

BICYCLER

Publication of the Five Borough Bicycle Club • July-August 2011 • Sans Print Edition • www.5bbc.org



Cycling &
The 5BBC
Good Times
Ahead!





5BBC MATTITUCK CENTURY MAKES A RETURN

The last 5BBC Mattituck Century event took place in 1997.

With spirited & fine planning by Wentworth Price, Debbie Friedman and Jen Powell, at least 100 people rode out to the North Shore of Long Island near the Brooklyn LIRR station on Sunday, June 19.

Thanks especially to the volunteer support crew who helped.

Photo by Sharon Behnke



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

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

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

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

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

About Day Trips

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

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

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

Participants under age 18

Young cyclists are welcome on our day rides provided the parent/guardian signs a waiver of liability at the start of the ride and accompanies the youngster on the ride or designates another adult to do so.

NEW! For cyclists age 14-17 who are responsible enough to ride without a chaperone, we offer an additional option: the parent/guardian can print and sign a special waiver* for the teenager to bring to the start point.

*Waiver available on page 13 and online at: www.5bbc.org/minor_waiver.pdf

Bicycle Helmet Standards

“Snell” refers to bike helmet standards set by the Snell Foundation, founded in 1957. The organization was named after race car driver Peter Snell, who died in an auto accident wearing a poorly designed helmet. Snell has what is considered the toughest standards for helmets, especially for bicycling.

“ANSI” refers to the American National Standards Institute. In 1984, it set standards that

adhere to manufacturing bicycle helmets. ANSI standards were replaced by the American Society for Testing and Materials (ASTM), until

1995. There are no ANSI-standard helmets today.

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

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

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



Cover: Eliana Hecht, finishes the 100-mile Montauk Century. Photo by Ken Coughlin. Above: the Nutcase “Vanilla Sky” cycling helmet.



See Us At Summer Streets!

Bicycletter July-August 2011

Sans Print Edition

TABLE OF CONTENTS

- 03 • Mattuck Revived
- 04 • About the 5BBC
- 06 • Day Trips
- 12 • MTA Bike Permit Form
- 13 • Youth Waiver
- 15 • 15mph by Ed Ravin
- 16 • Cycling Life in the 5BBC
- 19 • 5BBC Leadership Training
- 20 • Big Apple Cycling Maps
- 21 • Montauk Century Recap
- 25 • 5BBC Cycling Jersey
- 26 • Stanley's Montauk Venture
- 30 • Weekend Trips
- 34 • Delores' Cross Country II
- 36 • To Clip or Not to
- 37 • On The Record
- 38 • Member Ads
- 39 • Bike Events
- 40 • Order Blank
- 41 • Bike Shop Discount List
- 43 • Kayaking in Hackensack

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NYC
AUG. 6, 13, 20
SUMMER STREETS



www.nyc.gov/summerstreets



SUMMER STREETS

7 AM - 1 PM, East 72nd St, Park Ave South, Lafayette St, Centre St

Once again, NYC's giant street party will provide a car-free route from Central Park and 72nd Street down to the Brooklyn Bridge for the **first three Saturdays on August 6, 13, 21**. The 5BBC will be supporting the event with a free bike repair table at **25th Street and Park Ave South**. If you'd like to help staff the table or be a flat-fixing hero to dozens of random cyclists, sign up for a volunteer shift by writing to daytrips@5bbc.org. Or stop by and say hello while you're enjoying the peaceful, car-free avenue!

5BBC Rides Meeting Places

Chelsea Piers

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

City Hall

South of Chambers & Centre Streets,
directly across from Brooklyn Bridge
entrance, Manhattan, Horace Greeley
statue. Subways: 2 3 to Park Place,
R W to City Hall, 4 5 6 to Brooklyn
Bridge/City Hall, J M to Chambers St.

Columbus Circle

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

Cunningham Park

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

Doughnut Plant

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

George Washington Bridge (GWB) Bus Terminal

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

Grand Central Terminal

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

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.

Hunter's Point Ave

Corner of Jackson Ave & Hunter's
Point Ave., Queens. Subway: 7 to
Hunter's Point

Kew Gardens

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

5BBC Day Trips July-August 2011

Saturday, July 2, 2011

INTRODUCTION TO YOUR BIKE AND BIKE REPAIR

**9:00 AM, Columbus Circle, Manhattan.
25-30 miles, 12-14 mph 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, 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 & TBA

Sunday, July 3, 2011

☺ BICYCLE BEACH BUMS

**10:00 AM, Grand Army Plaza entrance
to Prospect Park, 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 westside 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 & Jesse Brown

Monday, July 4, 2011

**NJ WATERFRONT FIREWORKS
12:45 PM, South Ferry, Manhattan,
20 leisurely miles**

A leisurely July 4th holiday ride and celebration along the recently reclaimed New Jersey waterfront, with numerous scenic photo ops along the way. Bring your camera, sunblock, and a holiday attitude! Follow the coastline from the Bayonne waterfront through Constable Hook, the Hudson Waterfront Walkway, the Venice-like Liberte Marina, the exclusive Liberty National Golf Course, then onto Liberty National Park right next door to the Statue of Liberty. Ride ends at Exchange Place at 6 PM, but some of us will continue onwards - having dinner, exploring Hoboken's revitalized waterfront parks, piers, shops, restaurants, an Irish pub or two, and the mysterious Sybil Cave, high atop Hoboken, with a spectacular view of the fireworks at 9:20 PM. Bring bike lights if you're staying late! Leaders: Josh Gosciak & Alfredo Garcia

Saturday, July 9, 2011

WINGING IT TO AMENIA

**7:15 AM Grand Central Terminal, or 10
AM Harlem Valley-Wingdale station. 50
miles at a 12-14 mph pace, moderate
hills**

Enjoy a full day in the countryside of eastern New York and western Connecticut. We meet at Grand Central Terminal for a 7:48 AM train to Wingdale, New York. Then we ride through western Connecticut and eastern New York, passing through bucolic countryside and quaint New England towns. There is some unpaved, hard packed road, but road bikes can easily navigate the entire route. At the end of the ride we will optionally stop at Big W's Roadside Bar-b-Que in Wingdale before hopping Metro-North back home. Bring MTA bike permit, \$31.50 round trip fare, plenty of water and snacks, \$ for lunch and post ride barbecue. Don't forget your spirit of adventure! Leaders: Howard Hall & Dalah del Prado

Saturday, July 9, 2011

INTRODUCTION TO YOUR BIKE AND BIKE REPAIR

**9:00 AM, Grand Army Plaza entrance to
Prospect Park, Brooklyn. 25-30 miles,
12-14 mph 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, July 10, 2011
THE BROOKLYN WATERFRONT GREENWAY
9:00 AM, Hunter's Point Ave (#7 subway stop - corner of Jackson Ave & Hunter's Point Ave), 30 miles (or 22 with transit return)

We'll explore and ride the Brooklyn Waterfront Greenway project. Learn what these cycling pioneers are creating. This is the way the bicycling community got so much of what we enjoy today - by organizing! Follow the Brooklyn Waterfront all the way to Owls Head Park. If you get inspired, lend your hand leave your mark. For more info, see www.brooklyngreenway.org. Leaders: Ed DeFreitas & TBA

Sunday, July 10, 2011
☺ BICYCLE BEACH BUMS
10:00 AM, Grand Army Plaza entrance to Prospect Park, 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. Leaders: TBA

Saturday, July 16, 2011
NECK AND NECK
8:30AM, Doughnut Plant, Lower East Side (corner of Grand & Norfolk), 57 miles

We won't be risking our necks on this challenging 50-miler out to Nassau county but we will ride around the siblings of Great Neck and Little Neck. We'll be up to our necks in hills to climb but it won't be a pain in the neck. Bring your Nexus camera-phone, a lock and some lucre for lunch at a familiar diner and we'll engage in some necromancy at a solid B15/16 pace with limited stops. Be prepared with a spare tube, plenty of water and sunscreen. Leaders: Danny Lieberman and Dalah del Prado

Saturday, July 16, 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
Sunday, July 17, 2011

☺ BICYCLE BEACH BUMS
10:00 AM, Grand Army Plaza entrance to Prospect Park, 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. Leaders: Brian Hoberman & TBA

Saturday July 23, 2011
A LITTLE BROOKLYN, A LITTLE BASEBALL
9:30 AM, Grand Army Plaza entrance to Prospect Park, Brooklyn, 35 mostly flat miles, moderate pace.

Don't just sit in the bleachers! Take a meandering summer ride with a number of short stops, as we explore a small slice of Brooklyn's baseball history. See where prospects grew and players lived. For the non-baseball fan, we will have interesting Brooklyn streets and sights. Bring or buy lunch & snacks. Leaders: Bill Mastro & Phil Goldberg

Sunday, July 24, 2011
BROOKLYN SOJOURN
9:00 AM, City Hall, Manhattan, 40 mostly flat miles

Electric cars aren't new. Beautiful brownstones not in the expected neighborhoods (do you smell a real estate bargain?). Nothing weak about Weeksville. And, oh yeah, a piece of Brooklyn Dodger history. These and more are the points in a Brooklyn sojourn. Bring a lock & lunch money. Leaders: Ed DeFreitas & TBA

Sunday, July 24, 2011
☺ BICYCLE BEACH BUMS
10:00 AM, Grand Army Plaza entrance to Prospect Park, Brooklyn, 30 flat miles

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

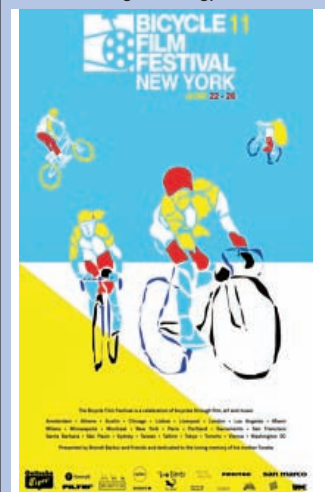
Pelham Parkway & White Plains Rd
(Southeast corner), Bronx. Subway: 2 to Pelham Parkway

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

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

St. George
Staten Island Ferry Terminal, St. George, Staten Island. Ground level, bicycle waiting area. From Manhattan, take Staten Island Ferry at South. From Staten Island ONLY, Staten Island Rail to St. George.

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





IMPORTANT CYCLING NOTE #1

There may be more rides not listed in the Bicycletter. Please check the club web at ww.5bbc.org/rides and/or bulletin board; 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 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 communicu□ mailed to our members in the Age of the 21st Century Internet.



