

BICYCLER

Publication of the Five Borough Bicycle Club • March-April 2012 • Sans Print Edition • www.5bbc.org





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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 & brakes that work well.

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

About Day Trips

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

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

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

Participants under age 18

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

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

*Waiver available on page 27 and online at: www.5bbc.org/minor_waiver.pdf

Bicycle Helmet Standards

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

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

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

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

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



Cover: Postcard and poster for the 2012 5BBC Montauk Century. Above: Watts Summer EPS bike helmet, in white by Berns.

5BBC General Meetings

Presented by Ken Williams • programs@5bbc.org

Friday, March 23, 2012 BIKE LAW 5BBC-TA event at REI with Steve Vaccaro

6:30 PM, REI Store, Community Room, 295 Lafayette Street (Houston & Prince Streets)

Steve Vaccaro, a daily cyclist/lawyer representing cyclists and cycling organizations--will speak and take questions on cycling law topics, including the role of the Police (NYPD) and the District Attorney (DA) in crashes, how to navigate the No-Fault process, and the recent ticket blitzes in Central and Prospect Parks.

- What you need to know about crashes
- Navigate No-Fault coverage, deadlines, etc.
- Hit-and-runs and assaults
- Roles of the NYPD and the District Attorney
- Liability for road conditions
- Cyclists' right to the road
- Ticket blitzes
- Central and Prospect Park cycling rules
- What you need to know about cycling tickets
- Need to get involved in advocacy



Tuesday, April 3, 2012 - HOW TO BUY A BIKE
7:00 PM-Bicycle Habitat, 250 Lafayette St., (Prince and Spring Sts., open at 6:30 PM)

- So you want to buy a bike, but don't know where to start?
- Spend the evening with Bicycle Habitat's manager Emily Samstag as she guides you through the process, from evaluating your options to knowing what features matter most to you.
- Refreshments will be served along with special discounts for 5BBC members.

Bicycletter March-April 2012

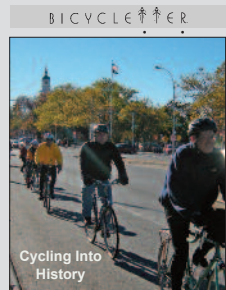
Sans Print Edition

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Contributors:

Bill Mastro, Dennis Griffin, Fred Dieckamp, Geoff Cohen, Glen Nison, James Durrah, Phil Goldberg, Stanley Fine, Wentworth Price, etc.



FAREWELL TO PAPER

A few months from now, the paper edition of the Bicycletter, long-time 5BBC bi-monthly publication, is being phased out.

The May-June 2012 issue will be the final print version.

There is a need to save paper to spare trees and the environment.

In addition, expenses of printing and postage in producing the newsletter, has increased. The 5BBC needs to cut costs.

This is one of them.

However, the Bicycletter will continue as a PDF file, which can be printed out. Enjoy in color as an interactive issue with related web links to click.

Alfredo Garcia
Editor
Bicycletter





2012 Montauk Century: front and rear views of the Jersey

5BBC Rides Meeting Places

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

The Cathedral of St. the Divine

112th St. & Amsterdam Ave., Manhattan. Subways: 1 C to 110th St.

City Hall

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

Columbus Circle

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

Cunningham Park

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

George Washington Bridge (GWB) Bus Station

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

Hostelling International New York (HI-NY, formerly HI-AYH, known as the "Hostel")

Amsterdam Ave. @ 103rd St., Manhattan. Subways: 1 to 103rd St., 2 3 to 96th St.

Hunter's Point Ave

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

Kew Gardens

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

Continued on page 8

5BBC Day Trips March-May 2012

Saturday, March 3, 2012

TEMPERATURE REGULATORS QUICK SPIN
9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE Corner) 30 miles or so at a 15 mph pace. No Point/Drop/Sweep

Unique and interesting experiences await you throughout the five boroughs and Westchester County on these brisk weather brisk-paced rides. Temperatures below 30 degrees or wet weather cancels. Call Jesse at 917-578-2244 for inquiries. Leaders: Jesse Brown and Rodney Millard

A GOOD DELI RIDE
9:30 AM, City Hall, across from Entrance to Brooklyn Bridge, 30-35 mostly flat miles at moderate pace

Come join us for a fun ride from City Hall into Brooklyn. The ride will feature some different neighborhoods and sights (not the usual Brooklyn locations). After a nice ride, lunch will be at an excellent Mill Basin Deli, but save room for dessert, because immediately after we will make a quick stop in Palermo before heading back to Manhattan. Bring lock, and money for lunch. In case of iffy weather check Bulletin Board or follow billm45s on Twitter. Leaders: Bill Mastro and Kathryn Baur

Sunday, March 4, 2012

THREE MUSEUMS
10:00 AM, City Hall, 25 miles, easy pace

Three Museums/Mansions/Homes. All in Manhattan. All here before the Civil War, except for one in a different place from where it was built. Two before there was a United States. Two wrapped up deeply in American history. Minor to zero entrance fees. Our city is 400 years old. You think it doesn't have history? In one place a Founding Father fulfills his dream for a family. While in another, his son revenges his death. In another nature shows us how to really live, simply and beautifully. Come find out what astounding things we Americans can do when we decide to. Bring lock, \$ for food. Leaders: Ed DeFreitas & TBA

TEMPERATURE REGULATORS QUICK SPIN
9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE Corner) 30 miles or so at a 15 mph pace. No Point/Drop/Sweep. Recurring ride-See March 3 and/or page 7

Saturday, March 10, 2012

MONTAUK TRAINING RIDE #1: HICKSVILLE
10 AM, Cunningham Park, Union Turnpike & 196 Pl, Queens, 35 miles

Not in shape for a 100 mile ride yet? That's OK, neither are we. Start preparing now for the Montauk Century with our training ride series - each week the rides get a little longer. Bring lightweight bike lock and lunch money. Leaders: Liz Baum and Ed Pino

TEMPERATURE REGULATORS QUICK SPIN
9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE Corner) 30 miles or so at a 15 mph pace, No Point/Drop/Sweep. Recurring ride-See March 3 and/or page 7

Sunday, March 11, 2012

Note: Standard Daylight Time begins Sunday, March 11, 2012. Set all clocks forward one hour.

MONTAUK TRAINING RIDE #2:
ENGLEWOOD 9:30 AM, Columbus Circle, 35 miles

Another early training ride with a short distance and an easily attainable goal. Enjoy the view from the GW Bridge on the way over to New Jersey. Leaders: Jim Zisfein, Andrea Casertano and Barukh Rohde

TEMPERATURE REGULATORS QUICK SPIN
9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE Corner) 30 miles or so at a 15 mph pace. No Point/Drop/Sweep. Recurring ride-See March 3 and/or page 7

UNDER & OVER THE HUDSON
9:30 AM, City Hall, 30 miles

Mostly flat with one big !@#%^^ hill. Stretch your legs along the long shoreline stretch from Hoboken to the G.W. Bridge. Bridge the Hudson back to NYC. Pass Seinfeld's (who?) haunt and choose your lunch cuisine from Italian, Asian and eastern European. It's all on one Amsterdam Ave. block between 110th & 111th streets. Then we'll follow the Hudson River line (really, ask Ed why) back down to City Hall. Bring money for lunch and bike lock. Leaders: Ed DeFreitas & TBD

Saturday, March 17, 2012

**MONTAUK TRAINING RIDE #3:
WEST ENGLEWOOD**
9:30 AM, Columbus Circle, 40 miles

The Montauk Training Series takes us over to New Jersey again, but a little farther than last week. Leaders: Jim Zisfein and Julie Blackburn

**MONTAUK TRAINING RIDE #4:
ALPINE TO HOBOKEN QUICK SPIN**
9:00 AM, GWB Bus Terminal, 177 St & Fort Washington Ave, Manhattan, 45 miles, Quick Spin pace 16+ mph

Montauk Training Quick Pace rides begin with a ride up River Rd to Alpine. We return to Hoboken via RT 9W and River Rd. Pre-ordered lunch @ Fiore's Deli. Return via PATH Train. Bring \$2.50 train fare & \$ for lunch. For possible ride updates please check Bulletin Board day before. Leaders: Dennis Griffin and Howard Hall

