car. Another way to help ensure the safety of bicyclists who ride on the state highways would be to create marked bicycle lanes. However, many highways throughout the state are too narrow to accommodate bicycle lanes, and the cost of constructing such lanes would be prohibitive. By mandating passing at "a safe distance," this legislation will serve to educate the public about

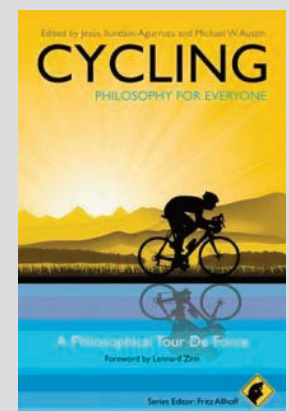
the need for motor vehicles and bicyclists to share our roads safely. A violation will result in a traffic infraction, deterring vehicles from passing at a distance that may harm or kill bicyclists.

PRIOR LEGISLATIVE HISTORY : This is a new bill. FISCAL IMPLICATION : None.

New & Old Books on Cycling



Cycling Past 50 by Joe Friel. Good book to help understand riding a bicycle when you're 50 years old or more. Our own ageless leader Dolores McKeough should write her book.



Cycling - Philosophy for Everyone, edited by Jesús Ilundáin-Agurruza, Michael W. Austin and Fritz Allhoff. Provides and encourages a deep of cycling for everyone.

Membership, Trips & Merchandise

General Information *(Please print)*

First Name M.I. Last Name

Address Apt.

City State Zip

Email Address

Day Phone Evg. Phone

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

First Name M.I. Last Name

Email Address

Day Phone Evg. Phone

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.

Lady Liberty Jersey - CLOSEOUT SALE

Indicate quantity and size.
____ Ladies (Circle One) M..... L
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. 6/23/10

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

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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

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Bklyn, NY 11218 347-635-4645
www.kensingtoncycleworks.com

On The Move

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Bklyn, NY 11215 718-768-4998

Roy's Sheephead Cycles

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www.bfold.com

Bicycle Habitat

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bicyclehabitat.com

Bicycle Renaissance

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Champion Bicycles

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www.championbikes.com

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www.chelseabicycles.net

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Conrad's Bike Shop

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Continuum Cycles

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Sid's Bike Shop

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718-479-3119

Bike Stop

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Bill's Cyclery (2)

108-11 Liberty Ave.
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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

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

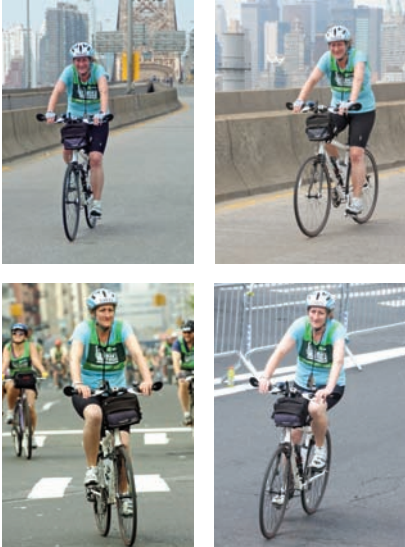
75 Main St.
West Sayville, NY 11796
631-589-0009



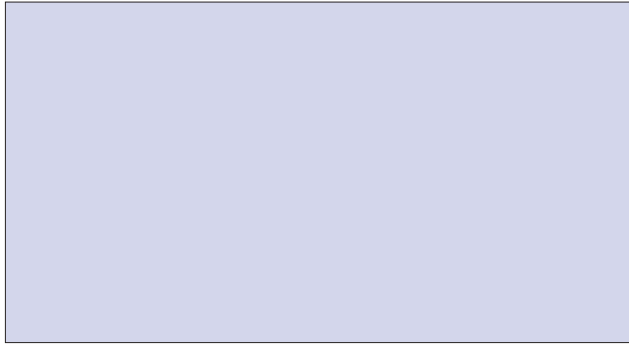
c/o Bike New York
 891 Amsterdam Avenue, Room 002
 New York, NY 10025-4403
www.5bbc.org

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

Address Service Requested



Arabelle Taggart cycling the 2010 Five Boro Bike Tour, May 2. Photos courtesy of Arabelle herself.



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 November-December 2010 issue is:

Monday 4 October 2010

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Editor: Alfredo Garcia
The Bicycletter is a bimonthly publication of the Five Borough Bicycle Club.

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, (212) 932-BIKE

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



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 Facebook and Twitter!

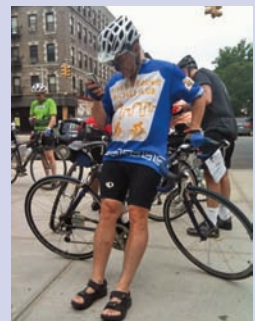


Photo by Diane Goodwin

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