

BICYCLER

Bi-Monthly Publication Of The Five Borough Bicycle Club---Sans Print Edition
September - October 2011
www.5bbc.org



Coolin' Down
in the



Summer of
2011!







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

Diane Goodwin, Phil Goldberg and a tripper cycling through Dutchfield Farms on the ride.

Photo by Dalah Del Prado.



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MEMBERS-AT-LARGE

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

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

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

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

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

About Day Trips

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

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

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

Participants under age 18

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 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: Fritz Van Orden cooling off Mike Moses during a break from scouting a Princeton bike trip organized by Bill Mastro. Photo by Bill himself. Above: the “Supreme” road cycling helmet by LAS.



Bicycletter Sept-Oct 2011

Sans Print Edition

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Contributors:

Antonio Rivera, Bill Mastro, Dalah Del Prado, Dolores McKeough, Lynette Chiang, Lorna McCrave, NASA, Phil Goldberg, etc.

Monday Evening, October 24, 2011, 6:30 PM Membership Meeting

Location: Hostelling International / American Youth Hostels
891 Amsterdam Avenue @ 103rd St. Manhattan, New York, NY 10025
@ 103rd Street in The Board Room. Subway: 1 to 103rd St.-

Time-Line of Activities:

🚲 6:30 to 7:30 PM- Pizza & Wine Reception!

🚲 7:30 to: 8: 15 PM- Swap Meet-Bring some bicycle related merchandize and/or apparel -Trade it or Sell it! or ear mark it for The Club to Donate to Recycle-A-Bicycle! (www.recycleabicycle.org)

🚲 8:15 PM to Closing-Nominations for The Clubs 2012 Executive Board will be taken! See page 6 for details.

Thank You!

Barry Lee Hartglass
5BBC Programs Coordinator



2011 NYC Cycling Map

New York City
Department of Transportation,
Janette Sadik-Khan, Commissioner

This year's edition emphasizes riding safely and the 50+ miles of new bike lanes. Great graphics, transit section, bike shop listings & recommended routes in all five boroughs. Available at local bike shops, DOT, dial 311 and online at: www.nyc.gov/bikes.

5BBC Board Elections



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

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

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

Without new faces proposing new ideas, the club cannot prosper, or even survive.

If you have never served on the board, please seriously consider running for a position. While some positions require leadership status, not all do (e.g., Communications Coordinator, Newsletter Editor, Programs Coordinator, Special Events Coordinator, Bicycle Course Coordinator).

Here is a list of the positions and a brief description of each, as described in the club by-laws, <http://5bbc.org/bylaws-current.pdf>:

1. **President:** Presides at all meetings, appoints committees, acts as chairperson of board meetings; in general, is responsible for and to the Club in all matters.
2. **Vice President:** Assumes the President's office and powers in the absence of the President. May head specific phases of Club activity to lessen the President's work.
3. **Recording Secretary:** Takes minutes of membership and Executive Board meetings. Sends a summary of highlights of all meetings to the Newsletter Editor.

4. **Corresponding Secretary:** Handles all correspondence for general Club matters; distributes minutes of Executive Board meetings and Club meetings. Is responsible for maintaining a membership list and distributing that list to the membership at least once a year.

5. **Treasurer:** Responsible for Club finances. Prepares and oversees the budget for the Club. Collects dues. Prepares reports of receipts and expenditures and an annual statement. Communicates relevant information to the Executive Board.

6. **Day Trips Coordinator:** Coordinates the schedule of day trips; submits the trips to the Newsletter Editor for publication.

7. **Weekend Trips Coordinator:** Plans, schedules, budgets and implements weekend trips; submits the trips to the Newsletter Editor for publication.

8. **Newsletter Editor:** Responsible for publishing and distributing the newsletter, including the schedules for day and weekend trips, repair courses and membership meetings.

9. **Leadership Coordinator:** Organizes the leadership training course, helps new leaders in getting started to lead rides; maintains a list of current leaders.

10. **Special Events Coordinator:** Plans and implements bicycling and related recreational events beyond the scope of the Weekend and Day Trips Coordinators.

11. **Bicycle Course Coordinator:** Schedules repair courses and seminars and submits the schedule to the Newsletter Editor for publication; approves and trains instructors for the courses.

12. **Program Coordinator:** Coordinates programs of entertainment and education for the membership at the membership meetings.

13. **Communications Coordinator:** Publicizes and promotes Club activities to NYC media, other clubs and to the public at large.

Write to nominations@5bbc.org today and let us know if you are interested in helping out, or if you would like more information about the Board or any of the positions!

Andrea Casertano
5BBC Vice President / Nominations



Leadership Training



5BBC Leaders Richard Sanford (center, back) & Ken Williams (2nd left) at Summer Streets, Vamos Al Barrio Language Immersion Ride, Aug. 6.

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 will be held on September 7, 21 and October 5th, 12th and 19th. Mandatory class September 10th plus two day rides. The weekend trip is Oct 28-30th.



5BBC Leaders Richard Sanford and Ken Williams.



Happy tripper on the Immersion Ride.

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
5BBC Leadership Coordinators*



5BBC Rides Meeting Places

City Hall

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

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.

Eleanor Roosevelt Statue

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

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.

Penn Station

8th Ave. & 31st St., Manhattan. Subway: 1 2 3 A C E to 34th St.

