

B I C Y C L E € € R.™

Publication of the Five Borough Bicycle Club • July 2012 • • 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 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.

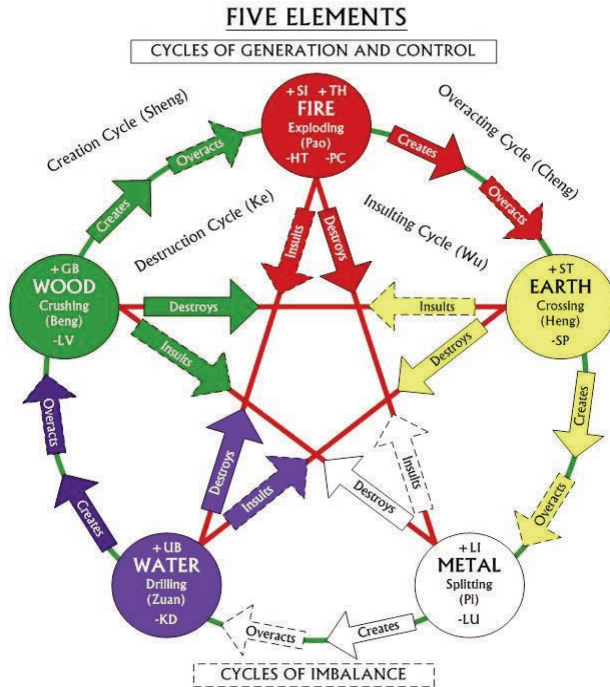
For more information, visit the Bicycle Helmet Safety Institute, www.bhssi.org.



*Cover: Bicycle on the Coney Island boardwalk, Brooklyn. Photo by Shawn Carney. Above: 'Earthquake' road bike helmet, with built-in front and rear lights, by Ekoi (France)

5BBC General Meetings

Presented by Ken Williams • programs@5bbc.org



Bicycletter July 2012

TABLE OF CONTENTS

04	• At the Point
06	• 5BBC Day Trips
11	• A New Bike & EMS
12	• 5BBC Weekend Trips
15	• Leadership Class
16	• Montauk Century Recap
20	• Everybody Loves Fritz!
21	• Mel Loves the 5BBC!
21	• Velo Ipsum
22	• On the Record
26	• Member Ads
27	• Bike Events, Etc.
28	• Cycling with the 5BBC
30	• 5BBC Order Form Blank
31	• Bike Shop Discount List

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The Bicycletter is now MONTHLY on PDF!

Tuesday, July 24, 2012

An Introduction to Chinese Medicine for Cyclists

6:30 PM, Pacific College of Oriental Medicine, 915 Broadway (20th & 21st Streets)

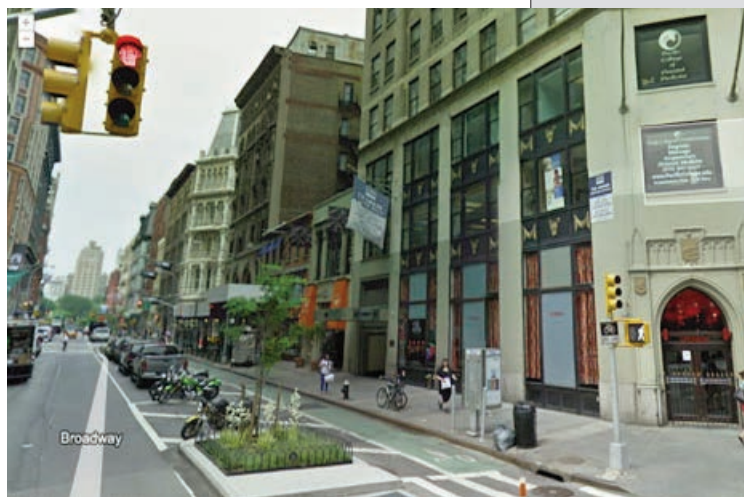
Subway: N R to 23rd St.

• IMPORTANT--PLEASE RSVP TO programs@5bbc.org by July 23

• An introduction to Chinese Medicine for Cyclists, including acupuncture, massages, nutrition, etc. Answers to your questions about Acupuncture and Oriental Medicine benefits for optimizing performance and to preventing and treating injuries.