On June 28, 2011, the print edition of the Bicycletter was folded and labeled for mailing in the apartment of host Mary McNulty, with Phil Goldberg and Gia Tran. The newsletters were then mailed soonafter. Thanks!

will go from Brooklyn to a quiet beach in the Rockaways, mostly along quiet streets or bike paths. Bring or buy lunch, bring beach stuff (sunscreen, swimsuit, towel, sheet, pail, shovel, Frisbee, flip-flops, etc), and a lightweight lock. Leaders: Bob Castro & TBA

**Saturday, July 30, 2011
IS STATEN ISLAND?
8:00 AM, South Ferry, Manhattan, 50 miles, quick-spin pace**

Cycle the city's highest borough by climbing up Grymes Hill, Emerson Hill, Todt Hill & Lighthouse Hill, all before lunch in Tottenville. This is a quick-spin ride - there is no point-drop-sweep, cue sheet only. bring sunscreen, 2 spare tubes, \$ for lunch. Leaders: Dennis Griffin & Dalah del Prado

**Saturday, July 30, 2011
INTRODUCTION TO YOUR BIKE AND BIKE REPAIR
9:00 AM, Columbus Circle, Manhattan. 25-30 miles, 12-14 mph 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, July 31, 2011
FLAT TRAILS AND STEEP CLIMBS -- TARRYTOWN TO COLD SPRING OR BREWSTER
8:30 AM at Grand Central Terminal (for 8:57 train to Tarrytown), or at Tarrytown station, 9:35 AM. 50 miles, 12-14 mph pace**

With two segments and three leaders, there's something for everyone in this ride. From the Tarrytown Metro-North station, we'll ride (or push) one STEEP mile, then ride a relatively flat 28 miles on the scenic North Westchester County and Putnam rail trails, with a deli stop in Millwood. In Carmel, we will split into two groups: a challenging ride onto highway 301 and the scenic but serious climb over the Taconics (13-mile climb, 5-mile descent) to Cold Spring and take Metro-North back to Tarrytown or Manhattan. The less challenging ride will continue to the end of the Putnam trail and onwards to Brewster, NY for a return train (on a different line - if you start at Tarrytown you'll need to take the difficult route or ride back on your own from

White Plains at the end of the day). Bring \$21 for train fare, more \$ for lunch, and your MTA bike permit. Leaders: Fritz Van Orden, Bill Mastro, Andrea Mercado

**Sunday, July 31, 2011
FOUR BORO BIKE RIDE
9 AM, City Hall, Manhattan, 35 mostly flat miles, moderate pace**

Sorry Staten Island! We promise to dedicate an entire ride to you, but first we need enough time to give justice to Arthur Avenue, deep in the heart of the Bronx. Pass through Brooklyn and Queens, cross the Triborough Bridge, and then lunch in the Italian enclave of Arthur Avenue. Then there's Belmont Ave., the origin of the "Dion & The Belmonts" name. Look around for others. Back to Manhattan alongside the East River. Bring a lock and lunch money. Leaders: Ed DeFreitas & TBA

**Sunday, July 31, 2011
☺ BICYCLE BEACH BUMS
10:00 AM, Grand Army Plaza entrance to Prospect Park, 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. Leaders: Andrea Casertano & Alfredo Garcia

**Sunday, July 31, 2011
PHILADELPHIA FREEDOM**

Enjoy the great greenways of Philadelphia and other attractions in the beautiful city of bortherly love. We will have a few surprises for your spirits. Call Jesse at 917-578-2244 for detailed transportation information. We will be meeting at the 30th St. Station about 10:30 AM. Leaders: Jesse Brown & TBA

**Saturday August 6, 2011
☺ SUMMER STREETS
7 AM - 1 PM, East 72nd St, Park Ave South, Lafayette St, Centre St**

Once again, NYC's giant street party will provide a car-free route from Central Park and 72nd Street down to the Brooklyn Bridge for the first three Saturdays in August. The 5BBC will be supporting the event with a free bike repair table at 25th Street and Park Ave South. If you'd like to help staff the table or be a flat-fixing hero to dozens of

random cyclists, sign up for a volunteer shift by writing to daytrips@5bbc.org. Or stop by and say hello while you're enjoying the peaceful, car-free avenue!

Saturday, August 6, 2011
LONG ISLAND
VIA THE NORTH SHORE
7:30 AM Kew Gardens, 75-80 miles, 16+ mph quick-spin pace, RSVP needed

Head out along the North Shore past Port Jefferson to Rocky Point, then south to Patchogue to the Blue Point Brewery. Direct return via LIRR. Bring MTA bike permit, \$ for lunch & brewery, 2 spare tubes, sunscreen & 2 water bottles. Please contact leaders prior to ride so that arrangements for LIRR return may be made. Maximum 12 riders. No cycling after the pub stop! RSVP to nyc2dag@yahoo.com. Leaders: Dennis Griffin and Dalah del Prado

Saturday, August 6, 2011
BATHE IN BAYVILLE
9:30 AM, Cunningham Park, Queens, 55 miles

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

Saturday August 6, 2011
☺ VAMOS AL BARRIO LANGUAGE IMMERSION RIDE
10:15 AM Grand Army Plaza entrance to Prospect Park, Brooklyn.
20 leisurely miles.

Whether you're sitting in that same Spanish class for the fourth time, telling the guy which flavor to pour on your shaved ice *piruela*, or filling in as chief interpreter for the President's trip to Latin America, this ride is for you. But, here's the catch: it's all in Spanish. Don't worry if you only got passed Buenos dias 15 years ago; we'll help you be creative. Your pledge? Speak the most Spanish possible. Join us for this language immersion ride to "el barrio," also known as "Spanish Harlem." Bring money for lunch at a local restaurant. Rain at the start of the ride cancels. Leaders: Richard Sanford and TBA.

Saturday August 6, 2011
LINCOLN TUNNEL RIDE
9:30 PM, Chelsea Piers, Manhattan. 23 miles, some dark, hilly, & busy roads.

Nothing to do tonight? Come with us on a night ride through the Lincoln Tunnel. You must bring front and rear lights, and please leave the backpacks and panniers at home. Your bike should be in good working order. We'll enter the tunnel around 12:45 PM or perhaps later. Ice cream, yelling and screaming are optional. Please check the 5BBC bulletin board for updates. This will be a non-quickie trip to emphasize safety and a friendly time for all, not speed. Leaders: Alfredo Garcia & Jesse Brown

Sunday, August 7, 2011
LONG ISLAND
SOUTH SHORE QUICK SPIN
8:30 AM, HI-AYH (W. 103rd & Amsterdam Ave), Manhattan. 50+ miles at a quick-spin pace.

Quick-spin ride along Long Island's south shore, visiting the attractive "Big City Little Town" communities. Leaders: Jesse Brown & Rodney Millard

Sunday, August 7, 2011
FIVE BOROUGHES, FOUR BRIDGES, TWO FERRY RIDES, HALF CAR FREE
8:30 AM, City Hall, Manhattan,
35 miles at 10-12 mph pace

We found a way of touring the city that's 50% traffic free, thanks to the city's ever-expanding bicycle route network. We'll utilize the completed portions of Manhattan's East and West Side bike paths, four of the city's bridge paths, and of course our magnificent Staten Island Ferry. We'll wind up at Cargo's for a late lunch - bring a few snacks to tide you over. Bring a lightweight lock and money for lunch. Leaders: Ed DeFreitas and TBA

Sunday, August 7, 2011
☺ BICYCLE BEACH BUMS
10:00 AM, Grand Army Plaza entrance to Prospect Park, 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. Leaders: TBA

Bikes On Trains



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



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

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

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

Specific restrictions apply. Note: separate old LIRR and Metro North permits still valid for their respective lines. Web page link for application form: www.mta.nyc.us/mnr/html/mnrbikepermit.htm. See also page 12.

For more information on all MTA trains, visit www.mta.info/bike/



Specific restrictions apply when you take your bicycle on New Jersey Transit. For Bike Program info, please call (973) 762-5100 or visit www.njtransit.com/rg/rg_servlet.srv?hdnPageAction=BikeProgramTo



A permit is no longer required, but there are restrictions. 5BBC trips that use PATH, usually rides on weekends and holidays. For more info, please call (800) 234-PATH or visit www.panynj.gov/CommutingTravel/path/html/rules.html



Ed Ravin Gets a Shout Out by Me!

I was the recipient of 2011 Love Your Block grant thru Citizens Committee for NYC and we hosted our first upper West Side block party where the 5BBC participated. Ed Ravin was there.

Up here in the north end, folks are not morning risers or as some people like to say we are on, "Harlem Time". :) The day started off pretty slow for Ed. Then some folks who seemed to have pulled their bikes out of storage after not riding them for years found him. I witnessed very flat tires, dust on bikes and cobwebs. Ed used his magic touch and got them all running.

Please give Ed a shout out that he did a fabulous job and it was really appreciated.

Thanks,
Wendy Frank



Seen on the the President's ride: a real-live butterfly with black wings, orange and white accents, sat on a water bottle of a bike. The insect was identified as a Red Admiral (*Vanessa atalanta*) with a 1.8-2.0 inch (45-50mm) wingspan. They happen to migrate north in the Spring. Only in New York and probably only on a 5BBC bike ride. Photo contributed by Ed DeFreitas.

Saturday August 13, 2011
☺ SUMMER STREETS
7 AM - 1 PM, East 72nd St, Park Ave
South, Lafayette St, Centre St

Once again, NYC's giant street party will provide a car-free route from Central Park and 72nd Street down to the Brooklyn Bridge for the first three Saturdays in August. The 5BBC will be supporting the event with a free bike repair table at 25th Street and Park Ave South. If you'd like to help staff the table or be a flat-fixing hero to dozens of random cyclists, sign up for a volunteer shift by writing to daytrips@5bbc.org. Or stop by and say hello while you're enjoying the peaceful car-free avenue!

Sunday, August 14, 2011
NYACK NICELY
8:30 AM, George Washington Bridge
Bus Terminal, 177th & Ft Washington
Ave. 50+ miles at 15 mph
quick-spin pace

Pure cycling enjoyment in the region's cycling mecca! We may have a couple of surprises in store for those of you unfamiliar with this ride. Maybe even more pleasant than usual! Leaders: Jesse Brown & Rodney Millard

Sunday, August 14, 2011
WOODLAWN CEMETERY TOUR
9 AM, HI-AYH (W. 103rd & Amsterdam
Ave), Manhattan. 30 miles.

