

BICYCLER

Publication of the Five Borough Bicycle Club • November-December 2011 • Sans Print Edition • 5bbc.org



Bike





**5BBC Weekend Trip
to the
23rd Sea Gull Century
October 14-16, 2011
Salisbury, Maryland**

The Five Borough Bicycle Club went on an annual tie-end trip to the Sea Gull Century. The usual suspects were there, such as weekend trip leaders Wentworth Price & Steve Sakson, leaders Howard Hall, Fred Dieckamp, member Peter Morales and vintage 5BBC classic cyclists such as Phil O'Reilly. Everybody in the group safely did their century or metric century cycling with fun and gusto.

Photo composite by Jackie Junttonen, who also did the Sea Gull weekend trip.

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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.

**Daylight Saving Time Reminder:
SET YOUR CLOCKS, WATCHES AND
OTHER TIMEPIECES ONE (1) HOUR
BACK ON:**

Sunday, November 6, 2011, 2:00 AM

Thank you!

Cover: Lady cyclist on the 'Two Boroughs' ride led by Bill Mastro. Photo by M. Dan Bach. Above: the "Xar" ATB cycling helmet by Giro.



5BBC General Meetings Presented by Barry Lee Hartglass • programs@5bbc.org



Monday Evening, November 21, 2011, 6:30 PM

At The Hostelling International Building (891 Amsterdam Avenue, New York, NY 10025 @ 103rd Street The Board Room.) Subway: 1 to 103rd St.

Our Annual wine and Cheese Party-Featuring The Wines of Long Island and Strawberries for Desert! Presentation: Hear about our Two Great Special Events for 2012: The Revamping Plans for The Montauk Century (Sunday May 20,2012)--Top Secret Plans to be Revealed and Our Second Annual Visitation (of the new era) to The Mattituck Strawberry Festival (Sunday June 17, 2012). As is customary @ our November-Meetings' you will have the opportunity to cast your ballot for the Club's 2012 Executive Board..Top: photo of the 2011 Mattituck Century start by Sharon Behnke.



Saturday Evening, December 3, 2011, 7:30 PM

The Chapel, also at the Hostelling International Building

PARTY POSTPONED--NEW DATE SCHEDULED FOR JANUARY

By Popular Demand- we will revisit last year's festivities:"A Pot Luck Bring Your Own Dish Thing" or the option to pay \$10. Staples to be supplied by the same caterer as last year,Live DJ Music and Much More-For additional details-**Please check out: www.5bbc.org/events.shtml as time approaches.** Above: photo of 2010 5BBC Holiday Party by Martial Henrys.

Thank you.
Barry Lee Hartglass-2011 5BBC Programs' Coordinator-

Bicycletter Nov-Dec 2011

Sans Print Edition

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Contributors:

Dan Bach, Dolores McKeough, Jackie Junttonen, Phil Goldberg, Martial Henrys, Mike Moses, Sharon Behnke, etc.



REMEMBER

Vote in the 5BBC Elections for the 2012 Executive Board!

DON'T FORGET

To renew your membership for next year. And ride with us!



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 Rides Meeting Places

Bedford Park Blvd.

Bedford Park Boulevard & Jerome Ave., Bronx. Subway: 4 to Bedford Ave.)

Bridgemarket

Bridgemarket Plaza, Manhattan. On the Northeast corner of East 60th St and First Ave, faces across the avenue the entrance to the Queensboro bridge in Manhattan. Subways: 4 5 6 to 59th Street, N R to Lexington Avenue



City Hall

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

Cunningham Park

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

Daylight Savings Time Reminder:
Set your clocks, watches and other timepieces one (1) hour back on Sunday, November 6 at 2:00 AM.



5BBC Day Trips Nov-Dec 2011

Saturday, November 5, 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 & Dalah del Prado

Saturday, November 5, 2011
THE GRANDEUR OF THE HUDSON
9 AM, George Washington Bridge Bus
Terminal (W. 178th St & Ft. Washington
Ave), Manhattan, 45 miles

Celebrate the beauty of the Hudson River with a ride down its left bank. The view is indeed grand from Grand View on Hudson, even grander from the Old Erie Path in the cliffs above the town, and the grandness continues through Tallman Mountain Park and Palisades Interstate Park. 32c (1 1/4 inch) tires (or fatter) are recommended for unpaved trails. Leaders: Jim Zisfein & TBA.

Saturday, November 5, 2011
JONES BEACH OFF-SEASON
9:30 AM, Cunningham Park, Queens,
50 mostly flat miles, fast pace

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

Saturday, November 5, 2011
© BIKING THROUGH
BRONX HISTORY
11:00 AM, Bedford Park Boulevard &
Jerome Ave, Bronx (#4 subway entrance),
20 miles, few hills, relaxed pace

Join the 5BBC and the Bronx Tourism Council for

BIKING THROUGH BRONX HISTORY, a special tour on Greenway paths that features FREE narrated tours at two of the borough's most popular house museums -- the Van Cortlandt House Museum in Riverdale and the Bartow-Pell Mansion Museum in Pelham Bay Park. Admission to the house museums is free (while supplies last) thanks to sponsorship by Montefiore Medical Center. Bring \$ for lunch (at City Island!). Ride will end at the Pelham Bay Park #6 subway station around 3:30 pm. To reserve your spot, please send email to: dquinones@boedc.org. This ride is co-hosted by Bronx Borough President Ruben Diaz Jr. to encourage biking in the Bronx.

Leaders: Phil Goldberg & TBA

Sunday, November 6, 2011
NORTHVALE
WITH SOME EXTRA ZZZ's
9:00 AM, HI-AYH (West 103rd St &
Amsterdam Ave), 40 miles

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

Sunday, November 6, 2011
JERSEY JAUNTS
9:00 AM, George Washington Bridge
Bus Terminal (W. 178th St & Ft.
Washington Ave), Manhattan, 30-40
miles, Quick-Spin 15 mph+ pace

Share some special places on these free-form quick-spin excursions across the river. These are quick-spin rides - no point/drop/sweep. Bad weather cancels - call Jesse at 917-578-2244 if there are questions. Leaders: Jesse Brown & Rodney Millard

Sunday, November 6, 2011
HUDSON RIVER MUSEUM
10 AM, Plaza Hotel (E. 59th St & 5th
Ave), Manhattan, 30 miles,
12-15 mph pace

Ride up the center spine of Manhattan, cross the Harlem River into the Bronx, follow Broadway through Yonkers and spend a little time on the

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

Saturday, November 12, 2011
☺ THE GREATEST TURKEY RIDE:
CHARLIE'S TURKEY & OPEN HOUSE
10 AM, Kew Gardens, Statue of Civic Virtue (Union Turnpike & Queens Blvd), Queens, 25-30 miles

