

# BICYCLER BICYCLER

Publication of the Five Borough Bicycle Club • May-June 2011 • Sans Print Edition • [www.5bbc.org](http://www.5bbc.org)

## Let's Ride!

### Our Big Bike Event!



Fritz Van Orden's Tale of 5BBC Cycling through New Jersey streams!



**5BBC** Five Borough Bicycle Club  
Sunday, May 15, 2011



Wear our new 5BBC cycling jersey!



See Bamboo bikes in Red Hook, Brooklyn. Monday, June 13, 2011  
Make one yourself! Panda not included.



Weekend Trips!



Strawberry Festival!  
Mattituck Century  
Sunday, June 19, 2011



Day Trips!



**THE REPAIRER**  
  
**24 HOUR BICYCLE REPAIR STATION**  
+  
**BICYCLE TUBE DISPENSER**

**RED JACKET**  
A person wearing a red jacket and a blue helmet stands with their arms crossed next to a bicycle.

**BLUE JACKET**  
A person wearing a blue jacket and a white helmet stands next to a bicycle.

**BLACK JACKET**  
A person wearing a black jacket with white accents and sunglasses stands with their hand on their hip next to a bicycle.





Sunday March 20, 2011

## MONMOUTH COUNTY SHORELINE RIDE

8:45am  
(for a 9:07am departure),  
Penn Station (northeast  
corner of 8th Ave. & West  
31st St). 40 flat miles,  
12-14 mph pace

Visit the New Jersey shore  
between Asbury Park and  
Matawan, including Sandy  
Hook, part of the Gateway  
National Recreation Area.

Of the 40-mile route,  
25 miles are on car-free  
boardwalks, footpaths, and  
trails suitable for all but the  
narrowest tires (1" or less).

The recently opened Bay  
Shore trail segment linking  
Highlands and Atlantic  
Highlands is a major "Oh  
Wow!" spot.

Touting a ride as "Hilliest  
Ever" is a fool's errand, but  
this may be the Flattest Ride  
Ever. Bring sunblock, a light-  
weight lock, \$29 for train  
fare.

Bring or buy lunch (around  
\$10). NOTE: there are no  
bailout points on this ride  
except for an expensive ferry.  
Leaders: Richard Brause &  
Alfredo Garcia.

*Jackie Juntonen compares  
this giant Coker "Monster"  
three-speed cruiser bicycle  
with her own, during a stop  
at a bike shop on the Mon-  
mouth County Shoreline  
Ride.*

*The principle of the Coker's  
36-inch (!) wheels is to  
provide plush riding comfort  
as well as style.*

*Photo provided by Jackie.*

## Bicycletter May-June 2011

Sans Print Edition

### TABLE OF CONTENTS

- 03 • Big Wheels
- 04 • General Meetings
- 05 • 5BBC Jersey
- 06 • About Day Trips
- 07 • Mattituck Century
- 08 • Day Trips
- 15 • Cycling by Fritz Van Orden
- 18 • Dr. Gabe Mirkin
- 19 • Montauk Century
- 23 • 5BBC Tour de Force
- 24 • Weekend Trips
- 27 • 5BBC Milestones
- 28 • MTA Bike Permit
- 31 • On The Record
- 33 • Start of a New Season
- 34 • Member Ads
- 35 • Rain Beaters/Bike Events
- 36 • Order Blank
- 37 • Bike Shop Discount List
- 39 • On The Road

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#### COME AND GET IT!

Current 2011 NYC Cycling Map put out by the New York City Department of Transportation, Janette Sadik-Khan, Commissioner

This year's edition emphasizes riding safely and the 50+ miles of new bike lanes. Great graphics, transit section, bike shop listings & recommended routes in all five boroughs. Available at local bike shops, the Five Boro Bike Tour, DOT and online at: [www.nyc.gov/bikes](http://www.nyc.gov/bikes). RECOMMENDED



Monday June 13, 2011, 6:30 PM

## BAMBOO BIKE STUDIO

210 Richards St., Suite 212, Buzzer #12, Brooklyn

Phone: (917) 727-2453

Web: [www.bamboobikestudio.com](http://www.bamboobikestudio.com)

### DIRECTIONS #1

Subway: F to Smith & 9th St., 28rd St.--then take the B61 bus to the Van Dyck and Richards St. stop.

### OR

### DIRECTIONS #2

New York Water Ferry (\$5 each way, leaves every 40 minutes) from Pier 11 (Manhattan) to Brooklyn IKEA store. Walk left to Beard St., go right on Richards St. and then to Van Dyck St.

Brooklyn IKEA related weblink with map: <http://tinyurl.com/6maouq>; Local car service is available.



THE BEST BIKE IS THE ONE THAT YOU BUILD YOURSELF

We are pleased that our June meeting will be hosted by Marty Oldin and Justin Aguinaldo

As promised ! We have rebooked this program, that was canceled in March--by Popular Demand!. Great time of year to have a program near water. You can even ride your bike here (lights suggested for your departure from studio).

Bamboo is a composite material, similar to rebar-reinforced concrete or fiberglass-epoxy boat hulls. These are fiber-matrix composites, in which forces are transmitted between fibers by the matrix (glue or concrete).

Bamboo fibers are extremely strong in tension, as strong as steel, is very similar in structure to a carbon tube, but grows straight out of ground. Bamboo is a member of the grass family and is very unique product that is used throughout the world as building materials and as a food source.

### Bamboo Bike Studio Mission:

Provide every cyclist the experience of building his or her dream bike from scratch, while advancing sustainable entrepreneurship and development by financing bamboo bike factories in Africa and South America. Bicycling is the best solution to simple, self-propelled (and enjoyable) transportation we've found, meeting the needs of a world burdened with dwindling resources and an ongoing climate and energy crisis. Second, by employing bamboo— a renewable, fast-growing resource and a performance-positive alternative to steel, aluminum and carbon fiber— as our frame material. Bamboo is a natural shock absorber, which leads to an incredibly smooth ride.

Based in Red Hook, Brooklyn NY with a second studio in San Francisco California, each bike-building workshop extends beyond the walls of the Studio, generating the engineering, instruction, and funding capital needed to establish scalable, bamboo bike factories in developing countries worldwide. For fun, for learning, for building a better ride and providing a lower cost transportation alternative: we hope you'll see how the Bamboo Bike Studio offers the unique and intimate chance to create your own ride. The principal owners of the studio have taught over two hundred people how to make bikes a. The goal of the studio is to share both of these joys with as many people as possible.

*Marty Oldin is a co-founder of the Bamboo Bike studio. He also works on the Bamboo Bike Project and at the Center for Sustainable Engineering at Columbia University. He is chief engineer and product designer. Marty can often be spotted riding his bamboo bike from Red Hook to Columbia.*

*Justin Aguinaldo is also a co-founder of the Bamboo Bike Studio. He is a former North American Cycle Courier champion and former bike messenger. Justin is our principle bike tester and designs our geometries. He also fits all in charge of bike fitting and is the head mechanic at the studio. The trek to Red Hook will be well be well worth it for this most fascinating program.*

**Refreshments will be served and we hope to see you there!**

**Special offer: A \$50 Discount will be offered that Evening, if you sign up for a workshop!**

**Note: There is NO general meeting in May.**

# FIVE BOROUGH BICYCLE CLUB BRAND NEW CYCLING JERSEY!



*A beautiful  
design by  
our own  
Caryn  
Greenberg!*

*It will look  
great on  
YOU!*

Wear our new bike jersey when you go on 5BBC rides. Impress people at bike events. Be proud of the Big Apple when you ride your bike. All of our good boroughs of New York City--The Bronx, Brooklyn, Manhattan, Queens and Staten Island, are proudly represented as a whole. Designed by our own Caryn Greenberg. \$65. See page 22 to order or visit [www.5bbc.org/store.shtml](http://www.5bbc.org/store.shtml)

**Get yours now!**

## 2011 Executive Board

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**MEMBERS-AT-LARGE**

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

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

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

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

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

## About Day Trips

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

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

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

### Participants under age 18

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

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

### Bicycle Helmet Standards

"Snell" refers to bike helmet standards set by the Snell Foundation, founded in 1957. The organization was named after race car driver Peter Snell, who died in an auto accident wearing a poorly designed helmet. Snell



has what is considered the toughest standards for helmets, especially for bicycling.

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

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

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

For more information, visit the Bicycle Helmet Safety Institute, [www.bhsi.org](http://www.bhsi.org).

Cover: Clockwise-2011 club jersey and Montauk Century postcard, both designed by Caryn Greenberg; day trip photo by Bill Mastro; strawberry via wikipedia; weekend trip photo by Lorna McCrave. Above: the Rudy Project "Slinger" road cycling helmet.



*The 5BBC 2011 Mattituck Century*  
 Have some Strawberries with your Century!  
 Sunday June 19, 2011  
 100 Miles  
 Rain or Shine

Brooklyn's Atlantic Terminal check-in opens 6:00 AM start

Back in the day cyclists from all over our area looked forward to the beloved mid-June club classic we called the Mattituck Century also affectionately known as the Strawberry Century. We've bought it back because it was always a lot of fun. We've kept the old school flavor, added a few updates, but it's still all about the fun! Old school flavor also means an old school price – just \$35 gets you on this great ride.

This ride is the ideal way to get your summer on! This 100-mile ride is best suited for the skilled, well-conditioned and self-sufficient distance rider -- or you can just ride with one. We travel from the hipster cool of Brooklyn, through historic districts, quiet neighborhoods & bedroom communities, on to the Pine Barrens and finally wine country. It's truly a great route that is flat, easy, quiet but with the needed services.

The 5BBC Mattituck Century will offer check-in services at Atlantic Terminal, Brooklyn with a 6 AM start. True to the old school style the route maintains the original charm and challenge of no road markings or formal rest stops so you are free to ride at your own pace, lunch at a place of your choosing and manage your own roadside repairs. Though we must require you wear a helmet while riding!

As always the ride features 5BBC's legendary SAG support, a cadre of friendly and helpful volunteers plus transportation back home for you and your bike. The ride terminates at the annual Strawberry Festival in Mattituck, New York. This is an old-fashioned country fair that features strawberry everything in addition to other typical festival cuisine. Alternatively, if grapes are more your taste we can direct you to local vineyards for ahhh...you get the point. There are also nearby farms for fruit picking and local fine restaurants for a post-ride bite.

Online registration at Active.com. Registration is limited so act quickly and get ready to "have some strawberries with your century!"

**To register/get info, visit: [www.5bbc.org/mattituck](http://www.5bbc.org/mattituck)**



## 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 W to City Hall, 4 5 6 to Brooklyn Bridge/City Hall, J M to Chambers St.

### Columbus Circle

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

### Cunningham Park

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

### Doughnut Plant

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

### George Washington Bridge (GWB) Bus Terminal

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

### PATH West 9th St. Station

West 9th St. & 6th Ave., Manhattan. Subways: A C D E F to 4th St.

### Pelham Parkway & White Plains Rd

(Southeast corner), Bronx. Subway: 2 to Pelham Parkway

### Plaza Hotel

Fifth Ave. at 59th St. Subways N R W 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.

# 5BBC Day Trips May-June 2011

## Sunday May 1, 2011 BIKE NEW YORK

Today's the day of the Five Borough Bike Tour, sponsored by our sister organization Bike NY. Even if you don't want to ride with 20-30 thousand of your closest friends, please consider doing what many other 5BBC members will be doing - volunteering their time, both on the bike and off to help make this amazing ride happen. Please visit [www.bikenyork.org](http://www.bikenyork.org) for details.