Plaza Hotel

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

Prospect Park (Grand Army Plaza)

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

South Ferry

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

Van Cortlandt Park

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

Wakefield

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

5BBC Day Trips Sept-Oct 2011

Saturday, September 3, 2011 INTRODUCTION TO YOUR BIKE AND BIKE REPAIR

9:00 AM sharp, 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, 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 & East Rivers all the way down to South Street to finish your circumcycle of Manhattan. Leaders: Ed DeFreitas & Jesse Brown

Monday, September 5, 2011 OFF ROAD VISTAS - THE OLD PUT & THE OLD CROTON AQUEDUCT

9:30 AM, Van Cortlandt Park (Broadway & West 242nd St, Bronx), 40 miles

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

Saturday, September 10, 2011 TWO BOROUGHES, AN ISLAND (ROOSEVELT) AND MOUTHWATERING STOPS

9:00 AM, Grand Army Plaza entrance to Prospect Park, Brooklyn, 35 miles
moderate pace

Take an urban adventure through unique neighborhoods in Brooklyn and Queens with an

extra excursion on Roosevelt Island. Lunch will be the wonderful and inexpensive empanadas in Corona (with an option for the Lemon Ice King) and on the way back you'll get a chance to pick up excellent bread and baked goods from Grimaldi's of Ridgewood. Bring a lock, sufficient hydration, and lunch or money for those empanadas. Leaders: Bill Mastro & TBA

Sunday, September 11, 2011 TA CENTURY TRAINING RIDE - 75 miles

8:30 AM, Columbus Circle, Manhattan

A week to go before the TA Century - and it's time to stretch your limits. Leaders: Steven Levine & TBA

Sunday, September 11, 2011 THE OTHER SEPTEMBER 11 MEMORIAL

9:00 AM, World Trade Center PATH station entrance (Vesey St., Greenwich St. & West Broadway), 25 miles

Starting at the site once known as "Ground Zero", we'll take the PATH to Jersey City, tour along Newark Bay, then cross over and visit the Russian's gift to commemorate our loss ten years ago. Lunch? Broadway Diner? Of course. Afterwards, view some more of our City and return to Manhattan. Leaders: Ed DeFreitas & TBA

Saturday, September 17, 2011 INTRODUCTION TO YOUR BIKE AND BIKE REPAIR

9:00 AM sharp, 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

Saturday, September 17, 2011 LONG BEACH

9:30 AM, Cunningham Park, Queens, 50 miles flat

This is a traffic haters' ride to Long Beach, Long Island. We avoid all major roads and take side streets and quiet avenues to reach our destination. Bring or buy lunch. Rain at start cancels. Leaders: Manny Sanudo & TBA

Sunday, September 18, 2011
ROCK AROUND THE ROCK
8:45 AM, City Hall, or 9:15 AM,
South Ferry, Manhattan, 40 miles,
moderate pace

What would be if the Revolutionary War never happened? Well, on Staten Island, that almost happened. And, we're going to that spot. We'll enjoy some flats and hills. Bring lunch or money for it. Mostly flat with one !@#%& hill. Leaders: Ed DeFreitas & TBA

Saturday, September 24, 2011
INTRODUCTION TO YOUR BIKE AND BIKE REPAIR
9:00 AM sharp, 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, September 24, 2011
EAST ISLAND
9:30 AM Cunningham Park, Queens
45 miles with a few hills

Visit East Island, also known as Morgan Island, on Long Island's famous North Shore. If the weather cooperates, we will eat lunch on Prybil Beach. Bring or buy lunch. Rain at start cancels. Leaders: Manny Sanudo & TBA

Saturday, October 1, 2011
INTRODUCTION TO YOUR BIKE AND BIKE REPAIR
9:00 AM sharp, 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

Saturday October 1, 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 pre-post-season ride with a number of short stops, as we explore a small slice of Brooklyn's baseball history. See where prospects grew & 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, October 2, 2011
POUGHKEEPSIE PARADISE
7:30 AM, Grand Central Terminal, or 9:35 AM Poughkeepsie Metro-North station (you can also board train at 125th St) 35+ miles, 12-14 mph pace

It's a long train ride but the fabulous foliage, greenways, and river views in the Poughkeepsie area are well worth it! You'll simply love the scenery and the adventure not to mention the fine dining. Be sure to check the Metro-North train schedule first which may have changed since press time, or check the 5BBC web site for updates. Bring \$31.50 for train fare, MTA Bike Permit, and more \$ for lunch. Leaders: Jesse Brown, Rodney Millard, and Ed DeFreitas



Saturday October 8, 2011
AUTUMN IN CENTRAL JERSEY / JOCKEY HOLLOW
7:30 AM (for an 8:11 AM departure on the Morris / Essex line), NY Penn Station: northeast corner of 8th Ave. and West 31st St., Manhattan or 9:30 AM NJ Transit Parking Lot at Madison Station, 50 miles, some steep hills.

Take a scenic, mostly rural autumn trip into Central New Jersey as we ramble through and past historic Jockey Hollow (above). This is beautiful but at times quite hilly ride. We will maintain a moderate but steady pace to assure we return before dark. Bring extra water, snacks, lunch or \$ for it and \$22.00 round trip train fare. Leaders: Bill Mastro & TBA

Saturday, October 8, 2011
INTRODUCTION TO YOUR BIKE AND BIKE REPAIR
9:00 AM sharp, Grand Army Plaza

World Trade Center PATH
PATH station entrance, West
Broadway and Vesey St., Manhattan.
Subways: A C E to Chambers St / World Trade Center, R to Cortlandt St, 1 to Chambers or Rector St, 2 3 to Park Place, 4 5 to Fulton St.

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

Get Involved in the 5BBC Elections! Vote, better yet run for office!

Cycling-Related Signs Seen on the Hudson River (Westside) Greenway



Banner encouraging people to get involved with our favorite activity.



Large-scale rectangular map of the Manhattan Waterfront Greenway.



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 cooler and , it's very important to: **Dress in layers, that can be removed when needed.** Apply **Sunscreen** to protect your exposed skin; **Lip Balm** to keep lips from drying and cracking. Drink **Water** to stay hydrated. Thank you.

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



From bookcover: The Best of Newspaper Design 27

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

B I C Y C L E ♪ ♪ € R



On Sept. 1, 2011, Phil Goldberg & Alfredo Garcia prepared the print editions of Sept. Oct. Bicycletter, which was mailed the next day.

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, October 9, 2011 BIKEWAY OVER THE HUDSON: AWOSTING FALLS

7:20 AM (for 7:47 AM departure), Grand Central Terminal, Manhattan 45 hilly miles

The historic Poughkeepsie Highland Railroad Bridge reopened 2 years ago as the Walkway Over the Hudson, the world's longest bridge dedicated to pedestrian and bicycling use. Our ride will showcase this bridge, as well as the Hudson Valley and Wallkill Valley Rail Trails, Awosting Falls in Minnewaska State Park, and fall foliage along the Shawangunk Ridge of Ulster County. Some of our riding will be off-road; 32c (1.25") or wider tires are recommended. Bring lunch (or \$ for it), MTA Bike Permit, \$31.50 train fare, & an appreciation for the natural beauty of Awosting Falls and the man-made beauty of this extraordinary bridge. Leaders: Jim Zisfein & Fritz Van Orden.

