

BICYCLER

Publication of the Five Borough Bicycle Club
November - December 2010 Print Edition
www.5bbc.org

5BBC November General Meeting

CYCLING IN FRANCE
With Tod Moore & Friends! p. 3

5BBC Holiday Party! p. 11 Annual Gift Guide, p. 8-9



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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: Tod Moore cycling from the tidal island of Le Mont Saint Michel, in Normandy, France. Photo by Cheryl Deitch. Above: Uvex FB 3.0 Euro-style road cycling helmet, \$160. Available from Bike Habitat.



Monday November 15, 2010, 6:30 PM

THE ADVENTURE CONTINUES EPISODE VI: PIRATES, MONKS AND TWO INVASIONS

American Youth Hostels / Hostel International (AYH-HI)

891 Amsterdam Avenue, (Board Room) 103rd St., Manhattan. Subway: 1 to 103rd St.



Tod Moore, Rhonda Wittorf and Elise Fellman cycling from Le Mont Saint Michel with the famous Abbey in the background.



This is becoming even better than the Star Wars Trilogies! Our folding bike adventurers this year explore: The Brittany and Normandy Regions of France!

Come join Cheryl, Elise, Rhonda and Tod from the Fortress of St. Malo to the bastion of Mont St. Michel to the Atlantic Wall. Follow the Velo travelers as they tour the coast of La Manche, sometimes known as the English Channel. from the world changing invasion of "The Longest Day" in 1944 to the inside story on that other invasion, the Normandy Invasion in 1066 and finally view the tapestry of Bayeux. Self supported travel with pleasure as the destination. Join us for our annual French Wine & Cheese Party (Featuring the regions visited).

The evening will culminate with the results of the 5BBC Elections' for your 2011 Executive Board!

For Information On the Dec. 11 Holiday Party at the AYH-HI, See Page 11

Barry Hartglass, Programs Coordinator, programs@5bbc.org

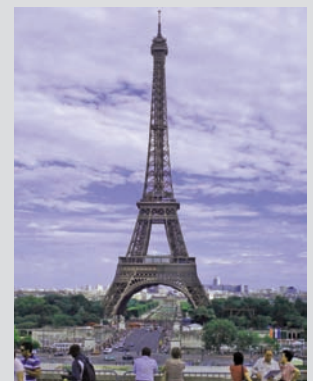
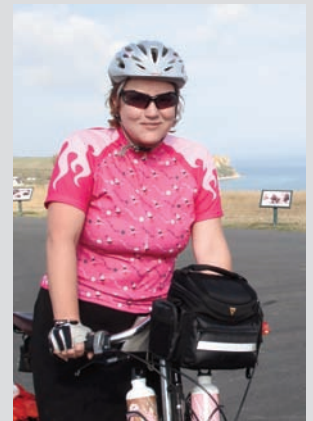
Bicycletter

November-December 2010

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Contributors: Arabelle Taggart, Barry Hartglass, Bill Mastro, Cheryl, Diane Goodwin, Ed Ravin, Jim Zisfein, John Brendis, JP Partland, Liz Baum, NYBC, Peter Morales, Phil Goldberg, Sharon Behnke, etc.



Photos by Cheryl.

5BBC Day Trips Nov. - Dec. 2010

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



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.

HI-AYH (AKA as "the hostel")

Hostelling International / American Youth Hostels, Amsterdam Ave. @ 103rd St., Manhattan. Subways: 1 to 103rd St.; 2 3 to 96th St.



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

Saturday, November 6, 2010
THE GREATEST TURKEY RIDE:
CHARLIE'S TURKEY AND OPEN HOUSE
10 AM, Kew Gardens,
25-30 mostly flat miles

Join Ed and Liz as we eat Charlie's turkey, the best turkey in Queens. We can say that we've been eating it for years. This is an easy 25- 30 mile mostly flat ride. Usual weather conditions apply. Bring \$10 for lunch. Ride will end at Ed & Liz's apartment. There will be an open house at our place. Please call us at 718 487 4992 if you would like to meet us for lunch but are not riding. Leaders: Ed Pino & Liz Baum

JONES BEACH OFF-SEASON
9:30 AM, Cunningham Park,
50 mostly flat miles, fast pace

The beach is an inviting destination on a brisk fall day just like it is during the dog days of summer. Bring \$ for lunch or a bag lunch. We'll dine on the boardwalk. Note: 16 mph average pace. Leaders: Dennis Griffin and Ira Najowitz.