## Saturday May 7, 2011 MONTAUK TRAINING RIDE #13: EATON'S NECK 8:00 AM, Cunningham Park, Queens, 90 miles

The scenery of the North Shore expands on this beautiful trip and the main century event is just one week away. If you can handle this 90 miler you'll have no problem with the full century coming up. No Point-Drop-Sweep on this final training ride, one group only, no separate Quick Spin. Leaders: Ira Najowitz & Dennis Griffin

## INTRODUCTION TO YOUR BIKE AND BIKE REPAIR 9:00 AM, HI-AYH (W. 103rd & Amsterdam Ave), Manhattan. 25-30 miles, 12-14mph pace

This series of "repair rides" will teach you the basics of maintaining, adjusting, and repairing your bicycle. Topics include flat tires, brake and derailleur adjustments, and perhaps even wheel truing. Subjects will vary depending on what you need to learn! Leaders: Jesse Brown & TBA

## BIKE TO THE SOUTH POLE 9:45 AM (for 10 AM ferry to Staten Island), South Ferry, Manhattan, at ferry terminal bicycle waiting area or 10:30 AM on Staten Island at the Saint George Ferry Terminal at the ground- level guard house where folks on bicycles exit the ferry. 25 or 45 miles (optional early return)

Bike around Staten Island and by "around", we mean around. We focus on quiet neighborhoods, including miles-long paths (suitable for all types of bikes) in the island's parks and waterfronts. No major hills but we're rarely on the level. Bring lightweight lock, \$ for lunch at a Bavarian Inn, and a MetroCard for optional early return via SIR

after 25 miles. And yes, we will visit the South Pole...at the southernmost point of New York State. Leaders: Richard Brause & Fritz Van Orden

## ☺ MAKE BOOTS FROM YOUR GARAGE 11:15 AM, Plaza Hotel (59th St.& 5th Ave), Manhattan, 20 leisurely miles

With over 60,000 handmade boots and shoes under his belt, Olivier Rabath must know what he's doing - and he'll show you just how he does it. Ride to this designer-craftsman's garage-school and get inspired right down to your sole. See "Made in USA" fashion at its best! Learn more about Olivier at the trip-related website [www.howtomakebootsfromyourgarage.com](http://www.howtomakebootsfromyourgarage.com). Bring money for a late lunch at a local eatery, and snacks to tide you over in the meantime. Rain at the start of the ride cancels. Leaders: Richard Sanford and TBA

## Sunday May 8, 2011 MONTAUK METRIC TRAINING RIDE #4: PIERMONT 9:00 AM, Columbus Circle, Manhattan, 50 miles

Our metric series concludes with an old standard - Piermont, NY. Enjoy the hills, green pastures and river views. We'll visit the pier that extends nearly a mile into the mighty Hudson. Bring lunch money & a camera. Leaders: Josh Gosciak & TBA

## CROTON RESERVOIR TRIPLE-CROSS 9:00 AM, Van Cortlandt Park (West 242nd St & Broadway), Bronx, 35 miles, easy 10-12mph 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: Maggie Clarke & Jim Zisfein.

## OFF ROAD VISTAS - THE OLD PUT AND THE OLD CROTON AQUEDUCT 9:30 AM, Van Cortlandt Park (Broad- way & West 242nd St, Bronx), 40 miles.



Wheel through the woods on the two long-distance off-road trails that run from the Bronx through Westchester County. In celebration of National Train Day, we'll start with the trail that uses the former Putnam Line railroad right-of-way, eat lunch at a waterfall at a former resort, and return via the Old Croton Aqueduct, a dirt trail that runs over NYC's original water supply tunnel. Hybrid or MTB bikes only. Bring or buy lunch. Leaders: Ed DeFreitas & TBA

**BROOKLYN SIDES AND SUBS**  
**10:00 AM, Prospect Park (Grand Army Plaza), Brooklyn, 40 or so mostly flat miles, moderate touring pace**

Nottingham, Fiske Terrace, Futurama & more. No, you're not in Merry Olde England or cycling in a space station, but riding the side streets through the sub-neighborhoods of Brooklyn. See interesting, quiet streets (and lots of stop signs) amidst the changing, diverse and often lesser-known areas of Brooklyn. Bring lock and money for lunch in Mill Basin. Rain at start cancels. Leaders: Bill Mastro & Danny Lieberman

**Sunday May 15, 2011**  
**5BBC MONTAUK CENTURY**

The 5BBC's main event - ride 65, 100, or 145 miles to the far end of Long Island. See [www.5bbc.org/montauk](http://www.5bbc.org/montauk) for more information.

**Saturday, May 21, 2011**  
**KAYAKING HACKENSACK**  
**10:00 AM, 6th Ave & West 9th Street PATH entrance, or 11:00 AM Hoboken PATH terminal, 15-20 miles, leisurely pace, some hills**

Bring your water shoes \*and\* your water bottle on your visit to the little-known Hackensack Riverkeeper visitor center in the Meadowlands. On the way we'll tour the Hoboken waterfront, then a leisurely ride to Secaucus and the River keeper. Plan on a 2-3 hour kayak or canoe exploration of the scenic swamp, or a one-hour pontoon boat eco-tour. Bring \$25-30 for boatfare, your ID if you will be renting a kayak or canoe, and more \$ for optional dinner in Indian Row, Jersey City, on the way home. Early return available via NJ Transit. NOTE: Please RSVP to [joshgo@email.com](mailto:joshgo@email.com) if you plan to kayak, canoe, or go on the eco-tour. Leaders: Josh Gosciak and Alfredo Garcia

**Sunday, May 22, 2011**  
**THE LOTTERY RIDE**  
**(QUICK SPIN 15+ MPH)**  
**8:30 AM, Pelham Parkway & White Plains Rd., Bronx, 67 miles**

Three states, three lotteries, all with the odds stacked against you, but we're all winners when we ride. This is a fast-paced, Quick Spin ride with no Point-Drop-Sweep - experienced cyclists only, please. Leaders: Jesse Brown and Rodney Millard

**KENSICO DAM RIDE**  
**9:00 AM, Wakefield (E. 241 St. & White Plains Rd, last Stop on IRT #2), Bronx, 30 miles**

After we ride on roads to Bronxville, the ride turns beautiful. Except for a short area between Scarsdale and Hartsdale, we travel on paths along streams and ponds, over wooden foot bridges and small waterfalls. See what the WPA hath wrought. Enjoy lunch at the base of the dam. Bring or buy lunch. Bring MTA bike permit in case you need Metro-North. The off-road paths are all paved and suitable for road bikes. Leaders: Ed DeFreitas and TBA

**☺ LIGHTHOUSE HILL**  
**10:45 AM (for 11:00 AM ferry), South Ferry, Manhattan Or, meet us on Staten Island at 11:30 AM at the St. George Ferry Terminal at the street level guardhouse, where bicyclists exit the terminal area. 25 miles and one really steep hill**

Tour some of Staten Island's cultural and architectural icons, including the Jacques Marchais Museum of Tibetan Art and the Alice Austen House. In addition to her prolific work as a photographer of New York in the 1800s, Ms Austen was also an avid cyclist in an age when women didn't usually indulge -- a very special woman! We'll also pass a still-active lighthouse and the only private house in New York City designed by Frank Lloyd Wright. The route includes quiet streets and off-road bike paths (suitable for all bikes). Bring \$10 for museum admissions. Bring or buy lunch. Leaders: Richard Brause & Maggie Clarke

**Saturday, May 28, 2011**  
**INTRODUCTION TO YOUR BIKE AND BIKE REPAIR**  
**9:00 AM, HI-AYH (W. 103rd & Amsterdam Ave), Manhattan. 25-30 miles, 12-14mph pace**

**RING Garden**  
Broadway at Dyckman St., in Manhattan. Subways: A 1 to Dyckman Street.

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

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

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

**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](http://www.5bbc.org/meetingplaces.shtml)



April 3, 2011: Scenes from the Brooklyn Waterfront Greenway ride, by Ed DeFreitas. Plus veteran 5BBC leaders Jesse Brown and Rodney Mallard. Photos by Antonio Rivera.



### IMPORTANT CYCLING NOTE #1

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

### IMPORTANT CYCLING NOTE #2

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

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



From bookcover: The Best of Newspaper Design 27

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



On April, 20, Hosted by Sharon Behnke at her Bronx apartment, Barry Hartglass and Phil Goldberg helped mailed print issues of the May June Bicycletter. Thanks Sharon.

This series of "repair rides" will teach you the basics of maintaining, adjusting, and repairing your bicycle. Topics include flat tires, brake and derailleur adjustments, and perhaps even wheel truing. Subjects will vary depending on what you need to learn! Leaders: Jesse Brown & TBA

### BIKE THE FALLS

**10:00 AM, GWB Bus Terminal (W. 178th St & Fort Washington Ave), Manhattan, 30 miles, Quick Spin pace with long stops**

Which falls? Paterson Falls, where there's some great cycling as we also make stops in the town, a museum or two, the waterfalls and a Peruvian family-style restaurant. Plan for several hours out of the saddle. Multiple early return options via NJ Transit. Leaders: Josh Gosciak and Alfredo Garcia

### Sunday, May 29, 2011

#### THE LOTTERY RIDE (QUICK SPIN 15+ MPH)

**8:30 AM, Pelham Parkway & White Plains Rd., Bronx, 67 miles**

Another fast-paced, quick-spin ride with no Point-Drop-Sweep, speeding through three states and their lottery tickets. 5BBC's bookmakers say it's better than even money you'll enjoy the ride, but the chance of winning the NY Jackpot is only 1 in 45,057,474. Experienced cyclists only, please. Leaders: Jesse Brown and Rodney Millard

#### DAS BOOT (THE SUBMARINE RIDE)

**9:00 AM, HI-AYH (W. 103rd & Amsterdam Ave), Manhattan. 35 miles**

A fitting ride for the Memorial Day Weekend. Walk where the "Greatest Generation" trod by touring a WWII submarine in Hackensack. We go from the 21st century to 1944. Bring a lock, money for lunch and optional submarine tour (grounds admission is free). History buffs, bring your curiosity. Leaders: Ed DeFreitas and TBA

### Saturday June 4, 2011

#### ☺ RESTAURANT FURNITURE MANUFACTURING

**9:00 AM, Plaza Hotel, Manhattan, 20 leisurely miles**

Sometime between the waiter asking you "What would you like to drink" and your saying "Bottom's Up," you've got to first put your bottom down. That's where the "upholstery chef" comes in. Visit the Elegance Restaurant Furniture Manufacturing Company in Red Hook, Brooklyn and see how these proud makers of durable restaurant booths and other restaurant furniture

create products that have to hold up through thousands of customers while maintaining their fresh appearance. Check out their site at [www.elegancemanufacturing.com](http://www.elegancemanufacturing.com). Bring money for lunch at a local eatery. Rain at the start of the ride cancels. Leaders: Richard Sanford and Bob Castro.

