

BICYCLER™

Publication of the Five Borough Bicycle Club • May-June 2012 • Sans Print Issue • www.5bbc.org

On the Road To

The Montauk Century P. 18

Day Trips P. 6 Jamaica Bay & Bike Repair P. 11
Paterson Falls P. 23

Weekend Trips P. 28

The Mattituck Century P. 20

The Ride of Silence P. 32

From the End of the World to Your Town...



5BBC General Meetings

Presented by Ken Williams • programs@5bbc.org



Bicycletter May-June 2012

Sans Print Edition

TABLE OF CONTENTS

- 04 • 5BBC @ Centre Island
- 05 • 5BBC @ City Island
- 06 • 5BBC Day Trips
- 10 • Jamaica Bay Bike Map
- 11 • Cycle Jamaica Bay
- 12 • Extreme Training Rides
- 16 • Big Apple Cycling Maps
- 17 • 5BBC Quick Spins
- 18 • 5BBC Montauk Century
- 20 • 5BBC Mattituck Century
- 22 • Good Bye to Print
- 23 • Cycle Patterson Falls
- 24 • 5BBC @ Spanish Harlem
- 25 • 5BBC@ Kissena Velodrome
- 26 • Member Ads
- 27 • Bike Events, Etc.
- 32 • Ride of Silence
- 33 • Tandem Meets MTB Bus
- 34 • 5BBC Order Form Blank
- 35 • Bike Shop Discount List

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Monday, June 11, 2012 SOUTH AFRICA – A Cycling Destination

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

Subway: N R to Prince St; 4 6 to Bleecker St.
B D F M to Broadway-Lafayette

• **IMPORTANT--PLEASE RSVP TO programs@5bbc.org by June 10!**

• Join 5BBC and partner Immersion Journeys for a workshop introducing South Africa - a new cycling destination for people leading active lives. They will provide a brief program itinerary overview & slideshow as well as tips & guidance on the type of cycling equipment typically used in South Africa. Immersion Journeys will also share highlights of the destination - the beauty of Cape Town, Cape Peninsula and the Wine lands, Kapama Private Game Reserve, private culinary experiences and detailed routes.

• Immersion Journeys makes Africa an accessible destination while increasing human powered outdoor recreation. Join our team for an inspiring discussion.

• Light refreshments will be served

• **IMPORTANT--PLEASE RSVP TO programs@5bbc.org by June 10!**



Cycling with the 5BBC:
Centre Island Training Ride
Saturday, April 14, 2012



From Wikipedia: The Village of Centre Island is a village located within the town of Oyster Bay in Nassau County, New York. Centre Island, located along Long Island's North shore area sometimes known as the Gold Coast. This ride has long stretches of varied terrain, which makes for a suitable training route for the Montauk Century.



Cycling with the 5BBC:
City Island Training Ride
Saturday, April 21, 2012



From Wikipedia: City Island is a small island approximately 1.5 mi (2.4 km) long by .5 mi (1 km) wide. It is part of the New York City borough of the Bronx. On this 5BBC ride, we rode from Manhattan along manageable roads with bike lanes & routes. Also cycling through quaint greenways. That and lunch at Johnny's Reef, made for a great ride.

5BBC Day Trips May June 2012

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 Mounment 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.

Grand Central Station

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

Hostelling International New York (HI-NY, formerly HI-AIH, known as the "Hostel") Amsterdam Ave. @ 103rd St., Manhattan. Subways: 1 to 103rd St.; 2 3 to 96th St.

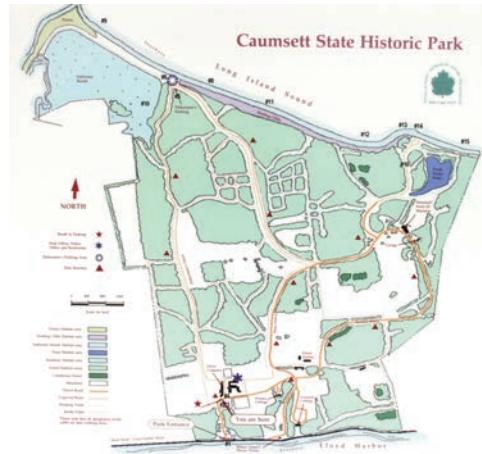
Kew Gardens

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

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

Bronx. Subway: 2 to Pelham Parkway

Continued on page 8



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.bikenewyork.org
Leaders: Liz Baum & Ed Pino

Sunday, May 6, 2012

BIKE NEW YORK FIVE BOROUGH BIKE TOUR



OFF-ROAD RIDE TO NYACK QUICK SPIN HAS BEEN CANCELED

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

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

Wednesday, May 16, 2012

RIDE OF SILENCE

6:45 PM, Pier 45 in Hudson River Park (enter at West 10th Street & West Street), 10 miles, moderate pace, rain or shine.

A memorial ride to honor the cyclists whose lives were lost in traffic crashes. This short ride (10 miles) will be conducted in silence at a stately pace, as a funeral procession. Similar rides are being held all over the world on this day as part of an international movement - visit the website: <http://rideofsilence.org> . Riders who have lost a

friend or family member to traffic mayhem are requested to wear a black armband or other attributes of mourning. Please wear a helmet and bring front & rear lights for evening riding.

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

QUEENS WAY RIDE

9:30 AM, Union Square North @ Park Ave South, Manhattan; 11-11:15 AM @ Shalimar Diner, Austin St & 63 Dr, Queens, 25 leisurely paced miles.

Join friends of Queens Way, The Queens Committee of Transportation Alternatives, and 5BBC in a Bike Month celebration ride from Rego Park to Ozone Park in honor of the future route of the Queens Way: the proposed bikeway, linear park, and rail trail atop the abandoned Rockaway Beach Branch railroad. After several stops, and brief hikes onto the rail line, some of us will then travel to Rockaway Beach for a shindig hosted by Green Drinks. Note: ride officially ends at Hamilton Beach where you can take the A train back to Manhattan. Peter Beadle of Friends of Queens Way will accompany us.

Leaders: Leo Cairo and Josh Gosciak



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.

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.

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.



Jesse Brown is also a League of
American Bicyclists (LAW)
League Certified Instructor (LCI)
and is available to teach basic
safe & fun cycling skills.

**5BBC Rides
Meeting Places (cont'd
from page 4)**

**Pelham Parkway & White Plains
Road, Bronx (SE corner)**
Bronx. Subway: 2 to Pelham Pkwy

Pier 45
Hudson River Park (enter at West
10th St. & West St.), by the West
Side Greenway, Manhattan.
Subways: A C E L 1 2 3 to 14th St.

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

Shalimar Diner
63-68 Austin Street, 63rd Dr. and
Austin St., Flushing, Queens.
Subways: M R to 63rd Dr., Rego
Park. Go three blocks south to diner.



Staten Island Ferry Guy V. Molinari

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.

Union Square North
Park Ave. South at 18th St.,
Manhattan. Subways: 4 5 6 L N Q R
to 14th St. / Union Square.

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

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



Put together veggie bicycle, from the
Aqualite de Ponerte facebook page.
Contributed by Bill Mastro.

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 (above) & TBD

**SPECIAL FAMILY AND NEIGHBORS
QUICK SPIN**
8:30 AM, Pelham Parkway & White Plains Road
(SE Corner), Bronx. Recurring ride, see page 5
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
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 5.

