

# BICYCLER

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



CYCLING TO  
A NEW YEAR!



## 2011 Executive Board

Sharon Behnke

**PRESIDENT**

[president@5bbc.org](mailto:president@5bbc.org)

Andrea Casertano

**VICE PRESIDENT**

[vicepresident@5bbc.org](mailto:vicepresident@5bbc.org)

Randy Horowitz

**RECORDING SECRETARY**

[recordingsecy@5bbc.org](mailto:recordingsecy@5bbc.org)

Jim Zisfein

**CORRESPONDING SECRETARY**

[corresponding@5bbc.org](mailto:corresponding@5bbc.org)

Bob Castro

**TREASURER**

[treasurer@5bbc.org](mailto:treasurer@5bbc.org)

Ed Ravin

**DAY TRIPS**

[daytrips@5bbc.org](mailto:daytrips@5bbc.org)

Tod Moore

**WEEKEND TRIPS**

[weekends@5bbc.org](mailto:weekends@5bbc.org)

Alfredo Garcia

**BICYCLITTER**

[newsletter@5bbc.org](mailto:newsletter@5bbc.org)

Ed Pino & Liz Baum

**LEADERSHIP**

[leadership@5bbc.org](mailto:leadership@5bbc.org)

Phil Goldberg

**SPECIAL EVENTS**

[special-events@5bbc.org](mailto:special-events@5bbc.org)

Barry Hartglass

**PROGRAMS**

[programs@5bbc.org](mailto:programs@5bbc.org)

Jesse Brown

**BICYCLE COURSE**

[bikecourse@5bbc.org](mailto:bikecourse@5bbc.org)

Peter Engel

**COMMUNICATIONS**

[communications@5bbc.org](mailto:communications@5bbc.org)

Ben Karrasik

**WEBMASTER**

[webmaster@5bbc.org](mailto:webmaster@5bbc.org)

Fred Dieckamp

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

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

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

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

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

## About Day Trips

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

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

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

### Participants under age 18

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

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

### Bicycle Helmet Standards

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



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

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

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

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

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

Cover: Over the Williamsburg Bridge. From the Near Brooklyn ride led by Ed DeFreitas. Photo by Dan Bach. Above: The Bell "Volt" road bike helmet.

**General Meeting  
Monday Evening, January 24, 2011  
STREETS BLOG.ORG**



**Date:** Monday Evening January 24, 2011  
**Time:** 6:30 PM with refreshments  
**Meeting Starts:** 7 PM

**Location:** American Youth Hostels / Hostelling International (AYH-HI), 891 Amsterdam Avenue, New York, NY 10025 at 103rd Street, Manhattan. Subway: 1 to 103rd St.

*Calling all concerned Cyclists! Want to learn about the effectiveness of newsblogs? Ben is the editor of : STREETS BLOG NYC a daily online non-profit news source covering the movement (Sustainability) to make the city better for pedestrians, cyclists and transit with sister organizations in Los Angeles, San Francisco and Capitol Hill.*

*About Ben Fried:*

*Ben (above, center on the Bayonne Bridge) rediscovered cycling for transportation thanks to the Oberlin College bike co-op in Oberlin Ohio, during his senior year and has been an advocate of cycling ever since.*

**5BBC Meetings Presented by Barry Hartglass, Programs Coordinator  
programs@5bbc.org**

**COMING SOON**



Sunday, May 15



New Club Jersey designed by  
Caryn Greenberg!

**Bicycletter**

January-February 2011

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**Contributors:**

Antonio Rivera, Barry Hartglass, Bill Mastro, Bob Castro, Dalah Del Prado, Diane Goodwin, Ed Pino, Ed Ravin, Esneider Arevalo, Martial Henrys, Velojoy, etc.



**Happy New Year!  
Safe Cycling!  
Ride with 5BBC!  
Happy New Year!**



**PLEASE  
RENEW YOUR  
5BBC  
MEMBERSHIP  
FOR 2011!**

# 5BBC Day Trips January-February 2011

## 5BBC Rides Meeting Places

### Brooklyn Borough Hall

Cadman Plaza at Montague St., Brooklyn. Subways: A C F to Jay Street/Borough Hall, 2 3 4 5 to Borough Hall, R to Court Street.

### City Hall

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

### Columbus Circle

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

### Cunningham Park

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

### George Washington Bridge (GWB) Bus Terminal

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

### Grand Central Terminal

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

### HI-AYH

(AKA as "the hostel") Hostelling International / American Youth Hostels, 891 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. (Southeast corner)

Bronx. Subway: 2 to Pelham Parkway

### Plaza Hotel

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

## HAPPY NEW YEAR

### Sunday, January 2, 2011 THE WINTER PHANTOM RIDES AGAIN

**8:30 AM, Pelham Parkway & White Plains Road (SE corner), Bronx. 25 or so miles at a brisk 15 mph pace.**

Ride fast and stay warm this winter! Each ride in this Sunday series features a special edible treat. Leaders: Jesse Brown & Rodney Millard

### FROSTBITE #5: NEW YORK BOTANICAL GARDEN 10 AM, Plaza Hotel, 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 nybg.org. Bring a camera, lock, \$ for lunch and \$6 admission. Leaders: Ed DeFreitas & TBA

### Saturday January 8, 2011 BIKE TO THE SOUTH POLE 9:45 AM (for 10 AM ferry), South Ferry, 25 or 45 miles (optional early return)

Bike around Staten Island and by "around", we mean around. We focus on quiet neighborhoods, including miles-long paths (suitable for all types of bikes) in the island's parks and waterfronts. No major hills but we're rarely on the level. Bring lightweight lock, \$ for lunch at a Bavarian inn, and a Metrocard for optional early return via SIR after 25 miles. And yes, we will visit the South Pole ... at the southernmost point of New York State. Leaders: Richard Brause & Fritz Van Orden

### Saturday January 8, 2011 ☺ SUSTAINABLE LIVING DOWN THE ROAD 10 AM, Prospect Park, Grand Army Plaza, 20 leisurely miles

A 64-room mansion might not seem like the ideal place to learn about sustainable living, but the Cooper Hewitt Museum of Design in the former home of billionaire steel magnate Andrew Carnegie is actually the perfect place to see the latest innovations coming down the road. See how a city is being built in the Middle East that will be

completely self sustaining, how a van will get 80 miles per gallon, & how water can get transported safely and easily by individuals in some of the poorest regions of the world. Bring \$12 admission fee and money for lunch at a local eatery. Rain, snow or icy conditions at start cancels. Leaders: Richard Sanford & TBA

### Sunday, January 9, 2011 THE WINTER PHANTOM RIDES AGAIN

**8:30 AM, Pelham Parkway & White Plains Road (SE corner), Bronx. 25 or so miles at a brisk 15 mph pace.**

Ride fast and stay warm this winter! Each ride in this Sunday series features a special edible treat. Leaders: Jesse Brown & Rodney Millard

### Sunday, January 9, 2011 FROSTBITE #6: GARIBALDI/ALICE AUSTIN ON STATEN ISLAND 9:45 AM, City Hall, or 10:15 AM South Ferry or 11 AM, St. George, 20-30 miles (weather dependent)

Get transported again on the Staten Island Ferry for scenic riding. Visit the home of famed photographer Alice Austen, with gleaming views of New York Bay. She won't be home, but she appreciates your visit. Check the trip-related web [www.aliceausten.8m.com](http://www.aliceausten.8m.com). Don't worry about Guiseppe Garibaldi. Bring \$ for lunch at Cargo's, a lock and camera. Leaders: Ed DeFreitas & TBA

### Saturday, January 15, 2011 ☺ FILLMORE'S - A MEDIOCRE RIDE FOR A MEDIOCRE PRESIDENT 10:00 AM, Kew Gardens 25-30 easy flat miles

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

### Sunday, January 16, 2011 THE WINTER PHANTOM RIDES AGAIN 8:30 AM, Pelham Parkway & White Plains Road (SE corner), Bronx. 25 or so miles at a brisk 15 mph pace.

Ride fast and stay warm this winter! Each ride in this Sunday series features a special edible treat. Leaders: Jesse Brown & Rodney Millard

**FROSTBITE #7:  
UNCLE GEORGE'S (QUEENS)  
10 AM, City Hall, 30 miles.**

Ride into the borough that brought the Club some of our best leaders. Feast on Greek cuisine in Astoria. Take an excursion to Socrates Sculpture Park and other waterfront delights on the eastern shore of the East River. Maybe an aerial ride back to Manhattan. Bring a lock, \$ for lunch and a disposable camera. Leaders: Ed DeFreitas & TBA

**Plains Road (SE corner), Bronx. 25 or so miles at a brisk 15 mph pace.**

Ride fast and stay warm this winter! Each ride in this Sunday series features a special edible treat. Leaders: Jesse Brown & Rodney Millard

**Sunday, January 23, 2011  
FROSTBITE RIDE #8:  
FLAT ROCK NATURE PRESERVE  
10 AM, City Hall, 30 miles**

This privately owned park/preserve lets us bike to their Nature Center & hike on their trails. Lunch at a pond but probably indoors because even



Scene from the Gil Hodges ride, through Brooklyn, at an elementary public school named after the famed baseball first baseman, who played for the Brooklyn Dodgers and also lived in Brooklyn. Photo by Antonio Rivera.