#### INTRODUCTION TO YOUR BIKE AND BIKE REPAIR

**9:00 AM, HI-AYH (W. 103rd & Amsterdam Ave), Manhattan. 25-30 miles, 12-14mph pace**

This series of "repair rides" will teach you the basics of maintaining, adjusting, and repairing your bicycle. Topics include flat tires, brake and derailleur adjustments, and perhaps even wheel truing. Subjects will vary depending on what you need to learn! Leaders: Jesse Brown & TBA

### Sunday, June 5, 2011

#### BRONX PERIMETER

**9:00 AM, HI-AYH (W. 103rd & Amsterdam Ave), Manhattan. 30 miles**

Tour the Bronx on the edge! Pass Yankee Stadium. Climb through Riverdale. Take bike paths through a woods. See a fort. And more. Leaders: Ed DeFreitas and TBA

#### POUGHKEEPSIE BRIDGES AND GREENWAYS

**9:30 AM (approximate) Poughkeepsie Metro-North station, RSVP required, 12-14 mph pace, 50 miles**

Explore the greenways of Poughkeepsie and New Paltz, including the longest pedestrian-only bridge in the world, with spectacular views high above the Hudson River. Pace will be a relaxing but invigorating 12-14 mph. Lunch at an extraordinary eatery. RSVP required: please call Jesse at 917-578-2244 for full transportation details. Leaders: Jesse Brown and Rodney Millard

### Saturday, June 11, 2011

#### INTRODUCTION TO YOUR BIKE AND BIKE REPAIR

**9:00 AM, HI-AYH (W. 103rd & Amsterdam Ave), Manhattan. 25-30 miles, 12-14mph pace**

This series of "repair rides" will teach you the basics of maintaining, adjusting, and repairing your bicycle. Topics include flat tires, brake and derailleur adjustments, and perhaps even wheel truing. Subjects will vary depending on what you need to learn! Leaders: Jesse Brown & TBA

☺ **QUEENS TREASURES**  
10:00 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 & TBA

**Sunday, June 12, 2011**  
**MORNING RIDE TO CONEY ISLAND**  
8:30 AM, Prospect Park (Grand Army Plaza), Brooklyn, 20+ miles

Let's get up early and get some exercise. We'll ride via the Shore Parkway bike path, to Coney Island, stop briefly on the boardwalk for coffee and a bagel, then onto Manhattan Beach and Sheepshead Bay before heading back. Hope to be back by early afternoon. Rain at start cancels. Leaders: Andrea Casertano & Susan Levine

**MAKE TRACKS TO YORKTOWN**  
8:30 AM, Pelham Parkway & White Plains Road, Bronx, 75 miles, Quick Spin 15mph pace

Follow the North County Trailway, the route of a former railroad, to Yorktown Heights in Westchester County. The route is mostly car-free and the lunch stop will be delightful. This is a quick-spin, 15mph pace ride, no Point-Drop-Sweep. Experienced cyclists only, please. Leaders: Jesse Brown and Rodney Millard

**HUDSON RIVER MUSEUM**  
9:30 AM, Plaza Hotel (E. 59th St & 5th Ave), Manhattan, 30 miles

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, \$6 for admission, lunch or money to buy it, lightweight lock, & MTA Bike Permit in case you have to bag it. Some hills. Road bikes OK. More info at [www.hrm.org/](http://www.hrm.org/) Leaders: Ed DeFreitas & TBA.

**Saturday, June 18, 2011**  
**CLEARWATER**  
**HUDSON RIVER REVIVAL**  
8:30 AM sharp!, Grand Central Terminal, 25 miles, rolling terrain with one big hill

Our 23rd annual day-long retreat to this classic folk music festival returns anew! We'll board Metro North's 8:45 AM train to White Plains, then cycle to Croton Point Park (and return to NYC via train). Enjoy music, dancing, crafts, activists, stories, souvenirs, and of course, food. Scheduled performers include Arlo, Billy Bragg, Janis Ian, the Nields, and Tao and Pete! See [www.clearwater.org](http://www.clearwater.org) for updates. Limited number of discount tickets (\$45) available from leader. Festival & bike ride are rain or shine; free valet bike parking thanks to Times Up! ([www.times-up.org](http://www.times-up.org)). Bring MTA Bike Permit, \$20 for train fare, more \$ for admissions, food, and sunscreen. Leaders: Ted M. Kushner, Brian Hoberman, Susan Levine

**INTRODUCTION TO YOUR BIKE AND BIKE REPAIR**  
9:00 AM, HI-AYH (W. 103rd & Amsterdam Ave), Manhattan, 25-30 miles, 12-14mph pace

This series of "repair rides" will teach you the basics of maintaining, adjusting and repairing your bicycle. Topics include flat tires, brake and derailleur adjustments and perhaps even wheel truing. Subjects will vary depending on what you need to learn! Leaders: Jesse Brown & TBA

**RIDE TO THE FIVE TOWNS**  
9:00 AM, Doughnut Plant, Manhattan, 50 miles

Scenic AND swanky. Lots of waterfront riding! This ride is flat and fast and we'll get there through the southern tier. I've taken this ride out of the archives due to popular demand. Bring a lightweight lock and a camera. We'll lunch at a diner and return through the Rockaways. Leaders: Danny Lieberman and Bill Mastro.

**NEWBURGH-BEACON BRIDGE**  
9:00 AM, George Washington Bridge Bus Terminal, 60 hilly miles, Quick Spin pace 15 mph

Challenge yourself with this scenic ride via route 9W, Bear Mountain State Park, and Newburgh. We'll bookend the ride with two Hudson River

**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/](http://www.mta.nyc.ny.us/nyct/safety/bike/)



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

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

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

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

[www.mta.nyc.us/mnr/html/mnrbikpermit.htm](http://www.mta.nyc.us/mnr/html/mnrbikpermit.htm)

For more information on all MTA trains, visit [www.mta.info/bike/](http://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](http://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](http://www.panynj.gov/CommutingTravel/path/html/rules.html)



Photo by Antonio Rivera

## LET'S WELCOME OUR NEW 5BBC MEMBERS

Albert Schaeffer  
 Amy Sternheil  
 Barbara Gillespie  
 Barbara Reitschel  
 Beth Nash  
 Brad Battaglia  
 David Lowenfeld  
 Diego Silan  
 Ed Beasley  
 Edith Schneider  
 Edwin Follett  
 Frances Hodge  
 Geordy Glaude  
 George Tan  
 Greg Hodge  
 Igor Apraiz  
 Jacqueline Lopez  
 Jane Cytryn  
 Jane Glucksman  
 Jay Taylor  
 Jen Frazier  
 Jessica Dugre  
 John Lynch  
 John J. Reilly  
 Joshua Rubin  
 Judith Steyer  
 Kazuyo Kudo  
 Leslie Farrar  
 Liam Moran  
 Mark Taylor  
 Matthew Reed  
 Mia Bruch  
 Michael Morales  
 Robert Ussery  
 Sally Menelsohn  
 Samuel Perez  
 Shad Interligi  
 Tali Shmulovich  
 Tom Best  
 Tricia Okin



Join and ride with us in the Five Borough Bicycle Club!

crossings: the GWB at the start and the Newburgh-Beacon Bridge at the end. Return will be via Metro-North at Beacon. This is a quick-spin, 15mph pace ride - no Point-Drop-Sweep. Bring snacks, plenty of water, \$ for lunch, \$14 for train fare, MTA bike permit, and a positive attitude. NOTE: please check the 5BBC Bulletin Board for possible announcements the day before the ride. Leaders: Dalah del Prado & Howard Hall

### ☺ MORE QUEENS TREASURES 10:00 AM, Cunningham Park, Queens, 30 miles

Queens is a big borough, with too many treasures to visit on just one ride. So we've got another tour of the unusual, interesting, and forgotten places of Queens. Many stops. Bring money for lunch. Back around 4 PM. Leaders: Randy Horowitz & TBA

### Sunday, June 19, 2011 BIKE/HIKE: BRONX RIVER PARKWAY & CRANBERRY LAKE 9:30 AM, Woodlawn (Jerome Ave. & Bainbridge Ave), Manhattan, 38 miles with some steep hills

Visit Westchester County's car-free spaces: part of the Bronx River Parkway will be just for bikes today and we'll also use nearby paths to make the ride 44% car free. Lunch is at a nature preserve in a quiet, forested area, where we can take an (optional) walk around the lake. All paths are paved and suitable for road bikes. Bring appropriate walking footwear and a lightweight lock. Bring or buy lunch. Leaders: Ed Ravin & TBA

### ☺ PRESIDENT'S SHADOWS 10:00 AM, City Hall, Manhattan, 15 miles

We all know that Washington slept here. But where did his vice-president sleep? How did a Brooklyn community honor a fallen President (not JFK, Lincoln or one of those famous ones)? At the end of the day you'll have something historical to say at dinner. Leaders: Ed DeFreitas & TBA

### 5BBC MATTITUCK CENTURY

A revival of a 5BBC classic event - ride 100 miles to the Mattituck Strawberry Festival. See [www.5bbc.org/mattituck](http://www.5bbc.org/mattituck) for more information.

### Saturday, June 25, 2011 INTRODUCTION TO YOUR BIKE AND BIKE REPAIR 9:00 AM, HI-AYH (W. 103rd &

### Amsterdam Ave), Manhattan. 25-30 miles, 12-14mph pace

This series of "repair rides" will teach you the basics of maintaining, adjusting, and repairing your bicycle. Topics include flat tires, brake and derailleur adjustments and perhaps even wheel truing. Subjects will vary depending on what you need to learn! Leaders: Jesse Brown & TBA

### CROTON AQUEDUCT HISTORY TOUR 9:00 AM, Van Cortlandt Park (W. 242nd St & Broadway), Bronx, 35 mostly off-road miles

In 1835, fifty acres of Manhattan were burned to a crisp in "The Great Fire". The loss of valuable real estate prompted New York politicians to finally to build a proper water supply system for the city. The water tunnel they built, the Croton Aqueduct, now hosts an off-road trail 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 via Metro-North - bring \$10 train fare and MTA Bike Permit. Bring or buy lunch. Mostly flat with several very steep hills. Leaders: Ed Ravin & Bill Mastro

### Sunday, June 26, 2011 STATEN ISLAND ADVENTURE QUICK SPIN 8:30 AM, City Hall, Manhattan, 50 miles at a Quick Spin pace.

The luncheon stop will be amazing and the rest of Staten Island is also pretty nice. Experienced cyclists only, please - this is a Quick Spin ride with no Point-Drop-Sweep. Leaders: Jesse Brown and Rodney Millard

### Sunday, June 26, 2011 WOODLAWN CEMETERY TOUR 9:00 AM, HI-AYH (W. 103rd & Amsterdam Ave), Manhattan. 30 miles

Come join the celebration of living history, at New York City's second oldest cemetery. We visit not only the past but an outstanding venue for reflection, peace, and beauty. We may get a guided tour. Leaders: Ed DeFreitas and TBA

### ☺ THE PRETTY WAY TO STAMFORD 10:00 AM, RING Garden, Broadway and Dyckman St, Manhattan, 40-45 miles

## On the Road with the 5BBC



Tripper Raleigh Kelly on the West Englewood training ride, March 12. Photo by Alfredo Garcia

Venture at a reasonably sedate pace northeast to the Long Island Sound through the manicured 'burbs of lower Westchester and the hills (leader takes these even more sedately) and amazingly beautiful estates of lower Fairfield County, CT. Lunch at a nice place in Cos Cob. If we're lucky we'll get into the beautiful Old Greenwich Point Park, a 6 mile circuit on a peninsula jutting into the Sound. Metro-North return -bring MTA Bike Permit and \$10 train fare. 50% chance of rain at start cancels - call Maggie at 212-567-8272 after 8:30 AM if necessary to confirm. Leaders: Maggie Clarke & Fred Dieckamp

### **Sunday, July 3, 2011 UNDER AND OVER THE HUDSON 9:30 AM, City Hall, Manhattan, 30 miles**

PATH to Hoboken. Up the Hudson. Up one @#%&\* Hill. Over the GWB and on to Seinfeld's, etc. Lunch at a weird fountain. Ride down the "I-95 for cyclists," the West Side bike path back to City Hall. Leaders: Ed DeFreitas and TBA