Come join the celebration of living history at New York'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 & Jim Zisfein

Sunday, August 14, 2011
☺ BICYCLE BEACH BUMS
10:00 AM, Grand Army Plaza entrance
to Prospect Park, 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. Leaders: Bob Castro & Susan Levine

Saturday August 20, 2011
☺ SUMMER STREETS
7 AM - 1 PM, East 72nd St, Park Ave.

South, Lafayette St, Centre St.

This is the last day of NYC's giant street party will provide a car-free route from Central Park and 72nd Street down to the Brooklyn Bridge. The 5BBC will be supporting the event with a free bike repair table at 25th Street and Park Ave South. If you'd like to help staff the table or be a flat-fixing hero to dozens of random cyclists, sign up for a volunteer shift by writing to daytrips@5bbc.org. Or stop by and say hello while you're enjoying the peaceful car-free avenue!

Saturday, August 20, 2011
SEVEN LAKES DRIVE &
HARRIMAN STATE PARK
7:30 AM, George Washington Bridge
Bus Terminal, 177th & Ft Washington
Ave, Manhattan. 95-100 miles at
16+ mph quick-spin pace

Round-trip to Bear Mountain! After riding up Route 9W we climb Bear Mountain we head west along Seven Lakes Drive (it's up!) through Harriman State Park. Return to Stony Point via Gate Hill Drive and Willow Grove (its down!), and then back to the city via 9W (it's up!). Bring \$ for lunch, two spare tubes, sunscren & two water bottles. This is a quick-spin pace 16+ mph ride - no point-drop-sweep, cue sheet only. Leaders: Dennis Griffin & TBA

Sunday, August 21, 2011
NORTH COUNTY TRAIL
8:30 AM, Pelham Parkway & White
Plains Road, Bronx, 100+ miles at
15 mph pace

Barrel up the former Putnam Line right-of-way and take a carfree route through Westchester Country. Come and see the beauty that surrounds us and you'll be enriched. Leaders: Jesse Brown & Rodney Millard

Sunday, August 21, 2011
GARIBALDI AND ALICE AUSTIN
9:00 AM, City Hall, Manhattan (for
9:30 ferry) or 10 AM St. George,
20-30 miles

Get transported again on the Staten Island Ferry for scenic riding. You can get anything you want at Alice's Restaurant - oops wrong song - it's really Cargo's. Visit the home of famed photographer Alice Austen, with gleaming views of New York Bay. She won't be home, but

appreciates your visit. For more info, see www.aliceausten.org. Don't worry about Garibaldi. Bring \$ for lunch at Cargo's, a bike lock and a camera. Leaders: Ed DeFreitas & TBA

Sunday, August 21, 2011
☺ BICYCLE BEACH BUMS
10:00 AM, Grand Army Plaza entrance to Prospect Park, 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. Leaders: TBA

Saturday, August 27, 2011
INTRODUCTION TO YOUR BIKE AND BIKE REPAIR
9 AM, Grand Army Plaza entrance to Prospect Park, Brooklyn. 25-30 miles, 12-14 mph 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

Saturday, August 27, 2011
☺ 3 BOROUGHS AND 3 GARDENS
9:00 AM, Grand Army Plaza entrance to Prospect Park, 30 leisurely miles (one-way ride)

Go through three boroughs in one day and bike around, (since, alas, bikes are not allowed inside) each of these borough's Botanical Gardens: Brooklyn Botanical Garden, Queens Botanical Garden and NY Botanical Garden in The Bronx. The ride will go through residential and mixed commercial settings, greenways and the Triboro Bridge. End with a sweet treat at an Arthur Ave bakery in the Bronx's "Little Italy". Ride ends in the Bronx: you can take the subway or Metro-North back to Manhattan. Bring spare tubes, pump, bike lock, \$ for food & return fare, and most importantly, an adventurous spirit! Leaders: Dalah del Prado & TBA

Sunday, August 28, 2011
SNUG HARBOR & THE CHINESE SCHOLAR'S GARDEN
9:00 AM, City Hall, Manhattan. 20 miles

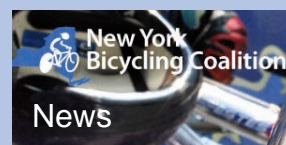
Start with a PATH train ride to the wilds of NJ, then bike down to the Bayonne Bridge into Staten Island. Our destination, Sailors Snug Harbor, is only a few more miles. The sprawling, historic, beautiful former retirement home for sailors boasts breathtaking buildings and to top it all, the Chinese Scholar's Garden. See www.snug-harbor.org for more information. Leaders: Ed DeFreitas & TBA

Sunday, August 28, 2011
☺ BICYCLE BEACH BUMS
10:00 AM, Grand Army Plaza entrance to Prospect Park, 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. Leaders: Brian Hoberman & TBA

Sunday, September 4, 2011
MANHATTAN PERIMETER
8:30 AM, City Hall, Manhattan. 30 miles at 12-15 mph pace

Circle the island where it all allegedly started with \$24 of baubles and beads paid to the natives. Today, that wouldn't even pay the broker's fee for your condo parking space. Zoom up the bikers' version of a west side I-95. Lunch at a Harlem River backwater spot shared with the Columbia sculling team. Trace the uneven shore of the Harlem and East Rivers all the way down to South Street to finish your circumcycle of Manhattan. Leaders: Ed DeFreitas & Jesse Brown



After years of advocacy and months of intense pressure on our state officials, the New York Complete Streets bill has passed. Complete Streets is a policy that designs and builds roads for all users, including bicyclists, public transportation vehicles and passengers, motorists and pedestrians of all ages and abilities. The New York State bill amends the state highway law and applies to the planning, design, construction, reconstruction and rehabilitation of roadways that receive federal or state funding, mandating that Complete Street design guidelines are at least considered. Design features include sidewalks, bicycle lanes, lane striping, share the road signage, crosswalks, bus pull outs, curb cuts, traffic calming and more.

Passing Complete Streets was NYBC's top legislative priority in 2011. We met with key lawmakers to explain why bicyclists need safe streets. We alerted our members to call & write legislators when the bill got "stuck."

The Senate bill, S.5411A passed unanimously on Monday afternoon, June 20th. The bill was reintroduced in late May by Senator Fuschillo. The Assembly bill, A.8366 passed shortly thereafter on a unanimous vote. Assemblyman Gant sponsored the bill. Thank you to all our state legislators who helped pass this historic legislation! Give them a call and say thank you!



MTA BIKE PERMIT-- When you bring your bicycle on Metro-North Railroad and Long Island Railroad (LIRR) trains, you are required to carry an MTA Bike Permit. There is one permit for both, available at either Grand Central Terminal, Metro-North window #27 (or call 212-532-4900), and Penn Station LIRR information booth (or call 718-558-8228). There is a \$5 fee. Specific restrictions apply. Note: old LIRR and Metro-North permits are still valid for their respective lines. For more details, please visit www.mta.info/bike/

Bicycle Permit Application



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.



Metropolitan Transportation Authority
Long Island Rail Road
Metro-North Railroad

www.mta.info

PARTICIPANTS UNDER AGE 18 ON 5BBC RIDES--Young cyclists are welcomed on our day rides provided the parent/guardian signs a waiver of liability at the start of the ride and accompanies the youngster on the ride or designates another adult to do so. For cyclists age 14-17 who are responsible enough to ride without a chaperone, we offer an additional option: the parent/guardian can print & sign this waiver, below for the teenager to bring to the start point. This waiver is also available online at: http://5bbc.org/minor_waiver.pdf



Waiver and Release of Liability for Minors

I attest that:

- a) I am the parent or guardian of the minor named _____ (the named minor), who is fourteen (14) years of age or older,
- b) the named minor is competent to bicycle on public roads in traffic,
- c) I have checked the bicycle and associated equipment that the named minor will use to insure that it is in proper working order,
- d) the named minor will wear a CPSC or Snell approved helmet while riding his or her bicycle.

I discharge and release the Five Borough Bicycle Club (5BBC) 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 the named minor's participation in 5BBC day trips, whether or not caused by the negligence of any of the above parties.

I acknowledge:

- a) that cycling is a hazardous activity and carries with it the potential for death, serious injury and property loss.
- b) the 5BBC's recommendation that I consult with a physician regarding the advisability of the named minor's participation in 5BBC activities
- c) that medical or other services rendered to the named minor by or at the insistence of any of the parties mentioned above are not an admission of liability,
- d) that the named minor may be photographed during 5BBC activities and agree to allow his or her 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 the named minor being allowed to participate in the following 5BBC day trip.

_____ Date _____
Trip Name

_____ Date _____
Signature

_____ M.I. Last Name
First Name

_____ Apt. _____
Address

_____ State Zip _____
City

_____ Email Address

_____ Evg. Phone _____
Day Phone

The Short Unhappy Life of the Central Park 15 mph Speed Limit

by Ed Ravin

Every now and then a bad idea comes back and haunts you. For example, Mayor Koch's 1987 attempt at banning bicycles on some midtown avenues was killed by a successful lawsuit and derided by City Council resolution that same year. But a few years later, signs announcing the non-existent bike ban suddenly appeared along Park Avenue South. After some frantic calls to the city, we were told the reason: a contract issued for a street rehabilitation project in 1987, while the bike ban was still technically on the books, had included "orders" to install the bike ban signs. Now that the construction was complete, the contractor had dutifully followed his instructions.

The signs came down within a few months, some with the help of bike activists with crescent wrenches, the rest when the city finally got around to correcting its mistake. And then Koch's bike ban stayed dead.

In retrospect, Koch probably did us a long-term favor with his attempted bike ban. He provoked the bicycling community into action, spurring protests where bike messengers, middle-aged grandmothers, and white-collar bike commuters marched together in solidarity. The activists at Transportation Alternatives (I was one of them) had to learn coalition-building, membership outreach, public relations, and street protest skills in a big hurry, which helped us grow and spread our message in subsequent years.

I wish I could have such fond memories for another piece of botched municipal rulemaking: the Central Park 15 mph speed limit, which was proposed a few years later in 1991, during the Dinkins administration.

Unlike the Koch bike ban, this idea wasn't conceived in malice. The Parks Department was genuinely worried about pedestrian safety in Central Park during the hours that the park was closed to cars. They wanted to rein in the group of cyclists known as "the pack", who rode at high speeds around the Central Park loop with little regard for anyone else's safety, endangering pedestrians trying to cross the loop road. But the Parks staffers did not seem to understand the dynamics of bicycle riding or police enforcement. Speed limits can't be used to enforce courtesy, and



**SPEED
LIMIT
15**

15 mph is still too fast to ride when in close proximity to pedestrians.