Sunday, November 7, 2010
PHANTOM OF THE NORTH
8:30 AM, Pelham Parkway & White Plains Road (SE corner), Bronx. Up to 40 miles at 15 mph pace

Visit Westchester County, Connecticut, or other scenic locales at a brisk pace. Bring MTA bike permit just in case. Leaders: Jesse Brown & Rodney Millard

ROCK AROUND THE ROCK
8:45 AM, City Hall, Manhattan, 40 miles, moderate pace

What would be if the Revolutionary War never happened? Well, on Staten Island, that almost happened. And, we're going to that spot. Mostly flat with one very steep hill. Moderate pace. Bring or buy lunch. Leaders: Ed DeFreitas & TBA.

NORTHVALE WITH SOME EXTRA ZZZ's
9AM, HI-AYH, 40 miles

Each spring we ride to Northvale for Montauk Training. Why not in the fall? The Northvale Diner will still be serving up banana nut pancakes and the like. Churchill Road will still be serving up leg cramps. But to remind you that we're not on a training ride, we'll start from the AYH. And while the sun will set an hour earlier today, you'll have an extra hour of sleep to enjoy first. Bring lightweight lock and \$ for lunch. Leaders: Brian Hoberman and TBA.

Saturday, November 13, 2010
GREEN QUILTS RIDE
11:30 AM, Plaza Hotel,
15 leisurely miles

It's getting chilly out there and you're probably pulling out your comforter as you read this. Does your comforter make a statement? If it were a quilt it would! Find out about quilt making and even how the craft is ``going green." Join us for this delightfully free exhibit and demo at the Lefferts Historic House in Prospect Park. Lunch at a local Brooklyn eatery. Rain, snow or icy conditions at start cancels. Leaders: Richard Sanford and TBA.

Sunday, November 14, 2010
PHANTOM OF THE NORTH
8:30 AM, Pelham Parkway & White Plains Road (SE corner), Bronx. Up to 40 miles at 15 mph pace

Visit Westchester County, Connecticut, or other scenic locales at a brisk pace. Bring MTA Bike Permit just in case. Leaders: Jesse Brown & Rodney Millard

PRESIDENT'S SHADOWS
10 AM, City Hall, 15-20 miles

We all know where Washington slept. But, is that

all there is? Does New have other intertwining with other presidents? Where did the first Vice President live? Did George decide the better part of valor was retreat in the face of sure defeat? Leaders: Ed DeFreitas & TBA

**Saturday, November 20, 2010
CROTON AQUEDUCT ADVENTURE
9 AM, Van Cortlandt Park, 35 mostly off-road miles**

Back in 1835, fifty acres of Manhattan were burned to a crisp in "The Great Fire". Prompted by the loss of valuable real estate, New York politicians were finally inspired to build a decent



Group portrait at the Bartow-Pell Mansion Museum during the Two Museum Tour of the Bronx, October 30. Photo by Sharon Behnke.

water supply system for the city. The water tunnel they built, the Croton Aqueduct, now hosts an off-road trail that will take you through the scenic parks, woods, and backyards of Westchester County to a spectacular waterfall at the Croton Dam. The dirt trail is easy riding - no previous off-road experience needed. Fat-tire or hybrid bike required. Return is via Metro-North - bring \$10 for fare and MTA Bike Permit. Bring or buy lunch. Mostly flat with several very steep hills. Leaders: Ed Ravin & TBA

**QUEENS FOR A DAY
10 AM, Kew Gardens, 25 easy miles**

The Historic House Trust operates 23 sites in

NYC - let's visit one of them. The Lewis H. Latimer house in Flushing was home to the pioneering African-American inventor and helper to Thomas Edison for over 20 years. Lunch at a local eatery. Leaders: Phil Goldberg & Bob Castro

**Sunday, November 21, 2010
PHANTOM OF THE NORTH
8:30 AM, Pelham Parkway & White Plains Road (SE corner), Bronx.
Up to 40 miles at 15 mph pace**

Visit Westchester County, Connecticut, or other scenic locales at a brisk pace. Bring MTA bike permit just in case. Leaders: Jesse Brown & Rodney Millard

Kew Gardens

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

Pelham Parkway & White Plains Rd.

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



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.

Van Cortlandt Park

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

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

**Please Renew
Your 5BBC
Membership
TODAY!**

**CROTON RESERVOIR
TRIPLE-CROSS
9 AM, Van Cortlandt Park, 35 miles**

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.