### **☺ BICYCLE BEACH BUMS 10:00 AM, Prospect Park (Grand Army Plaza), Brooklyn, 30 flat miles**

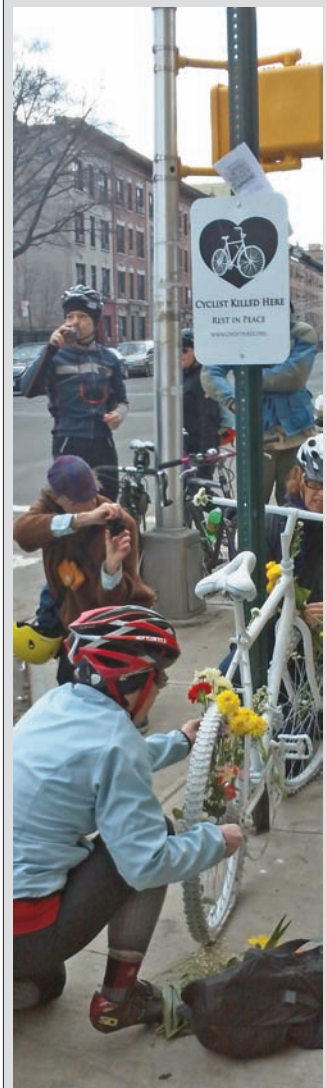
Combine your two favorite activities - bicycling and visiting the beach! This leisurely paced ride will go from Brooklyn to a quiet beach in the Rockaways, mostly along quiet streets or bike paths. Bring or buy lunch, bring beach stuff (sunscreen, swimsuit, towel, sheet, pail, shovel, Frisbee, flip-flops, etc), and a lightweight lock. Can't make it today? We're running this ride every Sunday in July and August - same start time, same place. Leaders: TBA

### **Monday, July 4, 2011 AROUND AND UNDER THE HUDSON 8:45 AM, City Hall, Manhattan, 25 miles**

Ride along the West Side of Staten Island. Cross the Bayonne Bridge. Visit the 911 Memorial (a gift from the Russian people) and Liberty State Park. PATH from Hoboken to the WTC. God Bless America. Leaders: Ed DeFreitas and TBA

**MORE JULY PLUS AUGUST  
RIDES IN THE NEXT ISSUE  
OF THE BICYCLETTER AND  
ON WWW.5BBC.ORG**

## **6th Memorial Ride & Walk, Sunday March 13, 2011 New York City**



Yearly solemn ride to remember 18 cyclists and 151 pedestrians who were killed by traffic vehicles in 2010. They will not be forgotten. Photo by Jackie Junttonen.





## NJ Delaware & Raritan Cycle and Swim April 17, 2011

by  
Fritz Van Orden

**T**here was a little bit of rain the night before the Delaware and Raritan Canal "BYOB" ride.

Certainly nothing to worry about on a beautiful Sunday morning.

Because of a strong southwest wind, we started at Trenton and headed for New Brunswick. Richard Brause's (our intrepid leader) sources indicated that the Raritan was 1.6 feet below flood stage, so we were prepared to ride back roads from Bound Brook if necessary.



Sunday April 17, 2011  
 BYOB  
 8:45AM (for a 9:14AM departure), NY  
 Penn Station: northeast corner of 8th  
 Ave. & 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 springtime greenery, wildlife, and mile after mile of quiet relaxed bicycling. The tow path surface varies from crushed stone to hard dirt -- sometimes muddy -- with a few patches of sand. We suggest a minimum tire width of 1 1/4" / 32mm. Between the New Brunswick and Trenton NJ Transit stations there are only two bail-out options. Bring lunch or \$ for it and \$28.50 train fare. BYOB? Bring your own bagels. The canal supplies the locks.

Leaders: Richard Brause, Geoff Cohen

As it happened, I had ridden this very route two weeks previously. In my absence, Spring had begun a tentative effort to sally forth. There were little green things starting to stick out of the ends of the treebranches, a zillion forsythias, and lots of muddy water in the canal. Actually, the water level in the canal was quite a bit higher. But there were only one or two little puddles on the path.

North of the Route 1 overpass, the towpath trail got wetter and wetter. I pity the silly people who decided to ride their narrow-tire road bikes. We came to a stretch where the canal was about 1" below the trail, which had tons of puddles. We decided to ride the singletrack at the top of the bank. On the other side was a sudden large lake with trees sticking out from the water. The D&R Canal was ingeniously designed with spillways cut into the banks every few miles to allow water in to the canal to run off into the adjacent river/floodplain/parking lots.

Haha! This time the water is going to flow across the spillway and into the canal!

Before we got to Princeton, we saw a green or two of the golf course with a flag or two sticking out of the water. We met a cyclist wearing a t-shirt, shorts and a lot of mud, who said the next section had water that was knee deep. So we rode some side roads for that section, but came back to the trail to ride along the east side of Carnegie Lake. The wooden bridge over what I think is the Millstone Aqueduct had an inch or two of water flowing happily over it. Then things calmed down and we made it to the diner for lunch in Kingston without any problem. Just north of Kingston, nature had carved a brand new reverse spillway, and water was cascading into the canal. Kayaks or whitewater rafts would really have been better transport at this point. Helpful hikers pointed us to a path on the east side of the canal, so we backtracked and took it. No flooding, but lots of big puddles.





I only fell down once.

North from Rocky Hill we went on Canal Rd. instead of the path, but kept looking over at the trail with no water flowing over it, and soon decided to take a little footbridge and get back on the trail. We went on for a few miles -- a 2-inch dropoff to the canal on one side, a 2-inch dropoff to the entirely full floodplain on the other. We went over one spillway that actually wasn't spilling.

Lucky us! A bit farther on ... there was a spillway that WAS spilling. The only alternative was to go back to our previous crossing, so we waded on through (except for one guy who actually rode halfway.) Only two ten-yard sections under water. No problem -- I know there's another bridge just a bit further where we can get back on Canal Rd.

When we get to the bridge at Blackwell's Mills, we see that Canal Rd. is under water too. Only a couple of daffodils poking their heads above the waterline. What else is there to do?

Surge forward! Another mile or two and we came to the best part. Water to the left, right, and in front. It was a 50-yard spillway and the water was definitely spilling. By this time our feet couldn't get any wetter, so we waded on through.

After that there was nothing of interest until we got to E. Millstone. We could have finished the ride on the path where it went along the Raritan River, or on pavement. We wrung the water out of our socks, decided valor is the better part of discretion, and rode on conventional roads to New Brunswick and the train to New York.

I can't remember the last time I went on such an enjoyable bike ride.

Photos taken during this unique and incredible 5BBC ride. Credits: Richard Brause (p. 14); Harry (p. 16-17)



**JOIN THE  
5BBC AND  
COME ON  
OUR RIDES**



## Intense Training Maintains Endurance in Older People

By Dr. Gabe Mirkin  
April 10, 2011

Last Saturday, a 75-year-old man and a 69-year-old woman rode a tandem at the Sebring Tandem Rally, covering 51 miles at an average speed of 18.9 miles per hour. We (Dr. Gabe & wife Diana, above) used all the energy we had trying to stay with the bikes in front of us.

You lose power and strength with aging, but you keep most of your endurance. The limiting factor to how fast you can run or ride a bicycle is the time that it takes to move oxygen from your lungs into your muscles. This is measured with a test called VO<sub>2</sub>max. The higher the number, the faster you move oxygen into muscles.

Dave Costill of Ball State University studied marathon runners in their prime in the late 1960s and then again 25 years later. In 1970, Derek Clayton of Australia held the world record in the marathon at 2 hours and 8 minutes. In 1992, his orthopedic problems limited his running to 3-4 very fast miles per day. His VO<sub>2</sub> max remained the same. His maximum heart rate slowed from 188 beats per minute at age 28 to 176 at age 50. He gained only 2 kilograms of weight going from 73.1 kg to 75.2. Other world class marathon runners who continued competing over the 25 years had an average drop in their VO<sub>2</sub> max from 70 down to 65, a small reduction.

The world records for the marathon and mile for all ages are less than 10 percent slower for 50-year-olds, and a rapid decline in age group world records starts only after age 70. This applies to both men and women.

You have to work gradually into any exercise program. If you are thinking of starting an exercise program or increasing its intensity, you probably should check with your doctor. Intense exercise can kill people with blocked coronary arteries. Training for older people uses the same principles as those used by younger ones. You train intensely three days a week, and go slowly on the other four days. We average close to 20 miles per hour on our 25-mile rides on Tuesdays, Thursdays and Saturdays and only 10-12 miles per hour on our four recovery days.

As you age, you lose muscle fibers and strength. However, if you train intensely, you can maintain the size and number of mitochondria in muscles that use oxygen to convert food to energy, which helps you to keep your ability to move fast over long distances.

*Dr. Gabe Mirkin is a medical doctor who has is a specialist in Sports Medicine. This article was used with free permission from*

**[www.drmirkin.com](http://www.drmirkin.com)**.

*Dr. Mirkin's opinions cited are for information only, and are not intended to diagnose or prescribe. For your specific diagnosis and treatment, consult your doctor or health care provider.*



**5BBC** Five Borough Bicycle Club  
 Sunday, May 15, 2011



Our prized Montauk Jersey (above, \$68) & Montauk T-Shirt (below, \$20) are available for a limited time only. Visit us on the web at <http://tinyurl.com/3vpaagj> for details. **Get yours now!**



**Basics**

We provide in-depth SAG (Support and Gear) with vans, trucks and even 55 passenger busses in case you need help along the way. Besides the buffet at the finish line, we have six rest stops along the route, loaded with gourmet snacks in addition to the usual energy snacks!

**An Escorted Metric Century Tour**

Along with the other basics, we provide a 65 mile group ride, escorted by trained 5BBC leaders at no extra cost. This is a relaxed pace (12-13 mph) ride - perfect if this is your first long distance ride.

**The Montauk Century Weekend**

If you'd like to ride the entire 145-mile route but would rather not do it in one day, the 5BBC offers an optional two-day Montauk Century Weekend mini vacation. See page 14.