**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

Saturday, June 2, 2012

**FLAT TRAILS AND STEEP CLIMBS -
TARRYTOWN TO COLD SPRING**
8:30 AM, Grand Central Station (for 9:00 AM
Train to Tarrytown), or 9:35 AM at Tarrytown
Station, 55 miles, 12-14 mph pace

We're bringing back last year's popular through-
the-woods-and-over-the-mountain ride. From the
Tarrytown Metro North station, we'll ride (or
push) one steep mile, then ride a relatively flat 28
miles on the scenic North Westchester County and
Putnam rail trails, with a deli stop in Yorktown
Heights. At Carmel we will take Highway 301 and
the scenic but serious climb over the Taconics (13
mile climb, 5 mile descent) to Cold Spring & take
Metro North back to Tarrytown or Manhattan.
Bring \$21.25 for train fare, \$ for lunch and your
MTA Bike Permit. Leaders: Fritz Van Orden and
Howard Hall

Saturday, June 9, 2012

☺ **QUEENS TREASURES**
10:00 AM, Cunningham Park, Queens, 30 miles

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

Sunday, June 10, 2012



RIDE AROUND JAMAICA BAY WITH ON-THE-ROAD REPAIR TIPS
9:00 AM, Grand Army Plaza, Brooklyn (entrance to Prospect Park), approx. 40 flat miles

Come join us for a lovely ride around Jamaica Bay. We'll travel on bike paths and greenways over the many bridges with great views of the bay and ocean. Jesse will be teaching the basics of road repair. We'll either picnic or have lunch at The Wharf in Rockaway. Bring lock, lunch money and spare tube(s). Rain at start cancels. Leaders: Jesse Brown and Andrea Casertano

PATERSON FALLS RIDE
10:00 AM, GWB Bus Terminal, 30 miles, leisurely pace

We ride to one of the East Coast's wonders of the world, the Paterson Falls, and indulge in labor history at the turn of the century. Plan for several hours out of the saddle as we make stops in town and at a museum or two. Multiple early return options via NJ Transit. Leaders: Josh Gosciak and Alfredo Garcia

Saturday, June 23, 2012

STATEN ISLAND CONFERENCE HOUSE
9:15 AM, South Ferry (bicycle waiting area), Manhattan, or 10:00 AM at St. George, Staten Island, 40 miles, moderate pace

Join us for an early season ride through one of our boroughs. We'll cycle to the other end of the island, pick up some food and enjoy a picnic lunch on the grounds of the Conference House. See www.conferencehouse.org. Bring money, cable lock and spare tubes. Rain at start cancels. Leaders: Andrea Casertano and Susan Levine.



NORTH AND SOUTH COUNTY TRAILWAY RAMBLE
7:30 AM, Grand Central Terminal (for 7:48 AM train to Brewster), 60 miles, few hills, 15 mph pace

Let's celebrate the longest day of the year by taking the train to Brewster and riding the North and South County Trailway back to Manhattan. This is a scenic summer time ride that is nearly all greenway and always a load of fun. We will stop for lunch along the way. Bring \$ for food, MTA Bike Permit and train fare. If you are coming please RSVP to Julie at jmpblack@aol.com no later than June 16th (we will need to make arrangements with Metro North). Leaders: Julie Blackburn and TBD



IMPORTANT CYCLING NOTE #1

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

IMPORTANT CYCLING NOTE #2

As the weather gets warmer and sunny, it's very important to: Wear sunglasses to protect your eyes. Apply Sunscreen and Lip Balm to protect your exposed skin; Drink Water to stay hydrated. Thank you.

Bikes On Trains



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



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

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

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

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

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

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



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



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

Jamaica Bay Cycling Map



This is a cycling map of Jamaica Bay, put out by the Gateway National Recreation Area of the (Federal) National Park Service. You can use this for upcoming 5BBC rides going to this area. You can download / print another copy by visiting http://www.nps.gov/gate/planyourvisit/upload/RGG_map2.pdf or <http://tinyurl.com/cppgkvl>. Enjoy!

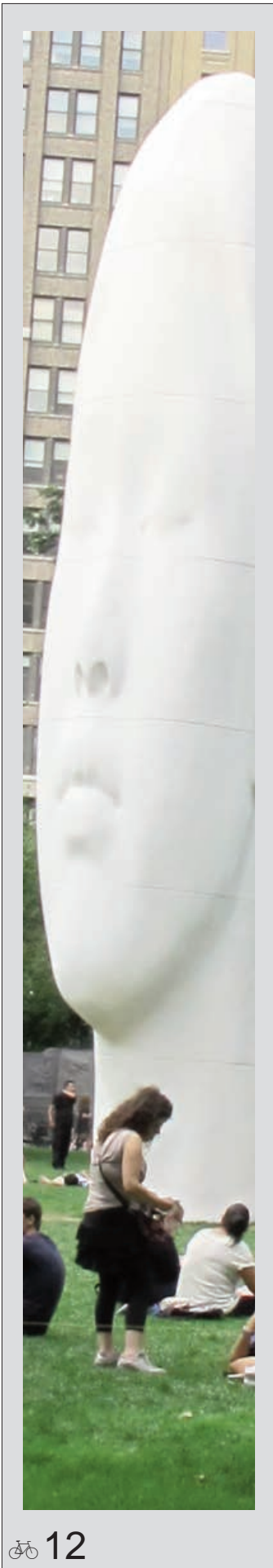
Sunday, June 10, 2012

RIDE AROUND JAMAICA BAY WITH ON-THE-ROAD REPAIR TIPS

9:00 AM, Grand Army Plaza, Brooklyn (entrance to Prospect Park),
approx. 40 flat miles

Come join us for a lovely ride around Jamaica Bay. We'll travel on bike paths and greenways over the many bridges with great views of the bay and ocean. Jesse will be teaching the basics of road repair. We'll either picnic or have lunch at The Wharf in Rockaway. Bring lock, lunch money and spare tube(s). Rain at start cancels. Leaders: Jesse Brown and Andrea Casertano





5BBC Extreme Cycling Series, March 32-34

by Fritz von Orden
A Bicycletter Exclusive!

This is an unsent Five Boro Bicycle Club's weekly email update. Thanks for being a member!

This week's rides and events:

Saturday, March 32, 2012

**EVEREST TRAINING RIDE #1:
THE BERGEN ALPS**

**8:30 AM. George Washington Bridge
Bus Station. Moderate 18mph**

Spring is here and time to start training for the Everest Dodecamillennium. Only 10 more months! We'll start with wind sprints up the Walnut Grade and take it from there. Leaders: Hyman Boberman and Dolly D'Louvre



**ADVANCED TWO-HOUR BICYCLE CHECK.
9:00 AM. Columbus Circle**

Lift your bike six inches off the ground. Drop it. If nothing falls off, lift it six feet off the ground...
Leaders: E. D. Raven and Paulie Rudich

**NOT YOUR FATHER'S
BROOKLYN BASEBALL RIDE**

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



Thought you'd seen every site in Brooklyn remotely associated with some stupid baseball team that moved out here 55 years ago?? Well, we've got some special treats that you surely haven't seen before! First to W 20th St and Ave Q, where we'll visit the ONLY house in Brooklyn where Gil Hodges NEVER lived, then proceed to the gutter at 2nd Ave and 2nd St where Joe Pepitone slept off a major binge in 1963. More surprises as well! In case of bad weather, check http://losangeles.dodgers.mlb.com/index.jsp?c_id=la&sv=1

Leaders: Billy Maestro and Phil Goldfarb.