**Saturday, Jan. 22, 2011  
A WARM RIDE TO (MAYBE) COLD PLACES  
9 AM, Kew Gardens, 35-40 quick-spin fast-paced miles**

Think warm thoughts about Rockaway Beach, and stay warm by taking this quick spin ride straight there. Dress appropriately, bring two spare tubes, Metrocard, water bottle and \$ for lunch. Temps below 30 degrees will cancel. Please check bulletin board day before for ride status. Leaders: Dennis Griffin & Ira Najowitz

**Sunday, January 23, 2011  
THE WINTER PHANTOM RIDES AGAIN  
8:30 AM, Pelham Parkway & White**

though Nature is wonderful, it's cold out there. Leaders: Ed DeFreitas & TBA

**Saturday, January 29, 2011  
THE CLIFFS OF ENGLEWOOD  
10 AM, HI-AYH, 30 miles**

It's the middle of winter, but the weather might be good for a ride over the GWB to Englewood Cliffs and a visit to our favorite diner for lunch. NOTE: Temperature below 32 degrees one hour before the start or any ice or snow on the road cancels. Leaders: Brian Hoberman & TBD

**Saturday, January 29, 2011  
WINTER TRAINING RIDE: SUNY STONY BROOK-PORT JEFFERSON  
9:00 AM, Kew Gardens, 50 hilly miles, Quick-Spin 15 mph pace**

**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, Staten Island Ferry, Manhattan. Subways: 1 to South Ferry, R to Whitehall St., 4 5 to Bowling Green. 2 3 A C E nearby

**St. George**  
St. George Terminal, Staten Island Ferry, Staten Island. Sub ground level (near parking lot). Go to Bike waiting area.

For a comprehensive list of ride locations, visit:  
[www.5bbc.org/meetingplaces.shtml](http://www.5bbc.org/meetingplaces.shtml)

**5BBC Members Have Fun**



Cycling on 5BBC day trips



And off the bike, at our 5BBC Holiday party. Join us!

Photos by Dan Bach (top) and Bill Mastro (above)



### IMPORTANT CYCLING NOTE #1

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

### IMPORTANT CYCLING NOTE #2

With cold weather, it's very important to: **Dress in layers, that can be removed when needed.** Take care to keep your hands and feet warm. 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](mailto:newsletter@5bbc.org) to help label and fold copies of the NEXT print edition of our humble Bicycletter to 5BBC members. Perhaps you can contribute articles & photos—let us know. Let's have fun getting the club's paper communiqué mailed to our members in the Age of the 21st Century Internet.

### BICYCLETTER



On Jan. 6, copies of the print Jan. Feb. Bicycletter was prepared for mailing by Alex Wong, Brian Hoberman, Eliana Hecht, Gia Tran, Jesse Brown Ken Coughlin and Phil Goldberg. Thanks!

Stay fit through winter with this challenging ride through Long Island's hilly north shore. Ride will loop around SUNY Stony Brook campus and the quaint village of Port Jefferson. This is a Quick-Spin ride - no point-drop-sweep. Ride ends at Port Jefferson LIRR station. Bring \$ for food and train fare, MTA Bike Permit, and a positive attitude.

NOTE: Temperature below 32 degrees one hour before the start or rain or any ice or snow on the road cancels the ride. Leaders: Dalah del Prado & Dennis Griffin

### Sunday, January 30, 2011 THE WINTER PHANTOM RIDES AGAIN

8:30 AM, Pelham Parkway & White Plains Road (SE corner), Bronx. 25 or so miles at a brisk 15 mph pace.

Ride fast and stay warm this winter! Each ride in this Sunday series features a special edible treat. Leaders: Jesse Brown & Rodney Millard

### FROSTBITE #9: CONEY ISLAND DREAMING (BROOKLYN) 10 AM, City Hall, 30 miles

To the Borough of Churches we will go - serene waterfronts of the Verrazano and Coney Island, lunch at Tototono's, renowned for prized pizza. Did you know pizza was first developed by the ancient Greeks, and that we consume nearly 4 acres of it every day? Bring lock, lunch money, your camera, and a couple of extra napkins. Leaders: Ed DeFreitas & TBA

### Saturday, February 5, 2011 1001 INVENTIONS 9:30 AM, Plaza Hotel, 25 leisurely miles

The Queens Hall of Science describes this exhibit as, "A Thousand Years of Science and Technology Developed Throughout Muslim Civilization." We'll discover "the forgotten history of men and women from a variety of faiths and backgrounds whose contributions to the advancement of scholarship and technology during the Middle Ages helped pave the way for the European Renaissance." This enlightening ride will show that the Dark Ages weren't all that dark. Go from 9th century flying machines to "the origins of everyday items like coffee, toothbrushes, soap, and much more." Bring \$11 admission fee and money for lunch at a local eatery. Rain, snow or icy conditions at the start of the ride cancels. Leaders Richard Sanford & TBA.

### Sunday, February 6, 2011 THE WINTER PHANTOM RIDES AGAIN 8:30 AM, Pelham Parkway & White Plains Road (SE corner), Bronx. 25 or so miles at a brisk 15 mph pace.

Ride fast and stay warm this winter! Each ride in this Sunday series features a special edible treat. Leaders: Jesse Brown & Rodney Millard

### FROSTBITE #10: QUADRUPLE BYPASS 10 AM, City Hall, 20 miles

Want to do hills but not get too far from the East River? Here's your chance! We'll zig-zag over the Brooklyn, Manhattan, Williamsburg and Queensborough bridges, finishing up at a bike friendly pizza place. Possible museum stop in LIC. Leaders: Ed DeFreitas & TBA

### Saturday, February 12, 2011 LOUIS ARMSTRONG HOUSE MUSEUM 9 AM, Cunningham Park, 15-20 miles (one-way), moderate pace

Visit the Corona, Queens home of legendary jazz musician and cultural icon Louis "Satchmo" Armstrong, where he lived with his wife Lucille from 1943 until his death in 1971. Bring \$6 for admission (includes guided tour), \$ for lunch, and a lock. Ride ends at the museum; the #7 train (103rd St. Station) is nearby. NOTE: Temperature below 32 degrees one hour before the start or any ice or snow on the road cancels. Related website: [louisarmstronghouse.org](http://louisarmstronghouse.org). Leaders: Ira Najowitz & Rudy Paulich

### Saturday, February 12, 2011 ABBREVIATED CHEESECAKE RIDE 12 PM, City Hall, 20 miles, moderate pace

It's winter. It's cold. It's time to give ourselves a rich sweet treat, as we make our way to Bed-Stuy Brooklyn for the best sweet potato cheesecake in the entire city. We'll climb over a few bridges and work up an appetite for Shakoor's special delight. Look for the full Cheesecake Ride later this year. Bring lock and \$ for the cheesecake. Rain, snow, icy conditions or temperatures below 25 at start cancels. Leaders: Bill Mastro & Andrea Casertano

**Sunday, February 13, 2011**  
**THE WINTER PHANTOM RIDES AGAIN**  
**8:30 AM, Pelham Parkway & White Plains Road (SE corner), Bronx. 25 or so miles at a brisk 15 mph pace.**

Ride fast and stay warm this winter! Each ride in this Sunday series features a special edible treat. Leaders: Jesse Brown & Rodney Millard

**Sunday, February 13, 2011**  
**FROSTBITE #11:**  
**SHEEPSHEAD BAY AND BEYOND (BROOKLYN) 10 AM, City Hall, 30 miles**



Leaders Rudy Paulich & Jim Zisfein, with trippers Mike Moses, Zachary & Julia Schlesinger, Doria Aumand, Paul Grabowsky, Steve Bauman, Dennis Griffin and John Slaski, on hilly & picturesque River Road during the Winter Solstice ride. Photo by Diane Goodwin.

Yet another excursion into the Borough of Churches. We'll check out the Shore Parkway greenway, and get a glimpse of the Atlantic Ocean. Bring lock, \$ for lunch and a camera. Leaders: Ed DeFreitas and TBA

**Saturday, February 19, 2011**  
**WINTER TRAINING RIDE:**  
**NEWBURGH-BEACON BRIDGE**  
**8:30 AM, George Washington Bridge Bus Terminal, 60 hilly miles, Quick-Spin 15 mph pace**

Stay fit through winter with this challenging yet scenic ride via Route 9W, Bear Mountain State Park, and Newburgh. We'll bookend the ride with two Hudson River crossings: the GWB at the start

and the Newburgh-Beacon Bridge at the end. Ride ends at the Beacon Metro-North station. No point-drop-sweep. Bring \$ for food and train fare, MTA Bike Permit, and a positive attitude. NOTE: Temperature below 32 degrees one hour before the start or rain or any ice or snow on the road cancels the ride. Leaders: Dalah del Prado & Howard Hall

**© FILLMORE'S - A MEDIOCRE RIDE FOR A MEDIOCRE PRESIDENT**  
**10 AM, Kew Gardens, 25-30 easy flat miles**

Take an easy, flat ride through the borough of Queens, circle the globe, and settle down for a

great lunch at Fillmore's Tavern, a bike-friendly restaurant with a pub-like atmosphere. Bring \$10 lunch money and a bike lock for this warm winter journey. Leaders: Ed Pino & Liz Baum

**Sunday, February 20, 2011**  
**THE WINTER PHANTOM RIDES AGAIN**  
**8:30 AM, Pelham Parkway & White Plains Road (SE corner), Bronx. 25 or so miles at a brisk 15 mph pace.**

Ride fast and stay warm this winter! Each ride in this Sunday series features a special edible treat. Leaders: Jesse Brown & Rodney Millard

## Bikes On Trains



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



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

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

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

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

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

For more information on all MTA trains, visit [www.mta.info/bike/](http://www.mta.info/bike/)



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



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

**5BBC Cycling Photos**  
by Dan Bach

Green Quilt & Near Brooklyn  
Rides



**Sunday, February 20, 2011**  
**FROSTBITE RIDE #12:**  
**A WINTER GIFT FROM OLMSTED**  
**AND VAUX**  
10 AM, City Hall 30 miles

Designed by Frederick Law Olmsted and Calvert Vaux after their success with Central Park, Prospect Park's 562 acres of woodland, meadows, and ponds is considered by many to be their masterpiece & the piece de resistance of a True



Happy and confident cyclists along Manhattan's 2nd Avenue, on Richard Sanford's Green Quilt ride. Photo by Dan Bach.