TEMPERATURE REGULATORS QUICK SPIN
9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE Corner) 30 miles or so at a 15 mph pace, No Point/Drop/Sweep. Recurring ride-See March 3 and/or page 7

Sunday, March 18, 2012

**MONTAUK TRAINING RIDE #5:
SANDS POINT**
10 AM, Cunningham Park, Union Turnpike & 196 Pl., Queens, 40 miles

One of the nicest spots to visit on the North Shore in Nassau County. The series rides get harder next week, so start training now! Bring a lightweight bike lock and money for lunch. Leaders: Liz Baum and Ed Pino

TEMPERATURE REGULATORS QUICK SPIN
9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE Corner) 30 miles or so at a 15 mph pace, No Point/Drop/Sweep. Recurring ride-See March 3 and/or page 7

FLAT ROCK NATURE PRESERVE
9:30 AM, City Hall, 30 miles, moderate pace

AAH Nature in Joisey! This privately owned nature preserve lets us bike to their Nature Center but, only hike their trails. Lunch at a pond teaming with life in the beautiful outdoors. It's Spring. Clear the winter cob webs and come for a ride. Clothing is not optional. Leaders: Ed DeFreitas & TBD

Saturday, March 24, 2012

TEMPERATURE REGULATORS QUICK SPIN
9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE Corner) 30 miles or so at a 15 mph pace, No Point/Drop/Sweep. Recurring ride-See March 3 and/or page 7

Sunday, March 25, 2012

**MONTAUK TRAINING RIDE #6:
NORTHVALE QUICK SPIN**
8:30 AM, Columbus Circle, Manhattan. 50 miles Quick Spin Pace, 16+ mph

Pedal up 9W to the town of Piermont before our luncheon rendezvous at the Northvale Diner. We will travel as a group and compress occasionally. No Point/Drop/Sweep. Bring lunch money, spare tubes. Consult Bulletin Board day before for possible ride updates. Leaders: Dennis Griffin & TBD

MONTAUK TRAINING RIDE #6: NORTHVALE
9:00 AM, Columbus Circle 45 miles, moderate pace

A little longer & hillier than last week but just as scenic. Bring lightweight bike lock, money for lunch. A more moderate pace than the Quick Spin ride with a good lunch in Northvale, NJ. Leaders: Jim Zisfein & Julie Blackburn

TEMPERATURE REGULATORS QUICK SPIN
9:00 AM, Pelham Parkway & White Plains Road, Bronx (SE Corner) 30 miles or so at a 15 mph pace, No Point/Drop/Sweep. Recurring ride-See March 3 and/or page 7

BROOKLYN SOJOURN
9:00 AM, City Hall, 40 miles, moderate pace, flat terrain

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

Saturday, March 31, 2012

**MONTAUK TRAINING RIDE #7:
LOCUST VALLEY**
9:30 AM, Cunningham Park, Union Turnpike & 196 Pl, Queens, moderate pace

Start gearing up for longer distances! Visit the quaint town of Locust Valley on Long Island's "Gold Coast". More info at www.locustvalley.com.

5BBC Recurring Rides Led by Jesse Brown and Rodney Millard

All rides meet at:
Pelham Parkway &
White Plains Road, Bronx
(SE corner). Directions:
Subway: 2 to Pelham
Parkway

Please call Jesse
917-578-2244
for inquiries.

TEMPERATURE REGULATORS

Saturdays & Sundays:
March 3-4, 10-11, 17-18,
24-25, 31, April 1, 7-8

9:00 AM, 30 miles or so at
a 15 mph pace. No Point /
Drop / Sweep

Unique and interesting
experiences await you
throughout the five boroughs
and Westchester County on
these brisk weather brisk
paced rides. Temperatures
below 30 degrees or wet
weather cancels.

SPECIAL FAMILY AND NEIGHBORS QUICK SPIN

Saturdays and Sunday,
May 19, 26-27

8:30 AM, Pelham Parkway
& White Plains Road (SE
Corner), Bronx

Cycling events designed for
vigorous individuals with
adventure in heart. We'll keep
an average pace of 15 mph
with no Point/Drop/Sweep.
Meet at start location 8:30
AM sharp. Work your bodies;
the payback is great!

All rides meet at:
Pelham Parkway & White
Plains Road, Bronx (SE
corner). Directions:
Subway: 2 to Pelham
Parkway

Please call Jesse
917-578-2244
for inquiries.

**5BBC Rides
Meeting Places (cont'd
from page 6)**

**Pelham Parkway & White Plains
Road, Bronx (SE corner)**

Bronx. Subway: 2 to Pelham
Parkway

Prospect Park (Grand Army Plaza)

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

RING Garden

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

South Ferry

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

St. George

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

Van Cortlandt Park

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

Water St. & Old Skip

At EmblemHeath sign, Manhattan.
Subway: 2 3 to Wall St. R to Rector
St. or Whitehall St. 1 to South Ferry.

World Trade Center

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

*For a comprehensive list of ride
locations, visit:*

www.5bbc.org/meetingplaces.shtml



Bring lightweight bike lock and lunch money.

Leaders: Kathrn Baur and Bill Mastro

MONTAUK TRAINING RIDE #7:

LOCUST VALLEY QUICK SPIN

9:00 AM, Cunningham Park, 50 miles

QUICK SPIN PACE 16+ mph

A slightly different route to Locust Valley,
Lattington, Dosoris Island, Glen Cove and Sea
Cliff. Limited stops and no Point/Drop/Sweep. A
great ride for a fast & detailed look at the Gold
Coast of Long Island. Check 5BBC Bulletin Board
day before for possible ride updates. Bring lunch
money, MTA Bike Permit. Leaders: Dennis Griffin
& TBD

TEMPERATURE REGULATORS QUICK SPIN

9:00 AM, Pelham Parkway & White Plains Road,

Bronx (SE Corner) 30 miles or so at a 15 mph

pace, No Point/Drop/Sweep. Recurring ride-See

March 3 and/or page 7.

Sunday, April 1, 2012

MONTAUK METRIC TRAINING RIDE #1:

HICKSVILLE

10:00 AM, Cunningham Park, Union Turnpike &

196 Pl, Queens, 35 miles

Yes, we did this ride back in March, but we're
re-using it as a training ride for those of you who
want to ride the metric century on Montauk day.
That's a hundred kilometers, which is only 60% of
a hundred miles--you can start training a month
later! Bring a lightweight bike lock and money for
lunch. Leaders: Liz Baum & Ed Pino

TEMPERATURE REGULATORS QUICK SPIN

9:00 AM, Pelham Parkway & White Plains Road,

Bronx (SE Corner) 30 miles or so at a 15 mph

pace, No Point/Drop/Sweep. Recurring ride-See

March 3 and/or page 7

FOUR BORO BIKE RIDE

9:00 AM, City Hall, 35 miles, moderate pace,

flat terrain

Sorry S.I. we promise to dedicate an entire ride to
you. We want to have enough time to give justice
to Arthur Avenue, deep in the heart of the Bronx.
On our way, we'll pass through Brooklyn and
Queens and cross the Tri Borough Bridge into the
Bronx. Lunch along Arthur Ave., an Italian
enclave. Belmont Ave. is the origin of "Dion & The
Belmonts" name. Look around for others. Then,
back to Manhattan along the East River to City
Hall. Bring a lock and money for lunch. Leaders:
Ed DeFreitas & TBD

☺ BRONX RIVER RAMBLE

11:00 AM, RING GARDEN, Riverside Drive

Park Benches, 25-32 miles

Let's venture north on a very pretty route through
the burbs of lower Westchester to a diner in
Scarsdale or White Plains for lunch. We have a
choice of lovely bike paths along the upper Bronx
River and lakes and lovely residential roads with
immaculate landscaping. We will observe Club
riding etiquette. Helmets required! Bring MTA
bike permit. Temperatures below 40 degrees, icy
roads or 50% chance of precipitation cancels. Call
Maggie after 9 AM if still in doubt about weather
conditions. Tel. No. 212-567-8272. Leaders:
Maggie Clarke & TBD