**AN ABYSMAL RIDE FOR
AN ABOMINABLE PRESIDENT**

10:00 AM. Statute of Civic Virtue, Kew Gardens, Queens. 10 flat miles, moderate pace (6-8 mph).

We'll ride through scenic Corona Queens to Bush's Diner. Not our favorite route or restaurant, but there's never a wait for a table. Leader: Ednliz Pinobaum for Pinetree Productions



Grainy mobile shot from an Everest Training ride. Contributed by Bill Maestro.



THE McMANSIONS OF MERCER COUNTY
10:00 AM, Penn Station. 70 very steep miles

We'll take New Jersey Transit to Princeton, then ride through the recently-pristine countryside to see magnificently monstrous monuments to nouveau-richeosity. Bring: train pass, real-estate broker and \$500,000 down payment. Leaders: Millie Bastro and Charleen Jacob



:-) EMPIRE STATE BUILDING RIDE
10:30 AM 34th St and 5th Ave. 25 easy miles, slight climbs

A special tour of the stairways of the classic building. Drop your bike off the observation deck. If nothing falls off your bike...Leaders: R Stanford and Baroness Schenke

:-) EARLY SPRING RIDE TO CONEY ISLAND
10:30 AM. L & B Spumoni Gardens, 86th Street and W 11th, Brooklyn, 1.5 miles, mostly flat.

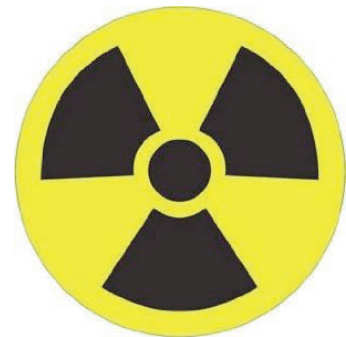
What better way to break the winter doldrums than a fun ride to Coney Island? We'll meet at the Spumoni Gardens, hit Totomno's Pizza on Nerptune Ave, make our way to Nathan's Famous Frankfurters on Surf Ave, then hit the Boardwalk for cotton candy and popcorn. Oh yeah, then we'll go for a dip, no matter how cold. Bring locks, money for brunch, lunch and snacks, Alka-Seltzer and a wetsuit. Temperatures above 32 degrees at the start cancels the ride. Leaders: Susan DeVine, Cathy Bore, Tauro Suez, Rudy Baruch, Julie Blackbird, Margie Clark

Sunday, March 33, 2012

**EVEREST TRAINING RIDE #2:
CANADIAN ROCKIES**

12:00 AM. Plaza Hotel, 4,000 miles, 55 mph Quick-Spin pace.

Mountainous terrain between Denver and Banff. 800 mile ride not hard enough? If you're going to ride up Mt. Everest, you're going to have to get in shape! Try this route at a fast pace. No point/drop/sweep. Interstate 80 will be our primary route. No need to bring food/\$ -- we'll be back before lunch time. Leaders: Denny Griffith and Howard Howard



**FIVE TOXIC WASTE DUMPS
IN FIVE BOROUGHES**

45 miles, 4-6 mph.

5:00 AM, Fresh Kills Ecopark, Staten Island From world-renowned sites to hidden treasures, we'll seek out the unadvertised environments of our 21st-century civilization. We'll start at the world-class Fresh Kills landfill, then proceed to the exclusive minisite at Moses Michael's apartment in Park Slope Brooklyn, before finishing in at the phenomenal Eastchester Waste Museum and Family Theme Park in the Bronx. Bring hazmat suit, geiger counter, potassium iodide pills. Leaders: Freddie Eitas and TBD



POTHOLES OF THE BRONX

9:00 AM, Yankee Stadium, 21 mph Quick Spin

No point/drop/sweep-- if you drop into one these potholes, you're not coming out! A thrilling ride to seek out the most spectacular potholes on the

planet, including one at Jerome Ave and 175th St that can be seen from the surface of the moon.
Leaders: Jesse Millard and Rodney Brown



BICYCLE REPAIR WORKSHOP
9:30 AM, Hippo Playground, Riverside Park

Resident gurus Steve Baum and Andrea Andrea will demonstrate how to fix any bicycle problem with a paperclip and a band-aid. Supplies will be provided.



CHOCOLATE SHOPS AND EMERGENCY ROOMS
10 AM, The Donut Plant, 35 scrumptious miles

In a special service to our health-conscious members, we will alternate between visits to the area's most delectable chocolaterias and most progressive hospital cardiac units. Eat tasty high-cholesterol pastries, then get your serum levels, blood pressure and vital signs all checked, then repeat as necessary. 5BBC Members get free stent replacement. Bring: 5BBC membership card.
Leaders: Danny Liebfraumilch, Claire Mordant

ARMPITS OF NEW YORK or MORaine MIGRAINE or GRAVEYARDS AND SWAMPS
10:00 AM. Euclid Ave Station at the end of the C line in Queens...Or maybe it's Brooklyn...

You know those neighborhoods that aren't in really Brooklyn and aren't really in Queens that nobody goes to? Well, we're gonna find out why. Then we'll eat at the Mill Basin Deli because we always do. Bring hip-length rubber boots for riding through areas below sea level. Leaders: W "Lord Jim" Mastrogiacommo and Fritzie von Order

A WET ONE:
NEW YORK'S BEST WATERING HOLES
1:00 PM, The Russian Vodka Room, 52nd St and 8th Ave



We've finally recovered from last year's liquid-refreshment ride and it's time to do it again! We'll get to as many of our favorite spots as we can -- an aperitif in the theatre district, single-malt scotch in Sunnyside, barrel-fermented ale in a beer garden in Norwood, a Gewürtztraminer tasting in Flushing, Guinness in Gowanus, a toddy in Tottenville and end with a special homemade asparagus digestif in the detox ward at Bellevue. Bring: health insurance card, stomach pump.
Leaders: Goeff Coen and Obb Astro

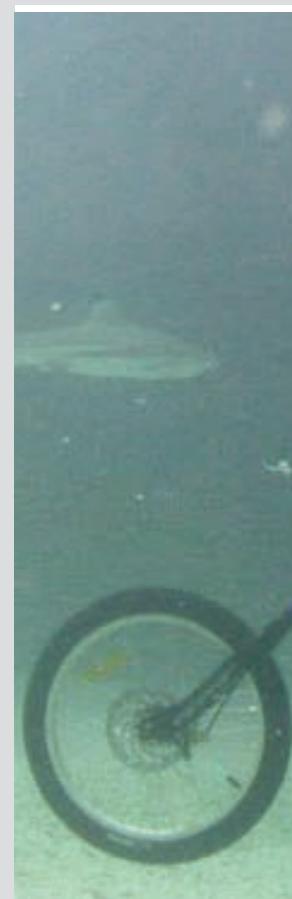
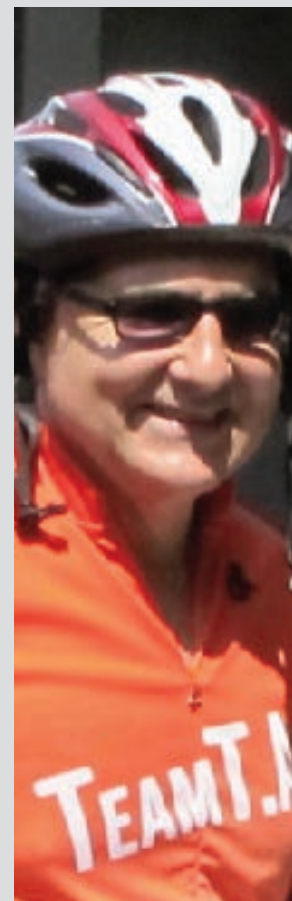
Monday March 34