Sunday, October 9, 2011 PALISADES PARK AND SO ON!

9:30 AM, City Hall, Manhattan, 35 miles

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

Saturday, October 15, 2011 INTRODUCTION TO YOUR BIKE AND BIKE REPAIR

9:00 AM sharp, 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

Saturday, October 15, 2011

☺ QUEENS TREASURES

10:00 AM, Cunningham Park, Queens, 30 miles

More a tour than a ride through Queens, hitting some of the borough's unusual or forgotten places. Many stops. Bring money for lunch. We plan to visit the Botanical Gardens, a 2,000 year-old Roman column, a Kung Fu temple, the Lemon Ice King of Corona and more. Back around 4 PM. Leaders: Randy Horowitz & TBA

Saturday, October 15, 2011

☺ CARVING OUT THE STORY

10:15 AM, City Hall, Manhattan, 15 leisurely miles

Monuments? Statues? "Boring!" you say. No way! Take a ride of discovery from the tip of the Battery to Central Park where we visit monuments and statues with stories that will amaze you. We'll even see a monument that is partially under water. Lunch will be "a stones throw away" from Central Park at a local restaurant. Bring lock and money for lunch. Rain at start cancels. Leaders: Richard Sanford & TBA.

Sunday, October 16, 2011 POUGHKEEPSIE RAILROAD BRIDGE, FDR & VANDERBILT (FALL LEAVES SPECIAL)

7:30 AM, Grand Central Terminal, or 9:35 AM Poughkeepsie Metro-North station (you can also board train at 125th St). 25 miles

We picked this date to maximize the Fall colors to be viewed over 200 feet above the Hudson. Then, on to the FDR and Vanderbilt homes. Bring MTA Bike Permit, \$31.50 train fare, and more \$ for lunch. Leaders: Ed DeFreitas & TBA

Sunday, October 16, 2011 JAMAICA BAY LOOP

9:00AM, Grand Army Plaza entrance to Prospect Park, Brooklyn. 40 flat and windy miles

Here's a lovely fall ride around Jamaica Bay. Travel on bike paths and greenways over bridges with great views of the bay and ocean. After picking up lunch, we'll head over to the Jamaica Bay Wildlife Refuge for a picnic and some exploration of the Refuge's trails and sights. Afterwards, we'll ride through Broad Channel and the Rockaways before heading back to Brooklyn.

Bring a lightweight lock, lunch money and pump up those tires! Rain at start cancels. Leaders: Andrea Casertano, Susan Levine

**Sunday, October 16, 2011
OY OY OYSTER!**

9:00 AM, Cunningham Park, Queens. 50 miles, moderate pace with hills

They may look slimy, but they sure taste good. So do their cousin shrimps, clammies, steamers, and other nautical delicacies, plus the best chowder this side of Cape Horn. Before ye swab the decks, unfurl those sails for our fall foliage visit to Oyster Bay's 28th annual Oyster Festival, with music, crafts, souvenirs, tall ships and maybe a turkey leg or two. Free admission, but bring pieces of eight for goodies, a lightweight bike lock, wooden pegleg, and a parrot, dead or alive. We'll ride rain or shine, but stormy weather might cause a re-route. Leaders: Captain Kush and first mates Ed and Liz

**Saturday, October 22, 2011
WINGING IT TO AMENIA**

7:15 AM, Grand Central Terminal, or 10:00 AM, Harlem Valley-Wingdale, 50 moderately hilly miles, 16 mph+ Quick-Spin pace

Take a full day in the colorful scenery of eastern NY and western Connecticut. With a head start courtesy of Metro-North, we'll ride pass through bucolic countryside and quaint New England towns. There is some unpaved, hard packed road but road bikes will be OK. 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! This is a Quick Spin ride. No Point, Drop, Sweep. Leaders: Howard Hall & TBA

**Saturday, October 22, 2011
CROTON RESERVOIR
TRIPLE-CROSS**

9:00 AM, Van Cortlandt Park (West 242nd St & Broadway), Bronx, 40 miles

You can have your water and drink it too. Get your fill of Westchester's Croton Reservoir with three lake crossings -- the "Old Put" railroad bridge, Old Croton Dam (Gate House) Bridge, and New Croton Dam -- plus a splendiferous (although slightly bumpy) ride along the lake shore with fall colors on display. Ride ends at Croton-Harmon Metro-North station. Bring MTA Bike permit, \$ for lunch (and ice cream!) and \$9 for the return train fare. Leaders: Maggie Clarke & Jim Zisfein

**Saturday, October 22, 2011
INTRODUCTION TO YOUR BIKE
AND BIKE REPAIR**

9:00 AM sharp, 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, October 23, 2011
SPINNING UP THE HILLS**

7:20 AM sharp, Grand Central Terminal, Manhattan or 8:30 AM at Croton-Harmon Station, 45 very hilly miles

This is a beautiful but hilly ride through northern Westchester. You'll be steeped in enjoyment of the fall foliage while spinning up the hills (3,500 feet cumulative climbing). Ice cream at the famous Blue Pig just before the end of the ride. Bring MTA Bike Permit, snacks, \$18 train fare and a lightweight lock. Note: there is a mile or two of riding on a hard-packed dirt road. Expected return time 5 PM at Croton-Harmon, 6 PM at GCT. Leaders: Brian Hoberman & Steve Levine



**Sunday, October 23, 2011
KENSICO DAM RIDE
(FALL LEAVES SPECIAL)**

10:00 AM, Wakefield (E. 241st St & White Plains Road), Bronx, 30 miles at 10-15 mph, a few steep hills

An "Off Road Vista" bike journey for a regular bike. In the depths of the "Great Depression", the government did a lot of projects and this one is a jewel. Flowing water, small dams (above) and bridges, ducks, geese and swans make a "most pleasant" rolling ride. We'll follow the Bronx River Parkway bike path up to the dam and back. 35 miles of paved path with some riding in traffic and it will be hilly in places. Bring MTA Bike Permit just in case. Bring or buy lunch. Leader: Ed DeFreitas & 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.mtanyc.info/customerselection.asp>. Read "Bike Safety in the Subways": www.mta.nyc.ny.us/nyc/safety/bike/