Saturday, April 7, 2012

MONTAUK TRAINING RIDE #8:

PORT JEFFERSON QUICK SPIN

8:15 AM, Cunningham Park, 65 miles

QUICK SPIN PACE 17+ mph

We'll avoid those many potholes in Nassau county
and go straight out to Port Jefferson by passing
through Huntington, Kings Park, Smithtown and
Stony Brook. Lightly-trafficked roads throughout.
LIRR return from Port Jefferson. Bring lunch
money, MTA bike permit, train fare (\$11.50 to
Penn Station, \$9.00 to Jamaica) and money for
lunch. Please note starting time of 8:15 AM. Please
check 5BBC Bulletin Board the day before for
possible ride updates. Leaders: Howard Hall and
Dennis Griffin

MONTAUK TRAINING RIDE #9:

CENTRE ISLAND

9:00 AM, Cunningham Park, 65 miles,

moderate pace

One of our favorite destinations - when you're out
along the breathtaking shore you might find the
hills not as daunting as the last time. Bring money
for lunch and MTA Bike permit. Leaders: Bill
Mastro and Leo Cairo

MONTAUK TRAINING RIDE #10:

WESTWOOD

9:00 AM, Eleanor Roosevelt Statue, 72 St &

Riverside Drive, Manhattan, 55 miles

Out in the far corner of Bergen County, where the
farther you go, the prettier it gets, lies the scenic
hamlet of Westwood. Bring a lightweight lock and
money for lunch. Leaders: Julie Blackburn & TBD

RIDE, FIX FLATS, EAT, BIKE COURSE RIDE

10 AM, Columbus Circle, Manhattan, 25-30 miles

After riding from Columbus Circle to Dyckman Park mostly along bike paths, we will teach people how to fix flats, patch tires, and-special bonus!-how to adjust handlebar heights (for those bikes that have adjustable handlebars). Bring lunch or money for lunch. Leaders: Dan Finton and TBD

BRONX GREENWAY TOUR QUICK SPIN
8:30AM, Pelham Parkway & White Plains Road, Bronx (SE Corner)

We will be travelling at an average speed of 15 mph. There will be no Point/Drop/Sweep. Explore the little known treasures of the Bronx greenway system and some unique features of the only borough attached to the mainland. We can assure you that you'll be pleasantly surprised. Leaders: Jesse Brown and Rodney Millard

Sunday, April 8, 2012

THE BROOKLYN WATERFRONT GREENWAY
9:00 AM, Hunter's Point Ave (Corner of Jackson Ave & Hunter's Point Ave), Queens, 22-30 miles

We'll explore and ride the Brooklyn waterfront Greenway project. Learn what these cycling pioneers are creating. This is the way the bicycling community got so much of what we enjoy today. we'll go all the way to Olmstead Park. If you like it and get inspired, lend a hand and leave your mark. See www.brooklyngreenway.org. Note: if you decide to return to start the mileage will be 30 miles. Leaders: Ed DeFreitas & TBD

"OFF ROAD" ON THE OLD PUTNAM TRAIL QUICK SPIN
8:30 AM, Van Cortland Park, 242 St & Broadway, No Point/Drop/Sweep

We'll be embarking on a journey up the Old Putnam Trail and down the Old Croton Aqueduct. Travelling on surfaces best suited for 27c road tires, hybrid, cyclocross or mountain bikes. Vigorous pace. We'll prove that you can go off-road without using extraordinary, specialized equipment. Come explore the new urban environment. Special surprises abound! Bring money for lunch and MTA Bike Permit. Leaders: Jesse Brown and Rodney Millard

Saturday, April 14, 2012

MONTAUK TRAINING RIDE # 11:
ROCKLAND LAKE QUICK SPIN
8:15 AM, Columbus Circle, 75 miles
QUICK SPIN PACE 17+ mph

Head up to the Titanic Deli in Congers to pick up lunch before visiting the park. A challenging

return down (& UP) Route 9W. Hills will dictate. No Pont/Drop/Sweep. Check 5BBC Bulletin Board day before for possible updates. Please note: there are no "bailouts" along the route. Bring lunch money two water bottles & two spare tubes. Leaders: Dennis Griffin and Howard Hall

MONTAUK TRAINING RIDE #11:
ROCKLAND LAKE
8:45 AM, Columbus Circle, 70 miles

Go into the northern reaches of Rockland county and the town of Congers. If you've been training with us you should be ready for all the hills on the way to Rockland State Park. Bring a lightweight bike lock and money for lunch. Leaders: Julie Blackburn and Jim Zisfein

Sunday, April 15, 2012

MONTAUK METRIC TRAINING RIDE #2:
ENGLEWOOD
9:00 AM, Columbus Circle, 30 miles

Medium-paced ride over the GW Bridge and the hills of Bergen County. Bring a lightweight bike lock and \$ for lunch. Leaders: Diane Goodwin and Ed DeFreitas

☺ **CHERRY BLOSSOM RIDE**
9:30 AM, World Trade Center PATH Station - downstairs at ticket machine, 35 miles, relaxed pace

Buy your ticket when you arrive or bring your Metro Card. We'll take the 9:42 AM train to Newark, and ride at a sedate pace through Branch Brook Park where there are more cherry trees than anywhere else on the East Coast (including Washington, DC!). Then we go further into Essex County, NJ on a gorgeous route through the wealthy Montclairs to a diner in Upper Montclair for lunch. We'll see the blossoms again upon our return. Bring a camera, money for PATH and for lunch. Leaders: Maggie Clarke and Jim Zisfein

Saturday, April 21, 2012

MONTAUK METRIC TRAINING RIDE #3:
CITY ISLAND
9:00 AM, Columbus Circle, 40 miles

Lots of greenway riding and lunch at everyone's favorite fast food place in NYC's little marine village in the Bronx overlooking Long Island Sound. Bring lightweight bike lock and lunch money. Leaders: Bill Mastro and Ed Ravin

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

**Scenes from the 5BBC
Holiday Party,
Sat. January 7, 2012**

Photos by Glen Nison.



**PIERMONT AND NYACK QUICK SPIN
8:30 AM, GWB Bus Terminal, 177 St & Fort
Washington Ave (NE Corner) 50 miles**

We will be travelling at a 15 mph pace up to the towns of Piermont and Nyack, NY. Get ready for the start of your season in the sun. Check out our easy riding route! Leaders: Jesse Brown and Rodney Millard

Sunday, April 22, 2012

**MONTAUK TRAINING RIDE #12:
SUNKEN MEADOW
8:30 AM, Cunningham Park, 75 miles**

Now this is a truly great ride! Never mind the training aspect; it's just fun, fun, fun all the way to the beach. Bring your MTA Bike Permit just in case. Leaders: Bill Mastro, Kathryn Baur, Ed Pino & Liz Baum

**MONTAUK TRAINING RIDE #12:
SUNKEN MEADOW QUICK SPIN
8:15 AM, Cunningham Park, 75 miles.
Quick Spin pace 17+ mph**

There will not be Point/Drop/Sweep as we head non-stop to Syosset. After a short break we'll head out to the Sunken Meadow Park boardwalk. On the way back we'll top off along the highest point in Long Island. Bring \$ for lunch and MTA Bike Permit. Please check 5BBC Bulletin Board day before ride for possible updates. Leaders: Dennis Griffin & Julie Blackburn

**CROTON RESERVOIR TRIPLE-CROSS
9:00 AM, Van Cortland Park, Bronx, 40 miles,
leisurely 10-12 mph pace**

You can have your water and drink it too. Get your fill of Westchester's Croton Reservoir with three lake crossings - the "Old Put" railroad Bridge, Old Croton Dam (Gate House) Bridge, and the New Croton Dam- plus a splendiferous (although slightly bumpy) ride along the lake shore. Ride ends at Croton-Harrison Metro-North station. Bring \$ for lunch, \$9.00 train fare for return ride and MTA Bike Permit. Leaders: Maggie Clarke and Jim Zisfein

**RIDE TO HOBOKEN QUICK SPIN
8:30 AM, GWB Bridge Bus Terminal, 177 St
and Fort Washington Ave (NE Corner)**

The pace is 15 mph. No Point/Drop/Sweep. You will be rewarded not only by the panorama but by the food fare as well. Come eat and be well! Leaders: Jesse Brown and Rodney Millard

**RIDE TO GARIBALDI/ALICE AUSTEN IN
STATEN ISLAND
9:00 AM, City Hall, 9:15 AM, South Ferry, 10:00
AM, St George**

Get transported again on the Staten Island ferry for scenic riding. You can get anything you want at Alice's Restaurant- oops wrong song- it's Cargo's. Visit the home of famed photographer Alice Austen, with gleaming views of New York Bay. She won't be at home, but appreciates your coming. Check out the trip-related web www.aliceausten.8m.com. Don't worry about Guiseppe Garibaldi, baby. Bring \$ for lunch at Cargo's, a lock and a digital camera. Leaders: Ed DeFreitas and TBD.