Although most bicyclists opposed the 15 mph limit, there was little solidarity among them. The advocates of "the pack", who wouldn't admit publicly that they were members of that rogue group, called for no limitations whatsoever on cycling in the park, and seemed to think their fast riding in the Park would be perfectly safe if everyone else would just get out of their way. Other cycling groups asked Parks to try to enforce the existing park rules before coming up with new ones of dubious merit, or to at least set hours on the speed limit so it would only apply during peak hours. But Parks just ignored everyone and put the rules into place.

One group of cyclists started a lawsuit against the 15 mph rule, but the city had learned to avoid the technical bungle that caused the Koch bike ban to be kicked out by the courts. The lawsuit failed. And then - nothing happened. Well, almost nothing. Some signs came up announcing the speed limit, and then they came down. The "pack" riders moved their rides to later in the evening. Eventually, new signs appeared, but they were general summaries of park rules and the 15 mph limit was one of many things listed in small print that could not be read by a passing cyclist.

Not surprisingly, there were still safety problems in Central Park, as bicycling in the park kept increasing. The Parks Department tried other ways to protect pedestrians, such as setting up barriers around the edges of the main crosswalks to channel cyclists away from the curb.

Not once in twenty years did I ever hear about the police enforcing the 15 mph speed limit in Central Park, or in any of the other parks with roadways theoretically affected by the speed limit (such as Prospect Park and Forest Park).

And then, in March 2011, as part of a citywide ticket blitz against bicyclists, someone in the Central Park precinct decided to enforce the fine print on the park signs. They pointed their radar guns at a few bikes and issued some tickets. But incredibly, later the same day, the NYPD was ringing those cyclists' doorbells to apologize, saying that the tickets had been issued improperly and were being withdrawn.

Initial press reports said that the NYPD had misinterpreted the speed limit because it didn't apply when the roadway was open to cars, or that the tickets had been incorrectly written as traffic violations instead of as Parks Department violations.

But it turned out there was a much more fundamental reason for the NYPD's apologies: **THE 15 MPH SPEED LIMIT DIDN'T ACTUALLY EXIST ANYMORE!**

It had been repealed eleven years earlier on November 29, 1999, when the Parks Department rewrote their rules for event permits, bicycling, and other park activities. In spite of the required public hearing, no one in the bicycling community seemed to have noticed the changes. And once again, nobody told the signmakers.

So let us take a moment to belatedly note the passing of the Central Park 15 mph limit. Barely eight years old, it lived in disuse and died in obscurity. It will not be missed, or remembered. It is not in our hearts forever - we did not notice it in life or death. And though we are amused by its ghostly appearance in Mayor Bloomberg's "bicycle crackdown," it is time for it to rest, rest in peace.

Amen.



Come See The 5BBC at Summer Streets!



Saturdays, August 6, 13 and 20, 2011, from 7:00 AM to 1:00 PM. Traffic free on Park Ave. from 72nd St. to the Brooklyn Bridge. Say hi and visit our table with free bike repair on 25th St. & Park Ave. South. Photo by Arabelle Taggart.

Beat the Heat on the 5BBC Bicycle Beach Bums Rides



Sundays--July 3, 10, 17, 24 and 31 & August 7, 14, 21, and 28.

Meets 10AM, Grand Army Plaza near Prospect Park in Brooklyn. 30 flat miles.

Take a calm ride and head to the Rockaways in Neponsit. Relax on the beach, take a swim and enjoy summer with the 5BBC. More details in our Day Trips section or visit www.5bbc.org.

See you there! Photo by Adam Dluzniewski.



Cycling Life



Most of us rode and/or helped at the annual Five Boro Bike Tour on May 1. Photo by Antonio Rivera.



Ed Ravin represented the 5BBC with a smile for cyclists at a neighborhood block party in Manhattan's Upper West Side. Photo by Wendy Frank.



May 8: A look at the beach during Bill Mastro's Brooklyn Subs and Sides ride. Photo by Bill Mastro



June 10-12: Wet weather didn't deter leaders Geoff Cohen (2nd from left) and Fritz Van Orden (2nd from right) from leading their Rambling Vermont weekend trip, with hardy cycling trippers. Photo by Sharon Behnke.



July 4: On the edge of a Jersey greenway, before Independence Day pyrotechnics began. From Josh Gosiak's Waterfront Fireworks Ride. Photo by Adrian Kinloch.

In The 5BBC



Bunch of 5BBC cyclists went on a nice and fun quick spin ride to Newburgh-Beacon trip, June 18. Photo by Dalah Del Prado.



June 4: On the Brooklyn Bridge during Richard Sanford's Restaurant Furniture Manufacturing ride. Photo by Sharon Behnke.



July May 21--Taking a lunch break from Danny Lieberman's Neck and Neck Ride. Photo contributed by Dalah Del Prado.



The first finisher of the Mattituck Century, young Barukh B. Rohde, June 19; A tripper on the Croton Aqueduct ride, June 25. Photos by Sharon Behnke (top) and Bill Mastro (above.)

A man wearing a blue t-shirt, a blue and red helmet, and sunglasses stands on a paved path with his hands on the handlebars of a teal bicycle. The bicycle has a water bottle mounted on the frame and a black saddle bag. In the background, there is a grassy field and trees. To the right, the back of a person wearing a red and black jacket is partially visible.

Become a
5BBC
Leader!



Josh Gosiak (left) leading his Hackensack ride, engaging trippers, May 21, 2011. Photo by Alfredo Garcia

Share the Joy of Bicycling--Become a 5BBC Leader

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

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

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

League Cycling Instructors Ed Pino and Liz Baum have scheduled a training course to make you a 5BBC leader. Classes begin the first week of September, 2011 and conclude with a weekend retreat October 28-30. The leadership course includes 3 day trips and 1 mandatory safety class. Classes will not be held on 9/11, 9/18, 9/25, or the weekend of 10/8-10/10.

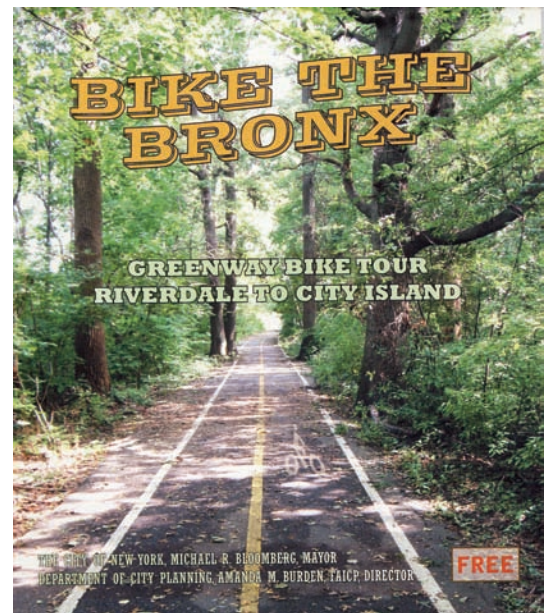
We look forward to welcoming future 5BBC ride leaders! For more information, contact Ed and Liz at leadership@5bbc.org

*Ed Pino and Liz Baum
Leadership Instructors*

Cycling Maps of New York City



Though it has short routes, this Queens map is a cycling aid to explore Flushing Meadows Park, Kissena Park and vibrant neighborhoods like Jackson Heights, Woodside, Long Island City, Astoria, etc. Includes places to visit in this multicultural borough.



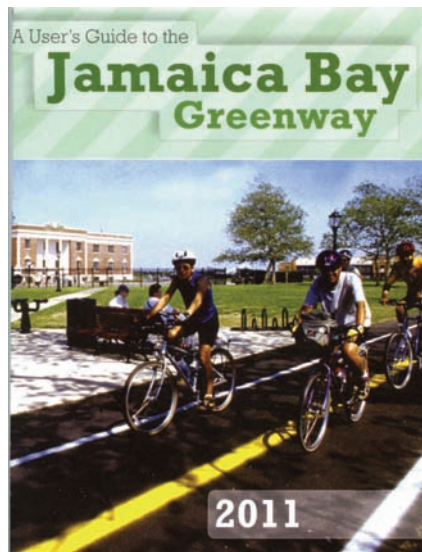
A swell guide to the Bronx's nice sights, such as City Island, Pelham Bay Park, Pelham Parkway and points between. Includes unique Bronx places to visit.



New map for 2011--by the Brooklyn Waterfront Greenway Initiative, nice graphic map of greenways and cycling routes, from Brooklyn Bridge Park to the Shore Parkway. Includes sights you can visit along the way.

Maps available at:

- Most bicycle shops
- www.nyc.org
- www.brooklyngreenway.org
- Transportation Alternatives



Put out by the Jamaica Bay Greenway Coalition, this map not only has a route around Jamaica Bay, but greenways, bike routes & bike lanes in Brooklyn.

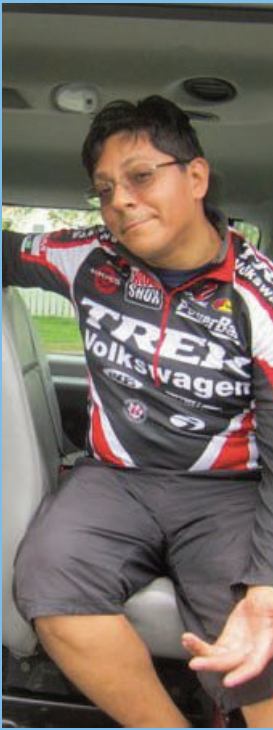


The Big Apple map that started it all. This annual map has new routes, more features and miles of bike paths & lanes added, such as Brooklyn's Prospect Park West protected bike lane.

Special Section 5BBC Montauk Century 2011



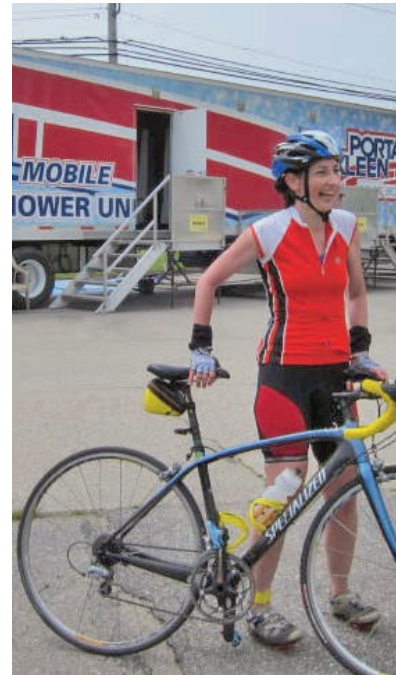
Montauk



Down by not out--Harry, George Banks, Mike Moses and Dalah Del Prado--Wait till next year! Photos by Dalah herself.