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

Sunday, November 13, 2011
JERSEY JAUNTS
9:00 AM, George Washington Bridge Bus Terminal (W. 178th St & Ft. Washington Ave), Manhattan, 30-40 miles, Quick-Spin 15 mph+ pace

Share some special places on these free-form quick-spin excursions across the river. These are quick-spin rides - no point/drop/sweep. Bad weather cancels - call Jesse at 917-578-2244 if there are questions. Leaders: Jesse Brown & Rodney Millard

Sunday, November 13, 2011
ROCK AROUND THE ROCK
8:45 AM, City Hall, Manhattan, 40 miles, moderate pace

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

Saturday, November 19, 2011
PIERMONT IN THE MORNING
8:30 AM, George Washington Bridge Bus Terminal (W. 178th St & Ft. Washington Ave), 35 miles, Quick Spin 17 mph pace

Quick-spin to Piermont! True training - non-stop

paceline ... lunch in Tenaflly/Englewood. Bring fuel, food and bicycle etiquette. Terrain rolling, flat and STEEP. MUST RSVP to join group. Leaders: Dalah del Prado & Diane Goodwin (dianegoodwin@yahoo.com or 330-414-7472 (phone/text) Leaders: Dalah del Prado & Diane Goodwin

Saturday, November 19, 2011
QUICK SPIN TO ROCKAWAY & BREEZY POINT
9:00 AM, Kew Gardens, Statue of Civic Virtue (Union Turnpike & Queens Blvd), Queens, 25-30 miles at Quick-Spin pace (16+ mph on flats)

Head over the Cross Bay bridge to the Queens beaches before the winter freeze sets in. Lunch at Nick's in Forest Hills after the ride. No need for bike locks. Bring \$ for lunch, water bottle(s), two spare tubes & dress appropriately. Aim for an early day! Leaders: Dennis Griffin & Ira Najowitz

Sunday, November 20, 2011
JERSEY JAUNTS
9:00 AM, George Washington Bridge Bus Terminal (W. 178th St & Ft. Washington Ave), Manhattan, 30-40 miles, Quick-Spin 15 mph+ pace

Share some special places on these free-form quick-spin excursions across the river. These are quick-spin rides - no point/drop/sweep. Bad weather cancels - call Jesse at 917-578-2244 if there are questions. Leaders: Jesse Brown & Rodney Millard

Sunday, November 20, 2011
BROOKLYN AND CHEESECAKE
10:00 AM, Prospect Park--Grand Army Plaza, Brooklyn, 30+ miles

Burn some calories with a ride around Brooklyn, and then more than replace those calories near the end of a ride as we make our way to Bed-Stuy Brooklyn for Shakoor's sweet potato cheesecake and other treats. Bring or buy lunch earlier in the ride and bring \$\$\$ for the cheesecake. Leaders Bill Mastro & Claire Modas

Sunday, November 20, 2011
NEAR BROOKLYN
10 AM, City Hall, Manhattan, 25 miles

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

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

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

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



HI-AYH
(AKA as "the hostel") Hostelling International / American Youth Hostels building, Amsterdam Ave. @ 103rd St., Manhattan. Subways: 1 to 103rd St.; 2 3 to 96th St.



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

Pelham Parkway & White Plains Rd.
Bronx. Subway: 2 to Pelham Parkway. Meet @ southeast corner.

Plaza Hotel
Fifth Ave. at 59th St., southwest corner, Litz fountain. Manhattan. Subway N R to Fifth Ave., 4 5 6 A B D E F 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.

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 Bicycleletter. Please check the club web at www.5bbc.org/rides and/or bulletin board; As a member, check club weekly emails.

IMPORTANT CYCLING NOTE #2

As the weather gets a little cold for the winter season, 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 Bicycleletter? 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 Bicycleletter 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.

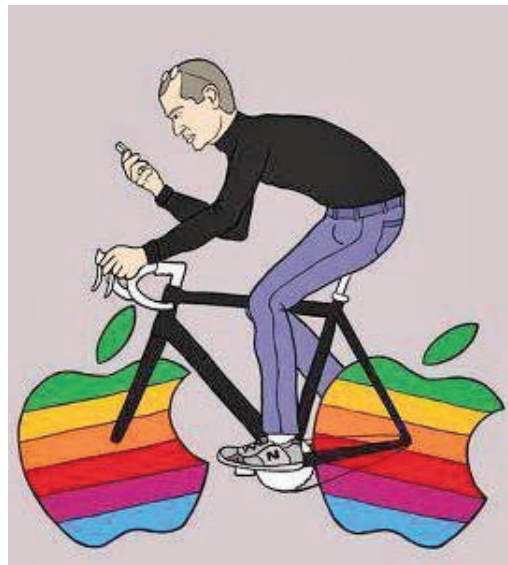
The November-December 2011 print edition of the Bicycleletter was prepared and mailed by Phil Goldberg, Mary McNulty and her husband. Thanks very much. Take care and please renew your 5BBC membership.

Thursday, November 24, 2011
PRESIDENT'S SHADOWS
10:00 AM, City Hall, Manhattan,
15-20 miles

We all know where Washington slept. But, is that all there is? Does New have other intertwinings with other presidents? Where did the first Vice President live? Did George decide the better part of valor was retreat in the face of sure defeat? Leaders: Ed DeFreitas & TBA

Sunday, November 27, 2011
JERSEY JAUNTS
9:00 AM, George Washington Bridge Bus Terminal (W. 178th St & Ft. Washington Ave), Manhattan, 30-40 miles, Quick-Spin 15 mph+ pace

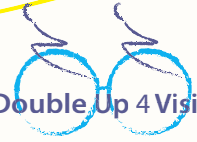
Share some special places on these free-form quick-spin excursions across the river. These are quick-spin rides - no point/drop/sweep. Bad weather cancels - call Jesse at 917-578-2244 if there are questions. Leaders: Jesse Brown & Rodney Millard



"Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose. Your time is limited so don't waste it living someone else's life. Don't be trapped by dogma - which is living with the results of other people's thinking. Don't let the noise of other's opinions drown out your inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become. Everything else is secondary."

Steve Jobs (1955-2011), iconoclastic visionary who led Apple with iconic products such as the iMac, the iPod, iTunes, the iPhone and the iPad. Rest in peace, Steve.

Don't STAND 4 Vision Loss —
Volunteer!
October 22, 2011



Lend a Hand at Double Up 4 Vision™

Tandem Bike Ride/Walk Fundraiser 2 Fight Vision Loss

- WHO** Lighthouse International
- WHAT** Pairing people with and without sight on tandem bikes to share the experience! • Anyone can walk ... Everyone can cheer you on!
- WHERE** Riverside Park: West 135th - 70th Streets
- WHY** Vision loss touches everyone

You can help in a variety of ways, visit doubleup4vision.org/volunteer

80% of vision loss is preventable or correctable!