**Volunteers**

An event like ours takes lots of work. Would you like to help? You may be able to ride for free. If you're interested and ask more questions, visit

[www.5bbc.org/montauk](http://www.5bbc.org/montauk)

**BEST WISHES AND GOOD LUCK TO ALL RIDING THE 5BBC MONTAUK CENTURY ON SUNDAY, MAY 15, 2011**



**Support our Sponsors!**

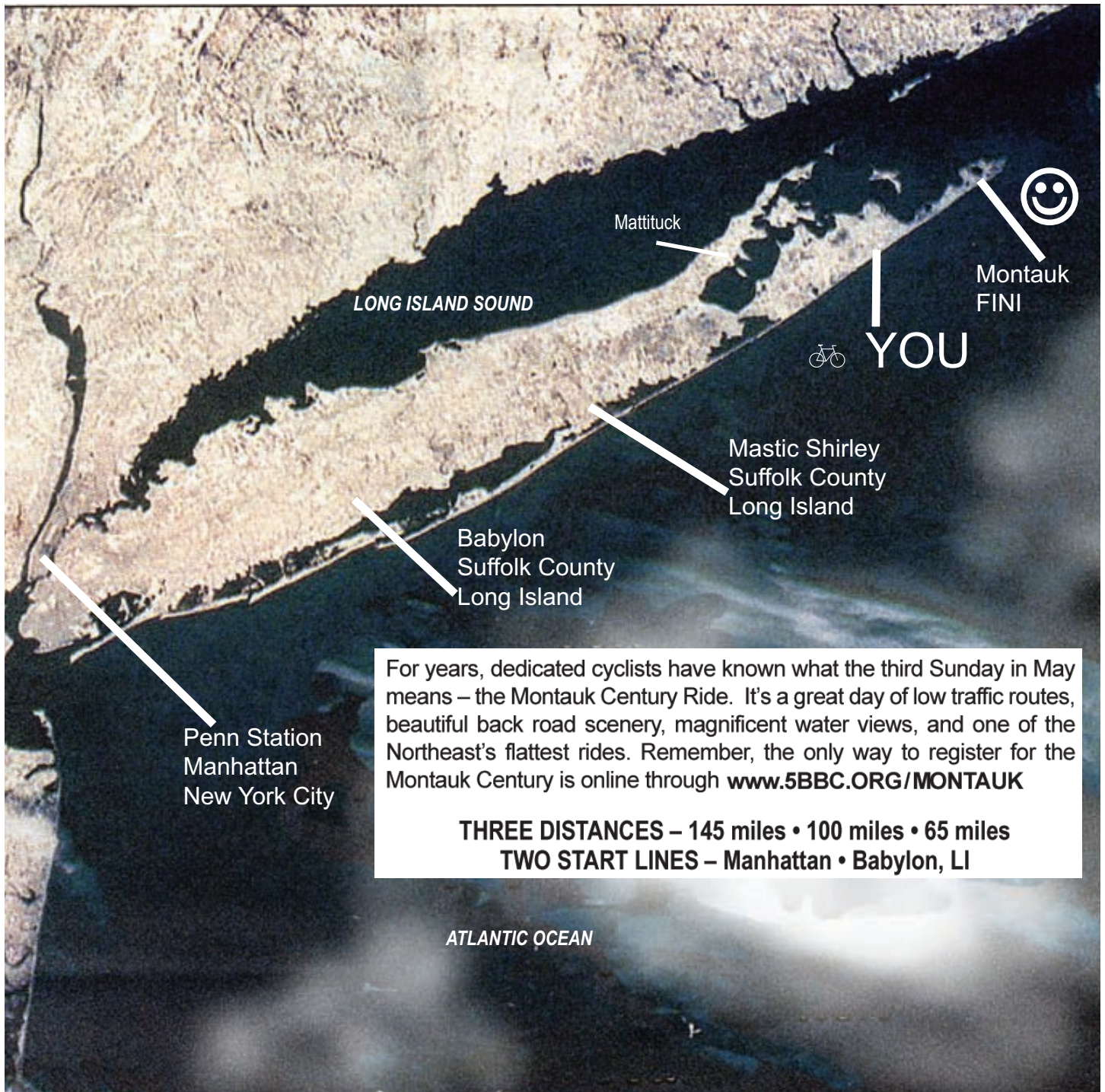






The solo determination of a cyclist doing the 145-mile Montauk Century, May 16, 2010. Seen from an LIRR train to Mastic Shirley. Photo by Alfredo Garcia

# The Montauk Century Viewed From Space!



For years, dedicated cyclists have known what the third Sunday in May means – the Montauk Century Ride. It's a great day of low traffic routes, beautiful back road scenery, magnificent water views, and one of the Northeast's flattest rides. Remember, the only way to register for the Montauk Century is online through [www.5BBC.ORG/MONTAUK](http://www.5BBC.ORG/MONTAUK)

**THREE DISTANCES – 145 miles • 100 miles • 65 miles**  
**TWO START LINES – Manhattan • Babylon, LI**

NASA (National Aeronautics and Space Administration) Satellite photograph. All locations approximate.

Tell the world, tell everyone: Watch the roads in New York City, Nassau & Suffolk...everywhere, keep looking, keep watching the roads.

# 5BBC Tour de Force!



Saturday April 9--It's not often we do rides at 20mph. But this Montauk Century Quick Spin group to Rockland Lake did. Photo by Mike Moses.



Saturday April 16--Happy trippers at the Montauk Metric Century training ride to City Island. Photo by Bill Mastro.

## You Must Be a 5BBC Member

We plan and manage our weekend trips with the same expertise that professional bike touring companies do. The only difference is that we budget our trips to break even. That way we can offer professional quality tours at

affordable prices to our members. If you are not a 5BBC member or have not yet renewed your membership for this year, you can do so when you register for

### About Weekend Trips

Tod Moore  
weekends@5bbc.org

your weekend trip.



To register for a 5BBC weekend trip, go online to this active.com link:

<http://tinyurl.com/3toraen>

### What's Included and What's Not

Trip prices include transportation, lodging and meals as described below.

### Transportation

Transportation is included. On self-contained trips we usually start the weekend by taking a train to an intermediate location where we start riding to our destination. We'll end the weekend by riding to an intermediate location where we'll take a train back to NYC. On these rides we each carry our own gear in panniers or backpacks.

On Van trips one of our van certified ride leaders drives us to and from our destination in a 15-passenger van.

If we have enough trippers who have their own cars and if we all agree, we may elect to drive to and from our destination via car pool. Volunteer drivers will receive a rebate based on the distance travelled and the number of passengers carried.

On Bus trips we ride to and from our destination in a private 55-passenger bus or jitney.

# 5BBC WEEKEND

## Montauk Century Weekend! *The Weekend Twist on the 5BBC's Springtime Classic*

**May 14-15** / Depart Saturday morning, return Sunday evening

Early Bird Price: \$250 until April 14

Regular Price: \$275 until May 7, when

registration closes

Transportation: Van Lodging: Hotel, Double Accommodations

Trip Rating: 75 miles per day, mostly flat

Leaders: Martial Henrys and Wentworth Price

For years cyclists have come together to ride a springtime classic, the 5BBC Montauk Century. There's no wonder why - the ride is flat, scenic and superbly supported. But not everyone is up to cycling 145 miles from Manhattan to Montauk in one day. Now you can do it in two days on our Montauk Century Weekend!

On Saturday morning you'll start pedaling from Manhattan, following the official Montauk Century route with full SAG support. That evening we'll gather for a nice dinner together and then retire for the evening at a business-class hotel. Sunday morning, we'll have breakfast and join the throng for the rest of the route out to Montauk, enjoying all that the Montauk Century has to offer. After you arrive in Montauk, just hop in our van and we'll bring you, your bike and gear back to the city. It's scenic, simple, convenient, and comfortable.

For more information, e-mail Wentworth Price:  
went13@lycos.com

## Enchanting Ramble Through Vermont *A Green Mountain Cycling Retreat*

**June 10-12** / Depart Friday afternoon, return Sunday evening

Early Bird Price: \$360 until May 10

Regular Price: \$400 until June 3, when registration closes

Transportation: Private Bus

Lodging: Country Inn

Trip rating: 90 miles in two days, flat to hilly with some long steady climbs

Leaders: Geoff Cohen and Fritz Van Orden

On Friday we'll travel by bus to scenic Vermont

for a relaxing welcome dinner at Good Commons Retreat in Plymouth. Sleeping accommodations at the retreat range from private rooms to a communal sleeping loft and will be allocated by raffle.

On Saturday we'll ride country roads through lush greenery to the charming village of Woodstock, on the National Geographic list of Prettiest Towns in America. On our return to Plymouth we'll stop at the Long Trail Brewery, the Calvin Coolidge Historical Site, or at Plymouth Artisan Cheese (admission price not included) to get a little more of the flavor and history of the area. After the day's ride we'll relax in the Inn's hot tub before dinner.

On Sunday we'll be transported north by bus to ride some of the scenic roads up to Rochester, Vermont before returning for an early supper prior to the trip back to NYC.

For more information e-mail Geoff Cohen:  
goeffcohen@nyc.rr.com

## Rivers and Ridgelines *A Weekend in the Gunks*

**July 9-10** / Depart Saturday morning, return Sunday evening

Early Bird Price: \$115 until June 9

Regular Price: \$130 until July 2, when registration closes

Transportation: Self-Contained / Metro-North Railroad

Lodging: Hostel, dorms and / or semi-private rooms, communal bath

Trip Rating: Your choice of 20 to 90 miles, gentle hills or climbing cliffs. Road surface is superbly paved or dirt / crushed stone / large ballast

Rivers and Ridgelines is a great introduction to lightweight self-contained bike touring in the Shawangunk Mountains. We travel by Metro North train to Poughkeepsie in the heart of the Hudson Valley. From Poughkeepsie, we cross the Hudson and bike ten miles to New Paltz where we'll leave our overnight stuff. We'll stay at a hostel in New Paltz, a university town with many dining options.

Folks looking for an easygoing option can explore New Paltz and the pancake-flat Wallkill Valley Rail Trail on their own. More challenging destinations are Mohonk and Minnewaska where unpaved



# TRIPS 2011

carriageways hug cliffs and wind through the forests and meadows, revealing waterfalls and incomparable vistas. The route from New Paltz to these preserves climbs 800 feet. Within the preserves, we climb more than 1,200 feet.

For more information visit  
<http://tinyurl.com/3zruagq> or e-mail  
Richard Brause: [redbike9@yahoo.com](mailto:redbike9@yahoo.com)

## Bash Bish Bash A Taconic Treat

**August 20-21** / Depart Saturday morning,  
return Sunday evening  
Early Bird Price: \$115 until July 20  
Regular Price: \$130 until August 13,  
when registration closes  
Transportation: Self-Contained / Metro-North  
Railroad  
Lodging: Budget lodge, Semi-Private rooms,  
Communal Bath  
Trip Rating: 110 miles in 2 days, flat to hilly  
terrain  
Leaders: Richard Brause and Jim Zisfein

This 2-day tour through Dutchess and Columbia Counties features spectacular mountain views and rolling country hills. On Saturday, Metro North takes us to the heart of the Harlem Valley where we ride rail trails and rural roads alongside the Taconic mountain range. We visit beautiful Bash Bish Falls, enjoy the view from Sunset Rock and swim in a pond formed from an abandoned iron mine. On Sunday, the mountains give way to rolling hills. We finish our ride in Poughkeepsie on the historic Walkway Over the Hudson and savor the best chili you ever ate before catching the train home.

Most of the ride is level to moderately hilly; one steep mountain climb is optional. Our ride is self-contained so you should be comfortable traveling 50-60 miles per day carrying panniers or a backpack with your clothing and supplies.

For more information visit  
<http://tinyurl.com/3trwjwk>  
or e-mail Jim Zisfein: [jzsfsein@yahoo.com](mailto:jzsfsein@yahoo.com)

## Seekin' Hyde Park Franklin, Eleanor and Cornelius

**August 20-21** / Depart Saturday morning,  
return Sunday evening



2008 Cape Cod photo by Lorna McCrave

### 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 and some may require guests to perform simple housecleaning tasks.

### Meals

Meals include breakfasts and dinners at our destination. Alcoholic beverages are not included. Unless otherwise noted, lunches at our destination, and meals while travelling to and from our destination are not included. Breakfasts and dinners are sit-down affairs in local restaurants and diners. At hostels, we may prepare our own meals.

### Trip Rating

Trip ratings are as described for individual trips. Like our day trips, our weekend trips are led by trained and experienced 5BBC leaders. Unless otherwise noted, we use the same Point-Drop-Sweep system that we use on our day trips, which allows all riders to ride at their own pace.

### Your Contact for the Trip

Your trip leader will contact you a week or so before the trip to confirm your attendance and to give you the meeting place and time.

### Cancellations and Refunds

Cancellations are subject to non-refundable expenses incurred by the 5BBC. If you cancel more than 30 days before the trip we will refund 100% of your registration fee, minus a \$20.00 processing cost. If you cancel between 30 and 14 days before the trip we will refund 50% of your registration fee. No refunds will be given for cancellations made less than 14 days before the trip. The registration fee for a weekend trip cannot be transferred to another weekend trip.