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

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

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

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

www.mta.nyc.us/mnr/html/mnrbikpermit.htm

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. Note: Do not bring bike into the first car of train. For more info, please call (800) 234-PATH or visit www.panynj.gov/CommutingTravel/path/html/rules.html

**Cycling-Related
Signs Seen on
Governors Island**



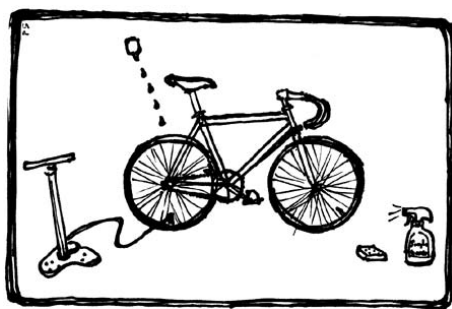
For more information on Governors Island, please visit:

www.govisland.com

Saturday, October 29, 2011
BULLY FOR BULLVILLE
8:30 AM sharp, Grand Central Terminal,
Manhattan, 50 very hilly miles

This rarely scheduled ride was last held several years ago! There's no bull on the ride, just some of the finest biking in Orange County suburbia in a roundabout route from Beacon to Bullville NY and back. Maybe we won't have time to stop and smell the roses, but cows and horses may still be seen (and smelled). Lunch stop at a pizza joint that serves some of the tastiest bisque that ever pleased a palate. Moderate to heavy rain at start time cancels. Very hilly terrain, including at least 1 killer hill, not for the faint. Bring MTA Bike Permit, \$28 fare, lunch money.

Leaders: Ted Kushner, Brian Hoberman



Saturday, October 29, 2011
**INTRODUCTION TO YOUR BIKE
AND BIKE REPAIR**
9:00 AM sharp, 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, October 30, 2011
AUTUMN QUEENS
10:00 AM, Eleanor Roosevelt Statue,
West 72nd St. and Riverside Drive,
Manhattan, 38 mostly flat miles at
12 mph

Take a mid-autumn spin through Manhattan, Brooklyn and Queens. Ride on a mix of city streets, bike lanes and greenways, with a spin around the Unisphere in Flushing Meadows Park. Lunch at a kosher restaurant on Main St. in Queens before returning via the Flushing Bay promenade and Queensboro Bridge. Planned return is at 3:30 PM.

Leaders: Dana Hudes, Jim Zisfein

Sunday, October 30, 2011
QUADRUPLE BYPASS (MORNING)
10:00 AM, City Hall, Manhattan
15 miles

Stretch your stuff and see the City from the top of the oldest large bridges that she built. A harbor city built on a set of islands is seen at her best from four tall bridges. We're not out to set records, just get some exercise and connect with our town. At the end, we'll lunch at an appropriate spot. Leaders: Ed DeFreitas & TBA

Sunday, October 30, 2011
QUADRUPLE BYPASS (EVENING)
6:00 PM, City Hall, Manhattan
15 miles

See the City with her jewelry on from the top of the oldest large bridges that she built. And look out for the ghosts and goblins (Halloween is only a few hours away). After all, a 400 year old plus lady tends to collect "things." At the end, we'll eat at an appropriate all night spot.

Leaders: Ed DeFreitas & TBA



Manhattan Bridge

5BBC at Summer Streets



Jackie Junttonen, Debbie Friedman & Phil Goldberg fields inquiries and questions from many cyclists, including this young lady, as well as non-cyclists.

Saturdays, August 6, 13 and 20, 2011, between 24th & 25th Streets, Park Ave. South.

Park Ave. was closed to traffic from 72nd St. to Chambers St., 7 AM to 1 PM. Great for cyclists, pedestrians, rollerbladers as well as other human powered vehicles. Summer Streets provided free space to enjoy a nice stroll, sporting & cultural activities, music concerts, as well as complimentary swag (e.g. food).

It also allowed the 5BBC to promote the club / reach out to the public at large.



Summer Streets large scale rectangular map, one of many along Park Ave. Visit also www.nyc.gov/summerstreets or on Facebook.



Many, many, many thanks to our own Steve Bauman, right, fine tuning a wheel. Not only did he repair, adjust or service lots of people's bikes, he also brought his own bike repair stand and tools. Thanks, Steve.



Rodney Millard pumped tires for this lady's bike.



5BBC Day Trips Coordinator, Ed Ravin, right, assisted with people's bicycles, like inflating tires and installing new /patched tubes, as well as giving cycling advice.



Ah, the joy of cycling on a car-free Park Avenue with like-minded people.

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!

Covered Bridges in New Jersey



Turn the page for this unique cycling ride...

July 17th

Article & Photos By Bill Mastro

On Sunday July 17th a merry band of nine cyclists set out for a true scouting ride in central Jersey. We met at the Princeton Junction train station with plans to do an almost 60 mile loop up through Princeton and out into the mostly rural areas to the west - destination the last covered bridge in New Jersey.

This was a true scouting ride, as none of us had ever ridden this route, and we were exploring to determine if it would be suitable for a future 5BBC ride. We knew going in that it would be hilly (elevation gain is around 3,800 feet). The ride was a beautiful ride with magnificent scenery, but also a ride that challenged us, presenting a series of obstacles. Luckily the merry band was blessed with wonderful people and camaraderie and, when the time came, we were given our own guardian angel.

The ride kicked off a little late as we rode through the beauty of the Princeton campus. From the get go, we were also scouting out possible locations for bathroom breaks, food, water and snacks. Our most formidable challenge was the weather. The day was hot and humid with temperatures in the 90s and an unrelenting sun. Some hills were long and tough, but the descents were exhilarating. Luckily certain portions of the ride were along lazy, shady roads by babbling brooks. But other parts were near farmlands, which though beautiful, gave no respite from the sun. Occasional wrong turns were quickly corrected and the band brought back together.

We knew hydration was key and all the riders were encouraged to bring extra water. Nonetheless, staying hydrated in the heat was problematic as we purchased water from every location we could find. Carolyn Jacobson also approached local homeowners and was rewarded with access to their outdoor spigots. During the course of the ride I consumed over 250 ounces of liquid with barely a need for a bathroom break.