EVEREST DODECAMILLENUM
2011 SLIDE SHOW
6:00 PM, Executive Room, AYH

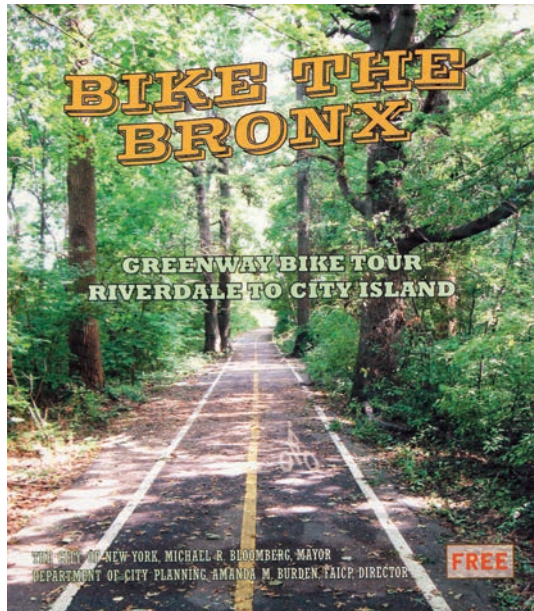


Join Alberto Garzia and Special Events Coordinator Kenny Willson for a special slide show of Alberto completing the 2011 Everest DD-Mill. See him make it to the top of Mt Everest on his hybrid-touring-mountain bike! Watch him throw his bike off the top!! See if anything falls off!!!
Refreshments: Nepalese Yak Yogurt.

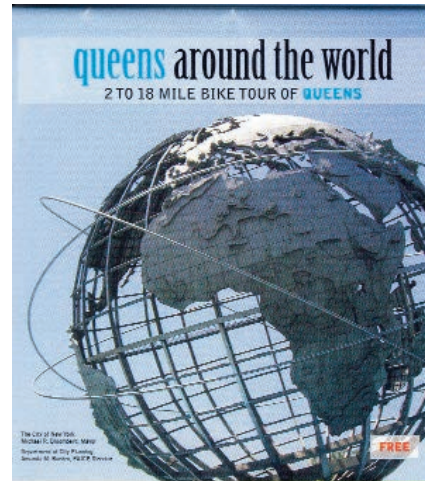
Have a great week! Dr Zismor
5BBC Corresponding Secretary.



Cycling Maps of New York City



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



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

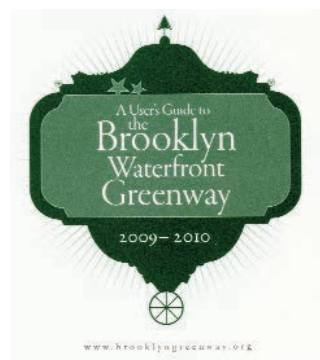


Maps available FREE at:

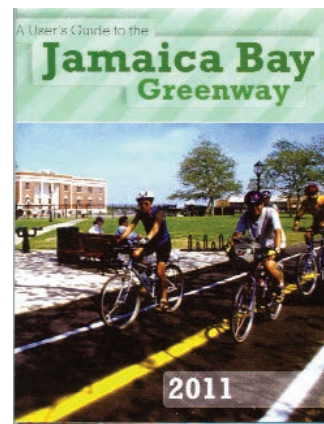
- Local bicycle shops (e.g. Bike Habitat)
- New York City government website, www.nyc.gov
- The Brooklyn Greenway Initiative www.brooklyngreenway.org
- Transportation Alternatives www.transalt.org
- Download Jamaica Bay Greenway file to print via: <http://tinyurl.com/d58lne2>



This annual map keeps getting better. Aside from miles of new bike paths, lanes and routes, it has a newer design plus explanation of the various bike lanes such as the Brooklyn's Prospect Park West protected bike lanes. In the era of Google maps and GPS, this paper map is highly recommended for cycling the Big Apple.



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



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

Cycling with the 5BBC: Various Quick Spins--Excerpts April-May 2012



The 5BBC is not known for having "A" rides of 18-20 mph pace, but thanks to Dennis Griffin, our Day Trips Coordinator, he's been able to contribute leading them for several years. We appreciate him very, very much for adding a renewed dimension to the 5BBC. Thanks, Dennis!

Saturday, April 14, 2012--Ready to go after lunch, at State Park, a hilly 75 mile ride to Rockland Lake. Cyclists in Dennis's hardy group included Howard Hall, Mike Moses, Larry Levy and Lucy Prieto.



Saturday, April 28, 2012: At Strictly Bicycles bike shop, Ft. Lee, NJ. Getting back to the George Washington Bridge to New York City. Flanking Dennis and the group is Wuid Alexandre and Charis Agapetos. They just went through an 85 mile journey to Stony Point, which included lunch at the home of Dennis Griffin's cousin (the regular training group was there)



Saturday, April 21, 2012. Besides the usual group, included in this 75 mile ride to Sunken Meadow is John Slaski, Cesar Vasquez and Joe Aguiar. Cheerful portrait of the Cyclists of Speed, on the beach at Sunken Meadow State Park.

Much thanks to the 5BBC Quick Spin Leaders: Dennis Griffin, Julie Blackburn and Steven Levy, @ 18-20 mph!



Saturday, May 12, 2012: At Hobart Beach Park. The clinching 90 mile ride to Eaton's Neck. Life is going for the gusto. And accolades again for the Cyclists of Speed.

The 5BBC 2012 Montauk Century

New routes

- New check-in & finish locations
- New rest areas
- More beautiful back roads

Sunday May 20, 2012

Your choice of three distances:
65, 100, or 125 miles

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

All routes start & finish in
Hampton Bays

Transportation available to and
from Hampton Bays for you and
your bike

Since 1964, cyclists have
learned to associate May with
the Montauk Century.

For 2012, the Five Borough Bi-
cycle Club (5BBC) has changed
the Montauk Century to a
looped route configuration.

Yes that's right, we are going to
start and finish in the same lo-
cation. We've kept the same
back roads you love, while
adding quiet and scenic byways
north of Montauk Highway on
the return.

It will now run from Hampton
Bays to Montauk Point and back
in 65-mile, 100-mile, and 125-
mile routes.

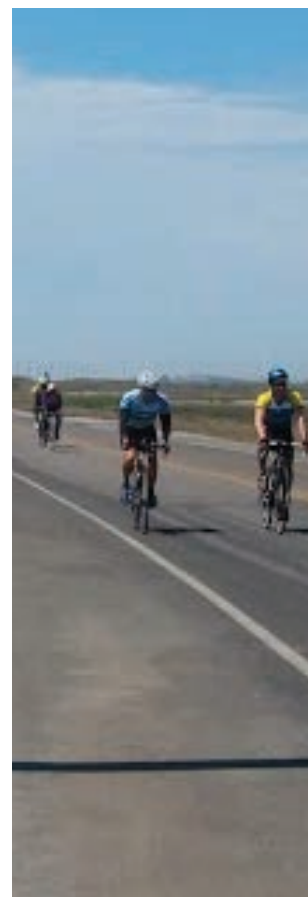
Our new 65-mile route will still
feature the beloved Dune Road
segment, while the new 100-
and 125-mile routes will once
again venture out to the iconic
lighthouse at Montauk Point.
All routes converge and head on
to Sag Harbor for everyone to
enjoy its stunning views.