Home Town, Brooklyn. Leaders: Ed DeFreitas & TBA

**Saturday, February 26, 2011**  
**THE GRANDEUR OF THE HUDSON**  
9 AM, George Washington Bridge Bus  
Terminal, 45 miles

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

**HEAD SOUTH FOR THE WINTER**  
10 AM, Brooklyn Borough Hall, 30  
miles

Head south for the winter. Southern Brooklyn that is, as we loop down towards Coney Island and

Manhattan Beach. Bring lock and \$ for lunch. Rain, snow, icy conditions or temperatures below 30 at start cancels. Leaders: Bill Mastro & Rudy Paulich

**Sunday, February 27, 2011**  
**THE WINTER PHANTOM RIDES**  
**AGAIN**  
8:30 AM, Pelham Parkway & White  
Plains Road (SE corner), Bronx. 25 or  
so miles at a brisk 15 mph pace.

Ride fast and stay warm this winter! Each ride in this Sunday series features a special edible treat. Leaders: Jesse Brown & Rodney Millard

**FROSTBITE #13:**  
**RIDE TO PANCAKES (NJ)**  
9:45 AM, City Hall, 10:15 South Ferry  
or 11:00 St. George. 30 miles

Kull-ing all bikes! Kull-ing all bikes! Join us for an encore presentation to conclude our fabled series. Lunch will be extremely warm and delicious, at Bayonne's Broadway Diner. Then onwards to Liberty State Park, where you'll hear a tribute on the Liberation Monument. Shipping & park details at [www.siferry.com](http://www.siferry.com), [www.nywaterway.com](http://www.nywaterway.com) and [www.libertystatepark.com](http://www.libertystatepark.com). Bring a lock, ample \$ for lunch and a camera. Leaders: DeFreitas & TBA



# Ladies Cycle to Breezy Point

Photos by Kathryn Baur



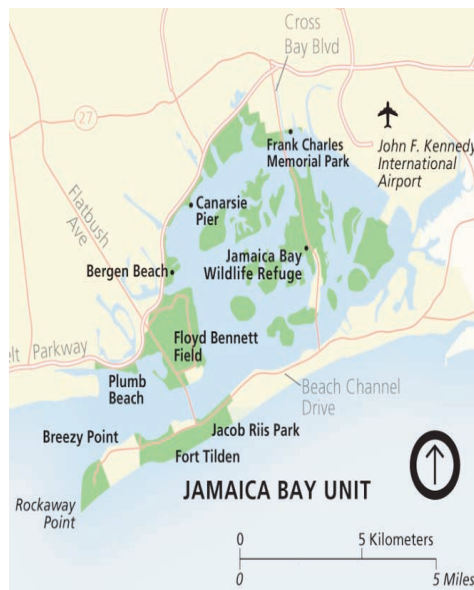
## Having Fun in the Rockaways.

On a nice Saturday, Nov. 13, 2010, 5BBC members Andrea Casertano, Susan Levine and Kathryn Baur (above) rode to Breezy Point, a community on the western end of the Rockaway peninsula in Queens. They enjoyed the views of the barrier beach of Breezy Point Tip, the Atlantic Ocean and Coney Island across, as well having a good ride.



### Information on Breezy Point:

[http://en.wikipedia.org/wiki/Breezy\\_Point,\\_Queens](http://en.wikipedia.org/wiki/Breezy_Point,_Queens)  
<http://www.nyharborparks.org/visit/brpo.html>

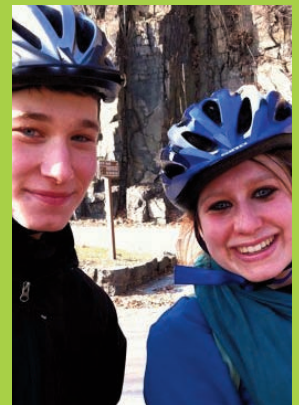


Map of the Rockaways & Jamaica Bay with adjacent areas, via Wikipedia.

## 5BBC Cycling Photos

by Diane Goodwin

Winter Solstice Ride





The tradition continues, for over forty years, in New York. On May 15, 2011, it will mean the:

## **5BBC MONTAUK CENTURY BICYCLE RIDE**

Our riders enjoy bike-friendly low-traffic routes, beautiful back road scenery, and views of the water.

We offer 2 check-ins: Penn Station in Manhattan, and the LIRR station in Babylon, Long Island.

We offer 3 start lines with route distances of 65, 100, and 145 miles. All routes feed into each other, and end at the same finish point in Montauk, where we provide a free hot meal (vegetarian option available), a hot shower and optional transportation home for you and your bike.

Many of our riders will choose to ride at their own pace, but we also offer group rides escorted by trained 5BBC leaders. We have a 65-mile relaxed-pace (12-13 mph) group -- perfect if this is your first long-distance ride.

And, if you would like to pedal the entire 145-mile route but would rather not try to do it in 1 day, the 5BBC offers an optional two-day Montauk Century weekend mini-vacation.

Throughout our entire event, the 5BBC still has fabulous S.A.G. (Support and Gear), in case you need help along the way. We have fully stocked start locations and five rest stops along the way with the best food and volunteers you can find!

For more information, please visit

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

Photo by Dalah Del Prado

It's why we train in the winter-

# Montauk Century 2011 - May 15

## Save the Date

Montauk Century - Registration will open in January 2011.

*Montauk May 15, 2011*

***Spring in the air. The wind at our backs. Nothing like it. Join us!***

Choose from 65, 100, and 145 mile routes on Long Island's beautiful South Shore. Check-in points are at Penn Station and the LIRR station in Babylon. All routes will end at the same location in bucolic Montauk. Showers will be offered upon arrival, and there will be transportation available to get you and your bike home safely.

Most of the riding will be done on flat roads. Food will be provided at rest stops, as well as at the finish line, and, henceforth, the dictionary definitions of, nutritious, and, delicious, will have to be amended, if not wholly rethought.

Your support allows the 5BBC to offer free day-rides every weekend (open to everyone), free monthly meetings, and it helps to cut rider costs on our multi-day weekend trips. It also allows us to provide our riders with classes on bike repair, as well as to make contributions within the cycling community. Last year we were able to support such organizations as Recycle a Bike, Transportation Alternatives, TNT, Lance Armstrong, Bronx River Alliance, Phoenix House, and the Pathfinders.



## Musings of a Bicycletter Man

Just wondering--how did most of you deal with the day after the December 26, 2010 snowstorm? Wasn't it fun seeing all that snow?



Some of us either had to go to work or had the day off. But were you able to do some cycling?



Most likely not. A two-minute bike check would not be possible if your two wheeler was kept outside. Your seatpost might have been buried in snow.



Despite the snow, let's look forward to a year of cycling with the 5BBC, when the weather gets better.

Alfredo Garcia  
Editor  
Bicycletter



Photo by Velojoy

## 8 Tips For Cycling In Post-Blizzard Slush

By Velojoy

For starters, it feels great to get outdoors after hunkering down during the storm (Dec. 26, 2010.) Fewer riders mean the bike lanes (those unblocked by snow, at least) are relatively empty. Finally, cycling is an efficient way to travel around town as the city digs out. Here are eight quick tips to help you stay warm, dry and safe:

■ There will be cold, wet spew. These days, many city bikes come equipped with fenders to help protect against the spray of water, salt and grime in sloppy weather. If you're interested in buying fenders — full, clip-on or flipper — seek advice from your local bike shop. Size and width of your tires and other features such as brake type are necessary considerations in fender selection.

■ You're going to get dirty, even with fenders. If you're commuting to work, you may want to pack an extra pair of trousers and shoes in a plastic bag. Covering up with waterproof pants is another option. (Fisherman's bib overalls were the choice of one rider I observed on 5th Ave.)

■ Keep your feet warm and dry with insulated, waterproof boots, and tuck in your pants.

■ Slow down. With road surface conditions throughout the day ranging from wet to slushy to snow-pack to black ice, exercise extra caution to help prevent a wipe-out.

■ The road narrows. Snow accumulation, plows and trucks catching up on deliveries may block the bike lanes, as shown on Second Ave. above. This means you may need to signal to motor vehicles and "own" the adjacent traffic lane more frequently than usual. Under these circumstances, good visibility is crucial, especially as

dusk falls. Don't forget your lights!

■ As always, actively scan ahead to anticipate the actions of cars, pedestrians and other cyclists and to give yourself time to plan your own moves. But also keep a close eye on the road right in front of you; metal or painted surfaces may become especially slippery and snow may hide debris. In the Sixth Avenue bike lane, for example, splintered wooden boards were almost perfectly camouflaged by a few inches of slush.

■ Expect the unexpected. On Prince Street, I got showered with the output from sudden ignition of a sidewalk snow-blower.

■ Wipe down your bike with a damp rag after your ride. If allowed to accumulate, road salt and grime can take a toll on your bicycle components.

**Read more on Velojoy, visit:**  
[www.velojoy.com/](http://www.velojoy.com/)

**Velojoy is a new cycling blog and online resource geared to women who ride in New York City.**



Photo by Alfredo Garcia.