Saturday, April 28, 2012

**MONTAUK TRAINING RIDE #13:
STONY POINT QUICK SPIN
7:45 AM, Columbus Circle, 85 miles.
Quick Spin pace 17+ mph, Hilly Terrain**

80 mile ride not hard enough? If you're in serious training for the longest of our Montauk rides try this route at a fast pace. No point/drop/sweep. Rte 9W will be our primary route with some hill-climbing north-west of Haverstraw. Excellent lunch overlooking the Hudson! Check 5BBC Bulletin Board the day before for possible ride updates. Bring \$ for lunch and MTA Bike Permit just in case as well. Leaders: Dennis Griffin & TBD

**MONTAUK TRAINING RIDE #13:
STONY POINT
8:00 AM, Columbus Circle, 82 miles**

Stony Point, just south of Bear Mountain, is one of the most strenuous and challenging trips in the training ride series. This ride is very hilly so don't attempt this unless you are ready for some hard work! Bring MTA Bike Permit just in case as well as \$ for an excellent deli lunch. Leaders: Julie Blackburn, Alfredo Garcia and Jim Zisfein

**THE GREENWAYS OF THE BRONX,
MANHATTAN AND BROOKLYN
QUICK SPIN
8:30 AM, Pelham Parkway & White Plains
Road, Bronx (SE Corner)**

We'll be travelling at a 15 mph pace. No Point/Drop/Sweep. This is a unique cycling experience. You will have fun learning something new. A great workout! Leaders: Jesse Brown & Rodney Millard

☺ VAMOS AL BARRIO

LANGUAGE IMMERSION RIDE

10:15 AM, Grand Army Plaza (Prospect Park),
Brooklyn, 25 miles

It's the end of April and you missed your Spring Break flight to Puerto Rico. Relax amigo. We'll just bring a piece of Puerto Rico to you! We'll even add some Mexico as well. Join us for this language immersion ride to "El Barrio", also known as "Spanish Harlem". Your pledge? Speak the most Spanish possible. Even if you only know how to say "Buenos dias", we'll help you be creative. Bring money for lunch at a local restaurant. Rain at start of ride cancels. Leaders: Richard Sanford & TBA.

Sunday, April 29, 2012

INTRODUCTION TO YOUR BIKE AND BIKE REPAIR

9:00 AM, Grand Army Plaza entrance to Prospect
Park, Brooklyn, 25-30 miles 12-14 mph pace

Ride and learn while heading to Coney Island. This series of "repair rides" will teach you the basics of maintaining, adjusting, and repairing your bicycle. Topics include flat tires, brake and derailleur adjustments, and perhaps even wheel truing. Subjects will vary depending on what you need to learn! Bring money for lunch. Leaders: Jesse Brown and Andrea Casertano

UNOFFICIAL BIKE NY PRE-RIDE

8:30 AM, City Hall (base of Brooklyn Bridge),
35 miles

In the fine tradition of the old Pre-Ride we will travel mostly traffic free. We'll keep a 10-12 mph pace and use the P/D/S system. No one will be left behind. Just like the 30,000 folks in next week's event (BIKE NEW YORK), we'll hit all five boroughs via four bridges and the Staten Island Ferry. End up at Cargo's for late lunch. The City is beautiful so bring a camera!

Leaders: Ed DeFreitas and Rodney Millard

TRI-BORO, NOT THE BRIDGE (AKA - THE EMPANADA RIDE)

9:30 AM, Water St & Old Slip, Manhattan (at
EmblemHealth Sign), 40 mostly flat miles

Manhattan, Brooklyn and Queens - we meander from the industrial to the bucolic, from the commercial to the high-end and not so high-end residential, plus some cemeteries (it's Queens, after all), a ride by the velodrome and empanadas in Corona for lunch. Bring lock and bring or buy lunch. In case of iffy weather check Bulletin Board or follow billm45s on Twitter. Leaders: Bill Mastro and Rudy Paulich

Saturday, May 5, 2012

MONTAUK TRAINING RIDE #14: LLOYD NECK

7:45 AM, Cunningham Park, Union Turnpike &
196 Pl., Queens, 85 miles

Not for beginners. This ride is hilly and technical and you must be able to keep a good pace. There is no Point/Drop/Sweep and we ride as a group. No separate Quick Spin. Pack some snacks for the trip, in case you need extra energy, and plenty of water so you avoid the leg cramps. Warning, not for beginners! Bring \$ for lunch and MTA Bike Permit. Leaders: Steve Levine & TBD

THE BLESSING OF THE BIKES

9:30 AM, The Cathedral of St. John the Divine,
112 St & Amsterdam Ave, Manhattan,
leisurely pace, less than 10 miles

See www.theblessingofthebikes.com

After the blessing, approx 10 AM, join Ed & Liz as we ride down from the Blessing of the Bikes to the NY Bike Expo. www.bikenyork.org

Leaders: Liz Baum & Ed Pino

Sunday, May 6, 2012

BIKE NEW YORK FIVE BOROUGH BIKE TOUR

OFF-ROAD RIDE TO NYACK QUICK SPIN

8:30 AM, GWB Bus Terminal, 177 St and Fort
Washington Ave (NE Corner), 55 miles,
15 mph pace

We'll head to an off-road trail along the Hudson in Nyack. No Point/Drop/Sweep. Hybrid, cyclocross or mountain bikes are needed. Great thrills and no chills! Leaders: Jesse Brown and Rodney Millard

Saturday, May 12, 2012

MONTAUK TRAINING RIDE # 15: EATON'S NECK

7:30 AM, Cunningham Park, Union Turnpike &
196 Pl., Queens 90 miles

The scenery of the North Shore expands on this beautiful trip and the main century event is only a week away. If you can handle this 90 miler you'll have no trouble with the full century coming up. We ride as a group. No point/Drop/Sweep. Check 5BBC Bulletin Board day before ride for possible updates. Bring snacks, money for lunch in Northport and MTA Bike Permit. Leaders: Dennis Griffin & TBD



IMPORTANT CYCLING NOTE #1

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

IMPORTANT CYCLING NOTE #2

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

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



From bookcover: The Best of Newspaper Design 27

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

BICYCLETTER

The March-April 2012 print issue of the Bicycletter was prepared & mailed on the week of February 26. Thanks to Phil Goldberg, Mary McNulty and friends for helping out!