Midway through the ride we were hungry and needed a break. I had been told of a general store near the covered bridge and the general store proved an excellent lunch stop that was quite bike friendly and served a diverse menu and allowed us to restock our water supplies. Satiated & restocked with water we made our way to the last covered bridge.

However, it was past the covered bridge when the challenge level really increased. First, Andrea Mercado had a flat, which was quickly repaired by

resident bike guru Mike Moses. But soon after, I received a call from the rear of the group.

We had a serious mechanical. Jackie Junttonen's rear derailleur had completely broken, the pulley wheel was gone, her chain was off and they were unable to even get it working on one rear cassette. Stranded in the middle of nowhere. Andrea stayed with Jackie and Mike Moses made his best attempt (to no avail) to get Jackie moving again.

In the meantime, the rest of the crew took shelter in the shade, as we tried to locate cab companies that could take Jackie back to Princeton Junction. As we waited, all wanting water, Claire Mordas noticed a few large birds flying over head and commented that the vultures were circling.

But then we were blessed with a guardian angel, as a local cyclist (Dave) passed by Jackie and after discussing the situation offered to pedal home (~5 miles) and get his van to take Jackie back to the station. Andrea, being a caring, considerate leader, stayed with Jackie and after a wait, the two of them were whisked back to the start, where they stocked up on water to share with us upon our return.

Now reduced to seven riders, the merry, but hot, band moved on and approached some of the most scenic riding on the route. After a nice downhill, we found that the road we were supposed to take was closed and blocked by construction vehicles as they had opened the road exposing what seemed like a large concrete pipe. Undaunted, Mike Palmateer found a possible way to climb down/climb up a ditch by the side, and the ride became a combination of cyclocross and hike-a-bike, as Mike went to one side, I stayed in the middle of the ditch and Fritz and Katherine started handing me the bikes that we transported across in our own little line to the other side.

The rest of the ride back was through lovely scenery, but it was getting late and the merry band was getting tired and low on water. I ran out completely on the outskirts of Princeton and was close to bonking but was saved by the generosity of Claire who still had some sport drink mixture. About 3 miles out as we returned to civilization, Mike Moses found a closed gas station with a working vending machine. Cold water never tasted so good. But just as we were getting ready to coast



Scouting Ride



Standing left to right we have: Mike Moses, Kathryn Baur, Mike Palmateer, Andrea Mercado, Fritz Van Orden, Carolyn Jacobs.
Kneeling on the bottom we have: Jackie Junttonen, Bill Mastro, Claire Mordas.

Recommended: Bill Mastro's Autumn in Central Jersey / Jockey Hollow ride, Saturday, Oct. 8. See Day Trips for details.

back the last 3 miles, Fritz's front tire flattened. Being tired, it took a little longer to fix, but finally, much later than we ever expected, we returned to Princeton Junction where we were greeted by the enthusiastic Jackie who still had her smile, and also had bottles of cold water for everyone. What a fantastic, but challenging scouting ride. We learned a lot about the course and the challenges it will present as a listed ride. The original thought was to try to do the course in the fall, when the temperature is cooler and the leaves are turning. The shorter days may present some issues and we will reconsider and likely tweak the ride before bringing it out for prime time consideration.

My thanks to the merry band – what a great group of people to cycle with.



This store along the route is a great cyclist-friendly lunch stop.



Hurricane Irene



On the weekend of August 27-28, 2011, Hurricane Irene struck the New York City area. All 5BBC rides were cancelled. We hope you, your friends and your loved ones were able to weather the storm. It's good to be alive. There will always be more bike rides ahead. Satellite photo via NASA.



This astonishing picture of the "eye" of Hurricane Irene was taken by 5BBC member Antonio Rivera from his neighborhood in Brooklyn.



Some of us defied the force of nature. As seen in this photo, above, 5BBC member Lynette Chiang (top, inset with 'Ready or Not' newspaper headline) rode to Manhattan with friends, flanked a fallen tree at 8th Ave. in the Village.

**THIS IS YOUR DO WHAT YOU LOVE,
AND DO IT OFTEN. LIFE.**

**IF YOU DON'T LIKE SOMETHING, CHANGE IT.
IF YOU DON'T LIKE YOUR JOB, QUIT.
IF YOU DON'T HAVE ENOUGH TIME, STOP WATCHING TV.**

**IF YOU ARE LOOKING FOR THE LOVE OF YOUR LIFE, STOP;
THEY WILL BE WAITING FOR YOU WHEN YOU
START DOING THINGS YOU LOVE.**

**STOP OVER ANALYZING, ALL EMOTIONS ARE BEAUTIFUL,
LIFE IS SIMPLE. WHEN YOU EAT, APPRECIATE
EVERY LAST BITE.**

**OPEN YOUR MIND, ARMS, AND HEART TO NEW THINGS
AND PEOPLE, WE ARE UNITED IN OUR DIFFERENCES.
ASK THE NEXT PERSON YOU SEE WHAT THEIR PASSION IS,
AND SHARE YOUR INSPIRING DREAM WITH THEM.**

**TRAVEL OFTEN; GETTING LOST WILL
HELP YOU FIND YOURSELF.
SOME OPPORTUNITIES ONLY COME ONCE, SEIZE THEM.**

**LIFE IS ABOUT THE PEOPLE YOU MEET, AND
THE THINGS YOU CREATE WITH THEM
SO GO OUT AND START CREATING.**

**LIFE IS LIVE YOUR DREAM,
AND WEAR
SHORT. YOUR PASSION.**

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.

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5BBC WEEKEND



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



Bike2Philly4BikePhilly Bike To Philly For Bike Philly

September 10-11 / Depart Saturday morning, return Sunday evening

Price: \$275

Transportation: Van

Lodging: Hotel double occupancy

Meals: As described in About Weekend Trips.

Trip rating: up to 100 mostly flat miles plus up to 35 miles on Sunday's event

Leaders: Martial Henry and Wentworth Price

Join us as we bike down to Philadelphia for their Bike Philly bike tour. Bike Philly is very similar to NYC's Five Boro Bike Tour. Enjoy the certified car-free Bike Philly route around the historical sites and through the amazing Fairmount Park. Getting there is a very big part of the fun. We navigate flat and scenic roads through college towns and historic civil war battlefields along the way to the city of Brotherly Love. No point-drop-sweep, you must be able to navigate by cuesheet. You will ride down at your own pace and eat at your leisure. We will support you by van. If a shorter distance is more your taste, we can arrange for you to meet us along the way.