LEARN MORE (212) 821-9688
doubleup4vision@lighthouse.org

Proceeds Benefit



LIGHTHOUSE INTERNATIONAL
Maximizing Your Vision for Life
Dedicated to fighting vision loss through prevention, treatment and empowerment



NYC Bike Share Program



There will be a public bike share program throughout New York City. For an annual fee, people can use a bicycle for a given hour. 600 stations with 10,000 bikes will be available next summer. For more information, please visit <http://a841-ftpweb.nyc.gov/bikeshare/>

East River Greenway Expansion for Manhattan Waterfront



In a major development, Mayor Michael Bloomberg announced a long-term plan of a new greenway segment on the East Side, near the United Nations area. A new public waterway will be built from East 38th St. to East 60th St., connecting existing parts of the Manhattan Waterfront Greenway. For more details, please visit <http://tinyurl.com/3ra9am6>. It helps for us cyclists to attend upcoming community board meetings which will discuss specifics.

Sunday, November 27, 2011
THREE MUSEUMS, MAYBE FOUR
10:00 AM, City Hall, Manhattan,
20 miles, easy pace

Three (maybe four) Museums/Mansions/Homes. All in the Borough of Manhattan. All here before the Civil War (although one is in a different place from when it was built). Two before their was a United States. At least one is officially(?) haunted. Two wrapped up deeply in American history. Minor to zero entry fees. The city is four hundred years old. You think that it doesn't history? Come find out. Leaders: Ed DeFreitas & TBA

Saturday, December 3, 2011
HOMESTEAD TO MANSION
- HISTORIC HOMES IN QUEENS
9:30 AM, Bridgemarket (60th St & 1st Ave), Manhattan, 30 miles,
12-14 mph pace

Ride through Astoria and Flushing to visit some interesting old houses. First, the Steinway Mansion, which is currently on the market and can be yours for a mere \$2.5 million. Next is the Lent-Riker-Smith Homestead - the oldest continuously lived in private dwelling in America, going back to 1654 or so. After lunch, we visit the Voelker Orth Home/Museum in Flushing. This home has been meticulously restored, and is little changed from when it was purchased by Conrad Voelker in 1881. On our return we will stop at La Guli Bakery for some treats. Bring \$2 admission for the Voelker Orth Museum, \$\$ for lunch and a lock. Leaders: Claire Mordas & Bob Castro.

Sunday, December 4, 2011
WESTCHESTER WANDERING
9:00 AM sharp, Pelham Parkway & White Plains Road, Bronx, 30-40 miles,
Quick-Spin 15+ mph pace

Roam into Westchester County and its environs, maybe even a quick stop in Byram, Connecticut. We will take easy riding routes and visit unique destinations. This is a quick-spin 15+ mph pace ride - no point/drop/sweep. Bad weather cancels - call Jesse at 917-578-2244 if there are questions. Leaders: Jesse Brown & Rodney Millard

Sunday, December 4, 2011
FROSTBITE #1 -
RIDE TO BAYONNE
FOR THE WORLD'S GREATEST
PANCAKES
10 AM, City Hall, Manhattan, 25 miles

This is the traditional start to our club's answer to

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

Saturday, December 10, 2011
☺ FILLMORES
10 AM, Kew Gardens, Statue of Civic Virtue (Union Turnpike & Queens Blvd), Queens, 25-30 miles

Join Ed & Liz on our Ride to Fillmores for lunch. This will be an easy flat ride of 25-30 miles through the borough of Queens. We will circle the globe and eat in a pub like atmosphere on this warm winter journey. Bring \$10-15 for the great lunch at the end of the ride. Bring bike lock and a good attitude. Restaurant is bike friendly. Leaders: Ed Pino Liz Baum

Sunday, December 11, 2011
WESTCHESTER WANDERING
9:00 AM sharp, Pelham Parkway & White Plains Road, Bronx, 30-40 miles,
Quick-Spin 15+ mph pace

Roam into Westchester County and its environs, maybe even a quick stop in Byram, Connecticut. We will take easy riding routes and visit unique destinations. This is a quick-spin 15+ mph pace ride - no point/drop/sweep. Bad weather cancels - call Jesse at 917-578-2244 if there are questions. Leaders: Jesse Brown & Rodney Millard

Sunday, December 11, 2011
FROSTBITE #2
FLAT ROCK NATURE PRESERVE
10:00 AM, City Hall, Manhattan,
30 miles

Aah Naturale in Joisey! This privately owned natural preserve lets us bike to their Nature Center but, only hike their trails. Lunch at a pond. Bring or buy lunch, bring a lightweight lock. Leaders: Ed DeFreitas & TBA

Saturday, December 17, 2011
ECLECTIC ELECTRIC
HOLIDAY LIGHTS
4:30 PM, City Hall, Manhattan, 25 or so
leisurely nighttime miles

If you're into the holiday circuit, this ride is for

Bikes On Trains



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



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

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

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

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

www.mta.nyc.us/mnr/html/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. For more info, please call (800) 234-PATH or visit www.panynj.gov/CommutingTravel/path/html/rules.html

you! By the end of the evening, you'll appreciate not only the holiday circuit but circuit breakers as well. We're talking about Brooklyn's Dyker Heights, where the residents decorate their homes so garishly, they'll blow your mind without blowing a fuse. We'll stop off at a local Italian bakery on the way out and top off the evening with hero sandwiches and a slice or two of great pizza before heading back. Bring lock and money for food. Rain, snow or icy conditions at start cancels. All bikes must have lights and bright or reflective clothing is suggested. Optional return via subway. Leaders: Richard Sanford and Kathryn Baur

Sunday, December 18, 2011
WESTCHESTER WANDERING
9:00 AM sharp, Pelham Parkway & White Plains Road, Bronx, 30-40 miles, Quick-Spin 15+ mph pace

Roam into Westchester County and its environs, maybe even a quick stop in Byram, Connecticut. We will take easy riding routes and visit unique destinations. This is a quick-spin 15+ mph pace ride - no point/drop/sweep. Bad weather cancels - call Jesse at 917-578-2244 if there are questions. Leaders: Jesse Brown & Rodney Millard

Sunday, December 18, 2011
FROSTBITE #3
CHRISTMAS IN THE CLOISTERS
10:00 AM, City Hall, Manhattan, 25 miles

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

Sunday, December 18, 2011
LIGHTS IN THE HEIGHTS
4:30 PM, City Hall, Manhattan, or 5:15 PM, Prospect Park West & 3rd Street, Brooklyn. Approximately 25 miles round trip