Working Cyclists From Around the World

via Facebook



DAY TRIPS CONTINUED FROM PAGE 9

THE LOTTERY RIDE QUICK SPIN

8:30 AM, **GWB Bus Terminal, 177 St and Fort Washington Ave (NE Corner), 50 miles**

We will maintain a 15 mph pace with no Point/Drop/Sweep as we travel to three States in quest of our (Lottery) fortunes. Whatever your aim may be you will enjoy! This ride has been popular for years. Leaders: Jesse Brown and Rodney Millard

BROOKLYN SIDES AND SUBS

9:30 AM, **Grand Army Plaza, Brooklyn (entrance to Prospect Park), 40 flat miles, moderate pace**

Nottingham, Fiske Terrace, Futurama & more. No, you're not in Merry Olde England or cycling in a space station, but meandering through the side streets through the sub-neighborhoods of Brooklyn. See interesting, quiet streets (and lots of Stop signs) amidst the changing, diverse and often lesser-known areas of Brooklyn. A somewhat different route than last year. An opportunity for a snack and then late lunch in Mill Basin. Bring lock and money for snack/lunch in Mill Basin. In case of iffy weather check Bulletin Board or follow billm45s on Twitter. Leaders: Bill Mastro and Fritz Van Orden

Sunday, May 13, 2012

MONTAUK METRIC TRAINING #4: PIERMONT

9:00 AM, **Columbus Circle, Manhattan, 50 miles**

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

OUT TO LONG ISLAND QUICK SPIN

8:30 AM, **Bridgemarket, 1st Ave & 59 St, Manhattan (outside STARBUCK'S), 50 miles, 15 mph pace**

No Point/Drop/Sweep. We'll be on lightly-trafficked roads on greenways and bike lanes-the way to do exploring! Leaders: Jesse Brown and Rodney Millard

RIDE THE OLD PUT AND OLD CROTON AQUADUCT

9:30 AM, **Van Cortland Park, 241 St & Broadway, Bronx**

Off-road vistas ride. It's almost May 10th, the

perfect day to honor a railroad that belongs to history. Take a ride on the Old Put Railroad and see what was. Lunch is at a waterfall spilling from a lake over a dam. After we go far enough north we'll turn around and take the original NYC water supply--the Old Croton Aqueduct back south. There's nothing like wheeling through the woods. Hybrid or Mountain bikes are strongly recommended. Leaders: Ed DeFreitas & TBD

Saturday, May 19, 2012

SPECIAL FRIENDS AND NEIGHBORS QUICK SPIN

8:30 AM, **Pelham Parkway & White Plains Road (SE Corner), Bronx**

Cycling events designed for vigorous individuals with adventure in heart. We'll keep an average pace of 15 mph with no Point/Drop/Sweep. Meet at start location 8:30 AM sharp. Work your bodies; the payback is great! Leaders: Jesse Brown and Rodney Millard

Sunday, May 20, 2012

5BBC MONTAUK CENTURY

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

Saturday, May 26, 2012

THE FORTS OF QUEENS

8:30 AM, **Kew Gardens, Queens, 45 miles. Quick Spin Pace 15+ mph**

A north/south crossing of Queens. We'll head north to Fort Totten before turning back to Ft Tilden near Breezy Point. Bring \$ for lunch, water bottles(s) and a good attitude. Check 5BBC Bulletin Board the day before for possible updates. Leaders: Dennis Griffin & TBD

SPECIAL FAMILY AND NEIGHBORS QUICK SPIN

8:30 AM, **Pelham Parkway & White Plains Road (SE Corner), Bronx. Recurring ride, see page 7 and/or May 19.**

Sunday, May 27, 2012

FIVE TOWNS RIDE

9:30 AM, **Cunningham Park Parking Lot at Union Turnpike & 196 Pl, Queens 40 miles, moderate pace and flat terrain**

This is a mostly flat ride through Floral Park in

Bill Mastro's 5BBC Photo Spread

Queens which winds through the quiet residential streets of the five town neighborhoods along the South shore of Long Island. Lunch at a local pizzeria. Bring \$ for lunch and a light bike lock.
Leaders: Claire Mordas and Bob Castro

SPECIAL FAMILY AND NEIGHBORS QUICK SPIN

8:30 AM, Pelham Parkway & White Plains Road (SE Corner), Bronx. See May 19 or page 7.

SNUG HARBOR & CHINESE SCHOLAR'S GARDEN

10:00 AM, City Hall, 20 miles

We'll take the PATH from the WTC to the wilds of N.J. Then bike down to and over the Bayonne Bridge to Staten Island. There will be our destination, Sailors Snug Harbor in only a few miles more. The sprawling, historic, beautiful and former retirement home for sailors boast buildings with truly breathtaking details. To put a cherry on top there is the Chinese Scholars Garden. Visit www.snug-harbor.org for details.
Leaders: Ed DeFreitas & TBD

Monday, May 28, 2012

PALISADES PARK AND SO ON!

9:30 AM, City Hall, 35 miles

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



Above: Group portrait from the Jan. 28 Alpine to Hoboken ride

Clockwise from top, right: Dennis Griffin leads the way, Alpine to Hoboken ride; From the Feb. 18 Get Acquainted ride: New 5BBC tripper and Penny, Wendy Frank & Bill himself at the famed Totonno Pizzeria Napolitano. Good time was had by all.







November 20, 2011: Memorable stop at Sheepshead Bay, during the Brooklyn and Cake ride, led by Bill Mastro and Claire Mordas. Photo by Bill Mastro.



2012 Montauk Century
Cycling Jerseys and T-Shirts Available!

The 5BBC 2012 Montauk Century

New Routes • New Check-in and Finish Locations • New Rest Areas •
More Beautiful Back Roads

Sunday May 20, 2012

Your choice of two distances:
65 or 100 miles

Your choice of two check-in locations:
Manhattan or Hampton Bays, LI

All Routes Start & Finish in Hampton Bays
Transportation Available To and From Hampton Bays for you and your bike

This is the ride to start your cycling season off right. Since 1964 May has meant the 5BBC Montauk Century. Once again we invite you to join us and bring a friend for a great day of riding.

This year will be especially exciting because we are making a great event better and simpler for your enjoyment. IT'S A LOOP! That's right. We've looped the route to start and finish in the same location. Whether you arrive by car or train now there's a single start line for all routes so you can ride right away and easily meet up with friends when you're done.

The 5BBC Montauk Century is truly the ride that keeps getting better. Ten years ago we transitioned to beautiful back roads. This year we'll show you even more quiet back roads **north** of Montauk Highway. 100-milers will visit the iconic Montauk Point lighthouse. 65-milers will enjoy scenic Dune Road. Everyone will take in the gorgeous views of Sag Harbor.

Two things will remain constant: friendly volunteers and our legendary SAG support. Sometimes you just need to see a smiling face handing you a refreshing snack to help keep you going. Sometimes you just need to know that someone's got your back if you run into trouble. We've got you covered in both cases.

Online registration is quick and easy on our new ticketing site Eventbrite. Pick up a Montauk Century jersey or tee shirt to help commemorate the day. Remember if it's May it's time for the 5BBC Montauk Century. See you there!

Go to www.5bbc.org/montauk for all event information.

5BBC WEEKEND

MEMBERSHIP REQUIRED. To go on a weekend trip you must be a member of the Five Borough Bicycle Club, due to insurance regulations. You may join on the same registration form used to sign up for weekend trips. The annual fee is \$20 for

About Weekend Trips

Summary of Weekend Trips

individuals, or \$25 for two people residing at the same address. Membership gets you additional benefits including a subscription to our bi-monthly newsletter, which lists all our day and weekend rides; discounts to bike shops and on our bicycle courses.

WHAT'S INCLUDED. The price of each trip includes round-trip transportation, accommodations, leader support, applicable event fees, and all breakfasts and dinners, unless noted otherwise. Meals traveling to and from our destination, as well as all lunches (unless otherwise noted), are not included in the price. You must also wear a bike helmet on all rides, no exceptions.

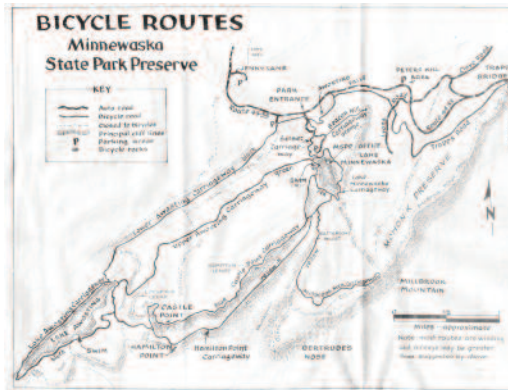
HOW WE RIDE. Weekend trips are lead by trained and experienced, but unpaid volunteer club leaders. On most trips, we use the Point-Drop-Sweep system to keep us together. In this system, leaders ride at the front and rear of the group. Trips have been categorized by distance, pace and terrain, as follows:

A Rides - challenging, 40 to 60 miles per day, moderate to fast pace, hilly terrain.

B Rides - intermediate, 30 to 50 miles per day, moderate pace, varied terrain, some hills .

C Rides - easy, 20 to 35 miles per day, easy pace, and flat terrain.