Yes, Dennis Griffin is awesome, even though he had to be sagged after multiple flats, consoled by Sean Ogilvie (center) and Bonnie Osborne (right.) Wait till next year! Photo by Dalah Del Prado.



One happy finisher, greeted by Rick Anderson. fore most of us. Photo by Ken Coughlin.



The will to ride--With at least one training ride, Steve Vaccaro (shown here on a training ride to Westwood), rode the ENTIRE 145-mile Montauk Century from Penn Station. Congratulations Steve!



Veteran bike marshals Eric D. and Alex Wong drove during the Montauk event. Photo by Ken Coughlin.

Century 2011



She was among the few who got there be-



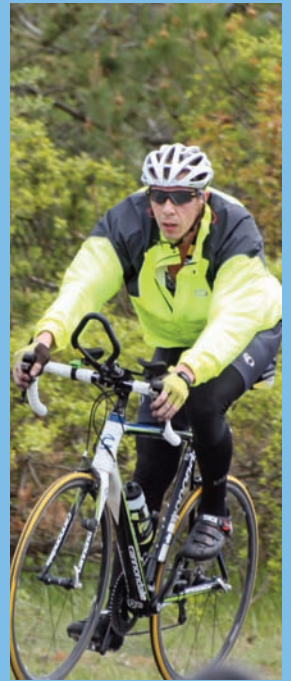
Dalah del Prado on the Montauk Century: "My 5th year riding one of my favorite bike tours!! This was a day filled with crazy fun adventure that is definitely one for the books! Started pedaling at 5:15 am from Penn Station in pouring rain with our QS friends. Harry & I attempted to complete the 145 miles (his 7th and my 2nd) but our hopes ended at mile 90 after several mechanicals. We still had lots of fun and are extremely grateful for all the help we received from all the wonderful volunteers (esp. Gil, Harry, Phil, Mike, Ira, Ed, etc.). Thank you guys! As Geoff Cohen say, I'm proud to be a member of this club!" Watch for the sequel in 2012. Photo by Dalah herself.



some trucks as well as did some cycling



It doesn't taste good when it rains--young lady patiently eats, way before the finishers come in. Photo by Ken Coughlin.



Jim Phillips reaches the finish line.



Bike ready to be transported back with the help of James Dura, right. Photo by Ken Coughlin.



Cute ladies at Montauk. Photo by Shannon Brown-Felber.



Brian Hoberman: "Yes, even though it rained, we had a good ride. And yes, next year's 5BBC Montauk Century will be held on Sunday, May 20, 2012." Photo by Ken Coughlin.



Many thanks to Phil Goldberg, Beth Katz, Bob Bagomolny and the corps of volunteers who helped with the Five Borough Bicycle Club 2011 Montauk Century

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

Get yours now! Photos by Bill Mastro (left) and Jackie Junttonen (right)



A Montauk Century Story--One Man's ride

Biking 100 miles. When you gotta go, you gotta go.
Those of you who did it will understand.
Those of you who did not, try it sometime.

Words and Photos by Stanley Fine

I did my first century ride. Babylon to Montauk. For me it was a mixed bag of, I think I can do it but won't let myself get too cocky. Reminding myself to stay mentally cool and physically hydrated. That was the key--hydrate, hydrate and hydrate.

Besides the combination of determination, anticipation and some anxiety thrown in.

To stay hydrated meaning water in and water out. Water in is easy. Water out is another story. There were only 3 official places, approximately 25-30 miles apart to refuel and tap a kidney. That's counting the one at the start. And in 8 hours of being in the saddle one has to be innovative along the way. If and when you see a port-o-potty, use it. I only saw one outside the designated rest stops during the 100 miles.

Not very pleasant or civil. There is nothing available except at the start line, when you do get to relieve yourself in mass, after waiting in queue for your turn on long lines. OK, OK.. No whining allowed.

But there are rules. You must drink, pedal and pee. That's the drill.

Biking along about mile 10, after passing a closed school, I really had to go because I prepared myself properly by purposely drinking lots of water before the start to prevent dehydration.

Still dark, I came across what looked like a warehouse on my right, with a light on. I rode up about 50 feet to the front door and no one was there. Went around to the back, put my bike against the building wall and entered a large industrial doorway. The place looked like an airplane hangar with 2 huge piles sand on the floor. Once inside, there were 2 more doorways, one lighted the other dark. I yelled, "Hello...hello", and headed for the dark one. At this point, I could not wait on ceremony and ask for permission. Felt for a light switch on

the inner doorway wall and switched it on and did my thing. All the time anticipating what I would say to whom ever might come by to respond to my calls. No one came. Relieved, I hopped on my bike and was on my way again. To ride any distance, especially longer ones, it's a personal issue. Knowing your limits and weighing the challenges against them. Realizing your abilities and whether or not to push them and if so, how far to better understand yourself and riding level? Some cyclists breeze through and others struggle to accomplish the same 100-mile challenge. One of the best things about riding is that you can get to know yourself a little better.



Pedaling through small villages, passing coffee shops and stores not yet open, while always aware and following the directional markers painted on the road below. Munching on pre-packed snacks and slurping water. As I was riding about 15 mph and being careful not to let my mind drift off as I thought of the time, 10 years ago, when I got dehydrated at about mile 70 doing the 2-day MS 150 ride from Houston to Austin.

At the time. I was naïve and ignorant of the hydration process. Learning the lesson the hard way. To drink very early on, before the start of the ride and to continue drinking throughout the ride. Not being aware of how the heat from the black top reflected up and intensified. The rise in temperature increasing the danger of heat exhaustion. That awful

memory of lying on a cot looking up at the top of a tent with an intravenous saline solution in my arm. I got dehydrated. Too much heat, too little water. Knowing better, I decided to take on the challenge again. This time on the 100 and making sure to hydrate.

Sunday morning around 7:30AM car traffic is light. People are sleeping and the streets are empty. At mile 14 pass by Corey Beach rest stop. 86 miles to go.

At times, I'm riding with groups of people and at other times solo. Now and then uniformed spin group teams pass. At mile 35, I merged with a large group of the 65 milers that got off the train at Mastic-Shirley. While riding in the rear of the group a car suddenly swerved dangerously close. An angry driver screamed and cursed a couple of teen riders almost hitting them. One of the obviously shaken riders stopped, and gasped to ask, "where is he going?" "To hell" answered another. I pedaled pass them and asked if she was alright. "Yes, a little shaken but alright", one said,

Riding along it was time to go again. The water bottle was near empty and my bladder was near full. The search was on. I peeled off at a country railroad station on my left. Only to find the rest rooms were closed. Building up more frustration and inducing that gnawing pain. I got back on the saddle and in about a mile, spotted a 7/11. Went in and saw the, no rest-rooms sign. I bought water and asked for permission. The store clerk was nice enough to nod yes to the use the employee's only water closet. Fairly clean and tightly crowded among the mops. Happy to be relieved, I refueled and got back into the ride.

Treking along paying attention to the ride's directional road markings below, and avoiding scattered glass. I was trying to absorb nature around me, to find some small town charm.

And while looking at beautiful oaks, pine and birch, when an elderly woman, probably in her late 80's, seeing me and other riders cycling by, got off her porch, cane in hand waving me on and cheering emphatically, "Go get'em."

Indeed, I truly found the small town charm I was looking for.

Inspired, I continued on. Passing ponds, bridges and homes of various sizes, that would eventually spread out into farms, cow pastures and large estates. Followed by beaches and one enormous bridge, intermittently seeing a mix of road kill all along the way. Raccoon, squirrel, snake, crow and a deer. The next tour rest station was 20 miles away. And, I was ready to go again. I saw a small gas station under construction up the road made a U-turn and the owner, while pumping gas, let me use the facility in the rear, next to a muddy ditch with an exposed ceiling revealing the sky through the beams of lumber.

After hitting the West Hampton Beach rest stop, at about mile 47 I had a peanut butter and jelly sandwich and some watermelon. Chatted with a few fellow riders and was informed at mile 100 there was a 3:00, 5:00 and 7:00PM train at Montauk to take us back to Babylon or New York's Penn Station. I thought I could possibly make the 5:00PM.

Queued up at the very long line of an 8th Port-o-Potty relief station. While baking in the sun waiting my turn, I became a prisoner having to listen to a loudmouth, standing in back of me yak away on a cell phone so loud that the person on the other end of that cell phone could probably hear without the phone.

Finally a biker exits door of number 4 opens. You can only guess which of the 8th you will open. You enter quickly through the tag team system of behind the peeing doors. It was a hot and smelly 4X4 suana. You want to move quickly and still let nature take its course.

Exiting and yielding to the next in rider in line I made my way past the snack tables on the way and continue the ride. Satisfied with enough snacks, stuffing a few into my pack, I said goodbye to a friend I saw when leaving. We previously bonded on a previous bike trip to Cape Cod when cooking together for a large group of cyclists.

When about 10 miles out of the official stop,

I spotted a hidden Port-o-San behind some trees just about out of sight, near a ball field. It was gross, but it worked. Riding along I eventually entered a village around 11:00AM and managed to buy water and go again in a unisex restroom of a coffee shop. Further on, I saw a diner just off the road. As I approached, there were a few elderly folks helping a handicapped



One of the best things about riding is that you can get to know yourself a little better.

woman exit in a wheel chair very slowly down a narrow ramp. I smiled and courteously yielded to them as I silently reached for the strength to stall my personal urge. I almost started the, hold in that pee, standing in place dance. Cheerfully, a hostess who wanted to seat me at first, pointed to the lavatory after I explained the situation. I weaved my way through a large lunch crowd and fortunately the men's room was not occupied. Mission accomplished.

At approximately mile 50, there was a very long stretch of road. A mix of unpaved, sand and gravel. Marshes on the left that lead out and into a large bay and on the right, dunes and miles of beach. The dunes were set back in varying distances. From about 20 yards to half a mile with sporadic accesses to the beaches. In the distance, on the horizon, I could see the silhouette of an enormous bridge. Once in while an occasional bike rider passed by. A few cars would also pass leaving a cloud of choking road dust in its wake. The sun was bearing down. The air was dry. It was hot and I drank from my half full water bottle to ease my parched throat. It was one of those long stretches of road going straight on for miles,

looking into the perspective of a vanishing point. The dry heat got a bit grueling and of course, I had to pee. I thought to myself, I'll turn at the next beach access opening. I'll pull over, but for some reason or another I could not align myself onto the right spot. On my right I saw a large structure that looked like the huge Tiana Shores beach house and restaurant. It was far away and set too far back and I didn't know if it was opened.