Take a fun and leisurely ride to see the "miracle mile" of Christmas Lights and decorations in Dyker Heights, Brooklyn. These spectacular displays draw 150,000 visitors a year from as far away as Japan. Come prepared with bicycle bells ringing to the tune of Jingle Bells. If rain or snow spoils our fun, we'll try again on January 1, 2012. Co-listed with Time's Up!
Leaders: Trudy Hutter & Jim Zisfein

Sunday, December 25, 2011
TEANECK LUNCH
10:30 AM, Eleanor Roosevelt Statue, (W. 72nd Street & Riverside Drive), 30 miles at 12-13 mph, some hills

Ride down tree-lined suburban streets to Teaneck for the 5th annual December lunch at a tasty glatt kosher restaurant. We'll keep a 12-13 mph pace on the flats and we'll use a route that eases the pain of the hills on the way back. Bring lock, money for lunch and a good appetite. Heavy rain at start or major earthquake cancels but we'll still ride if there's snow! It's winter: dress and equip your bike and yourself according to the conditions. Leaders: Dana Hudes, Jim Zisfein

Sunday, December 25, 2011
FROSTBITE #4 - XMAS LITES IN DYKER HEIGHTS & DIM SUM
12:30 PM, City Hall, Manhattan, 20 miles

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



Sunday January 1, 2012
FROSTBITE #5
NEW YORK BOTANICAL GARDEN
10:00 AM, Plaza Hotel, Manhattan, 30 miles

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



New York Cycling Coalition News

MAP-21 is a Bicycle Killer
On November 9, the U.S. Senate's Environment and Public Works Committee (EPW) unanimously passed a Transportation bill that is now headed to the Senate floor. Called MAP-21 the bill would slice bike and pedestrian funding by 30% right off the top. And it gets worse from there - dedicated funding for the all-important Transportation Enhancements, Safe Routes to School, and Recreational Trails programs would be eliminated.

MAP-21 would allow Transportation Enhancements funds to pay for wetlands mitigation projects, an expensive use which will crowd out many bicycle-pedestrian projects. NYBC is particularly concerned that the bill would allow states to "opt out"; by not spending reserve funds for 18 months, after which time a state could then use the funds for other projects.

Take Action - contact New York's Senators and tell them to defend bicycling - there is still time to amend MAP-21 to include key bike-ped programs. Follow the developing story at <http://www.americabikes.org/>. Contact NYBC at 518-436-0889

NYBC supports bike-ped on the TZB. Since 2005, NYBC has provided testimony to State DOT and the Thruway Authority about the need for bike-ped facilities on a new or rebuilt Tappan Zee Bridge (TZB). No such crossing is available for a 30-mile reach of the Hudson River though the adjoining municipalities include some of the greatest density of population and employment in the nation.

Take Action - learn more at <http://www.tzbsite.com/> Submit testimony to ensure the inclusion of high-quality bike-ped facilities on the new TZB. New York cannot afford this opportunity to make bicycling integral to the NYC metro region's future. Contact NYBC.



On The Record

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

June 6, 2011 Emblem Health-55 Water Street, NYC

Attending:
Sharon Behnke; Andrea Casertano; Bob Castro; Phil Goldberg; Jesse Brown; Ed Ravin; Randy J. Horowitz; Barry Hartglass; Jim Zisfein; Peter Engel; Alfredo Garcia; Liz Baum; Bill Mastro; Fred Dieckamp with guests Fritz Van Orden and Geoff Cohen

Began 6:38 PM.

Phil Goldberg reported the sale of 5BBC patches and jerseys continues.

Liz Baum reported the next leadership class will start on September 7.

Ed Ravin reported "Summer Streets" will now be listed in the day rides calendar to help promote the program.

Andrea Casertano reported the Brooklyn Greenway Alliance needs some volunteers to help with networking with other bike groups.

Jesse Brown reported that his bike repair rides have turned out to be very popular, and will start alternating the starting points be-

tween Prospect Park (Brooklyn) and Hostelling International (Manhattan).

Peter Engel reported Bike NY had three thousand people on their roster that has checked off the box expressing interest in 5BBC.

Phil Goldberg reported we presently have 106 people registered for the Mattituck Century on June 19th 2011.

Meeting ended 8:40PM.

August 1, 2011 Emblem Health-55 Water Street, NYC

Attending: Sharon Behnke; Andrea Casertano; Bob Castro; Phil Goldberg; Jesse Brown; Ed Ravin; Randy J. Horowitz; Liz Baum; Fred Dieckamp and Bill Mastro

Meeting began 6:35 PM.

Tod Moore is on sick leave. Fred Dieckamp will be taking over as Weekend Trip Coordinator until further notice.

Ed Ravin reported there is good attendance on both Jesse Brown's bike repair rides and the Transportation Alternatives (TA) training rides. We are also getting a continuous stream from TA's web references. We will now start tracking the hits on the links. Also it was suggested we put a link on our website to download day trips to iPads and web calendars. He further cited a need for a better notification/cancellation system for rides.

Bill Mastro-We are continuing to advocate access to the Verrazano Bridge and to increase the number of bike paths in NYC.

Ed Ravin agreed to see that our postcard promotion using the Bike New York mailing list BikeNY provided following their event would be done as soon as possible. He also added an item to the agenda: "a change in the by-laws as to the "qualifications" for Treasurer". A discussion ensued and no decision was reached at this time.

Presently, the Treasurer must be a leader. If the club amends the by-laws to allow a club member who is not a leader to be Treasurer, the club can increase the field of potential candidates for this position. Bob Castro noted that one does not need extensive accounting skill to be treasurer. One just needs the skills to balance a checkbook and keep track of ac-

counts. Others responded that taking the leadership course helps shows dedication to the club.

Someone requested we start a "Sunshine Committee" to help look out for the welfare of 5BBC members. A gift of \$75 to \$150 can be presented to a club member in need or who has had an accident. Example of gifts could include a fruit basket, planting trees in Israel, etc.

Meeting ended 8:30PM.

To Be Continued.....







Happy Holidays from the Five Borough Bicycle Club

Hope you enjoyed 2011, with the 5BBC. It can be a Day Trip, a Weekend Trip, maybe did our Montauk and /or Mattituck century. Perhaps you helped volunteer for bike events like the Five Boro Bike Ride and various Transportation Alternatives "Tours" in the Bronx, Brooklyn, Queens and Staten Island.

We love to have you back in 2012 for more wonderful times with us. Take care, ride safe and have fun with the Five Borough Bicycle Club!

Scene from the Two Borough bike ride, at Roosevelt Island. Photo by Dan Bach.