TRANSPORTATION. Our transportation arrangements vary by trip and may include the following:



A Weekend in the Gunks RIVERS & RIDGELINES
July 21-22, 2012 (depart Saturday morning, return Sunday evening)

Trip No. RNR
Price: \$140 until 11:59 pm July 18 when registration closes
Transportation: self-contained / Metro-North Railroad

Lodging: hostel, semi-private rooms, shared baths

Meals: not included
Trip Rating: 90 miles, some flat, some gentle hills and a few very steep climbs. Surface is a mix of smooth pavement and unpaved trails.
Leaders: Jim Zisfein and Susan Rodetis



Rivers & Ridgelines is a two-day self-contained bike tour. "Self-contained" means we carry our clothing and supplies, either in panniers or backpacks (but not very far on this ride). We travel by Metro North train to Poughkeepsie in the heart of the Hudson Valley. From Poughkeepsie, we traverse the historic Walkway Over the Hudson en route to New Paltz where we leave our overnight stuff at the hostel. We tour Minnewaska State Park Preserve where unpaved carriageways hug cliffs and wind through the forests and meadows, revealing waterfalls and incomparable vistas. On Sunday, we explore the bucolic Wallkill River Valley on the unpaved (but easily rideable) Wallkill Valley Rail Trail before we head back to Poughkeepsie for the train home. Bicycles with at least 28 cm (1 1/4 inch) tires are recommended for unpaved trails.



Beautiful Dutchess County SEEKIN' HYDE PARK*
August 4-5, 2012 (Depart Saturday morning, return Sunday evening)

Trip No. SHP
Regular Price: \$250 until midnight, July 27 when registration closes
Early Bird Price: \$225 until midnight, July 6
Transportation: Metro North Railroad/Self-Contained

Lodging: Vassar College, Alumnae House
Meals: As described in About Weekend Trips.
Trip Rating: 65 miles in 2 days, some hills
Leaders: Susan Levine and Claire Mordas
* Details Subject to Change



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



A Taconic Treat BASH BISH BASH
August 25-26, 2012 (depart Saturday morning, return Sunday evening)
Trip No. BBB
Price: \$140 until 11:59 pm August 22 when registration closes

TRIPS 2012

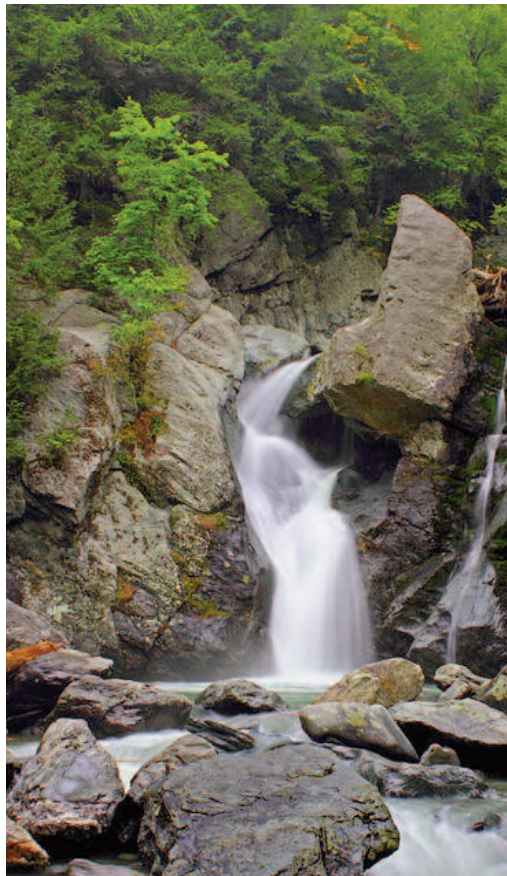
Transportation: self-contained / Metro-North Railroad

Lodging: budget lodge, semi-private rooms, communal bath

Meals: not included

Trip Rating: 100 miles in 2 days, flat to hilly terrain

Leaders: Jim Zisfein and Fritz Van Orden



This 2-day tour through Dutchess and Columbia Counties features spectacular mountain views and rolling country hills. On Saturday, Metro North takes us to the heart of the Harlem Valley where we ride rail trails and rural roads alongside the Taconic mountain range. We visit beautiful Bash Bish Falls, enjoy the view from Sunset Rock, and swim in a pond formed from an abandoned iron mine. On Sunday, the mountains give way to rolling hills. We finish our ride in Poughkeepsie on the historic Walkway Over the Hudson and savor the best chili you ever ate before catching the train home. Most of the ride is level to moderately hilly; one steep mountain climb is optional. Our ride is self-contained so you should be comfortable traveling 50 miles per day carrying panniers or a backpack with your clothing and supplies.



New features make this favorite better than ever
SEA GULL CENTURY

October 5-7, 2012 (Friday afternoon to Sunday evening)

Trip No. SGC.

Regular price: \$440

Early bird discount price

(Deadline Sept. 7): \$400

Transportation: Van or carpool & ferry

Lodging: 3 star motel, double accommodations

Meals: As described in About Weekend Trips.

Trip Rating: A/B/C

Mileage: 65 miles or 100 miles, mostly flat

Leaders: Steve Sakson and Wentworth Price

This annual event is often rated the best century ride in the East, and the easiest! No wonder it attracts more than 6,000 riders every year. But, don't worry about crowds. The Seagull features only quiet country roads through the Chesapeake Bay's finest farmland. Sponsor Salisbury State University offers top-notch support with plenty of rest stops loaded with goodies, including pie a la mode. By midday we'll reach Assateague Island State Park, where the wild ponies roam, and where you can take a dip in the ocean before heading back. Saturday night features a hilarious karaoke scene with the finest local talent, or perhaps an extreme bowling excursion featuring dayglow pins and blacklights. Sunday we'll take a shorter cool-down ride before heading home.



Self contained trips: Cyclists carry their own gear in pannier bags on their bike or in a backpack throughout the day.

Van trips: We drive as a group to our destination in a comfortable 15-passenger van. We carry our bikes on the van, or, for larger groups, we rent a second van.

Carpool trips: If you have a car, this offers you the opportunity to obtain a substantial discount off the price if you agree to take up to two passengers and their bikes. We can often supply a rack for your car if you don't have one. Once you sign up for a trip, your leader may ask you about the carpool option. Rebates for each trip are based on the cost and driving distance, and vary with each trip.

LODGING. When we stay in motels or B&Bs, lodging is double or triple occupancy. When we stay in hostels, trippers share dormitory-style bedrooms, some with bunk beds. Some hostels have curfews. Some may require guests to perform simple housecleaning tasks.

MEALS are sit-down affairs in local diners and restaurants unless otherwise noted. At hostels, we'll sometimes cook our own.

SIGNING UP. You may sign up by mail or online. By mail, download a copy of our registration form and mail it to us at 5BBC, 891 Amsterdam Ave., New York, 10025. Or register online at www.active.com using your credit card (there is a small extra charge).

When registering by mail, you may enclose a deposit (exact amount listed with each trip) but must make full payment no less than 7 days before the trip. We offer a 10% discount for early registration. To be eligible for the discount, you must make full payment by the early discount deadline, which is listed with each trip, usually about 30 days before the trip. When registering online, you must pay the full amount up front.

Continued on next page

CANCELLATIONS OR TRANSFERS BETWEEN TRIPS are restricted by club rules and subject to withholding costs based on non-refundable expenses incurred by

the club, such as lodging and event fees. Full refunds are available if you find a substitute to take your place. No refunds for cancellations less than 14 days prior to a trip, unless you find a substitute.

PREPARATIONS. Your trip leaders will contact you a week or so before the trip to confirm your attendance, inform you of the details of the trip, answer your questions and tell you the meeting place and time. Questions? E-mail weekends@5bbc.org.

*Geoff Cohen & Fred Dieckamp
5BBC Weekend Trips*

FREE! Cycling Related Classes at REI SoHo 303 Lafayette St. in Manhattan!