For more information email Fred Dieckamp:

fredjourney@yahoo.com



TRIPS 2011



Sea Gull Century New Features Make This Favorite Better Than Ever

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

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

Transportation: Van

Lodging: 3 Star Motel, Double Accommodations

Trip Rating: 65 miles or 100 miles, mostly flat

Leaders: Steve Sakson and Wentworth Price

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

The Sea Gull takes you through the Chesapeake Bay's most picturesque farmland and unspoiled forests on some of the best-paved roads around. The event sponsor, Salisbury University, offers top-notch support with rest stops loaded with goodies such as pie a la mode. By midday we'll



reach Assateague Island Park, where wild ponies and tame deer will greet you and the ocean beach and breezes will restore you for the ride back.

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

For more information e-mail Steve Sakson:
stevesakson@yahoo.com

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



2008 Cape Cod photos by Lorna McCreave

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?

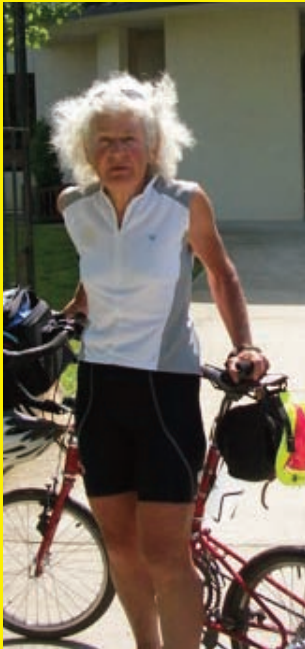
If you have a question on weekend trips in general, drop an email to Fred Dieckamp, our Weekend Trips Coordinator, at fredjourney@yahoo.com.

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

Hard Riding Cross Country-AGAIN!

Part 2

By Dolores McKeough



Our humble cycling narrator at a Trappist Gesemene monastery, Kentucky.



Historic Stillwell Hotel, Pittsburg, Kansas.

Long time 5BBC member Dolores McKeough continues on her epic trek. In part 2, Dolores her cycling tour from Illinois, Missouri, Kansas and further on to Colorado.

June 1, 2011 It is easier for me to ride the rolling hills rather than the steep climbs of the Appalachians but for beauty the mountains have it in my view. The loose dogs run throughout the state and I hear from a bicycling friend that the Ozarks also have plenty of dogs. The hills there are also serious according to bicyclists. Today's ride (Monday) was not especially difficult but I did have to get off my bike and walk the last part of a steep hill. This was the fourth time I did that. Some of the hill tops are just too steep for me especially if a car/truck is right on my tail or if the temperature is 90 or so as it was today (Monday). I don't like to walk a hill because the bike with the trailer is very difficult to push. We have been very fortunate with insects but I expect that will change as the weather continues to warm up. The cicadas have been very loud for the last three days.

Addendum: It was a rest day in Carbondale, Illinois where we stayed at a motel. There were lots of personal things to take care of, with spending time at a bike shop and relaxing in a Panera's at the top of the list. The temperature was in the mid 90s. Today (Wednesday) was a wonderful day; the temperature didn't hit 90 til the afternoon. We had a beautiful ride with fewer hills, only one dog, great scenery of farm land in eastern Illinois and little traffic. We are camped in Chester about 3 miles from the Missouri border. We ride over the Mississippi River into Missouri tomorrow morning.

June 9, 2011 We made it into Kansas this afternoon. It was a hot (90 degree) day but nice because of the wind even though it was a cross wind. The hills of the Ozarks stopped at mile 25 and the terrain flattened out as we approached Kansas. There was a surprise waiting for me when I arrived at the camp site in Pittsburg, Kansas. My friend Terri from Tulsa, OK was there waiting with a surprise dinner for all of us. Her appearance simply amazed me; first I was not expecting her; second she had lost weight and changed hair color since I saw her in California last year on an ACC one week ride so I didn't recognize her at first; third who would drive 140 miles to see a friend? I found the answer--Terri--simply amazing. We bonded on that CA ride and kept in contact by email. She rode the TransAm last year on her recumbent bike. When she got my email about this trip she planned a surprise visit--not just for me but for the group. She prepared a wonderful pasta dish with all the

trimmings including her own special chocolate cake. When I arrived at the campsite(4:45PM) after the 70 mile ride there was Terri with ice water waiting.

She had set up our dinner on tables she brought and served us. Wonderful. Terri planned to spend the night but she is recovering from an allergy attack and could not get a local motel room. All motels are filled because of the disaster in Joplin which is 20 miles away. So after our very special meal Terri packed up her equipment (there was only a little left over food which we kept) for the 140 mile ride home.

Tomorrow, June 10 is her wedding anniversary so it is good that she will be able to spend the day with husband Jeff. I am still overwhelmed by her visit. Thanks, Terri. Reflecting on our week plus in Missouri I realize what a beautiful state it is. The Ozarks were not as difficult as I thought they might be--maybe after Appalachia the climbs seemed more reasonable. The dogs, also were not as plentiful or aggressive as those in Kentucky. The farms and views for several days were breath taking. So green--except for those amber waves of grain. The rivers especially the Jacks Fork River are excellent for kayaking. On one rest day we kayaked--it was the best river experience I had in the last few years. The people of Missouri are like those all over. I got to visit 84 year old Marlene who invited a fellow biker Rob and me to see her home.

She has a snug cottage filled with memorabilia she wanted to show us. Quite a collection. A few drivers yelled or honked at me because they didn't want me on the road--Missouri has almost no shoulders on roads. The few shoulders that exist are 90% unrideable.

Three drivers pulled over to ask if I needed help the few times I stopped for a snack and/or to change water bottles. So Missouri is good if not great state in my opinion.