### Got Questions?

If you have a question on weekend trips in general, drop an email to Tod Moore, our Weekend Trip Coordinator.

*Editor's Note: These rules supercede the previous ones in the May June 2011 print edition of the Bicycletter.*



Above, Cape Cod 2008, Lorna McCrave, Bear Mountain, 2009, Hyde Park 2008.

### Previous 5BBC Weekend Trips



Awosting Falls, 2010. Photo by Richard Brause.



Bash Bish Bash, 2010. Photo by Sean Ainechi.

### Enjoy Yourself on a 5BBC Weekend Trip with Bike!

Early Bird Price: \$200 until July 27  
Regular Price: \$235 until August 20, when registration closes

Transportation: Metro North Railroad / Self-Contained

Lodging: College Campus, Alumnae House

Trip rating: 65 miles in 2 days, some hills

Leaders: Susan Levine and Ira Najowitz

Pack your panniers for a self-contained trip to the historic Hudson Valley. Over the course of the weekend we'll ride the highways and byways of beautiful Dutchess County to the Franklin D. Roosevelt Library and the estate of railroad magnate Cornelius Vanderbilt's grandson. Tours of both sites are included.

We'll head up on Saturday morning via Metro North to Beacon, then ride 20-25 miles to Vassar where we'll drop off our gear, have lunch and continue to the FDR library. That evening we'll dine in style at a restaurant owned and operated by a graduate of the Culinary Institute of America, and sleep in a stately Tudor Alumnae House on the campus of Vassar College. On Sunday we'll ride 40 hilly miles and do the Vanderbilt tour before we head home by train from Poughkeepsie.

For more information e-mail Susan Levine: [sorrellsoo@earthlink.net](mailto:sorrellsoo@earthlink.net)

### Cape Cod Revisited *Our Favorite Labor Day Weekend Spot*

**September 2-5** / Depart Friday morning, return Monday evening)

Early Bird Price: \$345 until August 2  
Regular Price: \$385 until August 26, when registration closes

Transportation: Van

Lodging: Hostel

Trip Rating: 25-35 miles per day, flat to moderate hills

Leaders: Fred Dieckamp & Ted Kushner

Cape Cod's beaches and pine forests are easily accessible via gentle rail trails with occasional rolling hills. We'll stay at the tranquil hostel in Truro, a short walk from the ocean. We will ride up to Provincetown and then explore the dune trails. From there, we'll go whale watching or kayaking, lighthouse climbing or maritime museum hopping. There are also options to enjoy swimming at either the national seashore beaches or at a freshwater lake. Don't miss the seafood! This is a good trip for first-time visitors and shore-lovers alike.

For more information e-mail Fred Dieckamp: [fredjourney@yahoo.com](mailto:fredjourney@yahoo.com)

### Sea Gull Century *New Features Make This Favorite Better Than Ever*

**October 14-16** / Depart Friday afternoon, return Sunday evening

Early Bird Price: \$390 until September 14  
Regular Price: \$430 until October 7, when registration closes

Transportation: Van

Lodging: 3 Star Motel, Double Accommodations

Trip Rating: 65 miles or 100 miles, mostly flat

Leaders: Steve Sakson and Wentworth Price

Maryland's Seagull Century Ride is arguably rated as the best and easiest 100-miler in the East (Of course that's not counting the 5BBC's Montauk Century.) This year we've added some great new features to make this annual favorite even more fun.

The Sea Gull takes you through the Chesapeake Bay's most picturesque farmland and unspoiled forests on some of the best-paved roads around. The event sponsor, Salisbury University, offers top-notch support with rest stops loaded with goodies such as pie a la mode. By midday we'll reach Assateague Island Park, where wild ponies and tame deer will greet you and the ocean beach and breezes will restore you for the ride back.

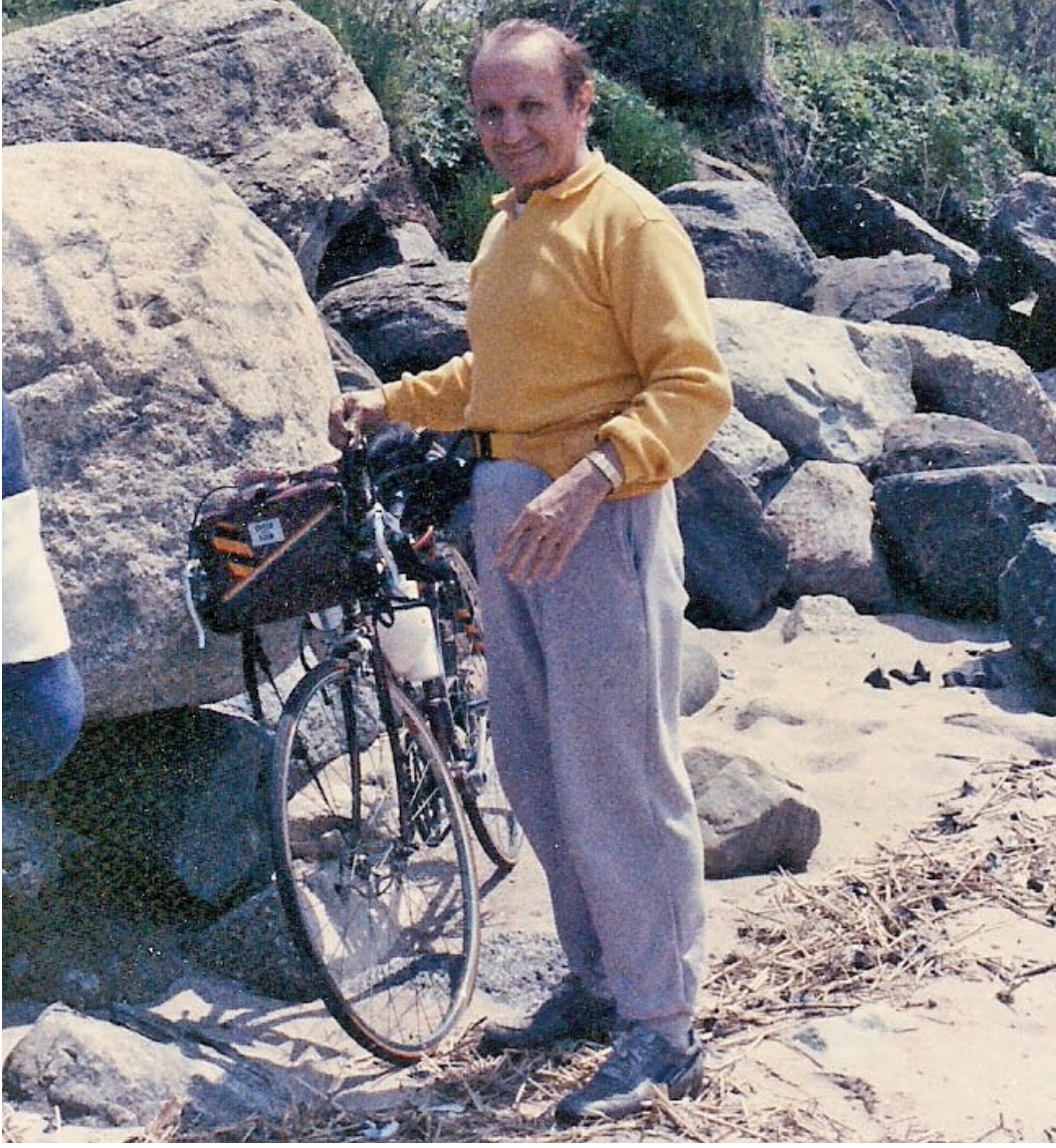
Our van trip down to Maryland includes a luxurious ferry ride across Delaware Bay and a stop at Bike Expo where you can snag big bargains on top-notch gear. On Sunday we'll take a leisurely ride on a coastal Maryland rail trail and lunch in historic Annapolis before heading home.

For more information e-mail Steve Sakson: [stevesakson@yahoo.com](mailto:stevesakson@yahoo.com)



Cyclists and wild pony, Assateague Island from the Sea Gull Century

# 5BBC Milestones



**L**ouis Ortiz, a long-time member of the 5BBC, passed away at the age of 84 in early 2011, of natural causes. Señor Ortiz was born in Ecuador in 1927 and came to the USA in the early 1960s. Louis was always active in sports including soccer and swimming, but his one real passion was cycling. He did many 5BBC day trips, weekend trips including Bear Mountain with me and numerous Montauk Centuries. In 1993, he did an international trip to Portugal and Spain. Louis is survived by his wife Elba, his son Ruben, his daughter Gloria and three beautiful grandchildren. May Señor Ortiz rest in peace.

*Above, Louis Ortiz. Right, with Ben O'Reilly (brother of our own Phil O'Reilly) and Manny Sanudo taken at the Sands Point Beach on a 5BBC (then the AYH Ride Committee) ride in the Spring of 1988.*

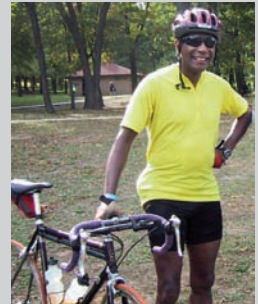
*By Manny Sanudo, who also contributed photos.*



For Memorial Day, Let Us Remember These Cyclists



**Julie Lobbia.** Rode our training rides to preparing for the Montauk Century. Also an award-winning journalist for the Village Voice; A bike lane was named after her. Smoking Gun photo.



**Jerome Allen.** Rode from Staten Island to meet for 5BBC rides to Piermont and Nyack. Loved dancing because he can hold a woman instead of the handlebars. Staten Island Bike Association photo.



**Paul Sullivan.** One of the shakers and founders of the 5BBC. Led day & weekend trips, as well as being Tour Director for Bike New York, esp. the Five Boro Bike Tour. Dan Bach photo.



**Ernie Graf.** Escaped from the Nazis with a bike. Made a good life in the Big Apple. Later had time to ride with us, esp. cycling to Piermont & NYC spots.



Sunday April 3, 2011: After the 5BBC Port Jefferson Quick Spin Montauk training ride led by Dennis Griffin & Dalah Del Prado, the fleet-pedaled group was able to board an LIRR train, thanks to the MTA Bike Permit and showing courtesy to the conductors. All's well that ends well. Be sure to carry your MTA bike permit. Please note you can board a Long Island Railroad or Metro North train with a MTA bike permit, usually on weekend and due to restrictions. Read the regulations carefully. You will not be able to board the LIRR with your bike on the Montauk (May 15) & Mattituck (June 19) century events. But you can for the Bloomin' Metric event on Metro North (May 22.) Photos by Dalah.