IMPORTANT CYCLING NOTE #1

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

IMPORTANT CYCLING NOTE #2

As the weather gets cooler and cold, it's very important to: **Dress warmly in layers;** **Remove when needed;** **Wear sunglasses to protect your eyes.** **Lip Balm** to keep lips from drying and cracking. Drink **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 & 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.



Members can download a copy of the expanded 'sans print' pdf edition of the Bicycletter, in color.

See more photos from the Tod Moore's bike tour to France by Cheryl, an expanded annual gift guide and more.

Visit: www.5bbc.org/bicycletter

NEAR BROOKLYN 10 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 Bowling Greene. Leaders: Ed DeFreitas & TBA

Saturday, November 27, 2010 WEST ENGLEWOOD NON-TRAINING RIDE 9 AM, HI-AYH, 35 miles

Like we did a few weeks ago, we'll do a Montauk Training ride in November. This time, we're going to West Englewood and the Royal Cliffs Diner for lunch. But to remind you that we're not on a training ride, we'll start from the AYH hostel. Bring lightweight lock and \$ for lunch. Leaders Brian Hoberman and TBA.

Sunday, November 28, 2010 PHANTOM OF THE NORTH 8:30 AM, Pelham Parkway & White Plains Road (SE corner), Bronx. Up to 40 miles at 15 mph pace

Visit Westchester County, Connecticut, or other scenic locales at a brisk pace. Bring MTA bike permit just in case. Leaders: Jesse Brown & Rodney Millard

HUDSON RIVER MUSEUM 10 AM, Plaza Hotel, 30 miles, 12-15 mph pace

Ride 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 til we reach the Hudson River Museum. This is not just a museum. It's also a mansion, planetarium, an ecological display of the entire Hudson River and lunch with a view of the Palisades. If you didn't love the river before....well. So, bring your inquisitiveness, \$ for admission, lunch or money to buy it, lock, and MTA Bike Permit in case you have to bag-it. Some hills. Road bikes OK. More info at www.hrm.org/. Leaders: Ed DeFreitas & TBA.

Saturday, December 4th, 2010 AVOIDING JUNK MILES IN QUEENS 9 AM, Bridgemarket, 40 miles, Quick Spin

The roads are clear. The fallen trees from September's macro-burst have been "chipped

away". We'll avoid Queens Blvd. & head out to eastern Queens without travelling on the traditional "junk" roads that many cyclists are familiar with. Quick-spin 15mph pace - no point/drop/sweep. Dress appropriately for the weather, bring water, spare tubes. Metrocard and/or MTA bike permit are optional. Bring lunch \$ in case we stop for lunch. Leaders: Dennis Griffin & TBA

Sunday, December 5, 2010 FROSTBITE #1 - RIDE TO BAYONNE FOR THE WORLD'S GREATEST PANCAKES 10 AM, City Hall, 25 miles

This is the traditional start to our clubs answer to the pending winter blahs. The "Frost Bites" series asks the question, if winter is too cold to bike, how come it's not too cold for skiing? We start at City Hall, take the ferry to S.I., follow the west coast, cross the Bayonne Bridge for those delicious pancakes. We'll give our respects to the Lady in the Harbor and end up in Hoboken for the trip across the Hudson and home. NOTE: there's an alternate plan if the weather is bad. Leaders: Ed DeFreitas, Jesse Brown, & Rodney Millard

Saturday, December 11, 2010 FILLMORE'S - A MEDIOCRE RIDE FOR A MEDIOCRE PRESIDENT 10 AM, Kew Gardens, 25-30 easy flat miles

Take an easy, flat ride through the borough of Queens, circle the globe, and settle down for a great lunch at Fillmore's Tavern, a bike-friendly restaurant with a pub-like atmosphere. Bring \$10 lunch money and a bike lock for this warm winter journey. Leaders: Ed Pino & Liz Baum

Sunday, December 12, 2010 PHANTOM OF THE NORTH 8:30 AM, Pelham Parkway & White Plains Road (SE corner), Bronx. Up to 40 miles at 15 mph pace

Visit Westchester County, Connecticut, or other scenic locales at a brisk pace. Bring MTA bike permit just in case. Leaders: Jesse Brown & Rodney Millard

FROSTBITE #2 - FLAT ROCK NATURE PRESERVE 10 AM, City Hall, 30 miles

Aah Naturale in Joisey! This privately owned natural preserve lets us bike to their Nature

Center but, only hike their trails. Lunch at a pond. Bring or buy lunch, bring a lightweight lock. Leaders: Ed DeFreitas & TBA.