Things could get critical and not wanting to waste time at this point, I passed it. Finally, I was able to turn in on what looked like a beach parking area with a few cars in it. A guy got out of his car that was facing into the dunes. I asked if there was a restroom nearby. He explained that it was too early in the season for portables to be set up and suggested I go on the dune. As he walked off to the beach, I looked around, stood between two parked cars and did it. This took a little while longer than I wanted. Another car full of ladies entered the lot, fortunately they were preoccupied and parked just far enough away. Then, this clicking sound. It was getting louder, followed by a man getting closer, now only a few feet away holding a metal detector. He was scanning the ground and sand, possibly for buried treasure. Pretending to ignoring him, I acted as if I was adjusting the mirror of my car. He continued on with his mining fully absorbed in the sound of his Geiger counter.

I believe he never saw me. At last, finito. Let me out of here and pedal to that bridge.

Before I knew it, there was a left turn that took me onto to the up ramp of the giant Sagaponac concrete bridge. Up and over a huge body of water. Since the ramp was steep, groups of riders were slowed down. Some of the cyclists were lingering at the apex of the bridge, taking pictures, admiring the view and talking. I watched fishing boats and speedboats go by

and under me. The view was spectacular. Life was good. Not a single urge to pee. It was fun going down the bridge fast, feeling the breeze cool me off when occasionally standing up on the bikes pedals.

Bicycling on. More villages. Open fields. Cow pastures. Helped a fellow rider fix a flat. As early afternoon approached we picked up more car traffic and saw more riders passing in clusters. Just ahead of a traffic light there was a bodega where I picked up some water and snack bars. Eventually I made it to the Water Mill rest stop at the 71-mile mark. The park was a large spreading green lawn. Food tables with bananas, half empty peanut butter and jelly jars, for do it yourself sandwiches. Water and the welcomed sight of Port-o-Potties. Riders were resting on the grass. SAG wagons parked on the side of the park. A tired rider standing and loses his balance and falls. Talk of the last 29 miles to go were all the buzz. This is where the approach routes separate the 65 milers



from the 100 milers. Taking different paths. Century cyclists have the option to bail. I decide to go the century all the way.

More roads to ride and read. I continue to follow the markings on the road below, and keep drinking water in controlled amounts. There are lengthy side road stretches, lots of turns. The ride becomes a mix of highway traffic with less traveled back roads. Vast stretches of fields that go on for miles, intermittent with lots of exclusive mansions. Passing through small villages, I start to search for water and come upon a strange phenomenon. An American Indian reservation store.

There are quite a few of these stores along the road. Blended in with up scale summer rental properties, these throwbacks to the old west trading posts sell a variety of goods and souvenirs. Cigarettes, coffee, moccasins, peace

pipes, dolls, beads, totem poles and tom toms.

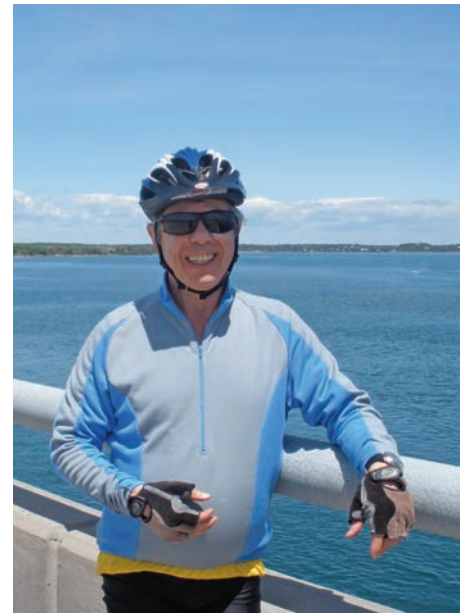
Sitting in the shade on a bench of an old-fashioned porch just outside the store drinking water with a fellow rider drinking coffee exchanging pleasantries. We rested admiring the scenery, especially an extraordinary large oak tree that he had a fantasy to climb. We finish up our drinks, mounted up and rode off together.

After passing two cyclists fixing a flat, refusing my help, I'm waved off by a rider up ahead. Telling me not enter this turn of the road, that it is marked wrong. A few more riders appear and unanimously agree about the mistake of direction. One rider checks a map and figures out the right way to go. Satisfied we resume on the correct path. I purposely fall back after seeing cut off in the trail, an opportunity to relieve myself. At this juncture there are no stores, rest stops, or parks only this isolated road off the beaten path. Tall bamboo plants give me cover as I wile away the anxiety to finish ASAP.

At about mile 85 I knew I had to make another stop. I caught up with a ride marshal and asked where do you go when you gotta go?" Once we past the rest stops, you're on your own." he replied. As the road turned into a highway I spotted a Mexican restaurant on the other side. I carefully cut across the highway where they allowed me the use of their banos. At mile 90 a sign read, "Only 10 more miles." Well I felt pretty good. Although those 10 miles seemed like the longest 10 miles ever.

In fact it became a mountain climb. The Montauk Highway turned into some kind of last stretch endurance test. It was Indian Wells. Climbing up this very steep stretch of hill. Shifting into granny gear, crawling up and up to one highest points on Long Island. I kept saying to myself, slow and easy finishes the race. Take it easy. You are moving forward. Slowly but I am going forward. I have time. If I don't make the 5:00PM I'll make the 7:00PM. It's OK. I have no pain. I do not have to pee. I am perfectly hydrated. It worked. Arriving at the hills peak I was treated to a magnificent view of the world. On one side I see the Atlantic for miles out. And the span with a view of practically all of Long Island. Its magnificent view of splendor in all of its natural beauty. The shapes, the curve of the cliffs and shorelines. Rolling hills with colors made of earthy browns and tan. Bodies of water with blues mixed with turquoise. Dark and light greens of forest blending with bays, bridges, inlets, beaches, boats, villages, farms, fiefdoms and mansions. Combined in a panorama of a perfect sky crossed at times with soaring gulls. Witnessing more than one can absorb, but only to admire in awe.

After rolling down the big hill, I pedaled another 5 miles into Montauk village.



Stanley Fine
Freelance Writer and 5BBC Member
stanfine@ix.netcom.com

When is this going to be over? A few turns here and a few turns there and there it was. Montauk. After another mile and a half inside Montauk, finally arriving at Old Harbor House to the finish line at 5:33PM.

There were clusters of riders in different locations. They all stuck it out to the finish of the Montauk Century. Some people were lined up at the food table. Others sitting on the grass talking. Yet others were picnicking. Trucks were parked at the ready to be loaded with bikes for the trip back to their starting points. The return train was there too, scheduled to leave at 7:00PM. Some were showering and changing into fresh clothes. I layed my bike down on the grass and wobbled over to the food line. And there was beer. And pasta. As more riders arrived, I joined in sharing and enjoying the stories of the road experiences. For an hour and a half we laughed and bonded through our trials and tribulations. "I did it for the bragging rights," claimed one lady rider. "That last hill was a killer," claimed another. All of a sudden the ride was over. It became a memory. An experience to ponder over at a future date.

An achievement to reflect upon. Answers to questions we only ask ourselves. Our own personal reasons for the why and how of biking. The trials of enduring the odyssey and the thrill of accomplishing the challenge. The fun and rewards of satisfaction at the finish. And the beer that assured me of one more, non pressured, water pass before going home.

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

Fred Dieckamp & 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.

30

5BBC WEEKEND

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 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

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/3trwjk> or e-mail Jim Zisfein: jzisfein@yahoo.com

Seekin' Hyde Park *Franklin, Eleanor and Cornelius*

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

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

TRIPS 2011

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

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

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



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!

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



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

2008 Cape Cod 5BBC Weekend, led by Ted M. Kushner (top row, 2nd from left) and Fred Dieckamp (middle row, 1st from left)
Photo by Lorna McCrave





Hard Riding Cross Country-AGAIN!

By Dolores McKeough



Blue Ridge Parkway, spanning North Carolina & Virginia.



Road and open blue sky,
Louisa, Virginia

Long time 5BBC member Dolores McKeough wrote about last cross country bike trek ("Cycling the Northern Tier," Bicycletter san print edition, Sept-Oct 2010). She embarks again on road. Part 1 of 2, from Dolores' email dispatches during the tour.

May 8, 2011 I'm in Louisa, VA on the Adventure Cycling Trans Am tour. This 93-day tour of 4,300 miles, goes from the east coast to the west coast across middle America. I had not planned to do this ride but when I was in Williamsburg last week at the end of my Florida to Williamsburg trip I met most of the 15 riders. They seemed like the kind of people I would enjoy riding with so when the leader, Sally offered to let me join them I accepted. But first I had to go home because I had not planned to be away so long. I took the train to NY on Wed; did a lot of work in preparation for being away for 3 months; and got on the bus to Richmond Friday night. I joined the group Saturday. Not sure I am doing the right thing but know I would be sorry to miss this opportunity. Already I feel grateful to be where I am--in a tent next to a corn field.

Today's ride was the first serious climbing I've done this year; the Florida plus trip was basically flat. The hills started in VA and now that we are going west the hills are more numerous. 3,300 feet of climbing today had me in my lowest gears. (Thanks, David for prepping my bike on such short notice) There will be more climbing tomorrow as we enter Charlottesville. That's it for now. Hope Mother's Day was good.

May 13, 2011 We are still in Virginia; rode 28 miles on the north end of the Blue Ridge Parkway yesterday before taking a 3 mile descent. It was as

difficult as the climbs because of the steepness and hairpin turns. It was a beautiful but difficult 45 mile ride with a lot of climbing. The vista reminded me of the Green Mountains of Vermont. There was a cloud cover so we couldn't see all the mountains but we did get views of the Shenandoah valley from on high. The descent took us to the Valley where we camped for the night. The rest of the ride was easy in comparison but since it was raining and the roads were wet it was slow going. It took me 6 hours just to reach the descent. I was the last one in; in other words I'm the slowest in the group.

There are rivers in the valley that had been stocked with trout so we saw lots of fishermen standing in the river in the rain both yesterday afternoon and this morning as we left camp.