# Bicycle Permit Application



**MTA** Metropolitan Transportation Authority  
Long Island Rail Road  
Metro-North Railroad  
[www.mta.info](http://www.mta.info)

## Bicycle Permit Application



Permit no. \_\_\_\_\_

NAME \_\_\_\_\_  
Last M.I. First

ADDRESS \_\_\_\_\_  
Street

City State Zip Code

*I hereby agree to assume all liability for any damage or injury to myself, other persons, or property resulting from, or in connection with, the carriage of my bicycle on MTA-Long Island Rail Road (LIRR) and/or MTA Metro-North Railroad trains, or at any facility used in connection with MTA-LIRR and/or MTA Metro-North rail services.*

*Having read and understood the attached Bicycle Permit Regulations for MTA-Long Island Rail Road (LIRR) and MTA Metro-North Railroad, I agree to all the terms and conditions governing the use of the joint MTA-LIRR and MTA Metro-North bicycle permit.*

*I understand that train crews have the authority to bar a bicycle from a train if, in their judgement, it cannot be carried safely, and that failure to comply with the regulations could result in the revocation of my bicycle permit.*

APPLICANT \_\_\_\_\_  
Name Date

SIGNATURE OF PARENT OR GUARDIAN (if applicant is a minor)  
\_\_\_\_\_

**Permits (valid on both the Long Island Rail Road and Metro-North Railroad) may be obtained in person. At Penn Station, present the completed application and \$5.00 registration fee at any ticket window. At Grand Central Terminal, permits are processed at window 27.**

You may apply for the permit by mail. Please complete application and mail with the \$5.00 fee (check or money order) to MTA-LIRR, Cyc-n-Ride, Jamaica, New York 11435, (718) 558-8228 (Make check payable to LIRR); or MTA Metro-North Railroad, Station Services, 11th Floor, 420 Lexington Avenue, New York, NY 10017, (212) 499-4398 (Make check payable to Metro-North).

All lost/damaged permits also require a \$5.00 fee for renewal.

## Metro-North Railroad Company Bicycle Permit Regulations

### 1. Definitions

- a. **Bicycle.** A single-seat, human powered, two wheeled vehicle with a wheel diameter not in excess of 27 inches. The term bicycle shall not include mopeds, mini-bikes, motorbikes or motor scooters.
- b. **MTA Metro-North Railroad.** Metro-North, Metro-North Commuter Railroad Company.

### 2. Application for a Bicycle Access Permit

An application for a bicycle permit under this part shall be made to Station Services, MTA Metro-North Railroad, 420 Lexington Avenue, 11th floor, New York, New York 10017 or in person at window 27 at Grand Central Terminal. A bicycle permit shall be issued by Metro-North upon the completion of the application and payment of any fee requested to cover administration expenses. Permits are issued immediately at window 27 at Grand Central Terminal.

### 3. Conditions on use of Bicycle Access Permit

Customers who wish to bring their bicycles onto Metro-North trains shall display a valid permit. Permit holders shall be governed by the following conditions.

#### a. Weekdays

##### i. Outbound from Grand Central Terminal

Bicycles will not be permitted on trains scheduled to depart from Grand Central Terminal between 7 AM and 9 AM, 3:01 PM and 8:15 and connecting trains. On the Friday after Thanksgiving and the week between Christmas and New Year's Day, bicycles will not be permitted on trains scheduled to depart from Grand Central Terminal between 7 AM and 12 Noon and 3 PM and 8:30 PM and connecting trains.

##### ii. Inbound to Grand Central Terminal

Bicycles will not be permitted on trains scheduled to arrive in Grand Central Terminal between 5 AM and 10 AM, 4 PM and 8 PM, and connecting trains. On the Friday after Thanksgiving and the week between Christmas and New Year's Day bicycles will not be permitted on trains scheduled to arrive in Grand Central Terminal between 5:00 AM and 12 noon, 4 PM and 8:00 PM, and connecting trains.

#### b. Holidays and Holiday Eves

No bicycles will be carried on New Year's Eve, New Year's Day, St. Patrick's Day, Mother's Day, Eve of Rosh Hashanah, Eve of Yom Kippur, Eve of Thanksgiving, Thanksgiving Day, Christmas Eve, Christmas Day. In addition, no bicycles will be permitted on trains scheduled to depart Grand Central Terminal between 12 noon and 8:30 PM on the Friday before Memorial Day weekend, the day or weekend before Independence Day, and the Friday before Labor Day Weekend, including connecting trains.

#### c. Additional Restriction

Metro-North reserves the right to designate additional trains where bicycles will not be permitted. In addition, train crews may bar bicycles from trains if the bicycles cannot be carried because of conditions which interfere with the safety and comfort of other customers, including occasions of heavy ridership or equipment shortages. Consequently, the carriage of bicycles on a given train or for a continuous journey on connecting trains cannot be guaranteed.

d. **Occupancy Limitations i.** On weekdays two (2) bicycles will be permitted per car with a maximum of four (4) bicycles per train. Bicycles shall be placed in the two rear cars of inbound trains or the two front cars of outbound trains unless otherwise directed by train crew. Groups of more than four (4) bicyclists traveling together must make advance arrangements with Metro-North for carriage.

ii. On weekends the maximum number of bicycles permitted on trains is eight (8). In addition, on weekends certain trains are designated as "Bicycle Trains" and noted in the timetable with a bicycle symbol, these trains may carry more than the permitted number of bicycles.

#### e. Bicycle storage

Bicycles will be secured in areas designated by the train crew. Bicycle will remain in the custody of the bicyclists, who will be responsible for their safe keeping and will secure the bicycles so that they do not pose a hazard to other customers.

#### f. Bicyclists must obey the following rules:

- i. Bicycle riding on platforms or in other station areas is prohibited.
- ii. Bicycles are not to be taken on escalators.
- iii. All protruding objects or sharp edges must be removed from bicycles.
- iv. Bicyclists must stay with their bicycles and move them, if necessary, to permit mobility of other customers.
- v. Bicyclists may board trains only after all other customers have boarded.
- vi. Bicyclist will comply with instructions from train crew members, Metro-North supervisors, and police.

#### g. Permits Revocation

The issuance of a bicycle permit by Metro-North is a public service to allow bicyclists the use of Metro-North transportation services. Failure to comply with the regulations will result in the revocation of the permit.

#### h. Liability

A permit holder will assume all liability for any damage or injury to persons or property resulting from or in connection with the carriage of the permit holder's bicycle on Metro-North trains, or at or near any facility used in connection with Metro-North rail services.

i. For west of Hudson service New Jersey Transit (NJT), permit rules apply and a separate NJT permit is required.

## Long Island Rail Road Bicycle Permit Regulations

**Each bike needs a permit. No more than one (1) bicycle per cyclist on a train at a time.**

**Stations:** No riding on platforms at any time; no bikes on escalators; bikes must be secured on storage racks where provided. Use of poles, fences, railings, etc is prohibited and may result in removal of bike.

**Types of Bicycles:** Single rider bicycles only; No tandem, motorized, or three wheeled bikes; no protrusions which could cause injury or damage. Maximum bicycle dimensions are 80" long x 48" high. Bikes must be clean and free of excessive dirt and grease at all times. Cyclist must have a suitable elastic cord to secure the bike on the train. Note: Collapsible bicycles do not need a permit, but must be folded while boarding, exiting, and being stored on a train.

**Emergencies:** Cyclist must follow the directive of the train crew, authorized personnel, police, local authorities and/or fire officials. If an emergency should occur, cyclists may be required to leave their bicycles on board. Bicycles are not permitted on buses if substitute bus service is provided.

**Liability:** Permit is non-transferable and must be displayed or surrendered upon demand. Permit releases the LIRR from any liability or injury, death or damages arising in connection with the use of permit. Permit holder agrees to be solely responsible for any injury, death or damages arising as a result of the use of this Permit.

**Weekend Bike Trains:** Certain trains are designated as "bicycle trains" and may carry more than the normal number of bicycles on the following branches. (The specific train numbers and times will be part of the published timetables.)

Port Jefferson  
Montauk - except Seasonal Trains between Memorial Day and Labor Day.  
Babylon (Local) - Seasonal Trains between Memorial Day and Labor Day.  
Greenport  
Oyster Bay

**Times & Days Bikes not allowed on Trains:** (Arrivals/departures at Western Terminals):

Normal:	Weekday Morning Rush Hours	6am - 10am	(Westbound arrivals)
	Weekday (Afternoon/Evening)	3pm - 8pm	(Eastbound departures)
	Saturdays	7am - 10am	(Westbound arrivals)
		4pm - 6pm	(Eastbound departures)
	Sundays	5pm - 8pm	(Westbound arrivals)
		10pm - Midnight	(Eastbound departures)
Seasonal:	Sundays - Montauk	6PM - 10PM	Westbound arrivals
	Fridays - Montauk	3PM - 9PM	Eastbound departures
	Saturdays - Montauk		Eastbound and Westbound

Bicycles are also not permitted on New Years Eve and Day, St. Patrick's Day, Mothers Day, Good Friday, Easter Sunday, Memorial Day, Independence Day and the Friday before Independence Day, the Eves of Rosh Hashanah and Yom Kippur, Labor Day and the Friday before Columbus Day, Thanksgiving Eve and Day, Friday after Thanksgiving Day, Christmas Eve and Day.

**On board storage of Bicycles:** Up to 2 bicycles may be stored in the ADA area on the diesel fleet, with preference given to wheel chair customers; on electric trains, storage is limited to 2 per car between 3 center rows. To maintain an obstruction free aisle, permit holder must have a bungee cord or hook to secure the bicycle.

#### The number of bicycles allowed on trains:

Weekdays: 4 bicycles, 2 in the east car and 2 two in the west car.

Weekends: 1 bicycle per car (maximum 8 per train, excluding the designated bicycle trains.)





*On The Record--Highlights of 5BBC Executive Board Meetings based on minutes recorded by Jim Zisfein and Randy J. Horowitz*

**November 1, 2010  
Simple Studios 134 West 29th Street, NYC**

Attending: Jim Zisfein, Barry Hartglass, Dan Finton, Alfredo Garcia, Bob Castro, Phil Goldberg, Andrea Casertano, Brian Hoberman, Ed Ravin, Peter Engel, Fred Dieckamp and Sharon Behnke

Meeting began 6:40 PM.

Programs: December 11 holiday party - theme will be the 20th anniversary of the Club.

Mattituck Century proposal submitted by Wentworth Price, Debbie Friedman and Jennifer Powell: Expect about 200 cyclists to start from Brooklyn's Atlantic Terminal of the Long Island Railroad (LIRR). Then ride 100+ miles to Mattituck. Then take LIRR train back to Brooklyn with bikes transported separately by truck. It will avoid conflicting with the Montauk Century. Plan is to keep it simple. Ride event will have no rest stops, no road markings, just a cue sheet and maybe snacks at Ronkonkoma. Participants are expected to be self-sufficient. LIRR discussions underway, capacity of trains confirmed.

Motion: The Board gives preliminary approval to the Mattituck Century proposal for June 19, 2011, subject to receipt of further information. Passed.

Special Events - Montauk Century sponsors being contacted, some equipment upgrades purchased. Web site updates underway.

Ed Ravin proposed donating \$500 to the Streets Memorial Project.

Meeting adjourned 9 PM.

**December 6, 2010  
Simple Studios 134 West 29th Street, NYC**

Attending: Sharon Behnke, Andrea Casertano, Bob Castro, Barry Hartglass, Phil Goldberg, Jessie Brown, Jim Zisfein, Tod Moore, Peter Engel, Ed Ravin, Randy J. Horowitz and Fred Dieckamp

Meeting began 6:38 PM.

Motion: To approve a draft budget for the 5BBC Mattituck Century event for June 19, 2011. Passed.

Motion by Bob Castro to donate \$1,000 to TA (Transportation Alternatives) as all donations will be matched by an anonymous donor. Donation is to be without stipulation. Passed.

Motion by Barry Hartglass to donate \$500 to "OpenPlans," the parent company for Street Blogs. Passed.

Motion by Sharon Behnke to donate \$500 to TA with the stipulation it be used for the "Ghost Bikes" Program. Passed.

Andrea Casertano noted the new bicycle jersey design will be presented at the Holiday Party. They should be available for sale in Spring 2011.

Meeting adjourned 8:51 PM.