John Slaski & Dennis Griffin. (DG)

# 5BBC Holiday Party 20th Anniversary

New York City, Hostelling International-AYH  
Saturday, Dec. 11, 2010



5BBC Leadership Coordinators Liz Baum & Ed Pino. (DDP)



Pearls of cycling wisdom--Phil O'Reilly, former 5BBC President from the early 1990s. (ACG)



Jesse Brown in the spotlight (ACG)



Donna Jeffrey with Susan McCarthy (ACG)



Lucy Prieto and Joan Zarodkiewicz. (DDP)



Various 5BBC board members were honored for their humble roles in the club with certificates. (BM)



Charlie McCorkell (left) received a special 5BBC award and Steve Faust (right) got the 5BBC Golden Spoke award. (ACG)



• 1. Veteran 5BBC leader Terry Chin, right  
• 2. Ken Coughlin, Eliana Hecht Mary McNulty and cycling friend.  
• 3. Julie Blackburn and Richard Pu  
• 4. 5BBC leader Richard Brause and member Dr. Peter Rosenstein.  
• 5. Diane Goodwin thinking about...brevets.  
• 6. Party Music DJs.



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- 7. Kathryn Baur and Andrea Casertano
- 8. Beth Katz, club president Sharon Behnke, veteran 5BBC leader Ed DeFreitas and Mary O'Neill.
- 9. Ageless 5BBC leader Jesse Brown and close friend.
- 10. Two ladies enjoying themselves.
- 11. Leila Rinehart and Wendy Frank.
- 12. Veteran leader Maggie Clarke and Laura Selikson.



- 13. A radiant Andrea Mercado seeing good friends all around.
- 14. Dashing 5BBC couple Lee Ilan and Peter Engel.
- 15. Karin Jacobson, right and her significant other, Peter.
- 16. Joe Aguiar, Richie Koprowski, Ted Kushner and 5BBC webmaster Ben Karassik go for a round of drinks.
- 17. Liz Baum with classic fedora hat, Randy Horowitz looking on.
- 18. Understated 5BBC Treasurer Bob Castro projecting great outcomes.





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- 19. 5BBC Quick Spin leaders Dennis Griffin and Ira Najowitz
- 20. Ely Spangenberg with Mary O'Neill and Caryn Greenberg.
- 21. Ed Ravin and Therese Shechter.
- 22. Dazed and confused: Danny Lieberman & Dalah Del Prado.
- 23. Thumb's Up: Alfredo Garcia and Glen Nison.
- 24. Good Situation: Ben surrounded by young women.



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- 25. Club President Sharon Behnke presents special club recognition award to Bicycle Habitat's Charlie McCorkell.
- 26. Charlie gives thanks to the 5BBC.
- 27. Sharon with John Sutter, 5BBC member since the early days before with the AYH Bike Committee.
- 28. John shares memories of the pre-5BBC years.
- 29. Sharon assures a confidence outlook for the 5BBC.
- 30. 1990s 5BBC President Phil O'Reilly offers advice for today.



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- 31. Sharon gives special award to Ed Pino and Liz Baum.
- 32. Ed Pino, Liz Baum & President Sharon Behnke with new 5BBC leaders who graduated last year: Mike Moses, Steven Levine, Fritz Van Orden, Bill Mastro and Dalah Del Prado.
- 33. 5BBC Board members check out their appreciation certificates.
- 34. 2010 and 2011 5BBC Executive Board members.
- 35. Golden Spoke Award 2010 recipient Steve Faust, honored for his advocacy efforts on behalf of the 5BBC.
- 36. Words of thanks from Steve.



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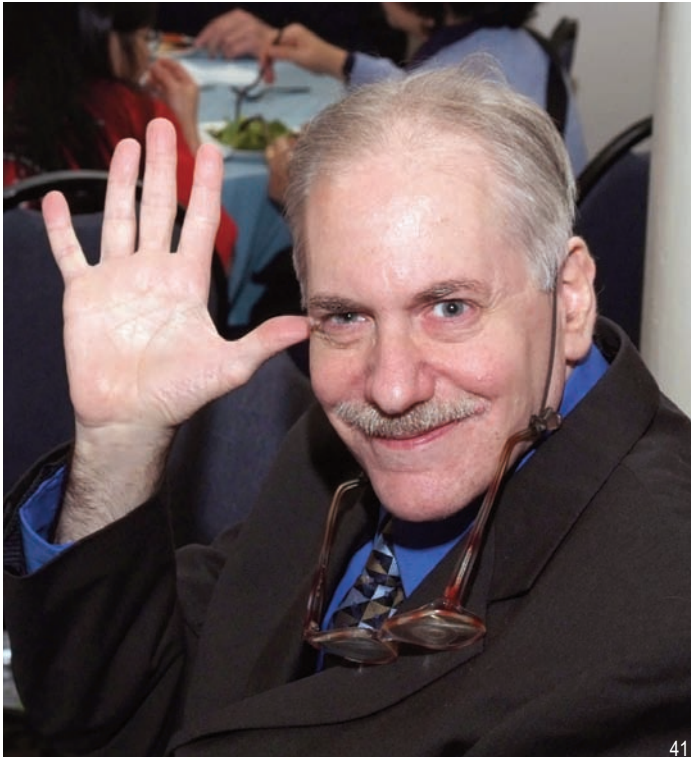
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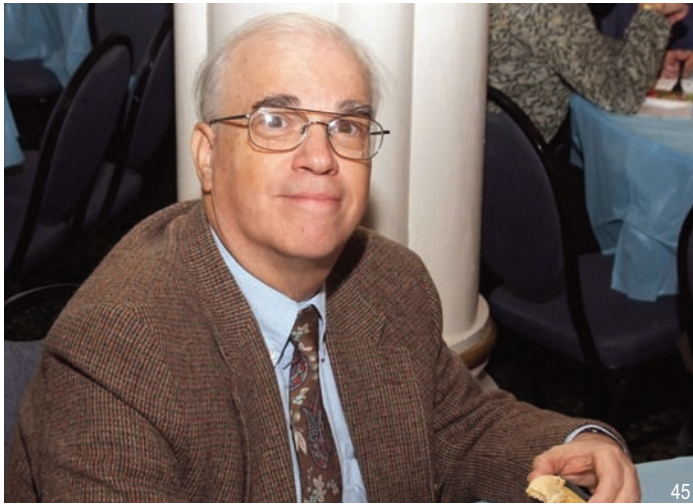
- 37. Leila Rinehart and Jackie Junntonen, with signed petitions to restore Staten Island bike lanes.
- 38. Alex Wong and Eric D. on the dance floor.
- 39. Everybody Dance!
- 40. Hand behind head, hand around shoulder & arm around body.
- 41. Freddy Miller says hello.
- 42. Raleigh Kelly, Mary Martinez and Mary O'Neill.



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- 43. Montauk co-directors Beth Katz & Bobby Bagomolny.
- 44. Ted Kushner, Leila Rinehart and Jeff Bernstein.
- 45. Steve Bauman.
- 46. Ken Coughlin and Eliana Hecht.
- 47. Father and Son--Jim and Ben Zisfein.
- 48. Many thanks to Barry Hartglass for presenting the 5BBC holiday party at Hostelling International-AYH.



John Sutter, longtime 5BBC member with a few words of the early days, before the 5BBC. (ACG)



2010 and 2011 5BBC Executive Board (BM)



Everything wonderful is new & cuddly--Dalah Del Prado and Lucy Prieto flank 5BBC leader Ira Najowitz. Phil Goldberg looks on. (DDP)



Dancing in different ways. (DDP)



Turn back the clock: On line for 1990's Macarena dance. (BM)



Glen Goldberg and Rena Gordon-Lefkowitz. (DG)



Glorious past: Patch from the 25th Montauk Century, May 3, 1970. It was produced by the pre-5BBC organization, the AYH's Bike Committee. Patch provided by John Sutter, who cycled the 100 miler, 40 years ago.



Dalah and Harry. (DG)



An Enjoyable Feast--Food for Steven Levine. (BM)



Photo Credits:  
ACG-Alfredo Garcia  
BM-Bill Mastro  
DDP-Dalah Del Prado  
DG-Diane Goodwin  
and Martial Henrys



## Stand Up Against the Anti-Bicycling Proposal!

*From Transportation Alternatives*

Stand Up Against the Anti-Bicycling Proposal! Send an e-fax to Councilmember Eric Ulrich to stop his proposal against bicyclists.

As reported by the NY Post, **Councilmember Eric Ulrich wants to introduce a draconian anti-bicycling bill that would require all New Yorkers to register their bicycles. Councilmember Ulrich has made bicyclists a scapegoat. His proposal will stop people from riding bicycles and make bicycling less safe. We need your help to stop his plans.**

**Take action! Send Councilmember Ulrich a fax and stand up against mandatory bicycle registration and Councilmember Ulrich's attack on bicycle riders.**

**Councilmember Ulrich's registration plan would require every adult to pay for an ID tag and affix it to their bike. This misguided proposal is a waste of City's resources and does nothing to improve safety, cycling or the city.**

T.A. needs your help to defeat this attack on bicycling. Stand up for your right to bicycle! Send an e-fax to Councilmember Ulrich now!

Practically speaking, bicycle registration would criminalize bicycling, waste valuable city resources and erect yet another obstacle for those seeking to ride a bike. It would do nothing to improve safety or enforcement, and would even make bicycling less safe by eroding the "safety in numbers" effect. As documented in annual Department of Trans-

portation bicycle and crash counts, bicycle crash rates go down as bicycle riding rates increase. There are sufficient traffic laws on the books, covering drivers, cyclists and commercial cyclists. What's missing from the equation isn't an ID tag, it's the NYPD's participation in enforcement.