Today's ride was hilly but easy in comparison. We stopped in Lexington for a couple of hours this morning because it has so much to see being the home of 2 universities and several coffee shops. There will be climbing for a while longer because after we get through Virginia, which is now one of my favorite states for beauty, we will be in the hills of Kentucky. This part of Virginia has mountains and rivers and a green lushness; just beautiful.

We are camped again tonight next to a river. One of the riders knows a lot about bikes so I told him about the noise my bike was making in the front. He checked it out tonight and says I need a new stem because mine is stripped. I think I put the screws in crooked the last two times I put it together. We will try to get a new stem tomorrow so the handle bars will be secure. There is also a problem with the fork but he thinks it will be good for a while.

While I write this there is the sound of thunder. The rain is supposed to be heavy tonight and continue off and on for the next two days. We plan to ride as scheduled with a 55 mile hilly ride, along with cooking duty tomorrow; I am not looking forward to it but it is part of the trip experience.

May 23, 2011 In continuing this TransAm trip with Adventure Cycling I find I'm beginning to like rest days better than biking days. Today was a rest day after 6 days of hard riding; first in wet, rainy and damp weather and then in hot (90 degree) weather and finally in hot and rainy weather. The hills of Appalachia are serious. The dogs that run after us are too. I ran over one of them yesterday. He was not seriously hurt but he gave a screaming

yelp (it was a small dog) and did not go after the next rider. Loose dogs chasing after bicyclists is a common problem in eastern Kentucky. Our group discussed possible tactics in dealing with the dogs several days before we got to Kentucky. Running over them was not considered a solution and I did it by accident. The dog couldn't grab my foot; he didn't move fast enough so my trailer wheel ran over his foot. In any case I kept riding.

We have been in Kentucky for 5 days or so and will be in this state for several more. I never thought much about Kentucky; it was not on my list of must see places but now that I have seen the wealth and poverty; the mountains and the coal mining; the kind people and those who try to run you off the road (it happened to me 2 days ago) I want to know more about it. We will be in the horse raising area tomorrow; so far we have seen only a few.

Today's rest day in Berea was very nice even though it started with torrential rain, thunder and lightning. By mid-morning we were out and checking the downtown area near Berea College which is a liberal arts school known for teaching mountain crafts--woodwork, metalwork, weaving, etc. The school has a very interesting history. We are staying in a fairly nice campground. 2 nights ago we camped in the yard of the Hindman Historical Society where we were hosted by Dave. He had full meals waiting for us as we arrived up a very steep driveway and gave a wonderful breakfast prepared for us in the morning. It even included strawberry shortcake. The minor problem was one bathroom for 16 people. The group I am with is so good. Each waits his/her turn for the facilities. This was the third or fourth time all of us had to share one bathroom. At least this one had an indoor shower with hot water. Two previous stops had cold showers from hoses and one had a port-a-potty. I am becoming quite hardened in these matters; we all make do with what is at hand. We have some serious rides coming up this week. I hope this rest day will help me get through them with a joyful spirit.

June 1, 2011 I started to write on Sunday but didn't get to send the email so I added to it today. Another intense week as we continued through the hills and valleys of Kentucky. We were in Blue Grass country-- very green with rolling hills and farms. We were also in areas hit by tornadoes and floods. Today (Sunday) as we left Kentucky via ferry (a 5 minute ride); we saw that parts of the flooded Ohio Valley was still deep in water. The ferry service had been out for several weeks. After getting used to the rolling hills of western Kentucky we left them for the rolling hills of Illinois. There



Dolores on a ferry to Virginia via North Carolina before starting her epic cycling trek of 4,300 miles.

was so much rain in Kentucky that the dry days of yesterday and today seemed unusual. So did the high humidity and 90 degree temperatures.

While in Kentucky we were hosted by 2 volunteer fire companies and 4 or more churches. We camped outside (some preferred to sleep inside) and used the kitchen and bathroom facilities of the firehouse/church. A Kentucky highlight for me was a visit to Gethsemene the Trappist monastery where Thomas Merton spent time. Merton is one of my favorite spiritual and peace writers. The sites of Abe Lincoln's birth and his parents' wedding were of some interest; I like log cabins.

The eastern, mountainous region of Kentucky is my favorite area although the rolling hills are also very beautiful. Maybe I prefer this region because of the locals I met; they love the mountains. I was talking about New York city to a 9 year old girl and her first question was "Are there mountains there?"

TO BE CONTINUED



Big Apple Cycling

Bike Chaos in New York:
Who is to Blame?

by Jen Benepe

Excerpt:

"The NYPD has created very serious safety problems for cyclists, greatly jeopardizing them by forcing them to weave in and out of bike lanes to avoid blockages due to motor vehicles, said Prof. John Pucher, a transportation expert at Rutgers University's Bloustein School of Planning and Public Policy.

"The NYPD has thus been negating much of the progress made by NYC-DOT's program of vastly expanding the bike lane network," he added.

Sensing that the streets are a battleground, cyclists might be reacting with fighting strategies. For one, when roads are dangerous, cyclists often ride on the sidewalk, said Pucher.

Read the full version online:
<http://tinyurl.com/3ksgt2c>

The City and Bikes: Rubber
meets road

by Jason Clay, Wall St. Journal

Excerpt:

"That's the beauty of a bike, a simple machine with two wheels and zero ideology. When you can turn a pedal and feel safe, it's fun and makes sense.

The revival of urban cycling in this country follows a fairly predictable pattern: nervousness and ridicule, followed by the realization that the truth never matches the fear-mongering. The supposed choice between bikes and everyone else is a bogus choice. More bikes in a city doesn't merely benefit riders; it reduces congestion, saves money, improves quality of life, elevates the experience. No one returns from a city and says, "Oh, it was great—except for all the biking."

Read the full version online:
<http://tinyurl.com/5tfhcd6>

Do you enjoy interacting with people, exploring and creating new bike routes, promoting bicycling to all levels of riders and want a great way to give back to the club and the bicycling community?

THEN BECOMING A 5BBC BIKE
LEADER IS FOR YOU. Visit

<http://tinyurl.com/5vkl785>

To Clip Or Not To Clip.. Why Is It Called "Clipless Pedals"?



Photo by Caryn Greenberg

Before I got my new bike, about 10 years ago, I rode with standard flat pedals. Then I bought my Trek 520 and I went clip-less. I don't understand why it was called "clip-less" when it has special shoes to fit onto the pedal clips. I got into an accident and probably broke my foot because of the pedal clips.

So the question is whether to clip or not to clip . . . It seems to me if I were not "clipped" to my pedals I would have gotten away with less injury to my foot as a result of my being "door-ed by a cab".

I am not the racing type of cyclist. I weigh in on the cautious side, stop at red lights, ride with the flow of traffic, and watch for cabs stopped and letting out passengers. I was heading to 100th Street and Columbus Avenue riding north on Broadway and decided to head east to take the bike lane along CPW as a safer passage. As I was crossing the newly "protected" bike lane on Columbus, I thought to myself, I'll take that on my return, as I watched another cyclist going north on the south-bound lane. I was watching carefully as a white sedan and cab were driving ahead of me on CPW. The right turn signal flashing on each, as if they were going to turn, but they were moving into the bike lane ahead of me. I began to slow and thought what are they doing? Well accidents happen because one is at the wrong place at the wrong time. All of a sudden, the cab stopped as I was passing and the door swung open pushing me over. I

landed on my right hip, helmet intact, my bike shoe cleats released from clips on pedals but not fast enough. I could not move my right foot.

My first ambulance ride took me to the ER where I figured I would have to sit for hours with an ice pack and then be sent home. Two hours later x-ray results showed I had fractures of three metatarsals of the right foot. The expletives came out of my mouth... after all these rainy humid weekends, finally a nice weekend and I was looking forward to joining Richard Sanford's ride (always educational and interesting) on Saturday to Elegance Restaurant Furniture Manufacturing. I left the ER one splint, several bruises, a fractured ego and six-to-eight weeks recovery ... no riding for me.

Although clips will help with riding more efficiently on long rides and up hills, I believe it is better to ride without being attached to one's bicycle within the confines of the busy city streets. One needs to be able to put their foot down quickly. Too many people do not look as they cross in front of cyclists at green lights and as I suggested to the two students who jumped out of their cab dashing to make a school exam on time – LOOK before you open car doors.

I am so grateful for all the additional bike lanes that have been provided for us in and around the city under Mayor Bloomberg's watch. I think we should respect the laws and follow the vehicle laws. If cyclists want to be respected and acknowledged by cars and pedestrians, we need to provide reciprocal attention to them and the laws that guide us all.

Caryn Greenberg
Downed by a cab door June 3, 2011
– just another statistic.

Let's wish Caryn well and see her on the next 5BBC ride!



Harlem Valley Rail Trail Ride

Sunday, July 24, 2011 -- The 2011 Harlem Valley Rail Ride will start and finish at the Eddie Collins Field in Millerton, NY. Millerton was recently ranked as one of America's top 10 coolest small towns in Arthur Frommer's Budget Travel magazine. Routes of 25, 50, 75 and 100 miles offered. For more details, visit:
www.harlemvalleyrailride.com



On The Record

--Highlights of 5BBC Executive Board Meetings based on minutes recorded by Randy J. Horowitz

March 7, 2011 Emblem Health, 55 Water Street, NYC

Attending: Andrea Casertano, Bob Castro, Phil Goldberg, Jesse Brown, Jim Zisfein, Peter Engel, Randy J. Horowitz, Alfredo Garcia and Bill Mastro

In absence of President Sharon Behnke, the meeting was chaired by Vice President Andrea Casertano and started 6:35 PM.

Phil Goldberg reported that some 350 riders have signed up for the Montauk Century to date, which is over 100 more than last year as of this date. Montauk T- shirts are in and the Montauk jerseys should be in by the end of the week. Further, 47 riders showed up at the first Montauk training ride to Hicksville. He believes this is a positive indication of interest in the Montauk Century.

Jesse Brown reported he would be running an introductory bike repair class/ride on 3-26-2001. Flats, breakdowns and derailleur adjustments are on the menu.

Peter Engel reported Mattituck Century web page is up and running.

The Liability Wavier Committee has re-examined wavier documents and is confident of the wording of these documents. The waiver documents have been approved by our insurance carrier. To review, the procedure is that in the case of unaccompanied minors, ages 14-17, they must have a wavier signed by their parent/guardian. No signed wavier, the minor is not to ride with us. The signed wavier will be given to the Day Trips Coordinator with the rides regular sign-in sheet. A copy of the waiver can be downloaded from the 5BBC website.