All Classes Begin at 7PM

March 5th:
Wheels of Change: How Women Rode the Bicycle to Freedom

March 8th:
Parents: Get Active

March 22nd:
Bicycle Commuting Class

Space is limited--Info and Registration for all of these classes can be found at www.rei.com/soho



Don't forget--on Sunday, March 11, DAYLIGHT SAVINGS TIME BEGINS. Set your clocks, watches and timepieces ONE hour ahead.

Also Spring begins on Tuesday, March 20.

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2012 Montauk Century Cycling Clothing --On and Off the Bicycle

For information & purchase of the Jersey and T-Shirt, visit www.5bbc.org/Montauk



Montauk Century Cycling Jersey (front & back)



Montauk Century T-Shirt (front & back)



For our volunteers working the 2012 5BBC Montauk Century, a stylish Polo shirt.

Written by
Stan Fine

Directed by
Ted Mornel

Everybody Wants Me

With
In order of appearance
Michael Bernardi
Fjaere Harder
Madalyn McKay
Tara Maldonado
Kevin Russo
Blake Smith
Joseph Polivy
John Stagnari
Andrew Mayer

Friday March 2, 2012 7PM

Semi Finals Monday March 5 7PM or 9PM

The Hudson Guild Theatre 441 W 26th Street (between 9th & 10th Aves)

Reservations online at Strawberry One-Act Festival NYC or 646 623-3488

Stan Fine, a longtime 5BBC member, Bicycletter contributing writer and a Montauk Centurion, is also a playwright. His latest work, "Everybody Wants Me," will be performed at the Hudson Guild, in Manhattan, at 441 W 26th St., Friday, March 2, 2012, at 7PM, as part of the Strawberry One-Act Festival NYC. Recommended. Ticket info link: <http://tinyurl.com/6c6l77l>

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

Bicycle Permit Application



 **Metropolitan Transportation Authority**
Long Island Rail Road
Metro-North Railroad

www.mta.info

Bicycle Permit Application



Permit no. _____

NAME _____
Last M.I. First

ADDRESS _____
Street

City State Zip Code

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

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

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

APPLICANT _____
Name Date

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

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

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

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

Scenes from the 5BBC Holiday Party



5BBC
Five Borough Bicycle Club

MAKE YOUR RESOLUTION AND GET ACTIVE WITH 5BBC

The Five Borough Bicycle Club

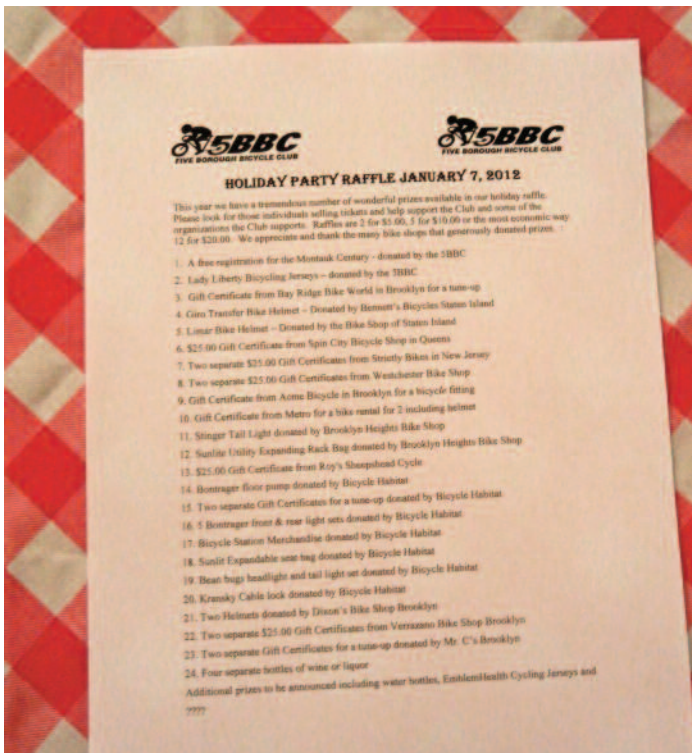
Welcome to 2012 Party

Saturday, January 7
7:00 PM to 10:45 PM

Hostelling International / American Youth Hostels
2nd floor chapel
891 Amsterdam Avenue, New York, NY 10025

*Hey, anyone can do a "holiday" party.
The 5BBC livens up your January with music, dancing,
raffle prizes, friends, food, drinks, and our 2012 club plans,
including the Montauk and Mattituck Century rides.*

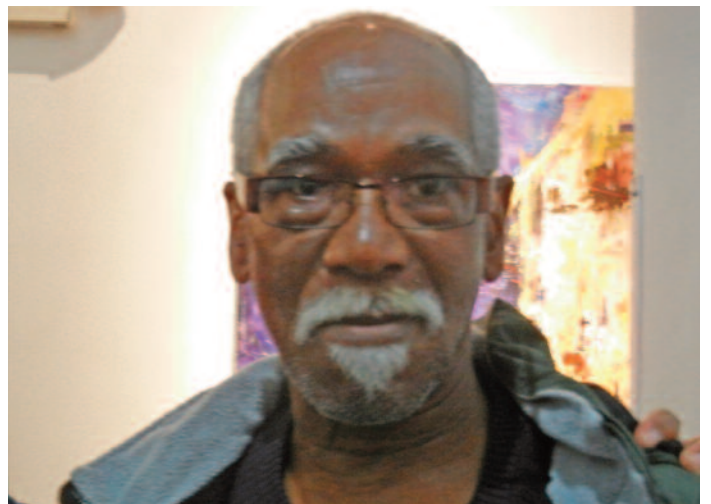
Free entry w potluck dish; \$10 for all others.



#1 Clockwise top left: Organizers Ken Williams & Phil Goldberg deliver food and drinks; Jim Zisfein carts food from Dinosaur Bar-B-Que to the party; Drinks at the ready; Wendy Frank pumps up the raffle prizes; Party raffle handout; Two people sharing a conversation or two.



#2 Clockwise, top left: Ken did a great job getting assistants who get tasty food from Dinosaur Barb-B-Que; Leader Ed DeFreitas with a vintage 5BBC jersey via raffle; Young cyclist partygoer entertaining Jackie and Wendee; 5BBC Leadership coordinators Liz Baum and Ed Pino; She couldn't say enough how good the 5BBC and the party food was; Mary O'Neil with 5BBC friends.



#3 Clockwise, top left: Raleigh Kelly with lady friends Diane, Gia & Tammy; the food tastes great; People mingling; 5BBC veteran leader Jesse Brown; Bob Castro receiving 5BBC Lifetime Membership from President Ed Ravin; Ultracyclist Dolores McKeough and Jackie talk of previous bike rides.



Waiver and Release of Liability for Minors

I attest that:

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

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

I acknowledge:

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

I have read and understand this Waiver and Release of Liability and agree to its terms in consideration of the named minor being allowed to participate in the following 5BBC day trip.

Trip Name Date

Signature Date

First Name M.I. Last Name

Address Apt.

City State Zip

Email Address

Day Phone Evg. Phone





2012 Montauk Century: front and rear views of the T-Shirt

Membership & Merchandise

General Information *(Please print)*

First Name M.I. Last Name

Address Apt.

City State Zip

Email Address

Day Phone Evg. Phone

2nd member's name if dual membership (two members at same address) or
if 2nd tripper on weekend trip.

First Name M.I. Last Name

Email Address

Day Phone Evg. Phone

Waiver and Release of Liability

I attest that:

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

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

I acknowledge:

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

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

Signature, 1st Member Date

Signature, 2nd Member Date

Waiver by Parent/Guardian of a Minor

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

I attest that:

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

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

Minor's Name (Please print)

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

Parent's or Guardian's Signature Date

Member Preferences

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

- ___ Do not list snail mail address in the 5BBC roster.
- ___ Do not list email address in the 5BBC roster.
- ___ Do not list phone numbers in the 5BBC roster.
- ___ Do not share name, address, etc. with other bike clubs or cycling organizations.
- ___ Do not send weekly email on current 5BBC rides and events.
- ___ Do not send newsletter by snail mail. I'll download it faster from the "Member's Only" page on the 5BBC web site (www.5BBC.org) and save a small tree or sapling.

Payment

5BBC Membership

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

Cross Borough Jersey

Indicate quantity and size.