Saturday, December 18, 2010
RIVER ROAD AT
THE WINTER SOLSTICE
10 AM, GWB Bus Terminal,
30 hilly miles

The leaves may be gone, but the beauty of Henry Hudson Drive ("River Road") remains. In the winter months you can enjoy unobstructed views of the palisade cliffs and across the Hudson River. Best of all, most of the road will be closed to cars. There will be no road maintenance, so you do need to watch for rocks and branches, and the occasional massive landslide. Lunch and hot

experience this Brooklyn holiday enclave. We'll stop off at a local Italian bakery on the way out and top off the evening with hero sandwiches and a slice or two of great pizza before heading back. Bring lock and money for food. Rain, snow or icy conditions at start cancels. All bikes must have lights and bright or reflective clothing is suggested. Optional return via subway. Leaders: Richard Sanford and TBA.

Sunday, December 19, 2010
PHANTOM OF THE NORTH
8:30 AM, Pelham Parkway & White
Plains Road (SE corner), Bronx.
Up to 40 miles at 15 mph pace

Visit Westchester County, Connecticut, or other scenic locales at a brisk pace. Bring MTA bike



From off-road sand to asphalt greenway. Jamaica Bay Loop ride. Photo by Arabelle Taggart.

chocolate at State Line Lookout Inn. Bring bag lunch or \$ for it, and a lightweight lock. Leaders Jim Zisfein and TBA.

DYKER HEIGHTS, DYKER LIGHTS
4:30 PM City Hall, 25 leisurely miles

When people in Dyker Heights talk about "Current Events," they're talking about houses decked out in lights, robotic Santa Clauses and Rudolphs with noses that light up the sky like signals from outer-space. Take this unforgettable evening ride to where people from all over the world come to

permit just in case. Leaders: Jesse Brown & Rodney Millard

FROSTBITE #3 - CHRISTMAS IN
THE CLOISTERS
10 AM, City Hall, 25 miles

You don't have to be rich as Rockefeller to enjoy medieval art in a monastery setting atop Fort Tryon Park. Bring lunch for Al Fresco or dine indoors (a little pricey but good). Leaders: Ed DeFreitas & TBA.

DAY TRIPS CONTINUES ON PAGE 10

Bikes On Trains



24-hour access, no permit required, \$2 fare each way. Walk bike to station. Enter and exit through service gate. Avoid rush hours. Try to use letter lines (e.g. A, D, E, F) when possible. For weekend email advisories, visit: <http://advisory.mtanyc.info/customerselection.asp>. Read "Bike Safety in the Subways": www.mta.nyc.ny.us/nyct/safety/bike/



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

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

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

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

5BBC Annual Bike Gift Guide



Chose a Walz cycling cap made from cotton, wool or wicking materials. Sizes small to extra large. Can be personalized with graphics and/or text. \$15-\$30. Visit www.walzcaps.com.

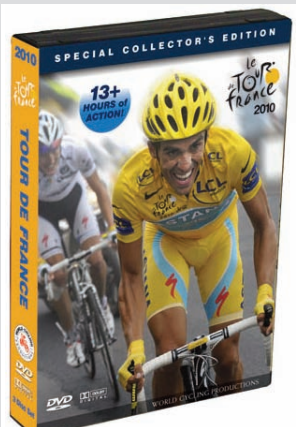


I Bike (crankset) New York cotton tote bag, \$17 from Cafepress. Visit www.cafepress.com/+bike-new-york+bags. Other nifty cycling related designs available.



BAMBOO BIKE STUDIO
THE BEST BIKE IS THE ONE THAT YOU BUILD YOURSELF

Buy or build your own bamboo bike in Brooklyn's Bamboo Bike Studio in two days. \$630 (frame) or \$950+ (complete bike). Details visit their studio at 201 Richards St. or on the web at www.bamboobikestudio.com



2010 Tour de France race on DVD. Watch Contador whip the competition. 4-13 hour set, \$40-\$80, from www.worldcycling.com



Detail from a postcard of a set of 24 with cycling themes created by New Yorker magazine artist JJ Sempé, called "A Question of Balance," published by Phaidon Press. Comes in an attractive blue case. \$12-\$14. Available at some local stationery shops, www.amazon.com and www.newyorkerstore.com



The Mavic "Vision" vest. \$110. This appears to be a sleek reflective vest modeled from construction and safety worker vests. Visit www.mavic.com/en or your local bike shop.



Trek Lexa women specific road bicycle, \$690. At local bike shops or visit www.trekbikes.com.