Councilmember Ulrich is notably misguided about the safety of his constituents. Councilmember Ulrich says many of his constituents are senior citizens and that "people on bicycles scare the hell out of them. Sometimes they can be an intimidating presence on the city streets." But for all New Yorkers, and most especially senior citizens, being struck by a motor vehicle is by far the most serious threat on the streets. According to the DMV, in 2009 there were 75,539 automobile crashes in New York City, less than 4 percent of those crashes involved a bicycle. Seniors make up only 12 percent of the NYC population but they account for a whopping 39 percent of the total number of pedestrians killed by cars. Why is Councilmember Ulrich attacking bicycling instead of worrying about the greatest threat to the safety of his constituents?

Councilmember Ulrich's anti-bicycling proposal is an enormous waste of City resources and an attack against every New Yorker who owns a bike now or might ride in the future. Stand up to Councilmember Ulrich's anti-bike proposal now!

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### Sample Letter:

Dear Councilmember Ulrich,

I strongly oppose your bicycle registration proposal and urge you to withdraw it without delay. New Yorkers want to ride bikes, and cycling makes the city safer. At this moment of rising public transportation costs and City budget deficits, New Yorkers need political leadership that supports safe bicycling, safer streets and low-cost transportation more than ever.

If enacted, your plan will make bicycling more dangerous by discouraging bicycling. The fact is that as more people ride bikes, bicycling gets safer: according to Department of Transportation cycling counts, the number of New Yorkers riding bikes nearly doubled from 2000 to 2008 but annual cycling injuries declined 50 percent during that time. Your proposal will create a barrier for New Yorkers who want to go for bike rides and undermine the "safety in numbers" effect.

Your plan will also make the city more dangerous for everyone else. Cycling makes the city safer.

Streets with bike lanes see 40 percent fewer crashes resulting in death or serious injury for all users, whether they are biking, walking or driving a car. Recent street improvements and increases in cycling helped make 2009 the safest year for traffic since the City began keeping records 100 years ago.

If making streets safer for seniors is your goal, then please focus your efforts on the real problems facing pedestrians and support better enforcement and street design. Two-thirds of the people killed in NYC traffic die because of distracted motor vehicle driving, speeding, failure to yield to pedestrians

and other routine traffic violations. Get the NYPD to enforce these laws against drivers and cyclists alike and encourage them to target the most dangerous offenders. Support the City's Safe Streets for Seniors program. Seniors make up only 12 percent of the NYC population but they account for 39 percent of the total number of pedestrians killed by cars. The City's program targets areas with high numbers of seniors and redesigns streets to improve their safety.

Please do not waste anymore of our City's resources to discourage bicycling. You are distracting attention away from the life-saving potential of increased NYPD enforcement. Withdraw your proposal immediately and take a real stand for safer streets.

Thank you.

Sincerely,

=====

For more information, visit <http://transalt.org/takeaction/actioncenter/5059?v=4>





The Pacific coastal region of Nicaragua is really the only area you can ride through. The Caribbean side consists of more than 56% of Nicaragua's land but has only just over 10% of the country's total population and almost no roads. This is the story of a group of New York City travelers who rode their folding bikes along the Pacific region, late 2010.

# Cycling In Nicaragua

Article and Photos  
By Esneider Arevalo



Left: Esneider in Nicaragua, on the road from Managua to León, with Momotombo volcano on Lake Xolotlán, better known as Lake Managua (Lago de Managua.)

Jane and I had traveled to Costa Rica and Nicaragua before without bikes, and got to thinking that it would be great to ride our bikes in both countries. We had briefly rented bikes to ride around Ometepe.

Also I had been following the road racing scene in both countries so I knew there was a thriving cycling scene there. Around the same time Sarinya had thrown around the idea to travel to Costa Rica to celebrate her 30th birthday. Why don't we combine both? We have a couple of great friends in San Jose who were more than willing to give us a hand with a place to stay (and assemble the bikes) and use as a home base of sorts.

Both countries, and the rest of the Central American countries, are ideal for short trips. They are relatively small with cities close to each other, cheap – at least by our American pocket standards, safe – outside the main urban centers, and safe for cycling. Jane and I had ridden in Colombia and Venezuela and have been itching to ride elsewhere. It would also be easy to ride a whole country (or as

close to it) in a short time so that we would not have to take a lot of time off from work. One of the things about making a cycling trip like that would be to be able to “hit the ground running”--that is, to be ready to ride the distances from the beginning as opposed to the “ride into fitness” approach that a lot of time bike tourers take. Getting out of the New York fall/winter is another incentive. Usually it is best to get there around November, at the end of the rainy season, before the hottest days start (the dry hot season is December-April). We brought a few spare tubes and 2 tires for all three bikes. A couple of multi-tools, an expansion wrench, a pedal tool (not necessary but I like to not having to struggle with pedals). The extra tires and tubes went unused as we did not even get a flat. We bought brake pads at a local store but never got to install them. Local bike shops in Nicaragua do not have many spare parts, much less for internal gear mechanisms like ours, but the mechanics are capable of doing magic with what little they have.

We started our trip in early November.

So far so good. The roads are good and the people are great. The folders attract a lot of positive attention. Met a rider with the Nicaraguan national cycling team. Boy, those guys are my new heroes they have so little to train with but heart and guts. He is getting ready for the Vuelta al Chiriquí in Panama.

We got into León as it got dark, in a rush hour of bikes. We stood out as the natives don't use lights (we have blinkers front and back). Food at the market, hostels are more than willing to stash our bikes somewhere safe. Food has been great though Sarinya is vegan, which means lots of carbs and little protein sometimes. Beans when available.

We planned a 135 kilometer (83 mile) ride the next day, from León to Estelí.

Hot blistering sun? Check. Headwind? Check. Flat as hell? Oh wait-- let's add some real climbing. Jane had a bit of a crisis and after much debating we gave up in San Isidro as it was starting to get dark. Took a bus from there to Estelí. We ended with 120 kilometers (75 miles) and missed the last 30 kilometers (8 miles). It happens, I guess. Great road conditions. And lots of very nice people everywhere, ready to help.

We met a club ride that was finishing as we were leaving León. We met another member of the national cycling team. Plus an old Italian pro who now comes here for fun riding. The dude rode 6 Giros, 4 Tours and many other races- it was just really great to hang out with this group of old and young cyclists (youngest guy was 14!)

We have even encountered local bike lanes--they are totally separated by concrete barriers here. Oh, and factory parking lots full of bikes.

The cycling here is amazing as we get to see birds and many amazing landscapes.

We got a bit stuck in Estelí. After resolving a conflict among ourselves, Sarinya got sick. So we ended up getting stuck here for three days. It has been a bit difficult to adapt to each other's ways of riding (among other things). Did more riding before heading into this adventure, so I was ready to ride faster and longer.

Also I had the idea to ride fast then get done with the day early enough to explore whatever town we get to. I like to look around and stop if I see something interesting but not to hang out for a long time (I start cooling down and the legs get stiff if I stop for too long).

I meant to go riding on my own around town just not to have my legs get stiff. I dressed up for riding only to end up walking around town with Jane.

We finally headed out of town. Halfway on the ride, Sarinya was still sick. We made it to the town of Concordia, 36 kilometers (22 miles) from Estelí and she got on a bus to Jinotega. Jane and I continued only to face a very short but brutally steep hill. It was painful. But we made it to the main road and from then on, it was smooth, flat and beautiful riding into Jinotega.

We got some great food and the nicest hotel room so far, with television! Total riding for the day was a mere 72 kilometers (45 miles) but with some serious sharp climbing so I don't feel that bad.

We even met some interesting avant garde artists. Tomorrow we are planning to combine cycling and bus riding to Rivas to catch

a boat to the island of Ometepe. And hopefully get another boat to San Carlos. If we miss that boat we will have to backtrack (there are only boats Mondays and Thursdays) so that we can meet our Costa Rican friends and head to some indigenous communities in Costa Rica

So we ran out of time for many reasons so after Jinotega we took a bus down to Managua. Then rode our bikes and took another bus to San Jorge. We got on a ferry to Moyogalpa on Ometepe island. Then another bus to the other side of the island to the town of Altagracia.

Originally we intended to ride from Moyogalpa to Altagracia. but it was so late that we decided against riding in the dark. In Altagracia we got a room and went to sleep after getting dinner at a street stand. The next day we rode around the island to "ojo de agua" a natural spring spot that promises eternal youth to everyone to swim there.

So swim we did. Rode around the small volcano only to find that the road there was in terrible condition, only OK for mountain bikes. So we headed back. We got food by the side of the road. Jane and Sarinya jumped in the lake for another swim. I headed back to town to deal with getting hammocks and tickets for the 9-hour ferry cruise to San Carlos. Then ended up like a mad man chasing a hammock street vendor around town.

"Have you seen the hammock vendor? Yes that way..." Then I would ride for a block or two and ask again, until I got 3 hammocks. Headed back to the hostel to find that Jane and Sarinya were not back. I grabbed my panniers and headed to the port only to find that it was far and down a terrible unpaved road of sand and loose dirt, one of the worst we have encountered here.

As time was running out I rode as fast as I could and took a benign spill in the sand. Got to the pier to find that Jane had all our passports and that they would not sell me tickets without them.