For those who want to start
pedaling from the city, there is
the 5BBC's Montauk Century
Weekend Trip. Its choice of
route distances goes up to a
double century, or 200 miles!

To help you get in shape, all
Montauk Century riders are
welcome to join our Montauk
training rides. These include
"metric" training rides



5BBC



Photos by Ben Karassik, Dalah del Prado and via
Wikipedia

Thanks to our sponsors/partners:

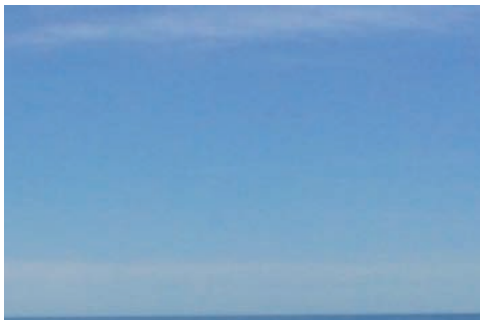


Montauk Century 2012

Please visit our website for complete information:
www.5bbc.org/montauk

For:

- Tour day details
- Registration
- Training rides.
- Jerseys & T-Shirts.
- Volunteering
- Additional information
- Timely updates



especially for those riding our 65-mile route.

Two things will remain constant: our friendly volunteers and our legendary SAG support. This is what makes the 5BBC Montauk Century so special & enduring: cyclists helping other cyclists!

Someone has always got you covered. This year we are using Eventbrite for online ticketing. We believe you will find the experience to be quick, easy and pleasant.

The confirmation email will include a QR code. Please print it out and bring it with you to check-in. Users of smartphone devices may also bring the confirmation and QR code in digital form.

When registering, please indicate your check-in location preference, route preference (65-, 100-, or 125-miles) and purchase transportation if needed. You may also purchase your 5BBC Montauk Century event-branded apparel.


If you are checking in at Penn Station, you will need to purchase our transportation package, which includes round-trip transportation for you (by train) and your bicycle (by truck). The LIRR will not permit bikes on trains on May 20th. GOOD LUCK TO ALL!

REMEMBER: Prices go up as tour day gets closer, so do yourself a favor: please register ASAP.

The 5BBC warmly invites you to join us for a great Montauk Century in 2012.



Mary Martinez



Have some Strawberries with your Century!

The 5BBC 2012 Mattituck Century

Sunday June 17, 2012

100 Miles Rain or Shine

Brooklyn's LIRR Atlantic Terminal check-in opens 7 AM

REGISTRATION: www.5bbc.org/mattituck (Will be up soon.)



The Mattituck Century is back by popular demand! Sun., June 17. This club classic, affectionately known as the Strawberry Century is still proving to be all about the fun! The ride's old school flavor, amazing route, limited registration and **\$35 price** make it a great way to enjoy a day on your bike.

This 100 mile ride is best suited for the skilled, well conditioned and self-sufficient distance rider -- or you can invite one to ride with you. We travel from Brooklyn's cultural epicenter, through historic districts, quiet neighborhoods & bedroom communities, on to the fragrant Pine Barrens and finally wine country. It's truly a great route that is flat, easy, quiet but with the needed services.

The 5BBC Mattituck Century will offer check-in services near the LIRR Atlantic Terminal, Brooklyn between 7 and 8 AM. True to the old school style the route maintains the original charm and challenge of no road markings or rest stops. You are free to ride at your own pace, lunch at a place of your choosing and manage your own roadside repairs. Though we must require you wear a helmet while riding! **New for 2012, we're adding baggage service to lighten your load on the road.**

As always the ride features 5BBC's legendary SAG support and transportation back home for you and your bike included. The ride terminates at the annual Strawberry Festival in Mattituck, New York. This is an old-fashioned country fair that features strawberry everything in addition to other typical festival cuisine. Also new for 2012, **we've tweaked the route to make fruit picking & vineyard visits easier.**

Online registration at Eventbrite.com. Registration is limited so act quickly and get ready to "have some strawberries with your century! PLEASE VISIT **www.5bbc.org/mattituck** FOR INFORMATION. 7

What is That Book?



Now it can be revealed--it is *The Best of Newspaper Design*, 27th edition (2006), an annual published by The Society of News Design.

The organization, based in Orlando, Fl., each year awards the best in creative designs of visual journalism on the local, national & international level.

In this case, print tabloid and broadsheet newspapers out there in the world.

The color dustjacket cover of two guys transporting a stack of papers on a bicycle is what drew me to this coffee table book at the Union Square Barnes & Noble.

That point on, I would put it subtly in the *Bicycletter*, as a cycling talisman of sorts.

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.

Alfredo: Except for article and photos, I'm kidding about the rest. Just one more time...



Wed. 2 May 2012: Final print issues of the *Bicycletter* prepared at the offices of Sharon Behnke. Thanks to Sharon, Eliana Hecht, Cesar Vasquez, Wendy Frank, Ken Coughlin, Mary McNulty, Gia Tran and Phil Goldberg.

Musings of A Bicycletter Man

By Alfredo Garcia

This appeared in the May/June 2012 print edition

You are now holding the LAST, the FINAL print issue of the *Bicycletter*. Since 1990, and before the internet, this publication was the prime information source of your Five Borough Bicycle Club.



August 2011, SummerStreets. Photo by Jackie Junttonen.

As mentioned in the last issue, the 5BBC needs to cut costs to save money & resources for the future. In fact, several of the NYC-based bike clubs (e.g. New York Cycle Club) no longer publishes a print newsletter or bulletin.

The Internet, most notably via our website and Facebook page, provides 99% of the club's Day Trips, Weekend Trips, the Montauk Century and other club-related sources of information.

My first experience with the *Bicycletter* was in 1991, at Manhattan's Toga Bike Shop, a year before becoming a 5BBC cyclist. They had spare copies of the newsletter. It was triple folded then. The cover photo had leaders Angela Merk, John Kalish, Mark Plaut, Paul Sullivan, etc., making before and after funny faces, at a successful 5BBC Leadership Course Weekend.

I loved putting the print *Bicycletter* together. An issue would be created with the first letter and first words. Then articles, photographs and graphics would follow. Pages would be designed

and crafted into Quark Xpress and Adobe Acrobat files on a Windows laptop. Test draft runs on an HP laserjet would be printed to make sure the issue was done right (most of the time.) Sometimes, I'd walk to Staples to get a 49A HP cartridge and a new ream of letter size paper when they ran out.

After trial and error with different print shops, the humble folks at Copy Concept, now Best Copy, which is near Hostelling International New York, provided great print jobs at affordable cost. Thanks.

B I C Y C L E E R.

I would like to thank our volunteers, Club members & friends, who helped with the preparation of print *Bicycletters* for the USPS, at mailing parties, through the years since 2006--from Alex Wong, Andrea Casertano, Andrea Mercado, Barry Hartglass, Brian Hoberman, Cesar Vasquez, Cheryl Deitch, Ed DeFreitas, David Seto, Eliana Hecht, Eric Dobkin, Fred Dieckamp, Gia Tran, Jesse Brown, Joseph Candelaria, Josh Gosiak, Ken Coughlin, Mark Trainor, Mary McNulty (& her artist husband), Peter Engel, Phil Goldberg, Richie Stevens, Rodney Mallard, Sharon Behnke, Susan McCartney, Susan Rodetis, Ted Kushner, Wendy Frank and more folks too numerous to mention.