Note: Most prices for items are suggested retail, but you may be able to find some for less in stores and Ebay. Happy hunting.



Mets

Rangers



Knicks



Islanders

Yankees

You can wear your favorite NY local pro baseball, hockey or basketball team on a cycling jersey. Other pro teams available. \$80. Visit www.vomaxgear.com or they might be at a local bike shop.



Maggie Nguyen is a cyclist and a chef of her own food catering service. You can buy gift certificates for a nice delicious meal (above) or a batch of tasty fruit & nut energy bars (below) good for bike rides. For more information, visit www.maggiesmeals.com.





A 2-5 yr. old totter's first bike could be the Skuut wooden 'push' bicycle. The child can scooter and develop balance. \$95. Available in bike shops like Spokesman Cycles. www.skuut.com



Quaint bike tours to Eastern Canada like Prince Edward Island, Newfoundland, Cape Breton Island and more. Visit www.atlanticcanadacycling.com



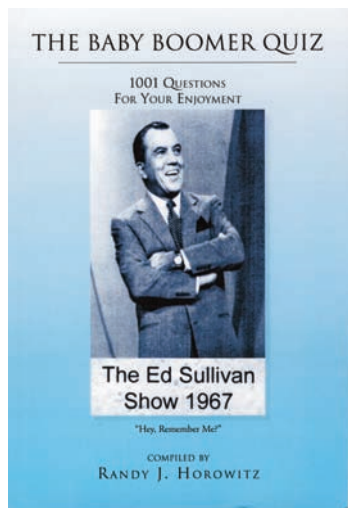
Duro road folding tires, \$20-\$40. Nashbar road tubes, \$3-\$6. Both from www.bikenashbar.com



Forte Strada road bike tires, \$10-\$15. From www.performancebike.com



Aerotech Designs Cyclewear makes most of their in-house collection of shorts (\$30-\$60) and jerseys (\$23-\$40) at their Pennsylvania sewing factory. Worth checking out. Visit them at www.aerotechdesigns.com



Our own Randy Horowitz compiled The Baby Boomer Quiz trivia book. Impress your friends & fellow cyclists. Randy will be selling copies at the 5BBC holiday party. \$20 paperback, \$10. Kindle eBook from amazon.com



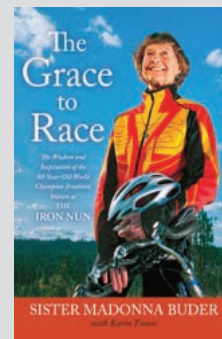
Bike for Sale--Two-year old Trek 7500. Frame size 17.5, aluminum with suspension fork and seat post. Has been used three times. \$500. Contact Liz Baum at eb9ster@gmail.com



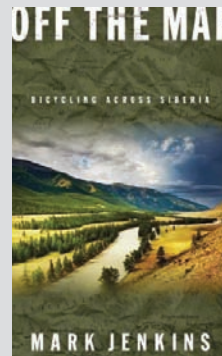
The Hama Bike Pod clamps your camera to a bike handlebar for pictures on a ride. Available in England or check out www.amazon.co.uk for about 7-14 British pounds.



The 2.1 Trek road bike with a silvery blue white frame. \$1350. Available at local bike shops like Bike Habitat. Details on www.trekbikes.com



The Grace to Race--Sister Madonna Buder's inspiring story as a tri-athlete who started at 40 and still continuing close to 80 years old. \$25.



Mark Jenkins' Off the Map tells of his epic bike ride across Siberia. \$12.



Jim Malusa's cycling trek of going to the lowlands of six continents. \$11.



Subtitled A Bicycle Tour Through War, Genocide and Forgiveness, Tim & Cindie Travis journey to Southeast Asia. \$20.

Note: the first three books are available as Kindle eBooks on Amazon.com

HURRAY FOR CYCLISTS!



On Mon. Oct. 18, the City of New York agreed to pay a settlement of one million dollars to cyclists who were jailed during Critical Mass rides from Sept. 2004 to Jan. 2006.



On the morning of Oct. 21, our own Bob Castro came with concerned cyclists to a rally for the Prospect Park West bike lane, to counter a protest by a group of local Brooklyn residents. Photo by Peter Morales.