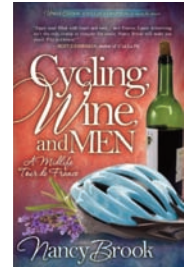
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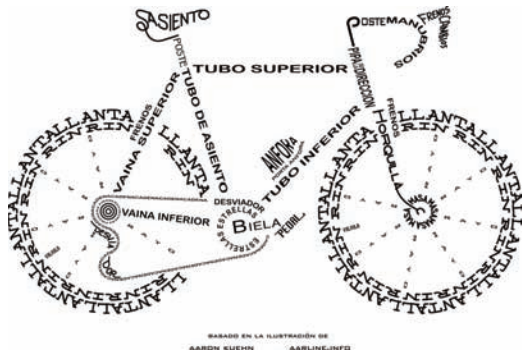
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BARABO EN LA ILUSTRACIÓN DE AARON KUEHN AARON@CINEINFO

Annual Gift Guide 2011 23 count 'em 23!

Compiled by **Alfredo Garcia**

For the holidays, give that special cyclist in your life a present to be appreciated with love. Selections ranged from basic, unique and the unusual. Note that some selections are offered by 5BBC club members who design & make their items and/or run their very own cycling-related businesses. And they happen to be enterprising women!

1) This year's 5BBC jersey is a keeper. Beautifully designed by **Caryn Greenberg**, wearing this on 5BBC rides as well as bike events reaffirms our beloved Big Apple club as well as cherishing New York City in all five boroughs. \$65, limited sizes. Order on the 5bbc.org website or by mail order (see page 20.)

2) Aerotech Designs--Quality American-made cycling garments at reasonable prices. Company based in Coraopolis, PA, near Pittsburgh. Visit www.aerotechdesigns.com.

3) Garmin Edge 500 - \$250. GPS cycling devices have come a long way. This is one of the inexpensive models. Visit www.garmin.com

4) Cycling reading choices (book or Kindle ebook): **a) Cycling, Wine and Men** by Nancy Brook (\$17, \$8); **b) Cyclopedia: It's All About The Bike** by William Fotheringham (\$25, \$10); **c) On Bicycles: 50 Ways The New Bike Culture Can Change Your Life** ed. by Amy Walker (\$17, \$10) At book stores & Amazon.com.

5) Ghisallo medal pendant/necklace The Madonna Ghisallo is the Catholic patron saint of cyclists, via Italy. We need all the help & luck we can get riding each day. Available from \$40-\$60, in silver or gold. <http://tinyurl.com/7e27q44>

6) Watch how Australian veteran racer Cadel Evans won the 2011 Tour de France on hi def blu-ray (\$85) or **standard dvd** (\$35-\$75). World Cycling Productions www.worldcycling.com

7) Jen Benepe's Hotvelociti cycle clothing line. At local bike shops (e.g. Bike Habitat) and her website www.hotvelociti.com

8) Mesicek Highwheeler cycles from the Czech Republic. Jonah Mesicek and son makes highly crafted replicas of 19th century highwheeler bicycles for 21st century cycling. It takes a real special person to appreciate them, esp. at bike events / self-contained tours. for more info, visit www.mesicek.cz/main.php?lang=uk

9) If you're not sure what to give a cycling loved one or friend, you could go to a local bike shop (e.g. Bike Habitat) and get a **gift certificate**.

10) Big and small: Topeak offers their renowned portable "morph" frame **a) Mini-Morph**, \$45 and quasi floor **b) Mega-Morph**, \$65) pumps. The mini fits in your jersey pocket while the mega can be brought along either in a car or you can carry it in a strapped case over your shoulder (great for bike event ride marshals!)

11) MKS Quick Release Pedals \$70. Life gets easier removing your bike pedals in a hurry. Available at a local bike shop (e.g. B-Fold) or online (e.g. Sheldon Brown)

12) Velocomp iBike Dash CC uses your iPod Touch or iPhone as a cycling computer \$200-\$750. Visit www.ibikesports.com/default.aspx

13) The Bell "Solar" Bike helmet is basic, stylish, light and not so expensive. \$35 or less. Available nearly everywhere, bike shops, sporting goods stores, online, etc.

14) Cycling becomes art or is it vice versa? This **antique bicycle statue** by Imax will be an instant conversion starter. \$48. Available from Amazon. <http://tinyurl.com/c2n427e>

15) World Jersey's Liberty's men cycling jersey, styled a la Barack Obama. \$55, large, extra large and XXL via Amazon: <http://tinyurl.com/czkz6g6>

16) Two Fish flashlight holder. Good for mounting front lights. Sometimes the fastener that attaches the bike light to the handlebar doesn't secure. This Two Fish gadget holds better. At local bike shops or online (e.g. Amazon). About \$8.

17) Using modern 21st century technology, a Stainless Steel Bike is rustproof like a titanium bike. Here's one custom made by Firefly Bicycles. 5K and up. Visit www.fireflybicycles.com

18) Trek Bontrager "Solstice" bike shoe, for men and women. For those riding with toe clips & straps, this is one of the few shoes perfect for retro cycling. Replaces improves upon the previous "Street" shoe. \$90 at local bike shops or www.bontrager.com

19) Build your own Bamboo bike—in Brooklyn! You may have attended the 5BBC meeting organized by our own Barry Hartglass at the Bamboo Bike Studio. Here's your chance to build one with your own two hands. Instruction, materials and workbenches provided on the premises. Here's giving new meaning to bespoke two wheelers. Visit www.bamboobikestudio.com

20) Lynnette Chiang's reversible traffic cone bag, in orange or black when the situation warrants it. \$50-\$60. <http://traffic-conebag.blogspot.com>

21) Cateye, known for their cycling computers and lights, has the **Inou**, a GPS/bike video camera. About \$250 or less. www.cateye.com

22) Previously owned bikes from Recycle-A-Bicycle looking for a bargain two-wheeler that isn't stolen or acquired by questionable means? Find one at several of the **Recycle-A-Bicycle shops** around the city. For more info, visit www.recycleabi-cycle.org

23) From our own Marina Bekkerman, hand-knitted bicycle ankle strap. Secure your leg when wearing regular trousers. In fuchsia with green button. \$15. Visit: Marina's Knittery: <http://tinyurl.com/c5qgty7>

Hard Riding Cross Country-AGAIN!

Part 3

By Dolores McKeough



All alone--Dolores atop Hoosier Pass.



Llama in Lander, Wyoming, July 4th, Independence Day.

Long time 5BBC member Dolores McKeough continues on her epic trek. In this epic conclusion, intrepid Dolores finishes the cycling tour proper...then decides to do more cycling for the gusto...

So we made it into Colorado after a struggle. This state is so beautiful. The eastern part is like Kansas with farming and ranching. As you move west the Rockies come into view and you start climbing.