In the meantime, Jane and Sarinya, having free time and having taken showers, thought I had gotten the hammocks and the tickets... turns out we also needed to register the bikes with the ferry company which meant more paperwork (and a longer time doing

it). At this point a ferry person told me it was getting too close, we might miss the boat.

Jane and Sarinya finally showed up, we got tickets and I started registering the bikes, only to find out Jane forgot our spare tires and tubes at the hostel. A woman offered to give one of us a ride in a car for 100 córdobas (about \$5). I told her to go for it. Jane got back in time for us to jump in the boat and see the bikes being loaded with tons of plantains and other food items... The ferry people were super nice and made sure they were OK.

Our hammocks made the 9-hour trip more comfortable. We got to San Carlos around 6 AM, dropped everything at a hostel, showered and decided to rest before taking the 9 AM boat down the river to El Castillo. Then Sarinya checked out the boat schedule and realized that there was only an 8 AM boat.

We run out of the hostel, found a taxi that took us to the pier. We got tickets to El Castillo. The boat cruise was about two and a half hours down the San Juan river. Saw many a bird and howler monkeys.

The San Juan river (though farther downstream, where the river meets the Atlantic Ocean) is the area that Nicaragua and Costa Rica are currently disputing. On television, they showed Nicaraguan soldiers and Costa Rican militarized police on opposing sides of the border, ready to start a war.

But we didn't see any deployed forces, or signs of the conflict.

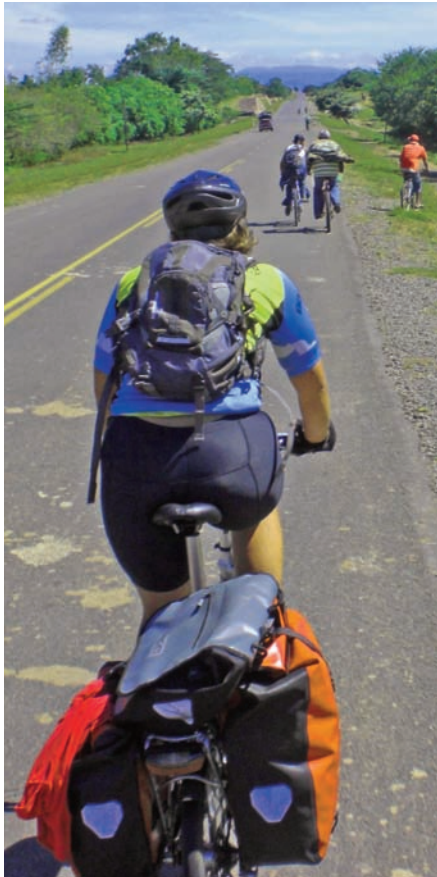
Our cruise was very interesting, full of life and we got a chance to check out a lifestyle in which the river is the only road around.

If you need a ride, you come to the edge of the river and flag the boat--called a panga--like a bus. The boat makes its way to the edge. Also vendors in fast boats sell drinks and snacks.

El Castillo is an old Spanish fortress that protected the river and was the first line of defense of the colonial city of Granada against the persistent British supported pirates. We got lunch in the village that exists on the edge of the river and around the fortress.



The Ometepe island ferry, the El Che Guevara.



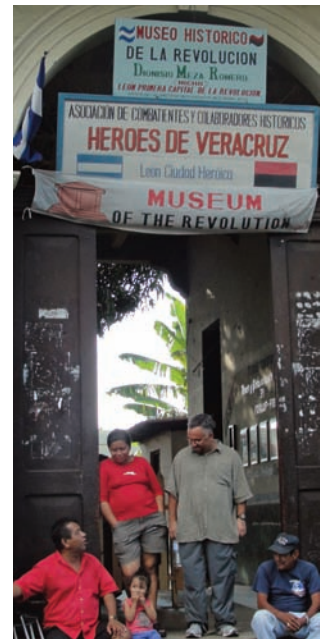
En route with local cyclists to Estelí.



Sarinya Srisakul, Jane Guskin and Esneider in Casa de Cultura, Masatepe.



Folding bikes are attention magnets--with professional firefighters in Estelí.



Museo Histórico de la Revolución, in Managua.



Uniquely Nicaraguan--Ruta de Bicicletas greenway, east of Telica.



Cyclists and pedestrians in town.

That afternoon we took the boat for our three and a half hour cruise back (upstream) to San Carlos.

The next day we showed up at the Nicaraguan Immigration office at around 7AM (we were told to be there no later than 8AM to make sure to catch the 10 AM boat). There were already plenty of Nicaraguans in line. Here's where the bikes became handy. A guy who was wearing civilian clothes came by and chatted about the bikes for a while. Really friendly.

When the doors were opened he came out again and waved us to the side and told us to go to straight to the immigration officials. "Better to deal with you guys first so the boat people can deal with the bikes."

That is when I realized he was the head of the whole place. After going through immigration we got in the boat and loaded the bikes. As people were getting in, I realized we had put the bikes in the place where everyone regularly puts their bags.

When I realized that I got up, took the panniers off and folded the bikes. A boat person came in and put our panniers inside the hull. The ride along the Río Frío to Los Chiles in Costa Rica only took about 1 and a half hours (the guide book said over 2 hours).

Costa Rican Customs waved us to the front, as soon as they saw the bikes. One of them got busy fumigating our wheels with who knows what horrible chemicals.

The customs agents looked at our panniers and decided not to check them (everyone else's bags got totally searched). We then got sent to Immigration. After that we rode down the street looking for the bus station which we almost missed because the bus station was really small with only 2 bays.

A bus was there going to Ciudad Quezada. The driver convinced us to take it as the direct bus to San Jose wouldn't leave until 4PM. His bus would leave at 1PM and Ciudad Quezada was halfway, from there we could take another bus for San Jose, which leaves frequently.

We did just that and got to San Jose around 6PM. We could not get in touch with Jose and Geanina, the people we were staying with. We rode around San Jose for a bit.

Traffic was horrible. We found a restaurant where they helped us put our bikes in a safe spot in their parking lot and got dinner. As we were finishing dinner we got in touch with our friends, got directions to their place and took off.

This was the worst traffic we encountered in our whole trip, just terrible. We survived thanks to the fact that we looked so bizarre to everyone with our folding bikes, panniers and lights that traffic slowed down just to check us out. At intersections we were waved through by kind drivers.

Sarina decided to pack up her bicycle since she would be renting a car the next day, picking up friends from New York at the airport and spending the week at a rented house near the Pacific coast. Before we went to Nicaragua, I thought Sarina knew how to pack her Dahon folding bike. But on the way there she ended up putting the bike and wheels in separate bags. I helped her by getting everything in one case with wheels, racks and panniers.

The next day we parted ways with Sarina. Jane and I left the bikes behind and together with Jose and Geanina took a bus to Bribri.

We spent the next 4 days living with a Bribri indigenous family in their community. We got to eat lots of local food, ride the horrible local buses, and rather comfy boats, They tried to teach us their language and showed us where the multinational mining companies are trying to displace the community to have open mines.

We did see a group of mountain bikers heading back to town one day. They looked miserable... kind of. When you come back from a long hard ride and are tired and really dirty but happy to have done it.

A great experience. We went back to San Jose only to pack the bikes up and go to the airport.



### A Few Things:

TACA, a joint Central American airline, allows full-size bikes in lieu of a checked bag for free. We found out a bit too late to consider taking our regular bikes. But the folder bikes came handy in a couple of occasions.

All buses in Costa Rica and Nicaragua were more than willing to take bikes--no boxes, no bags, etc., no problem. We got charged extra anywhere from \$1 to \$4 per bike. The bus from San Jose to Nicaragua (Tica Bus) said yes to the bikes, but if the bus got really full they asked for the bikes to be fully folded.

Folding bikes are attention magnets. People wanted to see them up close, touch them, ask questions (e.g. how much are they?). In Nicaragua, the cost of even a cheap Dahon folding bike is more than most people can even dream of. But no matter how much you explain folding the bikes, a real show stopper was to actually fold the bikes... there were ooooohs & aaaahs all around.

Nicaraguans usually ride huge mountain bikes. It is amazing to see Dad riding with Mom on the top tube, one kid on the handle bar and maybe the oldest kid on the pegs of the rear wheel. Or a couple of young lovers chatting while riding home. Bikes are the way to get around for most people in Nicaragua. During rush hour there are thousands of them on the streets.

The only bad side is that no one has lights--that coupled with dark roads makes for interesting riding. Baseball is the national sport. We saw lots of kids playing games everywhere. A couple of Brooklynites we meet in León told us about having a great time going to see a couple of pro games.

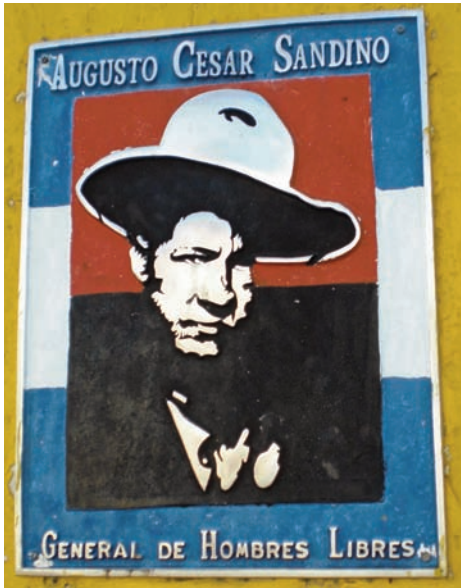
In Nicaragua, most roads are in great condition. Some are cobbled roads but very smooth and not bad at all to ride on. We did encounter a couple of roads in bad shape.



La Paz Centro: Vendor preparing Quesillo (local delicacy of tortillas, cheese & onions.)