On Oct. 20, the Hudson Valley Greenway Link study team had a meeting in the Bronx to discuss plans for a possible greenway segment between Manhattan's Inwood Park, the Bronx and Yonkers. For more info, visit <http://tinyurl.com/2e5rabw>



On the evening of Oct. 28, local residents and friends rode the newly opened Columbus Ave. protected bike lane, in Manhattan. Photo by John Brendis. Watch a Streetfilms video by Clarence Eckerson, Jr. at <http://vimeo.com/16314007>



Ed Pino, Liz Baum, current Leadership Coordinators, with Diane Goodwin and Jesse Brown--All were 5BBC Leadership graduates, class of 1999, leading and assisting on a 2010 5BBC Leadership training ride for the next group of leaders. Photo by Bill Mastro.

DAY TRIPS CONTINUED FROM PAGE 7

Sunday, December 26, 2010
PHANTOM OF THE NORTH
8:30 AM, Pelham Parkway & White Plains Road (SE corner), Bronx.
Up to 40 miles at 15 mph pace

Visit Westchester County, Connecticut, or other scenic locales at a brisk pace. Bring MTA bike permit just in case. Leaders: Jesse Brown & Rodney Millard

TEANECK LUNCH
9:30 AM, Eleanor Roosevelt Statue, (W 72nd Street & Riverside Drive), Manhattan, 30 miles, 12-14 mph pace

Ride down tree-lined suburban streets to Teaneck for the 4th annual December lunch at a tasty glatt kosher restaurant. We'll keep a 12-14 mph pace and on the way back we'll break the climb up over the ridge to the bridge into shorter pieces to make it easier. Bring lock, money for lunch and a good appetite. co-listed with NYCC. If possible, please RSVP to dhudes@hudes.org. Leaders: Dana Hudes, Jim Zisfein



Arabelle Taggart photo

FROSTBITE #4 - XMAS LITES IN DYKER HEIGHTS & DIM SUM
12:30 PM, City Hall, 20 miles

Brooklyn's Chinatown is no longer a secret. But it's still a great destination when Dim Sum is desired. We'll check out the Xmas lights atop Dyker Hts. But first, it's Eighth Ave. for lunch. On the way back, we'll take in the Manhattan skyline from Sunset Park, in the dark. Did we say dark? Yes, be sure to bring lights, front and back. Leaders: Ed DeFreitas & TBA.

Sunday, January 2, 2011
FROSTBITE #5
NEW YORK BOTANICAL GARDENS
10 AM, City Hall, 30 miles

Elly Spangenberg's perennial ride. Smell fresh roses at one of the foremost American public gardens. Take a look at the Holiday Train Show. Go to the Enid A. Haupt Conservatory for "A World of Plants" in a warm environment. For more info, see <http://nybg.org/> Bring a camera, lock, \$ for lunch and \$6 admission. Leaders: Ed DeFreitas & TBA.

Please renew your 5bbc membership for next year!



A Tradition Returns!
20th Year Anniversary
Announcing the 2010 Holiday Party
For Members & Their Guests

Chapel
Hostelling International /American Youth Hostel
Amsterdam Ave., New York, NY
at 103rd Street

Saturday, December 11, 2010

7:00 pm - 11:00 pm

Bring a dish or pay \$10 at the door

Live D.J. for your dancing pleasure

*** Raffle *** Door Prizes ***

Live D.J. for your dancing pleasure

Beer ~ Wine ~ Soda ~ Egg Nog

RSVP not necessary
For additional information, contact: programs@5bbc.org

Cycling Related Blogs



Velojoy

Velojoy is a cycling blog by Susi Wunsch, a New Yorker, driven by an appreciation of cycling and exploring many related topics.

Current posts in the past few weeks: Attending a Bike New York "Bike Commuting 101" class; Cycling the West Side greenway of Manhattan; Artfully parked bicycles; Interviewing pro racer Evelyn Stevens; Meeting Selene Yeager, the "Fit Chick" Bicycling magazine columnist at a NYCC general meeting; glamorous bicycles; "Urban cycling" clothing; the annual Las Vegas Interbike Trade Show; Cycling in the Hamptons.

Susi writes with a literally sense of joy and accompanies them with nice photos.

You can join her on Facebook, Twitter, subscribe to a listserv and a XML feed. And of course, her weblog: www.velojoy.com



Bike Blog NYC

Michael Green is the main man of Bike Blog NYC. Not only does he love cycling, he is also a filmmaker.

Michael was inspired by Critical Mass rides to create Bike Blog NYC, in 2005. "I write about mutant bikes, messenger events, bicycle technology and the vast realm of bicycle culture. My focus is New York City, my home for the last 18 years."

Subjects like Alleycat races, the Bicycle Film Festival, stolen bikes, professional cycling, gadgets and bike "paparazzi," even something called "Caption the photo" are discussed.