July 5, 2011

We celebrated the 4th of July in the town of Lander, Wyoming. People from all over come for the morning parade, buffalo barbecue, rodeo, and fireworks. The parade is unique. I put a few pictures of it on my Facebook page. Check it out if interested. I really hated to leave Colorado after 9 days; it is a beautiful state. But, Wyoming is also very beautiful in a different way. Yes, there are mountains, valleys, rivers, lakes...but there is a lot more brown and beige and almost gray. In other words there are a lot of dry areas capped with snow on the mountains. The rock formations are truly a wonder. Our first serious encounter with mosquitoes occurred 2 days ago in Sweetwater Station. This area has a lot of history since it was on the Oregon Trail. There is a reservoir there called Mosquito Reservoir. That should give you a hint. We camped at Sweetwater near where a heroic crossing took place in 1858 but the mosquitoes were so bad we had to get into our tents as soon as dinner was finished. It was like I was sleeping in a mosquito graveyard I killed so many. The mosquitoes were up early in the morning so we forgo breakfast and set out on the road immediately. We had to ride about 12 miles before we got away from those mosquitoes. The infestation reminded me of last year's mosquito experience in Harlem, Montana.

The riding has been strenuous with long days in the saddle. We had a day of 85 miles followed by a 72 mile day. It is the wind combined with the miles and the hills that make the riding so difficult. I am the slowest one in the group; it took me from 6:45 AM till 7 PM to go those 85 miles. The first 45 miles were great but by 11 the wind picked up and really slowed me down. The climbs did took. So much to see, so much history to learn...

Happy 4th, Dolores

July 9, 2011

Hi, the Tetons are so beautiful. Here I am with what looks like a picture background--but it is real.

What we saw in the Tetons a few days ago and what is all around us here in Jackson Hole is overwhelming beautiful. The plan is to enter Yellowstone through the west entrance which we should do in a couple of days.

Here's the women in our group with the Tetons in the background. (**opposite page**)

Today was a rest day in Jackson--a tourist town where we stayed in a motel. I went for a hike up the Sky King ski slope--it took me an hour to walk up (some folks took the chair lift) and forty five minutes to walk down. Again, so beautiful. Here is one picture of what I saw.

Tomorrow we have a 5.5 mile climb up Teton Pass.

July 23, 2011

Hi, I'm behind in correspondence because some days I don't want to deal with email and other days there is no connection. We made it through Wyoming and Montana and have been in spectacular Idaho for several days. I was in Idaho last summer for 2 or 3 days and thought it beautiful. It is. The mountains, rock formations, prairies and rivers make me look in wonder. Today we had a wonderful ride through terrain that included all of these. I gave up taking pictures because I know my camera can not capture such beauty. I wonder why the residents are so conservative politically. Maybe because they are surrounded by so much beauty they think everyone who works for it can have it too. Or, maybe because life is tough here they think others elsewhere have to get tough. I have not had an in depth conversation with an Idahoan yet so this is just conjecture. The folks I've talked with are very nice but these have been brief social conversations. Two signs made me think about how conservative people are. One said something like "Congratulations, Jimmy Carter, you are no longer the worse president" The other said Welcome to Lowell Population 25. The 25 was crossed out and 24 was handwritten over it. When asked about the drop in population a resident said one person had voted for Obama.

Tonight we are camped on the banks of the Salmon River in an area known for rafting. The water really runs fast; so beautiful with the mountains rising on the opposite shore. The riding these past two days has been very good with a mileage of 50 each day. It is just right for me; gives me time to stop and look. The next 3 days however will be tough as we



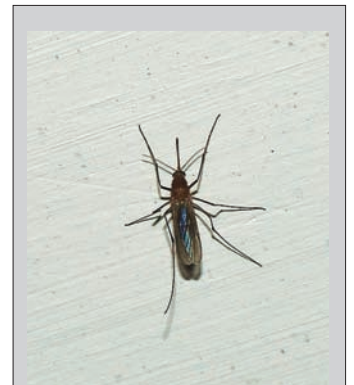
Dolores with other hard-cycling ladies of the Trans Am tour, at Teton National Park, Wyoming.

will climb again and have 80 mile days and the temperature is supposed to rise into the 90s. The weather has been good for the past couple of weeks: cool after the sun sets with the temps sometimes dropping into the 40s and warm by mid day with temps in the 70s and low 80s. The wind has not been a major factor for several days but that, too, could change. A lot has happened since my last email; I'll try to get it more together next time.

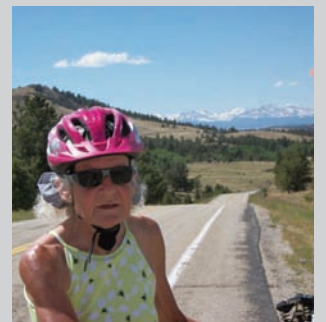
Our tour ends Aug 3. I am seriously thinking of riding down the Pacific Coast to San Francisco solo after that. I can't seem to make a decision about when to leave the west coast. I really do think "The West is best" for bicycling and beautiful vistas. I am tired of this group riding and would like to try some adventure on my own. Over the past several years several people have said riding the Pacific Coast is a great ride. It is a popular route so if I have problems there should be someone to help. Speaking of problems I have had 4 flats on the bike; 3 of them in the last 10 days. I think my rear tire is worn out. I replaced the front one but now need to do the same on the rear. The last 2 flats were eventful with strangers stopping to help me both times. One was an older couple, probably in their late 70s. The guy was all thumbs as I am but with his help and that of a touring bicyclist who stopped we were able to get the tire fixed. Two days later a young college couple helped. Sam (female) even patched the tub and

Devin installed it. Both times I was in a good location. Sometimes we have to ride on busy highways with little or no shoulder. Not in these cases. The backroads are almost always superior to the main ones with little traffic and great views. That was the case today.

I forgot to mention the insects. 3 nights ago we camped near the Lochsa River in an area popular with fishermen. The lawn we were on, however, was infested with gnats. I get itchy just writing about it. It was a rainy afternoon; I arrived at camp around 6 because it was a day I had a flat. As soon as I walked on the wet grass to set my tent up the gnats attacked in great numbers. I had my rain gear on so was completely covered except for my neck and face. They went for whatever skin they could find. Fortunately there was a lodge where we ate and spent social time so I was not out in the tent area for long. I started itching as soon as I reached the lodge and continued for some time. I ran to the tent at bed time and was safe as soon as I got inside but again I itched as the gnats got me while I was approaching the tent. The same thing in the morning: the gnats attacked as soon as I exited the tent for the lodge. I was glad to leave that place. I don't know whether the mosquito attack a few weeks earlier was as bad. Both were experiences I hope not to repeat. The gnats were especially bad because I had red bumps on my face for 2 days from their bites. Enough.