Jane and her folding bike on the open Nicaraguan road.



Beloved national hero Augusto César Sandino.



Posing with a local cycling club. The gentleman, 2nd from right is a racer from the Nicaragua National Cycling Team.



Sarinya aboard El Che Guevara to Ometepe island



Folding bike handled on the roof of a bus in Jinotega.

The final descent into Laguna de Apoyo was bad but manageable. The road from Altagracia (Ometepe island) to the port where you take the ferry to San Carlos was horrible. It's only a few miles but terrible. A piece of the road on Ometepe's smaller island around the Madera volcano is also in bad condition. Though they are paving it so in a while it should be OK.

Food is easy to find, though vegan choices are limited. Also, in most if not all Nicaraguan towns, water is treated and potable. We filtered water only once. And only once we run low on water on a stretch of road from León to Esteli. But we did not run out.

Most accommodations are cheap and clean. Nothing luxurious but comfortable. There are more upscale places in the larger towns but I can't speak about them. Spanish is still the main language. We did find a few tourists who are traveling for months in Latin America and don't speak a word of Spanish. This baffled us. We were also baffled that a couple of Americans were saying they did not feel comfortable disclosing they were American and told people they were Canadian. This was very weird.

We never had problems anywhere.

Nicaraguans in general are open, warm and friendly. There are monuments to the fallen everywhere, and revolutionary museums. The León museum is the most complete that will give you a better comprehensive history of the nation. It is best to read a lot before traveling to have an understanding of what the people went through.

Costa Rica has, for the most, been slowly gentrified mostly by Americans and Europeans who live there illegally. As with Williamsburg in NY, they are also moving in droves to southern Nicaragua. We saw a lot of "for sale" signs in English. All things being what they are it would not bother me at all if the US & the EU did not make a big deal about immigration.

I like Nicaragua a lot more than I like Costa Rica. Traffic is lighter and people are friendlier I feel. We did see and heard a lot of disparaging stuff in Costa Rica. Most were directed at Nicaraguans and some to Colombians including a guy in a bus who



Ox-drawn carriage with nearly obscured driver.

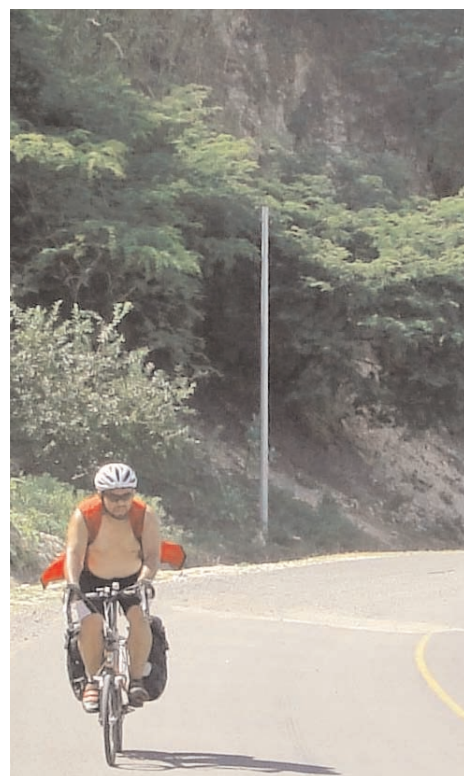


kept going about Colombians until he heard my accent. He then said Colombians had a "spark" or some nonsense.

The exception about traffic conditions in Nicaragua is Managua. Southbound and northbound buses leave from different bus terminals, so you have to ride from one terminal to the other through heavy traffic. You also have to ride through heavy traffic in the southern part of Managua to ride between Masaya and Leon.

Also, crime is relatively low in Nicaragua but again, Managua is the exception. We had no problems but you have to be alert.

For all the talking in the media about the conflict between Nicaragua and Costa Rica we did not see much of anything at the border area beyond a lonely Nicaraguan soldier who came to the boat to get a copy of the passenger list.



#### Bio

Born and raised in the cycling-obsessed South American country of Colombia, Esneider Arevalo is a second-generation avid cyclist and an enthusiastic traveler. He lives in Jackson Heights, Queens, and works as a chef at a vegan restaurant in Manhattan. In his spare time he is a vocalist with the hardcore punk band Huasipungo; volunteers at ABC No Rio, a cultural center on the Lower East Side; and does support work for Brazil's Movement of Landless Rural Workers (MST).



## Are You A Savvy Cyclist?

We all are reading in the papers about the changes in NYC with Cycling on the rise.

We as a club should be out front with educating the public and other riders. As roadways and bike trails become increasingly complex and congested, do you know all you need to know to safely ride a bicycle?

Do you feel you know enough to teach the public and other members of the club how to ride cautiously and conspicuously while on their own?

When you drive your car, are you confident on how to share the road with bicyclists?

The Savvy Cycling program gives you the tips, tools, and techniques to confidently to answer **YES** to each of those questions.

On our roadways, bikes are treated as vehicles. Simply knowing how to ride a bike is not the same as knowing how to operate a bike safely and legally.

I am urging all of you to take this class. When you learn to drive you take drivers ed. This class will give you bike ed.

I had been riding for years and learned so much when I took it.

This is also the first class you will need to take if you become an LCI. Classes are taught across the United States by certified League Cycling Instructors (LCI).

For information on how you can get cycling tips and presentations right now, visit the Bike New York education pages at [www.bikenewyork.com](http://www.bikenewyork.com).

The dates for classes will be listed soon.

Help the club by learning how to teach the public and our members to be safe.

See you on the road.

Ed Pino, LCI



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Dan Bach photo



# Ads by Members



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**20**  
**MONTAUK CENTURY**  
20th Anniversary  
Five Borough Bicycle Club  
Sunday, May 16, 2010



2010 design and jersey created by our own Caryn Greenberg.

Join us for next year's  
**5BBC Montauk Century**  
on:  
Sunday  
May 15, 2011  
www.5bbc.org/montauk

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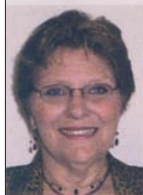
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Transportation Planning  
sfaust1534@earthlink.net

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.

## HAND-KNIT & HAND-CROCHETED

bicyclist's pant leg protectors  
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marinasknittery@gmail.com  
www.Marinasknittery.etsy.com

## Friday Night Kripalu Yoga!

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

*Breathe, Relax, Feel, Watch & Allow*

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

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



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www.limagephoto.com



## Bike Events on Tap



5 Boro Bike Tour Sun. 1 May 2011  
www.bikenewyork.org



Tour de Brooklyn Sun. 11 July  
2011 www.tourdequeens.org



TA Century Sun. Sept. 2011  
www.tourdebronx.org



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

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



**TREASURER'S ANNUAL REPORT - 2010**

The Five Borough Bicycle Club is a 501(c)4 non-profit (social welfare) organization under the IRS Internal Revenue Code. The club's fiscal year runs from December 1 to November 30. The club subsidizes its activities from membership dues and its sole fund raising event, the Montauk Century.

**INCOME & EXPENSE – 12/1/09 to 11/30/10**

	<b>Income</b>	<b>Expense</b>	<b>Gain/Loss</b>
Administration	817	5,463	(4,646)
Communications	0	3,885	(3,885)
Day Trips	645	1,257	(612)
Leadership	600	6,190	(5,590)
Membership	16,255	199	16,056
Newsletter	0	5,920	(5,920)
Programs	2,840	9,064	(6,224)
Special Events	165,410	139,651	25,759
Weekend Trips	13,274	13,664	(390)
<b>Total</b>	<b>199,841</b>	<b>185,293</b>	<b>15,548</b>

**Administration** – Income consists of contributions and interest on CDs. Expense consists of contributions to nonprofit organizations, insurance, stationery, postage, supplies and equipment.

**Communications** – Expenses consist mainly of flyers, brochures and related postage.

**Day Trips** – Income is from one day trip, Bike Philly. Like weekend trips, this day trip was budgeted to break even. Balance of expenses consist of ride leader's out-of-pocket expenses.

**Leadership** – Income is from nominal fees charged for our leadership training program. Expenses are for the training program and for annual awards for active ride leaders. In 2010 the 5BBC graduated ten new ride leaders.

**Membership** – Income consists of dues and merchandise sales. In 2010, income from membership dues was almost exactly the same as in 2009.

**Newsletter** – Expenses consist of printing and postage costs for hard copies of the Bicycletter. Roughly half our membership currently requests hard copies; the other half downloads cost-free pdf copies from the 5BBC web site.

**Programs** – Income is from our annual holiday party. Expenses are for the holiday

party and monthly meetings. Since the fiscal year ends on 11/30, this report contains income and expense figures for the 2009 holiday party.

**Special Events** - Along with membership dues, the Special Events account, aka Montauk Century subsidizes the club's other activities.

**Weekend Trips** – This account is budgeted to break even in keeping with 5BBC policy to make weekend trips as economically feasible to as many of its members as possible.

**NET WORTH as of 11/30/10**

<b>Assets</b>	
CDs & Checking Acct.	97,771
Merchandise Inventory	1,154
<b>Total Assets</b>	<b>98,925</b>
<b>Liabilities</b>	
Accounts Payable	(933)
<b>Net Worth</b>	<b>97,992</b>

*Submitted by  
Bob Castro, Treasurer  
December 23, 2010*



**2010 Ride Leaders**  
*Compiled by Bob Castro*

The following leaders led three or more rides in 2010.

In the process they earned their 2011 membership and other perks.