Bill Mastro reported on the first meeting of the 5BBC Ad Hoc Advocacy Committee. It was noted our advocacy does not conflict with the club charter and nonprofit status. The 5BBC should not be hostile or confrontational in its manner. The 5BBC should reflect a mature, thoughtful perspective and highlight the expertise of its members. This will help establish the creditability of the club in the eyes of the overall bicycling community and the public at large as related to bike advocacy.

Jim Zisfein reported receiving a call from a city council member about having a representative of the club respond at a meeting about the controversy of bike riders having to stop at red lights in Central Park when there are no cars there

Bill Mastro was voted Member-At-Large by the board.

Meeting adjourned 8:20 PM.

April 4, 2011 Georges Restaurant, 89 Greenwich Street, NYC

Attending: Andrea Casertano, Bob Castro; Phil Goldberg, Jesse Brown, Tod Moore, Ed Ravin, Randy J. Horowitz, and Bill Mastro

Phil Goldberg reported, we have 709 people signed up for The Montauk Century. This is about 80 more than last year at this time. Also, about 100 t-shirts and 100 jerseys have been sold.

Leader Steve Sakson ran the Van Certification Class and will have 11 new certified van drivers.

Peter Engel responded to requests for media interviews from:

- New York City News Service.

- CUNY student Brooks Newkirk did a story about the Top 5 places to bike in NYC highlighting trails and parks. He spoke to her mostly about Staten Island and the Bronx, on WOR-AM 710.

- Also interviewed by Amy Rea for story on Central Park ticket controversy.

- Metro Radio Networks: Arranged for Steve Bauman to be interviewed by Jim Smith, broadcast on radio stations WOR-AM and WABC-AM radio.

Arranged booth for 5BBC at completion of Five Boro Bike Tour and pre-tour Bike Fest on 4/30.

Meeting adjourned 7:55 PM.

May 9, 2011 Emblem Health, 55 Water St., NYC

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

Jesse Brown noted he is getting more people showing up on his "repair class" rides. He feels this is a positive trend for the club.

Liz Baum noted the next leadership training course will start in September.

Bill Mastro stressed the need for better communication with membership, the upgrading of the bulletin board as to volunteering and links to other bike groups. Assigning each agenda item/idea/cause (e.g. Prospect Park Bike Lane) to a liaison, a single person to act as a point representative will improve both access and clarity.

Peter Engel (via e-mailed correspondence) marketing report excerpts: Montauk Century mentioned on Weight Watchers and Time Out New York magazine, along with blog postings from DGuides, BikeRide.com, and Shirley & the Mastics. Pertinent club information update on the Mattituck Century via club website, email, bulletin board postings.

The meeting was adjourned at 8:25 PM.

To Be Continued.....

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2011 club jerseys created by our own
Caryn Greenberg: New design (top) and
Montauk Century (above). For more
information visit www.5bbc.org



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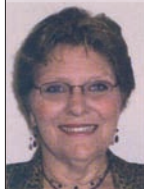
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Kripalu yoga encourages self-compassion, a flowing breath, and being present in the body as you choose your level of physical intensity. Both beginners & experienced students are invited to an evening of movement and inspiration.

Breathe, Relax, Feel, Watch & Allow

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

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




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718 607-3561

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 Bicycletter editor at editor@5bbc.org.

Bike Events & Places To Ride Your Bike



Brooklyn Waterfront Epic Ride 40 miles
Sat. 30 July 2011 www.brooklyngreenway.org



Take a free ferry and ride your bike around Governors Island until Sun. 25 Sept. 2011. You can also ride a bike for free. Visit www.govisland.com



CAR-FREE SATURDAYS
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BROOKLYN BRIDGE > CENTRAL PARK
NYC.GOV/SUMMERSTREETS

Between 72nd St. and Chambers St. on Manhattan's Park, ride your bike on traffic free on Summer Streets!. Visit the 5BBC table at 24th St. and say hi! For more information: www.nyc.gov/summerstreets.



New York Century Transportation Alternatives Sun..18 Sept. 2011
www.transalt.org



Pumpkin Patch Pedal
Staten Island
Bicycling Association
Sun. 2 Oct. 2011
www.sibike.org



Tour de Bronx
Transportation Alternatives
Sun. 24 Oct. 2011
www.tourdebronx.org



Escape New York-New York Cycle Club
Sat. 24 Sept. 2011 www.nycycleclub.org



Twin Lights Ride
Sun..25 Sept. 2011
www.bikenewyork.org



New York Ride/Retreat Hazon Jewish Environmental Tour
Sept. 2-5, 2011 www.hazon.org

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

Cycling Jerseys from Various 2011 Bike Events



Gran Fondo New York
(New York City)



Honolulu Century Ride
(Hawaii)



Viva Las Vegas Century
(Nevada)



Oh yeah! Join us for next year's 5BBC Montauk Century on: Sunday May 20, 2012
www.5bbc.org/montauk

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:

- I am eighteen (18) years of age or older,
- I am competent to bicycle on public roads in traffic,
- 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,
- 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:

- the 5BBC's recommendation that I consult with a physician regarding the advisability of my participation in 5BBC activities,
- 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,
- 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:

- I am the parent or guardian of the minor named below,
- 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,
- 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

5BBC Membership Card and Participating Bike Shop Discount List

Below you'll find your Five Borough Bicycle Club membership card. Make sure your mailing label is on the other side (with the new expiration date), then just cut it out. Laminate it if you wish, and keep it somewhere safe. Show it at any of the shops listed below for a discount on many items. Thanks to Kent Mark and Leila Rinehart for expanding this list for **5BBC members like you.**

Flash your 5BBC Membership Card at these Bike Shops

BRONX

Westchester Bike Pro Shop
2611 Westchester Ave.
Bx, NY 10461 718-409-1114
www.westchesterpro.com

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Bay Ridge Bicycle World
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718-238-1118
www.bayridgebikes.com

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

Fulton Bikes
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Bklyn, NY 11213 718-778-2887

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

On The Move

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

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

Verrazano Bicycle Shop
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Bklyn, NY 11209 718-680-6521

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www.bicyclerenaissance.com

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www.bifold.com

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bicyclehabitat.com

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

Champion Bicycles
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www.championbikes.com

Chelsea Bicycles
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www.chelseabicycles.net

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

Conrad's Bike Shop
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NY, NY 10017 212-697-6966

Continuum Cycles
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www.continuumcycles.com

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

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www.bicyclesnyc.com

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Richmond Hill, NY 718-641-1880

Buddy's Schwinn Bicycle
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Flushing, NY 11366
718-591-9180

Peak Mountain Bike Pro Shop
42-42 235th Street

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www.southshorebicycle.com

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Valley Stream, NY 11580
516-825-8181

www.valleystreambicycle.com
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516-922-2150
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973-538-7773
www.martysreliable.com

Strictly Bicycles
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Fort Lee, NJ 07024
201-944-7074
www.strictlybicycles.com



Larry & Jeff's Bicycles Plus (2)
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NY, NY 10128 212-722-2201

Midtown Metro Bicycles
360 W 47th St NY, NY 10036
212-581-4500
www.metrobicycles.com

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

Sid's Bike Shop
235 E 34th Street NY, NY 10016
212-213-8360
www.sidsbikes.com

Victor's Bike Repair
4125 Broadway (174 St)
NY, NY 10032 212-740-5137

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

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Richmond Hill, NY 11418-2443
718-846-2099

Bellitte Bicycles
169-20 Jamaica Ave.
Jamaica, NY 11432
718-739-3795
www.bellbikes.com

Bicycle Barn
107-34 Springfield Blvd
Queens Village, NY 11429
718-479-3119

Bike Stop
37-19 28th Ave
Long Island City, NY 11103
718-278-2453

Bill's Cyclery (1)
63-24 Roosevelt Ave
Woodside, NY 11377
718-335-1906
www.ubuybikes.com

Douglaston, NY 11363
718-225-5119
www.peakmntbike.com

Spin City Cycle
91-71 Queens Blvd
Rego Park, NY 11375
718-793-8850

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

www.spokesmancycles.com
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The Bicycle Planet
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www.thebicycleplanet.com

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631-471-3230

www.thebikeoutlet.com
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Brands Cycle Center
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www.brandscycle.com

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www.carlhart.com
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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 Riverkeeper. 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 if you plan to kayak, canoe, or go on the eco-tour. Leaders: Josh Gosciak, Alfredo Garcia

Not all 5BBC rides just do only riding. Blue skies and quiet waters makes this added rowing side trip on the Hackensack River serene.

Photo by Cheryl.

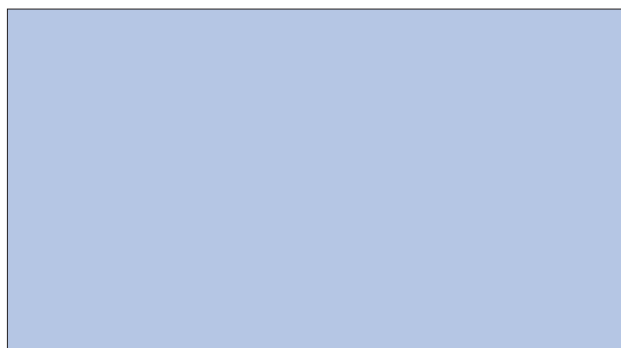


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www.5bbc.org

Address Service Requested



Sunday, June 19, 2011--Wentworth Price (right) gets set to run the 5BBC Mattituck Century with Jennifer Powell, Debbie Friedman and their devoted corps of marshals and SAG drivers. Near the Atlantic Ave. LIRR train station, Brooklyn. Photo by Sharon Behnke.



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About the Five Borough Bicycle Club

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

Executive Board Meetings, which are open to club members who have contacted the club President or Vice President prior to the meeting, are usually held on the first Monday of each month.

Five Borough Bicycle Club membership is \$20, or \$25 for 2 members of the same household, is valid through December 31, 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. Please limit articles to 300 words. Classified ads are free to members.

Views expressed in the Bicycletter do not necessarily reflect those of the 5BBC.

Deadlines for submissions to the Bicycletter are usually the first day of the month prior to the issue. Submissions may be edited for clarity and/or space. The deadline for submissions for the September-October 2011 issue is:

Monday 1 August 2011

Bicycletter
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Sans Print Edition
Volume 21 • Issue 4

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

Contacting Us

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

E-Mail: info@5bbc.org

For Bike New York, (212) 870-2080

The 5BBC is affiliated with:
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