In Charlottesville for instance we stopped at Jefferson's Monticello. Also the history of the TransAm is interesting. Here is part of what Adventure Cycling says: The TransAmerican bicycle trail began in 1973 as nothing more than an idea...for a way to celebrate the nation's 200th birthday. By June of 1976, the Trail was a reality; map and guidebooks were published. Organizers began to publicize the event, which they had given the name "Bicentennial". 4,000 cyclists showed up



for the ride. Many cyclists who took part in 1976 (and those who ride the Trail today) say essentially the same thing about the experience: "I learned more about this country in 90 days than most people learn in a lifetime."

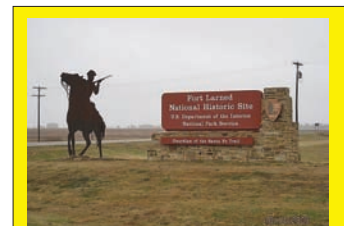
This statement is true for me: Since we are in prairie cow country in Kansas, I stopped at the Santa Fe Trail Museum where I had the opportunity to go into two types of early prairie homes. One is a dugout in which the house is built into a hill. It is very basic. The other is a sod house.

The sod house is made from "bricks" of sod. Also basic but a step up from the dugout. The log cabins I entered in Kentucky are a step up from the sod house. I like to see and wonder at how people lived and how they live today. We get to meet, although briefly, many different people. So far the people in Kansas have been the friendliest and most helpful, in my opinion. Several people in my group think folks in Missouri are the nicest.

Dolores' cycling group before departing to the Tunnel Hill Trail, in southwest Illinois

Last night there was a bad storm in Larned, Kansas where we were camped in the City park. We had to provide the police with our vital info in case there was a tornado. No tornado but the winds were about 50 miles an hour and the thunder and lightning lasted over 3 hours. And of course the rain was heavy. I hunkered down in my tent so it wouldn't blow away. Today the wind was not bad (we fear a head wind) so we were able to cover the 65 miles without trouble. And, Kansas is not flat. The eastern part has some nice gentle rollers. Today about half of the ride was flat but the final miles were hilly. It was a good balance.

June 19, 2011 If all goes according to plan we will roll into Colorado tomorrow afternoon. The past few days have revolved around the weather. Since the Kansas terrain has had limited climbing it is the



Scenes from Larned City, Kansas: the Santa Fe Trail and Dolores' campground.



The might of lightning.



Fellow cross-country cyclist Sallie with Delores in Fort Larned, Kansas.

weather that made the riding and sleeping challenging. Actually Kansas is not as flat as I expected. There are no mountains but for the past three days we have gradually gone uphill. The average grade has been 1% but it has been constant. Each day we hope for a tailwind and each day (except one) we have been disappointed. The wind blowing across the high plains can really make riding tough. Most of what we faced has been crosswinds.

As they say "the winds build character".

The mornings start out cool but it soon warms up. That is why most of the riders want to get an early start. By mid afternoon it has been around 90. For the past three nights we have had storms with thunder, lightning, and 50mph winds. The first two nights and again last night we had to register with the police/sheriff in case of tornadoes. The first night was frightening because we didn't know what to expect. The Little League game played in the park where we were was called early; families went home; and the wind increased in intensity; the thunder and lightning started; the sand blew and I went into my tent to keep it from flying away.

The winds were high, the thunder loud and the lightning bright. The storm continued for almost four hours but I fell asleep after the first hour. The tent got wet but not too bad. The following night the tent got soaked. It was a similar storm but shorter. The problem was I was camped on uneven ground which had recently been dug up. My tent was almost a puddle; the ground was muddy and my sleeping pad was wet except for a small portion upon which I curled. Last night the storm was brief with very bright lightning.

Although the forecast was for hail we escaped it. Most of the group found a place inside to stay but I and another guy enjoyed the storm in our tents. This time the tent stayed dry mainly because the grass I was on absorbed the rain well. The thing about the rain is interesting because this part of Kansas (plains) has had a drought for 40 days. The lack of rain has made it difficult for wheat farmers. Winter wheat should have been harvested last week but the drought delayed the harvest for many acres. It will also affect their income. In spite of the delay we have seen much going on in the fields.

Hay has been cut and rolled and some of the wheat has been cut. As we ride along we see combines at work in many of the fields. Corn is young; it is less than 10". Here I am in an a/c truck stop in Tribune enjoying the cool rather than outside in the 97 degree temps. Tribune is in Greeley County; both are named after Horace Greeley the Socialist newspaper editor who started the "New York Tribune" in

1841. Evidently Greeley, who was from NH, supported agrarianism and those who made their living on the plains. He is also celebrated in New York with Greeley Square. Too bad the Horace Greeley Museum in town is closed today, Sunday.

I did get to a couple of museums during the week. The Kauffman Museum of Mennonite History in Newton is a special case. Charles Kauffman, a renaissance man, had a collection of natural history items who figured out a way to preserve his collection and exhibit it. The museum is connected to Bethel College, a Mennonite college where I had a delicious lunch. The museum explains some of the history of Mennonites in the area. The Mennonite influence is strong in this part of Kansas; most of the original immigrants came from Russia after Czar Alexander II said they must serve in the armed forces. The early immigrants homesteaded in the 1870s; it was a very tough few years for the first ones what with locusts devouring their crops and very difficult weather. All in all a very interesting museum. It beat out the Newton Museum, which specializes in local history.

I also stopped at the Santa Fe Trail Museum and Fort Larned. Both interesting but I really enjoyed the Kauffman. At the Santa Fe Museum, which is just off the Santa Fe Trail. I got to go into a dugout and a sod house. Both are early types of prairie homes. They are rough, especially the dugout. When I compare these homes to the log cabins I checked out at the Lincoln Homestead State Park in Kentucky a few weeks ago they are much smaller and rougher. Life on the prairie was tough and I think it still is. The weather is key. Hope all is well.

June 26, 2011 Hi, made it up to 11539' today in Colorado. We still have lots more climbing to do. The Rockies in Colorado are truly magnificent.

June 27, 2011 What a week! First we had trouble leaving Kansas then after all the almost flat riding we did in Kansas we climbed to the highest point of the trip. Now we are in Breckenridge, Colorado relaxing on another rest day. We are in a B&B that is really nice. Here is a view from our veranda. What a week!