Pesky Common Gnat (*Culex pipiens*), magnified.



A difficult 35-mile hilly stretch to the snowy & cold Rockies, Fairplay, Colorado.

August 3, 2011

Hi, I am on the Oregon coast in Florence, Oregon--end of the TransAm and xc trip. The group will have a celebrity dinner tonight and in the morning bid farewell to one another. We are camped in a tourist area tonight. It was a rough and tough trip. I am glad it is over and am looking forward to a more relaxed ride down the Pacific coast to San Francisco with Rob, a fellow rider. The coast weather is cool; I hope it doesn't turn wet. It has been quite an adventure with lots of experiences. I hope to tell you about them; if I don't write about them I hope to give you an account when I see you. About 4,400 miles since May 6--no wonder I am tired. Dolores

August 13, 2011

Hi, Rob and I are about 150 miles north of San Francisco. Since this is a relaxed ride we plan to enter SF on Monday. We will part ways on the Golden Gate Bridge. I will go to a hostel and plan my next move. I still want to ride south but my navigational skills are very poor; I even got lost in the KOA campground tonight!

We have been riding down the Pacific Coast; so beautiful. Since we are on the Coastal Range the ride is not easy with lots of ups and downs on winding roads. The weather has not been summer-like. It has been cool/cold and damp in CA so far. The Oregon coast has gigantic sand dunes but we didn't stop to enjoy them because we had miles to go. 2 nights we camped in Redwood parks. So majestic. There is so much ... Dolores

August 24, 2011

Hi, I've been bicycling on my own since Wednesday and am really enjoying it. Rob, the guy I biked with from Oregon to San Francisco met a friend there and is preparing to fly home to England. Since I have time I decided to continue down the coast alone. A solo ride you may remember is something I have wanted to do for the past several years but was afraid my lack of certain necessary skills including mechanical and navigational ones would make a such a trip very difficult. Well, after the 90 day cross country trip with a group and the 12 day ride down Oregon/N CA coast with Rob, I felt prepared. Maybe the facts that the California Pacific Coast trip is basically on rte 1 and my bike had a new set of tires (someday I'll tell you about my flats) made me more confident that I could do it.

I stayed in San Francisco for 2 days reacquainting myself with that beautiful city and then on the 17th set out. I did take a few wrong turns trying to get out of the City but once that was done I covered the

miles successfully; found the recommended campsite with no problem; and set up for the night. It has continued like that with minor wrong turns in Santa Cruz and Monterey but no serious problems.

The campsites have been very good. They are mainly hiker/biker sites in state parks. The sites are communal in that the space is shared by all who hiked or biked to the campground. Tonight for example I am sharing the space with 3 young men from Toronto. I have met some great people on the sites and sometimes run into them for 2 or more nights. I'll tell you about them when I see you. I have also met several people who want to know where I am going and where I am coming from. These encounters no longer surprise me. Today for instance a man driving a van with his family pulled me over; asked those questions and had his son take a picture of the two of us. Yesterday at 2 different stops two couples asked me those questions and also wanted their pictures taken with me and the bike. Also today a couple invited me to stay with them when I get to San Luis Obispo where they live. Two days ago another couple made the same offer when I get to LA. So this solo riding along the coast has been great.

Tonight I am camped close to the ocean with the surf pounding. My tent is the closest to the beach it has been; any closer and the high tide would get me. Actually my feet are still wet from the walk along the beach I took a few minutes ago. I am in Big Sur where I have been for 2 days; tomorrow should put me in San Simeon which is the southern most part of Big Sur.

The weather has been much cooler than I expected. No rain but the days begin and end in mist/fog. Today was the first day in weeks that the sun was out for more than 2 hours. Of course these 60 degree temps are wonderful for biking. I am, however, looking forward to a few days of sunshine and heat. After San Simeon the days are supposed to be sunshiny and warm. I'll be ready for them. I'm tired of wearing 3 layers of clothing.

I have a flight home from LA next Monday night (8/29). There are still almost 300 miles to go; I think I can do it. Dolores

NB. This was written 2 days ago before I lost the Internet connection. I am now in a coffee house in Morro Bay where I am taking a break. About 30 more miles to go to the campsite.

August 31, 2011

Hi, I got home 24 hours ago. What a fantastic, beautiful summer. The adventure, fun, stress,



The hilly road to Yellowstone.



Hungry Elk, Yellowstone Park.



friends made, country seen, and on and on. The trip started innocently enough with friend Cathy in Tampa on April 3. It ended yesterday after I biked from Malibu where I was camping with 3 companions, whom I met in Big Sur, to Santa Monica where I folded my Bike Friday into its suitcase (after I took the wheels off since it had been serving as my trailer).

So many good things happened on this extravaganza trip including the folding experience in Santa Monica. I didn't want to disassemble the bike on the beach, although it was a beautiful day, there was too much sand. So, I went to the REI store where Robbie, the bike repair manager, suggested I use part of his work space. What a generous offer. I took him up on it and had the trailer wheels and attachment off in no time. I then folded the bike (taking the accessories off is the most time consuming part of the process) and put it in the suitcase (the former trailer). The suitcase with the bike weighed in at 52 lbs. at the airport (even though it was 2 lbs. over the allowance Suncountry let it go). My duffle bag with camping stuff, clothes etc weighed in at 28 lbs. And, I had 2 carryons. So I figure the bike plus all my stuff was about 85 lbs. That's a lot of weight to ride across the country and partly up and down 2 coasts. But, I did it and feel great. I just added it up! I think I rode about 1000+ miles



99% of the photos provided by Dolores McKeough.

from Mt. Dora, Florida to Williamsburg VA; then 4,500 TransAm miles from Richmond Va to Florence, OR; then 1,100 miles from Florence to Santa Monica CA. That's 6,600 miles on my BF with 85 lbs. from April 3 til August 29. That impresses even me. As you know it is not simply the miles that count but the terrain, the road surface, the elevation, the weather... Hope to see you soon and give you more details on the trip. It was wonderful.

Attached, **above**, is a picture taken north of San Francisco. Note the long sleeves; the weather did not warm up til Santa Barbara.



Don't forget me!

Postscript: Dolores later gave a stirring presentation of her tour at a New York Cycle Club general meeting.