Like Velojoy, Bike Blog NYC is highly recommended.

www.bikeblognyc.com

Cycling in the Holy Land



Perry Fellman, a Five Borough Bicycle Club leader, did a 10-day cycling/hiking tour in Israel with some friends in October. "The tour started in the North in the Golan heights which borders Lebanon & Syria and proceeded South. Some of the Highlights were Sea of Galilee, riding along the Mediterranean sea on the bike paths of Tel-Aviv. Then an exhilarating ride south east to below sea level via a pass into the Judean dessert." Perry, above with Nir, a bike tour guide and a trailer loaded with bicycles. We could use one of these for the Montauk Century.



Perry continues: "Then a nice float in the Dead Sea (30% salt). Later, Jerusalem and the Old City with a view of the Western Wall (above.) Early morning hike to the top of Messada. More riding into the Negev desert for beautiful sunrises. Bicycling in Israel, history, food, local wine, cultural differences of the people. What more can I say?" You can read a related temples blog for this breathtaking trip at <http://temple.rjblogs.org/>. Photos by Perry.



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

August 2, Eastern Mountain Sports

Present: Sharon Behnke, Jim Zisfein, Bob Castro, Barry Hartglass, Dan Finton, Brian Hoberman, Andrea Casertano, Ed Ravin, Peter Engel

Summary of remarks by invited speaker Alan Ando, Marketing Director, Eastern Mountain Sports (EMS):

Cycling is growing. EMS has many new riders in their cycling classes. New cyclists often don't know where to ride and many lack cycling skills. 5BBC has knowledge and experience in organizing and leading rides. It also has "infrastructure" (rides, classes, meetings, etc). The 5BBC should expand its reach by reaching out to new cyclists.

There are existing groups (NYU bike club, Dykes on Bikes, "meetup groups") that could benefit from 5BBC's organization. 5BBC needs new membership, especially young adult riders, and a strategic plan.

Bob commented that outreach for new members should also include older adult riders.

Alan agreed to distribute 5BBC literature with new bicycle purchases.

President's report (Sharon): BethKatz is hired as Event Manager for the 2011 Montauk Century.

Communication Coordinator's report (Andrea): Volunteer recruitment is continuing for the 5BBC bike repair station at Summer Streets.

Caryn Greenberg is ready, willing, and able to design a new club jersey. She is already asking detailed questions about jersey colors and fit.

Motion to hire Caryn to design a new club jersey and pay her designer's fee of \$500, approved.

Program Coordinator's report (Barry): The September general meeting (9/27) will be at Bicycle Habitat and will feature author David V. Herlihy and his new book "The Lost Cyclist" and will be available for book signing.

The October general meeting (10/18) will be at the Woolworth Tower Kitchen and will feature civil engineer, transportation planner, and longstanding 5BBC member Steve Faust, who has been on the project management team for the new Tappan Zee Bridge. He will also report on plans for mass transit & bicycle/pedestrian access to this bridge.

September 13, Simple Studios

Present: Sharon Behnke, Jim Zisfein, Bob Castro, Barry Hartglass, Andrea Casertano, Ed Ravin, Alfredo Garcia, Fred Dieckamp, Peter Engel.

Leadership training report (Sharon): The class now has 10 students. Registration is still open.

Communication Coordinator's report (Andrea): Summer Streets bike repair table was a success. Our mechanic was busy and appreciated. Many riders and pedestrians stopped by seeking info about the club.

The NYC DOT would like us to promote their free bike light program. We will mention it in our club media.

Phil Goldberg gave out club info at the TA Century finish

line. Club info will also be added in Tour de Bronx packets.

Caryn Greenberg is working on our new club jersey and should have samples by October. We might also offer a club T-shirt.

Day Trips Coordinator's report (Ed): The Bike Philly ride went out; this was a 1-day ride that included some features of a weekend trip. Input from the weekend trips coordinator was helpful in organizing this ride.

Going forward, there was consensus that all 1-day trips will continue to be considered as day rides and under the jurisdiction of the day trips coordinator, but ad-hoc input will be solicited from the weekend trips coordinator as needed.

The TA training ride series was popular, included a core group of about 6 riders who completed the entire series.

Newsletter report (Alfredo): Current PDF newsletter has been posted, and includes additional photos plus a travelogue of a 4,000 mile ride by 5BBC member Dolores McKeough.

Program Coordinator's report (Barry): The holiday party is tentatively scheduled for Saturday, December 11, at the hostel. Note that the hostel now allows serving of alcoholic beverages.