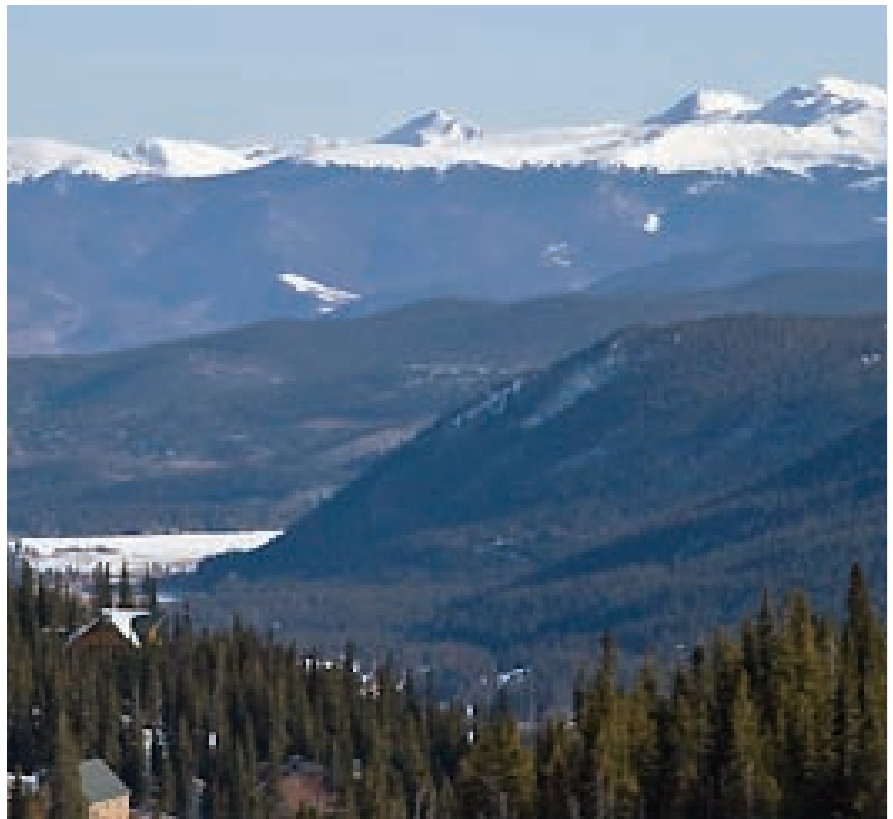
Breckenridge is a beautiful town with all kinds of outdoor activities available. I plan to hike in the Rockies today but I could be persuaded to go white water rafting or kayaking or biking or shopping. The town makes me think of N Conway, NH.

I think I like Breckenridge better. The ski slopes are a gondola ride away. I think the altitude is about 9000' so it gets cold at night and doesn't warm up til 8 or so in the morning. Perfect.



Last Monday (6/20) we rode out of Tribune, KA and headed for Colorado. The head and cross winds were very strong. So much that we were being blown into the road traffic. Fortunately there was not much traffic. After 5 miles of battling the wind the dark clouds started to send down light rain. I was riding with Sally; the others were ahead of us. Sally and I decided to walk our bikes before we were blown from them. It was very difficult to push and walk in a straight line on the shoulder. As the rain became heavier we decided to rest in a ditch. Just as we put our bikes down the sheriff went by, saw us, turned around and got us. We left our bikes and climbed into the police car--we were wet and cold. Jessica, the sheriff took us back 6 miles to the Tribune truck stop where we spent the next 6 hours. She went back to pick up the other 3 women she found sheltering in a barn a little further up the road and brought them back to be with us til the storm let up. So, there were 6 of us at the truck stop most of the day. Sally, our leader tried to find a ride for us and did! She got 2 men with trucks to take us and our bikes and gear (we picked them up on the way) to a church in Sheridan Lake, Kansas. So we slept in the church Monday night and then had to ride 85 miles the next day to make up for the miles we lost. And, the wind was still blowing but not as bad.

Reaching Hoosier Pass, 11,539 feet (3,515 meters) in the Rocky Mountains of Colorado. This is part of the Continental Divide, an area that separates (via mountains & rivers) the Pacific and Atlantic areas of North America.



Remarkable view from Hoosier Pass. Climbing the hills was worth it. This humble photo can't do justice to such majesty.

TO BE CONTINUED

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Mr. Lucky

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

Bike Events



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



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



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



MS Bike Tour New York City. Sunday 2 Oct. 2011. <http://bikenyn.nationalmssociety.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

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
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Lady Liberty Jersey - CLOSEOUT SALE

Indicate quantity and size.

____ Ladies (Circle One) Large Only
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5BBC Patches

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Make check or money order payable to **5BBC** and mail to:

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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

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Bicycle Renaissance
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www.bicyclerenaissance.com

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www.championbikes.com

Chelsea Bicycles
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www.city-bicycle.com

Conrad's Bike Shop
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Continuum Cycles
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End Ride

Scene from the July 16, 2011
Neck & Neck Ride.

*Photo by
Dalah Del Prado*

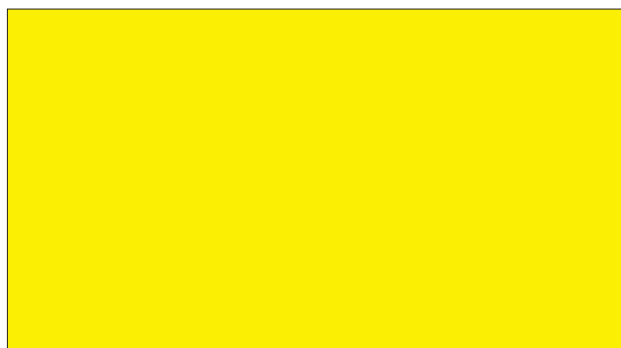


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Saturday August 6, 2011-- 5BBC leader Ken Williams assists on Richard Sanford's Vamos Al Barrio Language Immersion ride. Taken near the 5BBC table at Summer Streets. Photo by Alfredo Garcia.



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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 special deadline for submissions for the November-December 2011 issue is:

Friday 23 September 2011

Bicycletter

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Sans Print Edition
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Editor: Alfredo Garcia

The Bicycletter is a bimonthly publication of the Five Borough Bicycle Club.

Contacting Us

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

E-Mail: info@5bbc.org

For Bike New York, (212) 870-2080

The 5BBC is affiliated with:
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