In addition, Sharon, Brian, Mary, Phil and Susan Rodetis graciously hosted mailing parties at their homes/workplaces, when Hostelling International offices weren't available anymore.

Plus a special thanks to Jane O'Wyatt, who helped with graphic design in the early years.

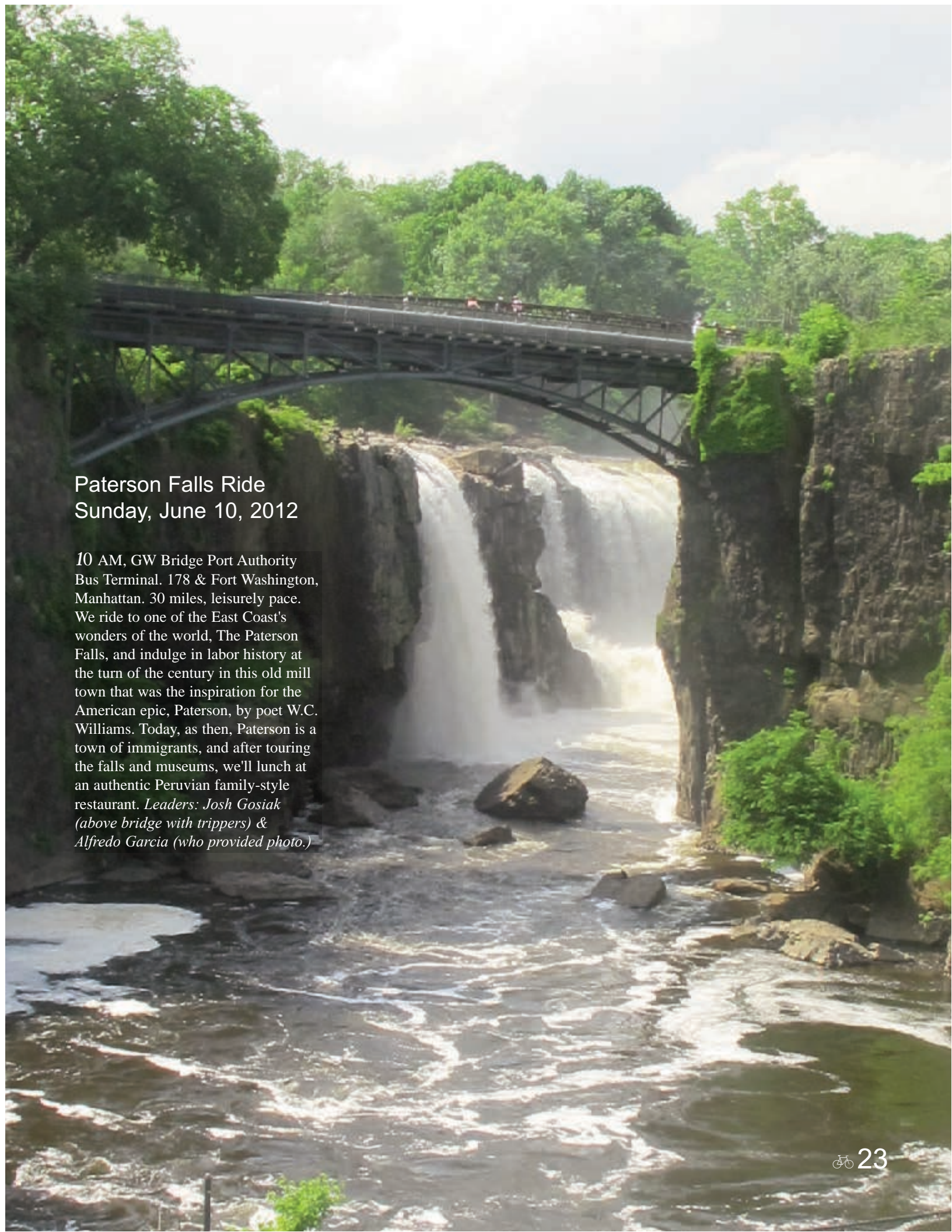
And to Phil Goldberg, a good friend since 1992, quite an immeasurable individual and cyclist.

Of course, my days as the 5BBC "Ink Man" are over. By that's change and I'll adapt. Future issues of the *Bicycletter* will be exclusively pdf.

Starting with the July 2012 issue, the *Bicycletter* will be monthly.

Those members with no access to a computer / printer, I will see to it they get printed copies of the PDF issues, as reasonably as possible. Email me via newsletter@5bbc.org.

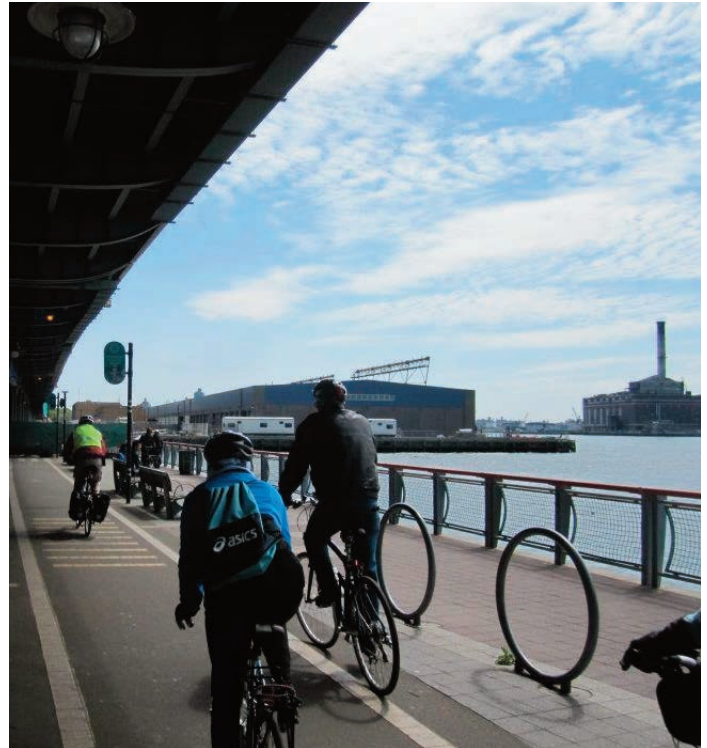
Don't worry Richie Stevens--I got you covered.



Paterson Falls Ride Sunday, June 10, 2012

10 AM, GW Bridge Port Authority Bus Terminal. 178 & Fort Washington, Manhattan. 30 miles, leisurely pace. We ride to one of the East Coast's wonders of the world, The Paterson Falls, and indulge in labor history at the turn of the century in this old mill town that was the inspiration for the American epic, Paterson, by poet W.C. Williams. Today, as then, Paterson is a town of immigrants, and after touring the falls and museums, we'll lunch at an authentic Peruvian family-style restaurant. *Leaders: Josh Gosiak (above bridge with trippers) & Alfredo Garcia (who provided photo.)*

Cycling with the 5BBC:
Spanish Immersion Ride
Saturday, April 28, 2012



From Wikipedia: East Harlem, also known as Spanish Harlem and El Barrio, is a section of Harlem in the northeastern part of the New York City borough of Manhattan. East Harlem is one of the largest predominantly Latino communities in New York City



Cycling with the 5BBC:
A Spin on the Kissena Velodrome, on the
Empanada Ride, Sunday, April 29, 2012



The Velodrome in Kissena Park (Flushing, Queens) reopened in 2004 after major renovations. This bike racing track, originally built for the 1964 Olympic trials, had been neglected until an overhaul in 2003. Now the beautiful 400-meter banked asphalt racing track features viewing stands, a fence, and a tower for race officials. Via About Queens.