___ Ladies (Circle One) S..... M..... L

___ Men (Circle One) M..... L..... XL

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. **This list is for is 5BBC members like you.** Visit www.5bbc.org/bikeshops.shtml for more shops.

Flash your 5BBC Membership

Card at these Bike Shops

BRONX

Westchester Bike Pro Shop

2611 Westchester Ave.
Bx, NY 10461 718-409-1114
westchesterpro.com

BROOKLYN

Bay Ridge Bicycle World

8916 3rd Ave. Bklyn, NY 11209 718-238-1118 bayridgebikes.com

Bicycle Station

171 Park Ave., Bklyn, NY 11205
718-638-0300
bicyclestationbrooklyn.com

Fulton Bikes

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

Kensington Cycle Works

140 Ocean Parkway
Bklyn, NY 11218 347-635-4645
kensingtoncycleworks.com

On The Move

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

Roy's Sheepshead Cycles

2679 Coney Island Ave. Bklyn, NY 11235
718-646-9430 roysbikes.com

Verrazano Bicycle Shop

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

MANHATTAN

B-Fold (Folding bikes)

224 E 13th St.(2nd-3rd Aves)
NY, NY 10003 212-529-7247
bfold.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
bicyclerenaisance.com

Bike Works

106 Ridge St. NY, NY 10002
212-388-1077, bikecult.com

Champion Bicycles

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

Chelsea Bicycles

130 W 26th St. (6th-7th Aves)
NY, NY 10001 646-230-7715
chelseabicycles.net

City Bicycles

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

Conrad's Bike Shop

25 Tudor City Place
NY, NY 10017 212-697-6966
conradsbikes.com

Continuum Cycles

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

Eddie's Bicycle Shop

490 Amsterdam Ave., NY, NY 10024,
212-580-2011 eddiesbicycles.net

Enoch's

480 10th Ave. NY, NY 10018
212-582-0620, enochsbikes.com

Frank's Bike Shop

553 Grand St. NY, NY 10002
212-533-6332, franksbikes.com

Gotham Bikes

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

Pedal Pusher

1306 Second Ave., NY, NY 10021
212-288-5592
pedalpusherbikeshop.com

Sid's Bike Shop

(1) 151 W 19 St. NY, NY 10021
212-989-1060
(2) 235 E 34th Street NY, NY 10016
212-213-8360 sidsbikes.com

STATEN ISLAND

Bennett's Bicycles

517 Jewett Ave., Staten Island, NY
10302, 718-447-8652
bennettsbicycle.com

LONG ISLAND

The Bicycle Planet

540 Jericho Turnpike
Syosset NY 11791 516-364-4434
www.thebicycleplanet.com

Bike Discounters

1021 Portion Rd., Ronkonkoma, NY
11779, 631-846-7320, thebikeoutlet.com

Brands Cycle Center

1966 Wantagh Ave., Wantagh, NY
11793, 516-781-6100, brandscycle.com

East End Bicycles

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

Carl Hart Bicycles

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

Sayville Bike Works

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

South Shore Bicycle & Fitness

1067 Broadway, Woodmere, NY 11598
516-374-0606, southshorebicycle.com

Valley Stream Bicycle

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

Visentin Bike Pro Shop

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

Sierra Cycles

46 Garth Rd., Scarsdale, NY 10583
914-725-8333, sierracyclesny.com

CONNECTICUT

Baybrook Bicycles

243 Captain Thomas Blvd, West Haven,
CT 06516 203-933-4576
baybrookbicycles.com

College Street Cycles

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

Newington Bicycle

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

NEW JERSEY

Bicycle Tech

2 Station Rd., Lincoln Park, NJ 07035
(973) 694-6775, bicycletechonline.com

Bicycle Workshop

175 Country Rd., Tenafly NJ 07670
201-568-9372, bicycleworkshop.com

Marty's Reliable Bicycle

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

Strictly Bicycles

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



Heavy Metal

2016 Third Ave., NY, NY 10031
212-410-1144

Innovation Bike Shop

105 W 106 St., NY, NY 10025
212-678-7130 innovationbikeshop.com

Jack Rabbit

(1) 42 W. 14 St., NY, NY 10017
212-727-2980, (2) 1255 Lexington Ave.,
NY, NY 10028 jackrabbitsports.com

Larry & Jeff's Bicycles Plus

1400 3rd Ave., NY, NY 10021,
212-794-2929 bicyclesnyc.com

Liberty Bicycles

846 9th Ave. NY, NY 10019
212-757-2418, libertybikesny.com

Manhattan Bicycles

791 9th Ave., NY, NY 10019
212-262-0111

Mani's Bicycle Shop

8 Bennett Ave., NY, NY 10033
212-927-8501

Master Bike

255 West 72 St. NY, NY 10024
212-580-2355, masterbikeshop.com

Metro Bikes

(1) 332 E. 14 St., NY, NY 10003
212-228-4344, (2) 360 W 47th St., NY,
NY 10036, 212-581-4500, (3) 546 Sixth
Ave., NY, NY 10011, 212-255-5100, (3)
231 W 96 St., NY, NY 10025
metrobicycles.com

Mod Squad Cycles

2119 Frederick Douglass Blvd., (114-
115 Sts), NY, NY 10026 212-865-5050
modsquadcycles.com

My Bike Heaven

348 E 62 St. NY, NY 10021
212-230-1919, mybikeheaven.com

NYC Velo

64 Second Ave. (4th St) NY, NY10003
212-253-7771 nycvelo.com

NYCE Wheels

1603 York Ave., NY, NY 10028
800-692-3943 nycewheels.com

Toqa Bike Shop

110 West End Ave., NY, NY 10023
togabikes.com

Tread Bike Shop

250 Dyckman St., NY, NY
21-544-7055 treadbikeshop.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 zenbikes.com

QUEENS

Arc De Triomphe Bicycles

114-01 Jamaica Ave. Richmond Hill,
NY 11418-2443 718-846-2099
adtbikes.com

Bellitte Bicycles

169-20 Jamaica Ave.,
Jamaica, NY 11432
718-739-3795 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, bikestopastoria.com

Bill's Cyclery

63-24 Roosevelt Ave
Woodside, NY 11377
718-335-1906, ubuybikes.com

Buddy's Schwinn Bicycle

79-30 Parsons Blvd, Flushing, NY
11367, 718-591-9180

Peak Mountain Bike Pro Shop

42-42 235th St., Douglaston, NY 11363
718-225-5119, peakmtnbike.com

Spin City Cycle

98-73 Queens Blvd, Rego Park, NY
11375, 718-896-8850, spincitycycle.com

Spokesman Cycles

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

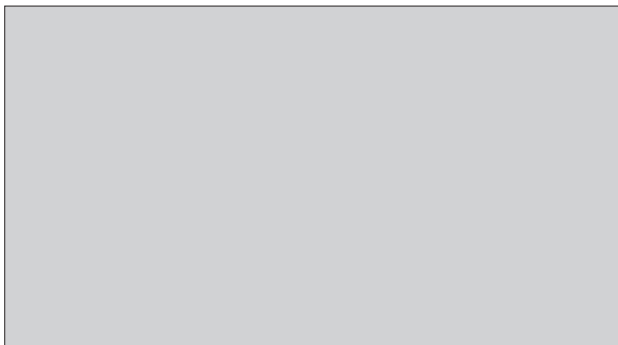


891 Amsterdam Avenue
New York, NY 10025-4403
www.5bbc.org

Address Service Requested



Sunday May 20, 2012
Sign up or volunteer for the 5BBC Montauk Century!
Visit www.5bbc.org/Montauk



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

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

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 Hostelling International-NY building, formerly American Youth Hostels (AYH). 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, 2012*

*Membership initiated after October 1, 2012 is valid through December 31, 2013.

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 May-June 2012 issue is:

Monday 2 April 2012

Bicycletter
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Sans Print Edition
Volume 22 • Issue 2

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

Contacting Us

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

E-Mail: info@5bbc.org

For Bike New York, (212) 870-2080

The 5BBC is affiliated with:
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



5BBC jersey designed by Caryn Greenberg. Some available for \$65 see page 30 to order or visit www.5bbc.org