Upcoming general meetings for November will be a multimedia travelogue in France by Tod Moore and his velotravelers.

Treasurer's report (Bob): Purchases of durable goods for the Montauk Century by event manager Beth Katz have been authorized.

October 4, Simple Studios

Present: Sharon Behnke, Jim Zisfein, Bob Castro, Barry Hartglass, Andrea Casertano, Ed Ravin, Alfredo Garcia, Fred Dieckamp, Brian Hoberman, Caryn Greenberg.

Jersey design report (with Caryn Greenberg, jersey designer): Caryn showed prints of jersey proposed designs. There was a consensus that these designs were good, although disagreement over which was best. Andrea will work with Caryn to choose the final design.

Leadership training report (by Ed, who attended a training ride): There are 9 or 10 students participating, and the quality of the students appears to be quite good.

Program Coordinator's report (Barry): September 27 General Meeting at Bicycle Habitat, with guest David Herlihy, author of The Lost Cyclist, was very well received. His publisher was very pleased with book sales that evening. The food was also great. We thank Charlie McCorkell once again for use of his shop as a venue, and Peter Engel for his assistance.

Miscellaneous discussions: Sharon would like the TA publication "Biking Rules" to be distributed to our members. It advocates courteous & lawful cyclist behavior.



Editor's Note: Due to increasing family and work obligations, the special pdf Bicycletter editions of the Montauk Century and the 20th anniversary of the Five Borough Bicycle Club will be put off until next year. This will not affect my duties for producing our regular print and pdf issues. Alfredo Garcia

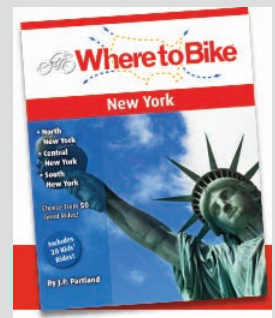


Adding Cycling To Driver's Ed

State Senator Eric Adams (D-Brooklyn) has introduced a bill to add "a bicycle, in-line skater, skateboarder and scooter rider safety component to the pre-licensing driver's education course." Adams is planning a bike ride in his Brooklyn district later this month (Oct.), and NYBC will keep you informed about what you can do to help make this bill a reality.

NYSDOT Holds Long-Awaited Bike/Ped Advisory Meeting

This summer, the New York State Department of Transportation held the first meeting of the Bicycle/Pedestrian Advisory Committee, chaired by NYSDOT Acting Commissioner Stanley Gee. NYBC has been advocating for this group to meet for more than a year. The first meeting was attended by government and non-government representatives, and focused on rumble strips, the proposed U.S. Bike Route System, and current trends in transportation and infrastructure funding. According to the DOT, this committee will meet quarterly.



Cycling Photo Contest

JP Partland, author of the forthcoming Where to Bike New York book, announces a Bicycle Photo Contest and Exhibit for New York and suburbs.

The juried competition offers \$1,000 in cash prizes!

In addition, winners will have their photo(s) published-with a photo credit-in the forthcoming guidebook, Where to Bike New York, as well as on the book's accompanying website.

For information, please visit <http://www.wheretobikenyc.com/NewYork-428.html>

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

Larry & Jeff's Bicycles Plus (2)

Richmond Hill, NY 718-641-1880

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

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



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

Zen Bikes

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

QUEENS

Arc De Triomphe Bicycles

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

Bellite 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.

www.peakmntbike.com

Spin City Cycle

110-50 Queens Blvd
Forest Hills, NY 11375
718-793-8850

www.spincitycycle.com

Spokesman Cycles

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

www.spokesmancycles.com

LONG ISLAND

The Bicycle Planet

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

Bike Discounters (1)

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

www.thebikeoutlet.com

Bike Discounters (2)

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

Brands Cycle Center

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

www.brandscycle.com

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

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Leader Susan Levine on the Jamaica Bay Loop ride. Photo by Bill Mastro.



PLEASE RENEW YOUR 5BBC MEMBERSHIP!

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 January-February 2011 issue is:

Monday 6 December 2010

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Contacting Us

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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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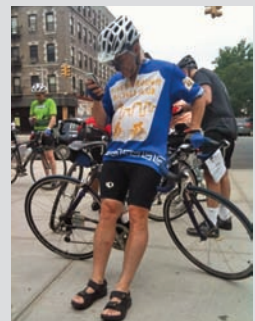


Photo by Diane Goodwin

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 Twitter: www.twitter.com/5bbc