If this is the year that you'd like to join the leader's cadre, the **Leadership Training Course** on <http://5bbc.org/leader.shtml> is the place to visit on becoming a 5BBC leader.

- George Banks
- Liz Baum
- Sharon Behnke
- Richard Brause
- Jesse Brown
- Andrea Casertano
- Bob Castro
- Terry Chin
- Maggie Clarke
- Ed DeFreitas
- Fred Dieckamp
- Dan Finton
- Alfredo Garcia
- Phil Goldberg
- Dennis Griffin
- Brian Hoberman
- Randy Horowitz
- Dana Hudes
- Ted Kushner
- Susan Levine
- Danny Lieberman
- Rodney Millard
- Ira Najowitz
- Phil O'Reilly
- Ed Pino
- Wentworth Price
- Ed Ravin
- Richard Sanford
- Manny Sanudo
- Lee Ann Van Wyck

# 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

## Personal Preferences

### Required for 5BBC Membership

The 5BBC does lots of things for you, but there are some things you may not want us to do. Please put a check mark next to the things you don't want us to do. (Applies to both members if 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.

## Waiver and Release of Claims

### Required for 5BBC Membership

In consideration for your acceptance of my application for membership in the Five Borough Bicycle Club (the Club), I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property which I may have or which may accrue to me as a result of my participation in Club activities.

I discharge and release the Club and all other 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 Club Activities, whether or not caused by the negligence of any of the above parties. I acknowledge that bicycling and other activities of the Club involve risks, and I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in Club activities.

I attest that I am sufficiently trained for bicycling and I recognize that bicycling can be physically demanding. I acknowledge the Club's recommendation that I consult with a physician regarding the advisability of my participation in Club activities. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties are not an admission of liability. I understand that serious accidents may occur during Club activities and participants may sustain mortal or serious injury. Nevertheless, I agree to assume these risks and to release and hold harmless all of the parties mentioned above.

I understand that I may be photographed during Club rides or other Club activities. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by any of the parties mentioned above.

I attest that the equipment I will use in Club activities is in good mechanical condition. I agree to wear a CPSC or Snell approved helmet while participating in Club-sponsored bicycle rides. I have read and understand everything written above and I voluntarily sign this agreement.

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

\_\_\_\_\_  
Check here if under age 18

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

\_\_\_\_\_  
Check here if under age 18

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

### Agreement by Parent or Guardian of a Minor

I attest that I am the parent or guardian of the minor child applying for Club membership. I have read and understand the membership application and waiver and release of claims above and agree to its terms on behalf of myself and the child in consideration of his or her being allowed to participate in Club activities. Further, I fully understand that the child will be bicycling on public roads, in traffic. I further attest that I will maintain the equipment the child will use in Club activities in good mechanical condition.

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

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

## Payment

### 5BBC Membership

Individual \$20, Dual \$25.....\$ \_\_\_\_\_

Dual Membership: two persons at same address. All 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.

### Weekend Trips

Name of Trip \_\_\_\_\_

Number of Trippers \_\_\_\_ @ \$ \_\_\_\_ /Tripper .....\$ \_\_\_\_\_

See trip listings for prices. For insurance reasons

all trippers must be 5BBC members.

### Lady Liberty Jersey - CLOSEOUT SALE

Indicate quantity and size.

\_\_\_\_ Ladies (Circle One) ..... M..... L

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**

Rev. 6/23/10

## 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](http://www.westchesterpro.com)

#### BROOKLYN

**Bay Ridge Bicycle World**  
8916 3rd Ave. Bklyn, NY 11209  
718-238-1118  
[www.bayridgebikes.com](http://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](http://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](http://www.roysbikes.com)

#### **Verrazano Bicycle Shop**

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

#### MANHATTAN

#### **A Bicycle Shop**

163 W 22 St. NY, NY 10011  
212-691-6149 a-  
[www.bicycleshop.com](http://www.bicycleshop.com)

#### **B-Fold (Folding bikes)**

224 E 13th St. (2nd-3rd Aves)  
NY, NY 10003 212-529-7247  
[www.bfold.com](http://www.bfold.com)

#### **Bicycle Habitat**

244 Lafayette St  
NY, NY 10012 212-431-3315  
[bicyclehabitat.com](http://bicyclehabitat.com)

#### **Bicycle Renaissance**

430 Columbus Ave. (81st St)  
NY, NY 10024 212-724-2350  
[www.bicyclerenaisance.com](http://www.bicyclerenaisance.com)

#### **Champion Bicycles**

896 Amsterdam Ave (103-104 Sts)  
NY, NY 10024 212-662-2690  
[www.championbikes.com](http://www.championbikes.com)

#### **Chelsea Bicycles**

156 W 26th St. (6th-7th Aves)  
NY, NY 10001 646-230-7715  
[www.chelseabicycles.net](http://www.chelseabicycles.net)

#### **City Bicycles**

315 W 38 St NY, NY 10018  
212-563-3373  
[www.city-bicycle.com](http://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](http://www.continuumcycles.com)

#### **Gotham Bikes**

112 W Broadway  
NY, NY 10013 212-732-2453  
[www.togabikes.com](http://www.togabikes.com)

#### **Larry & Jeff's Bicycles Plus (1)**

1400 3rd Ave. (79-80 Sts)  
NY, NY 10021 (212) 794-2929  
[www.bicyclesnyc.com](http://www.bicyclesnyc.com)

#### **Larry & Jeff's Bicycles Plus (2)**

Richmond Hill, NY 718-641-1880

#### **Buddy's Schwinn Bicycle**

79-30 Parsons Blvd,  
Flushing, NY 11366  
718-591-9180

#### **Peak Mountain Bike Pro Shop**

42-42 235th Street  
Douglaston, NY 11363  
718-225-5119

#### **South Shore Bicycle & Fitness**

1067 Broadway  
Woodmere, NY 11598  
516-374-0606

[www.southshorebicycle.com](http://www.southshorebicycle.com)

#### **Valley Stream Bicycle**

95 E. Merrick Rd.  
Valley Stream, NY 11580  
516-825-8181

[www.valleystreambicycle.com](http://www.valleystreambicycle.com)

#### **Visentin Bike Pro Shop**

51 Pine Hollow Rd., Rte. 106  
Oyster Bay, NY 11771  
516-922-2150

[www.visentinbike.com](http://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](http://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](http://www.baybrookbicycles.com)

#### **College Street Cycles**

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

[www.collegestreetcycles.com](http://www.collegestreetcycles.com)

#### **Newington Bicycle**

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

[www.newingtonbike.com](http://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](http://www.bicycleworkshop.com)

#### **Marty's Reliable Cycle**

173 Speedwell Ave.  
Morristown, NJ 07960  
973-538-7773

[www.martysreliable.com](http://www.martysreliable.com)

#### **Strictly Bicycles**

2347 Hudson Terrace  
Fort Lee, NJ 07024  
201-944-7074

[www.strictlybicycles.com](http://www.strictlybicycles.com)



1690 2nd Ave. (87-88 Sts)  
NY, NY 10128 212-722-2201

#### **Midtown Metro Bicycles**

360 W 47th St NY, NY 10036  
212-581-4500  
[www.metrobicycles.com](http://www.metrobicycles.com)

#### **NYC Velo**

64 Second Ave. (4th St)  
NY, NY 10003 212-253-7771  
[www.nycvelo.com](http://www.nycvelo.com)

#### **Sid's Bike Shop**

235 E 34th Street NY, NY 10016  
212-213-8360  
[www.sidsbikes.com](http://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](http://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](http://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](http://www.ubuybikes.com)

#### **Bill's Cyclery (2)**

108-11 Liberty Ave.

[www.peakmtnbike.com](http://www.peakmtnbike.com)

#### **Spin City Cycle**

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

[www.spincitycycle.com](http://www.spincitycycle.com)

#### **Spokesman Cycles**

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

[www.spokesmancycles.com](http://www.spokesmancycles.com)

#### LONG ISLAND

#### **The Bicycle Planet**

540 Jericho Turnpike  
Syosset NY 11791 516-364-4434  
[www.thebicycleplanet.com](http://www.thebicycleplanet.com)

#### **Bike Discounters (1)**

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

[www.thebikeoutlet.com](http://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](http://www.brandscycle.com)

#### **East End Bicycles**

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

[www.eastendbikes.com](http://www.eastendbikes.com)

#### **Carl Hart Bicycles**

620 Middle Country Rd.  
Middle Island, NY 11953  
631-924-5850

[www.carlhart.com](http://www.carlhart.com)

#### **Sayville Bike Works**

75 Main St.  
West Sayville, NY 11796  
631-589-0009





c/o Bike New York  
891 Amsterdam Avenue, Room 002  
New York, NY 10025-4403  
[www.5bbc.org](http://www.5bbc.org)

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Phil Goldberg cycling on Manhattan's 2nd Ave. on the Green Quilt ride. Photo by Dan Bach.



**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](http://www.5bbc.org) for exact dates and locations. You can also contact the Five Borough Bicycle Club Programs Coordinator at [programs@5bbc.org](mailto:programs@5bbc.org).

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

Five Borough Bicycle Club membership is \$20, or \$25 for 2 members of the same household, is valid through December 31, 2011\*

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

Submissions to the Bicycletter are heartily encouraged, on CDs, flash drives or even 3.5" diskettes, accompanied by hard copy; or email [newsletter@5bbc.org](mailto:newsletter@5bbc.org). Please limit articles to 300 words. Classified ads are free to members.

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

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

**Monday 7 February 2011**

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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](mailto:info@5bbc.org)

For Bike New York, (212) 932-BIKE

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



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Photo by Diane Goodwin

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