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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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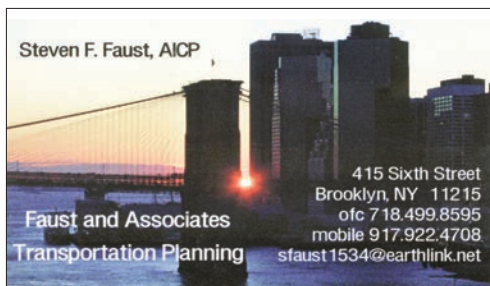
Our current, out of print jersey is so good, we're showing it thrice.



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

Bike Events & Places to Ride Your Bike

BROOKLYN BRIDGE

PARK

Open year round. www.brooklynbridgeparknyc.org

7TH ANNUAL

TOUR DE Brooklyn

7th annual Tour de Brooklyn
Sun. 3 June 2012 www.tourdebrooklyn.org



Go around or go part of the Manhattan shoreline all year.
Visit <http://tinyurl.com/nkqy43>

2ND ANNUAL

STATEN ISLAND TOUR DE

MAY 12, 2012

Second annual Tour de Staten Island
Sat. 12 May 2012 www.tourdestatenisland.org



Bring your bike on free ferry ride to Governors Island.
Weekends, Memorial Day & Labor Day, Sat. 26 May to
Sun. 30 Sept. 2012. www.govisland.org



4th annual Brooklyn Waterfront Epic Ride. From Newtown Creek to the
Rockaways. Brooklyn Greenway Initiative. Sat. 28 July 2012
www.brooklyngreenway.org

de TOUR Queens

5th annual Tour de Queens
Sun. 8 July 2012 www.tourdequeens.org



23RD ANNUAL

NYC CENTURY BIKE TOUR

23rd New York Century Transportation Alternatives
Sun. 9 Sept. 2011 www.nyccentury.org



Ride traffic free on Park Avenue, from Central Park to the Brooklyn Bridge! Tentative 3 Saturdays,
August 2012. www.nyc.gov/summerstreets.



Escape New York. New York Cycle Club Sat. 22 Sept. 2012 www.nycc.org/eny



Tour de Bronx
Transportation Alternatives
Late Sun. Oct. 2012 www.tourdebronx.org

Important: Event listings that are not sponsored by the 5BBC do not constitute/imply endorsement by the Five Borough Bicycle Club.

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:

5BBC WEEKEND



All the Way Out to Montauk - Scenic, Convenient, and Comfortable
MONTAUK CENTURY WEEKEND
May 19-20 (Saturday morning to Sunday evening)

Trip No. MCW

Space Available: 12 people

Price: \$305

Transportation: van

Lodging: Motel, double accommodations

Meals: As described in About Weekend Trips

Trip Rating: A

Mileage/Terrain: Between 75 - 100 miles per day, mostly flat

Leaders: Martial Henry and Ken Williams

• In a springtime tradition, cyclists from across the Northeast come to New York to ride the 5BBC Montauk Century. It's no wonder why: the ride is flat, scenic and well supported. Since not everyone is up for biking 145 miles from Manhattan all the way out to Montauk in one day, you can do it in two days on our seventh annual Montauk Century Weekend trip!

• At about 7:00 AM Saturday, you'll start pedaling east from Manhattan, fully supported by private SAG van, which will also tote your weekend bag. Saturday night, we'll gather for a fine dinner together and then retire for the evening to our quaint country motel in the Hamptons. Sunday morning, we'll have a full breakfast and then join other riders in Hampton Bays for the Montauk Century Event. After you arrive back in Hampton Bays, just hop in our van and we'll bring you, your bike and gear, back to the city. Scenic, Convenient, and Comfortable.

• Please note that the weekend trip price includes the registration fee for Sunday's Montauk Century Event. If you have already paid for the event, please let the trip leaders or Weekend Trips Coordinator know so that you may receive reimbursement for the fee after the trip.

Memorial Day Weekend Trip for Cyclists and Their Friends!

BEAR MOUNTAIN & HARRIMAN STATE PARKS

May 26-28, 2012 (Saturday morning to Monday evening)

Trip No. BMH

Space available: 20 people, e.g. 14 cyclists, 6 guests

Regular price: \$155 until 11:59 pm, May 17 when registration closes

Early Bird discount price: \$140 until 11:59 pm, April 26

Transportation: self-contained

Lodging: Cabins/dorm rooms

Meals: As described in About Weekend Trips

Trip Rating: A

Mileage: Hard, 50 each way with some very steep hills

Leaders: Ed Ravin and Fred Dieckamp

Note: We've added an option to allow friends of the cyclists to join the trip! The price is the same. The only catch is that you have to arrange your own transportation to/from the camp, e.g. car pool or train.

Our host for this adventure-filled weekend is rustic Camp Thendara, a 90-year-old mountaintop lodge on Lake Tiorati in Harriman State Park. Cyclists will do 50 hilly miles from



midtown Manhattan on Saturday, going "self-contained," meaning we'll carry all our gear on our bikes. A rear rack and panniers to carry your gear are required. Sunday offers a variety of options: swimming, boating, hiking, biking in the park, or just relaxing. Home-cooked breakfasts and dinners, along with trail lunches, are all included in the price. Guests at Camp Thendara prepare their meals together and perform light clean-up chores. On Monday, we'll bike home via a different route, with plenty of quiet back roads.

TRIPS 2012



A Weekend on the Marshland Flats of Southern Jersey

SALEM TIDEWATER RIDE

June 23-24, 2012 (Depart Saturday morning,
return Sunday evening)

Trip No. STR

Price: \$120 until 11:59 pm, June 16 when
registration closes

Space available: 8 highly proficient, self-
contained riders

Transportation: self-contained / NJ Transit

Lodging: Motel, Double Accommodations

Meals: As described in About Weekend Trips

Trip Rating: 40-50 miles per day, flat

Leaders: Josh Gosciak and Fred Dieckamp

The Salem, New Jersey, Tidewater Ride is flat, flat, and new terrain for 5BBC aficionados. We venture to a Quaker outpost in South Jersey, along the tidewaters of the Delaware River, and briefly cross into the state of Delaware. But first we catch the train to Trenton and light rail to Camden. A little rail travel gets us out of the metro area into the country. We overnight in Salem, New Jersey, explore the marsh and tidal waters, then return along the Delaware River shore. Stops may include Walt Whitman's house in Camden, the Salem Nuclear Power Plant, and Fort Mott on the Delaware state border. We bicycle 40 miles each way, and the ride is self-contained.