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

BROOKLYN

Bay Ridge Bicycle World
8916 3rd Ave. Bklyn, NY 11209
718-238-1118
www.bayridgebikes.com

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

Fulton Bikes
1580 Fulton Street
Bklyn, NY 11213 718-778-2887

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

On The Move

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

Roy's Sheephead Cycles
2679 Coney Island Ave.
Bklyn, NY 11235 718-646-9430
www.roysbikes.com

Verrazano Bicycle Shop
7308 5th Ave
Bklyn, NY 11209 718-680-6521

MANHATTAN

A Bicycle Shop
163 W 22 St. NY, NY 10011
212-691-6149 a-
www.bicyclerenaissance.com

B-Fold (Folding bikes)
224 E 13th St. (2nd-3rd Aves)
NY, NY 10003 212-529-7247
www.bifold.com

Bicycle Habitat
244 Lafayette St
NY, NY 10012 212-431-3315
bicyclehabitat.com

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

Champion Bicycles
896 Amsterdam Ave (103-104 Sts)
NY, NY 10024 212-662-2690
www.championbikes.com

Chelsea Bicycles
156 W 26th St. (6th-7th Aves)
NY, NY 10001 646-230-7715
www.chelseabicycles.net

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

Conrad's Bike Shop
25 Tudor City Place
NY, NY 10017 212-697-6966

Continuum Cycles
199 Ave. B (12th-13th Sts)
NY, NY 10009 212-505-8785
www.continuumcycles.com

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

Larry & Jeff's Bicycles Plus (1)
1400 3rd Ave. (79-80 Sts)
NY, NY 10021 (212) 794-2929
www.bicyclesnyc.com

Bill's Cyclery (2)
108-11 Liberty Ave.
Richmond Hill, NY 718-641-1880

Buddy's Schwinn Bicycle
79-30 Parsons Blvd,
Flushing, NY 11366
718-591-9180

Peak Mountain Bike Pro Shop
42-42 235th Street

South Shore Bicycle & Fitness
1067 Broadway
Woodmere, NY 11598
516-374-0606
www.southshorebicycle.com
Valley Stream Bicycle
95 E. Merrick Rd.
Valley Stream, NY 11580
516-825-8181
www.valleystreambicycle.com
Visentin Bike Pro Shop
51 Pine Hollow Rd., Rte. 106
Oyster Bay, NY 11771
516-922-2150
www.visentinbike.com

WESTCHESTER
Bicycles Unlimited
141 East Main St.
Elmsford, NY 10523
914-592-7979

Pelham Bicycle Center
109 Wolfs Lane
Pelham, NY 10803
914-738-3338
www.pelhambikes.com

Sierra Cycles
46 Garth Rd.
Scarsdale, NY 10583
914-725-8333

CONNECTICUT

Baybrook Bicycles
243 Captain Thomas Blvd
West Haven, CT 06516
203-933-4576

www.baybrookbicycles.com

College Street Cycles
252 College St.
New Haven, CT 06510
203-865-2724

www.collegestreetcycles.com

Newington Bicycle
1030 Main St.
Newington, CT 06111
860-667-0857

www.newingtonbike.com

NEW JERSEY
Bicycle Tech
246 Main St. Lincoln Park, NJ
07035 (973) 768-4998

Bicycle Workshop
175 Country Rd.
Tenafly NJ 07670 201-568-9372
www.bicycleworkshop.com

Marty's Reliable Cycle
173 Speedwell Ave.
Morristown, NJ 07960
973-538-7773
www.martysreliable.com

Strictly Bicycles
2347 Hudson Terrace
Fort Lee, NJ 07024
201-944-7074
www.strictlybicycles.com



Larry & Jeff's Bicycles Plus (2)
1690 2nd Ave. (87-88 Sts)
NY, NY 10128 212-722-2201

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

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

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

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

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

QUEENS
Arc De Triomphe Bicycles
114-01 Jamaica Ave.
Richmond Hill, NY 11418-2443
718-846-2099

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

LONG ISLAND
The Bicycle Planet
540 Jericho Turnpike
Syosset NY 11791 516-364-4434
www.thebicycleplanet.com

Bike Discounters (1)
2503 Middle Country Rd.
Centereach, NY 11720
631-471-3230

www.thebikeoutlet.com
Bike Discounters (2)
287 Portion Rd.
Ronkonkoma, NY 11779
631-737-9282

Brands Cycle Center
1966 Wantagh Ave.
Wantagh, NY 11793
516-781-6100
www.brandscycle.com

East End Bicycles
943 Montauk Hwy.
Shirley, NY 11967
631-399-7390

www.eastendbikes.com
Carl Hart Bicycles
620 Middle Country Rd.
Middle Island, NY 11953
631-924-5850

www.carlhart.com
Sayville Bike Works
75 Main St.
West Sayville, NY 11796
631-589-0009

D E T H I E L C Y C





On The Road

There are a number of people in NYC that hold memberships in more than one bicycle club. Most people ride primarily with one club, and sometimes with another. To that effect usually you do not see that many riders that hail from clubs other than their primary club on a ride.

On Sunday Sep 18, 2011 the ride from Ridgefield CT to Bethel CT things were very different. On this ride with the Long Island Bicycle Club six of the seven riders were also members of the 5BBC. They are from left to right, Larry Berger, Morris Getz, Gerry Regan, Mary Grady, Jane Weiller, Modesta Kraemer and Mike Moses.

The ride went though 40 miles of some of Connecticut's hilliest terrain.

Photograph by Mike Moses



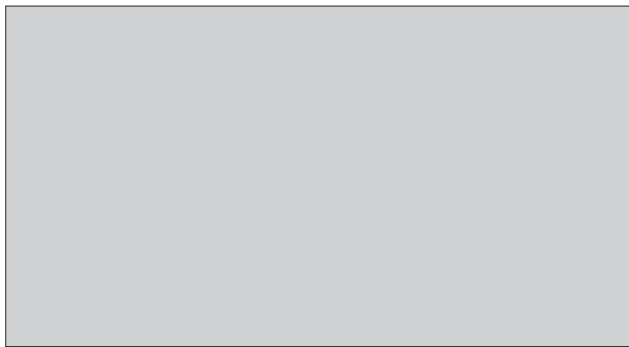
891 Amsterdam Avenue
New York, NY 10025-4403
www.5bbc.org

Address Service Requested

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



From the stone lighthouse in Roosevelt Island during a stop on the Two Boroughs ride, led by Bill Mastro., Sat., Sept. 10, 2011. Photo by Dan Bach.



☺ **Happy Holidays!** ☺

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

About the Five Borough Bicycle Club

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

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

Five Borough Bicycle Club membership is \$20, or \$25 for 2 members of the same household, is valid through December 31, 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 January-February 2012 issue is:

Monday 3 December 2011

Bicycletter
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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:
Adventure Cycling,
League of American Bicyclists (LAB),
New York Bicycling Coalition (NYBC)
New York City Bicycle Safety Coalition.



Join us on
Facebook and Twitter!

Facebook: <http://tinyurl.com/2fr17p5>
Twitter: www.twitter.com/5bbc



Cross Boro jersey designed by Caryn Greenberg. Available for \$65 see page 10, to order or visit www.5bbc.org