**January 10, 2011  
George's Restaurant 89 Greenwich Street, NYC**

Attending: Sharon Behnke, Andrea Casertano, Bob Castro, Barry Hartglass, Phil Goldberg, Jim Zisfein, Peter Engel, Ed Ravin, Randy J. Horowitz, Liz Baum and Steve Bauman

Meeting began 6:40 PM.

Andrea Casertano announced the ordering process for club Jerseys is completed.

The 2011 Mattituck Century Ride, as proposed by the Mattituck committee is to be a "bare bones" type of ride in the tradition of the event that the club ran in the past. The rider is to be self-sufficient. He/She must be able to use the cue sheet to get to the final destination. No rest stops. However, SAG support will be available in the advent of mechanical breakdowns. The cost of admittance to the Strawberry Festival is not

included in the cost of the ride.

Liz Baum wants to clarify what constitutes Happy Face and Quick Spin rides versus regular Day rides. She also strongly suggest all present and future 5BBC leaders to take the Bike New York Savvy Cyclist Course.

Steve Bauman made a presentation to encouraged unescorted young riders (ages 14-17 year olds), to participate in 5BBC Day rides as long as they had their parent or guardian sign a waiver in advance.

Bob Castro noted that we as 5BBC leaders should "Lead by example."

Meeting adjourned 8:28 PM.

**February 7, 2011  
Georges Restaurant, 89 Greenwich Street, NYC**

Attending: Sharon Behnke, Andrea Casertano, Bob Castro, Phil Goldberg, Jesse Brown, Jim Zisfein, Tod Moore, Peter Engel, Ed Ravin; Randy J. Horowitz, Alfredo Garcia; Liz Baum, Steve Bauman and Bill Mastro

Meeting began 6:35 PM.

Resolution: Unaccompanied minors age 14-17 are permitted on 5BBC day rides provide they are not excluded in the ride description and provided the parent / guardian signs a liability waver approved by our insurance agent. A wavier will be posted on our website to be printed and signed by the parent / guardian, presented to the ride leader, and submitted to the Day Trips Coordinator. Passed.

Tod Moore spoke about 5BBC weekend trips as a low-cost alternative to professionally-run bike tours like Back Roads & other cycling tour groups.

Phil Goldberg noted 52 sign-ups for the 2011 Montauk Century.

Ed Ravin noted the day trip schedule for March/April is set.

A brief discussion on club's bike advocacy responsibility was facilitated by Bill Mastro.

Meeting adjourned 8:30 PM.

*To Be Continued....*







Sunday March 13, 2011

**MONTAUK TRAINING  
RIDE #4: SANDS POINT**

10:00 AM, Cunningham Park,  
Queens, 40 miles

One of the nicest spots to visit  
on the North Shore in Nassau  
County.

The series rides get harder next  
week, so start training now!  
Bring a lightweight bike lock  
and money for lunch.

Leaders: Bob Castro  
& Phil Goldberg

*The beginning of training rides  
for our cherished bike event,  
the Montauk Century started  
in March. We have provided  
this for our members since the  
1990s. The weather for this  
ride was very cool and the  
trees have yet to sprout leaves,  
as you can see at the parking  
lot of Cunningham Park. Folks  
dressed warmly, made sure  
things checked out fine and got  
reacquainted with fellow  
cyclists they haven't seen  
since last week, last month or  
last year.*

*In a moment, Phil and Bob  
would get the group cycling as  
they turn right out of the park  
into Union Turnpike.*

*Alas, another 5BBC ride season  
has begun anew...*

Photo by Mike Moses

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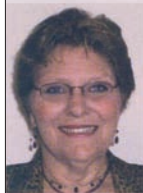
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**Friday Night Kripalu Yoga!**

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](http://www.nykripalu.org)



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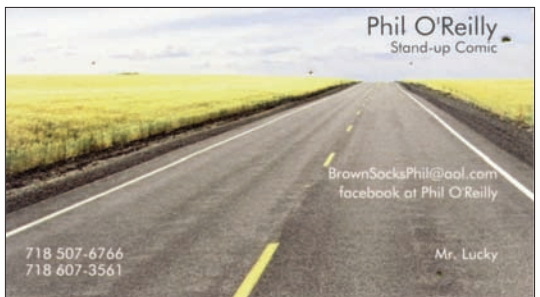
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Mr. Lucky

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](mailto:editor@5bbc.org).

# 5BBC Weather Beater Cycling!

This year, we had a good number of day trips canceled due to rain. Sometimes we get smart and lucky, esp. those rides recently led by Danny Lieberman. Photos by Bill Mastro.



Sunday April 16: Montauk Metric Century training ride to City. Despite gray and windy skies, Danny & co-leader Bill Mastro brought a encouraging group of trippers to the Bronx, arrived at City Island for a great lunch. The intrepid riders continued to ride long enough to catch a #6 subway back to Manhattan before the rains came.



Sunday April 24: Pre-Ride the Ride. Danny with co-leaders Andrea Mercado, Liz Baum & Ed Pino rode nearly the entire route of the Five Boro Bike Tour. For a time, the weather was sunny and great. Trippers abound came for good city cycling. Danny & co-leaders finished the ride with hours to spare before a downpour of rain arrived.

## Bike Events on Tap



2nd Annual Ward Ride, Jersey City, NJ. Sat. June 4, 2011 FREE RIDE [www.jcbike.org](http://www.jcbike.org). Note: start is in Exchange Pl., just a PATH train ride away. Ride is 14.5 miles.



New York Cycle Club annual Escape New York, Sat. Sept. 24, 2011 [www.nycc.org](http://www.nycc.org)

Bike Events by Transportation Alternatives [www.transalt.org](http://www.transalt.org)



Bike Month NYC, various May 2011



Tour de Staten Island Saturday May 14, 2011



Tour de Brooklyn Sunday June 5, 2011



Tour de Queens Sunday July 10, 2011

*Important note: Listings of these events that are not sponsored by the 5BBC does not constitute or imply endorsement by the 5BBC. It is up to the interested cyclist to find out more.*

# 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 \_\_\_\_\_

## Waiver and Release of Liability

I attest that:

- a) I am eighteen (18) years of age or older,
- b) I am competent to bicycle on public roads in traffic,
- c) I will check the bicycle and associated equipment that I will use to insure that it is in proper working order and legal for operation on the streets,
- d) I will wear a CPSC or Snell approved helmet while riding my bicycle.

I discharge and release the Five Borough Bicycle Club (5BBC), their respective ride leaders and all sponsoring organizations, their respective agents, boards, commissions and any involved municipalities, employees and representatives of the foregoing, from all liability arising out of or connected in any way with my participation in 5BBC activities, whether or not caused by the negligence of any of the above parties.

I acknowledge:

- a) the 5BBC's recommendation that I consult with a physician regarding the advisability of my participation in 5BBC activities,
- b) that medical or other services rendered to me by or at the insistence of any of the parties mentioned above are not an admission of liability,
- c) that I may be photographed during 5BBC activities and agree to allow my photo, video or film likeness to be used for any legitimate purpose by any of the parties mentioned above.

I have read and understand this Waiver and Release of Liability and agree to its terms in consideration of my being allowed to participate in 5BBC activities.

Signature, 1st Member \_\_\_\_\_ Date \_\_\_\_\_

Signature, 2nd Member \_\_\_\_\_ Date \_\_\_\_\_

## Waiver by Parent/Guardian of a Minor

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

I attest that:

- a) I am the parent or guardian of the minor named below,
- b) I will check the equipment the minor will use in 5BBC activities to insure that it is in proper working order and legal for operation on the streets,
- c) If the minor is under age 14, he or she shall be under the direct supervision of myself or an adult designated by me during 5BBC activities.

I understand that the minor will be bicycling on public roads, in traffic. I have read and understand the Waiver and Release of Liability above and agree to its terms on behalf of myself and the minor in consideration of his or her being allowed to participate in 5BBC activities.

Minor's Name (Please print) \_\_\_\_\_

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

Parent's or Guardian's Signature \_\_\_\_\_ Date \_\_\_\_\_

## Member Preferences

Put a check mark next to the things you don't want us to do. This applies to both members of a dual membership.

- Do not list snail mail address in the 5BBC roster.
- Do not list email address in the 5BBC roster.
- Do not list phone numbers in the 5BBC roster.
- Do not share name, address, etc. with other bike clubs or cycling organizations.
- Do not send weekly email on current 5BBC rides and events.
- 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.

## Payment

### 5BBC Membership

Individual \$20, Dual \$25.....\$ \_\_\_\_\_  
Dual Membership: two persons at same address. Memberships expire on Dec 31 of the year you join or renew, except those who join after Oct 1, in which memberships expire Dec 31 of the following year.

### Cross Borough Jersey - NEW!

Indicate quantity and size.

\_\_\_\_ Ladies (Circle One) ..... S..... M..... L..... XL  
\_\_\_\_ Men (Circle One)..... M..... L..... XL..... 2XL ..... 3XL  
Total qty. \_\_\_\_ @ \$65 each .....\$ \_\_\_\_\_

### Lady Liberty Jersey - CLOSEOUT SALE

Indicate quantity and size.

\_\_\_\_ Ladies (Circle One) ..... Large Only  
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







# On The Road With The 5BBC

Sunday  
April 10, 2011

## **TRI-BORO, NOT THE BRIDGE**

10:00 AM, Water St.  
& Old Slip, Manhattan  
(at EmblemHealth sign)  
40 mostly flat miles

Manhattan, Brooklyn and Queens - From the industrial to the bucolic, from the commercial to the high-end and not so high-end residential, plus some cemeteries (it's Queens, after all), a ride by the velodrome and *empanadas* in Corona for lunch. Bring lock, and bring or buy lunch. Rain at start cancels.

Leaders:  
Bill Mastro & Rudy Paulich.

From Bill Mastro's "Triboro, Not the Bridge Ride" after the Manhattan Bridge, we rode along the Bike Path on Sands St., towards the Brooklyn Navy Yard.

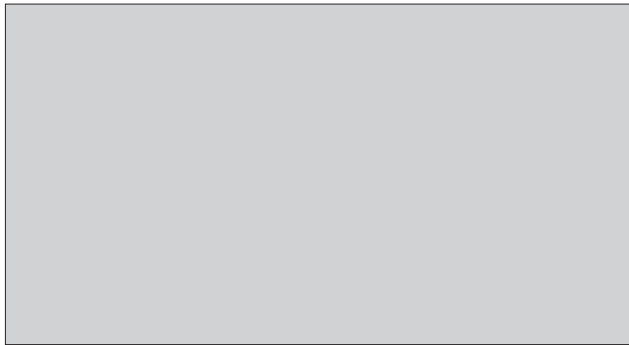
Photo by Danny Lieberman



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**About the Five Borough Bicycle Club**

The Five Borough Bicycle Club is a nonprofit association, encouraging people to enjoy the sport of non-competitive cycling, through our bike rides, weekend trips and general meetings. The club is located at the New York International HI-AYH Hostel, along with the HI-AYH-affiliated Ski Club of New York. Bicycle club programs include bicycle trips, education, and special events. General Meetings are open to the public and usually held monthly. Please check the Bicycletter and the website [www.5bbc.org](http://www.5bbc.org) for exact dates and locations. You can also contact the Five Borough Bicycle Club Programs Coordinator at [programs@5bbc.org](mailto: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, 2011\*

\*Membership initiated after October 1, 2011 is valid through December 31, 2012.

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](mailto: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 July-August 2011 issue is:

**Monday 6 June 2011**

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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](mailto:info@5bbc.org)

For Bike New York, (212) 932-BIKE

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



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Cycle with our new club jersey designed by Caryn Greenberg!