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

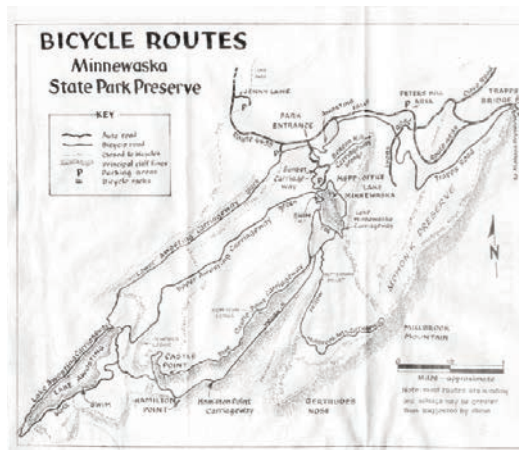
Lodging: hostel, semi-private rooms, shared
baths

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.

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

Enjoy Yourself on a 5BBC Weekend Trip with Bike!



30



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

Transportation: self-contained / Metro-North Railroad

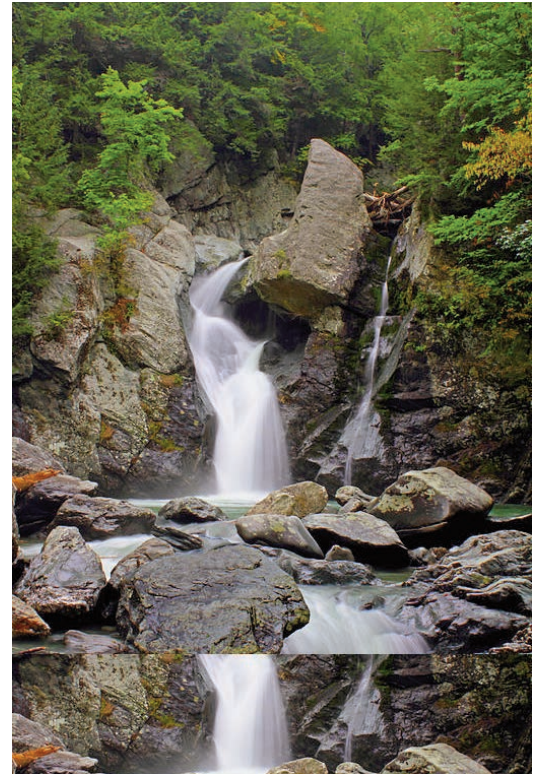
Lodging: budget lodge, semi-private rooms, communal bath

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.

THE TRADITION RESUMES: Labor Day Weekend in Amish Country

PENNSYLVANIA DUTCH TREAT

Aug. 31 to Sept. 3 (3:30 pm Friday to Monday evening)

Trip No. PDT

Regular price: \$375

Early-bird discount price (Deadline July 31): \$338
FINAL REGISTRATION DEADLINE:

Aug. 15

Transportation: van or carpooling

Lodging: farmhouse; shared rooms, double or triple accommodations

Trip Rating: B

Mileage: Moderate, 30-40 miles per day on rolling hills

Leaders: Steve Sakson & Phil Goldberg



This venerable favorite returns! Step back to a simpler time during our trip to peaceful Lancaster County, the heart of Pennsylvania Dutch country. We'll ride up and down rolling farmlands, through lush pastures, and over historic covered bridges, accompanied by the clip-clop of horse-drawn carriages and the friendly smiles of Amish farmers. We'll visit a working grist mill, and picnic on the site of an early settlement village. We'll lodge at local B&B, home to a working dairy farm, where we'll experience the country life, first hand, including a chance to milk the cows. For dinner, one evening we'll be guests at the home of an Amish family. And, we'll cap off the weekend with an elegant dinner at a historic colonial inn. Great for singles and couples.

New Features make This Favorite Better than Ever

SEA GULL CENTURY

October 5-7 (Friday morning 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

Trip Rating: A/B/C

Mileage: 65 miles or 100 miles, mostly flat

Leaders: Steve Sakson and Wentworth Price

Maryland's Seagull Century Ride is often rated the best and easiest 100 in the East, and we've added some great new features to make this annual 5BBC favorite even more fun. The Seagull takes you through the Chesapeake Bay's most picturesque farmland and unspoiled forests, all on some of the best-paved roads around. Sponsor Salisbury University offers top-notch support with

rest stops loaded with goodies, including pie a la mode. By midday we'll reach Assateague Island Park, where wild ponies and tame deer will greet



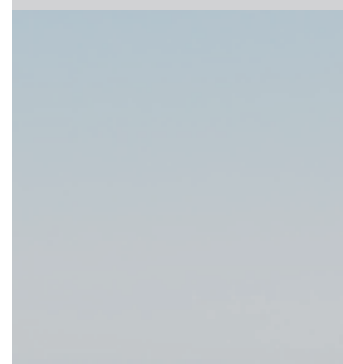
your arrival, and the ocean beach will restore you for the ride back. Our road trip down includes a luxurious ferry ride across Delaware Bay, and a Bike Expo where you can snag big bargains on top-notch gear. On Sunday, we'll take a leisurely ride on a coastal Maryland rail trail, and lunch in historic Annapolis before heading home.



See a trip you like, then visit <http://www.5bbc.org/weekend/>

The Five Borough Bicycle Club has offered wonderful cycling weekend trips since 1990. It's a great way to expand your cycling horizons.

Let's go to pleasant and peaceful destinations--join us!





Wednesday, May 16, 2012. 6:45 PM at Pier 45 in Hudson River Park (enter at West 10th Street & West Street). 10 miles, moderate pace. Rain or shine.

A memorial ride to honor the cyclists whose lives were lost in traffic crashes. This short ride will be conducted in silence at a stately pace, as a funeral procession. Similar rides are being held all over the world on this day as part of an international movement (<http://rideofsilence.org>.) Riders who have lost a friend or family member to traffic mayhem are requested to wear a black armband or other attributes of mourning. Please wear a helmet and bring front & rear lights for evening riding.



**IT CAN FIT
MAY 2012**

Tandem road bike gets secured by Liz in a crowded MTA shuttle bus, due to no #2 weekend subway service. There was a Q subway, but...it was a humble victory for perseverance. Photo by Ed Pino, contributed by Liz Baum.

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 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, bicyclotechnonline.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
modsqadcycles.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

Toza 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

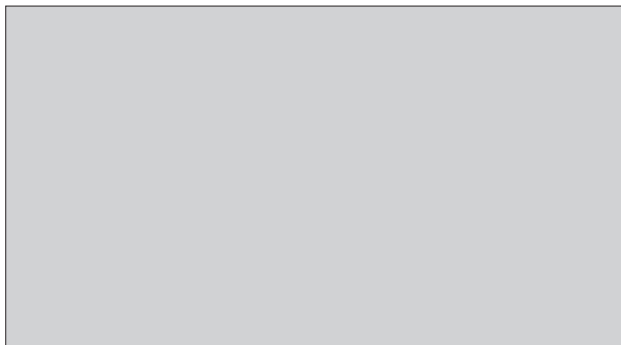
49-04 Vernon Blvd., Long Island City,
NY 11101, 718-433-0450
spokesmancycles.com



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

Address Service Requested

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



21st Century technology:
Scan this QR Code with a
smart phone or tablet to
visit 5BBC website!
By Jackie Juntonen.

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 July 2012 issue is:

Monday 4 June 2012

Bicycletter
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Sans Print Edition
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Editor: Alfredo Garcia
The Bicycletter will be a monthly pdf publication of the Five Borough Bicycle Club, with the July 2012 issue.

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.



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Caryn Greenberg. Some available for \$65
visit www.5bbc.org