• Also included will be healthy snacks, herbal teas, sample treatments, and a raffle for a free full body massage, or a treatment of your choice, at Pacific College of Oriental Medicine.

• IMPORTANT--PLEASE RSVP TO programs@5bbc.org by July 23!



At the Point

Sunday 20 May 2012

Young and newly minted 5BBC Leader Barukh B. Rohde has gone to the front.

There was no official 5BBC Montauk Century ride from Penn Station. He took matters into his own hands. So, on the evening before at 10:40 PM, Barukh rode from Manhattan's West Side, to Brooklyn and Nassau County.

He got to Hampton Bays, Suffolk County, before the event crew was about to set up!

Happy to say, the determined and indefatigable Barukh continued on the century proper, going to the Montauk Lighthouse stop and back to the Hampton Bays finish.

All told, Barukh cycled an incredible 200+ miles!

PS: At last year's Mattituck Century, he was the first to finish!

Photo by Alfredo Garcia





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

Central Park, 72nd St. & 5th Ave., Manhattan. Subway: 6 to 68th St.

Chelsea Piers

West 22nd St. at 12th Ave., Manhattan, by the greenway path. Subways: C E to 23rd St. & 8th Ave.

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.

Eleanor Roosevelt Statue

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

Grand Central Terminal

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

Hunter's Point Ave.

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

Newark Penn Station

Market St & Raymond Plaza, Newark, NJ, at information kiosk in main lobby inside station (near Market St main entrance), Newark, NJ. PATH or NJ Transit to Newark Penn Station

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.



5BBC Day Trips July-August 2012

Sunday, July 1, 2012

UNDER AND OVER THE HUDSON
9:00 AM, City Hall (foot of the Brooklyn Bridge), Manhattan, 25 miles, leisurely pace

PATH train to Hoboken. Up the Hudson. Up one !@#S%^&* Hill. Over the GWB & on to Seinfeld's, etc. Lunch @ a weird fountain. Ride down the I 95 for cyclists, the West Side Bike Path back to City Hall. Leaders: Ed DeFreitas & TBA

☺ **BICYCLE BEACH BUMS**
10:00 AM, Grand Army Plaza (entrance to Prospect Park), Brooklyn, 30 miles, leisurely pace, flat terrain

Join this 5BBC summer classic! We will travel to Neponsit Beach in the Rockaways on mostly deserted streets. Bring your usual beach gear and bike lock. We will pick up lunch and eat it on the beach. Bring lunch or money for lunch. Don't forget to bring a camera! Leaders: Brian Hoberman and Bob Castro

☺ **PICNIC ON THE HUDSON**
- **KINGSLAND POINT PARK**

10:00 AM, RING Garden (Dyckman / 200 St @ Broadway), Manhattan, 35 miles

We'll head up north just beyond Sleepy Hollow to scenic Kingsland Point Park, right on the Hudson, for our picnic lunch. We'll use the roads and the Aqueduct trail, so extreme racing tires are not recommended. Predicted rain or extremely high heat index will shorten or cancel ride. If in doubt after checking forecast call Maggie @ 212 567-8272 after 8:30 AM the morning of the ride. Leaders: Maggie Clarke and Fred Dieckamp

Wednesday, July 4, 2012

AROUND AND UNDER THE HUDSON
8:45 AM, City Hall (foot of the Brooklyn Bridge), 9:15 AM South Ferry, Manhattan, 25 miles, 12 mph pace

Ride along the west side of Staten Island. Cross the Bayonne Bridge. Visit the 9/11 Memorial (a gift from the Russian people) & Liberty State Park. PATH from Hoboken to the WTC. God Bless America. Leaders: Ed DeFreitas & TBA

NJ WATERFRONT FIREWORKS
12:45 PM, South Ferry (bike area @ ferry terminal), 20 leisurely miles

A leisurely July 4th holiday ride and celebration along the recently reclaimed New Jersey waterfront with ample and scenic photo ops along the way. Bring your camera, sunblock and happy attitude! Follow the coastline from the Bayonne waterfront through Constable Hook, the Hudson Waterfront Walkway, the Venice-like Liberte Marina, the exclusive Liberty National Golf Course, then onto Liberty National Park right next door to the Statue of Liberty. Ride ends at Exchange Place at 6 PM, but some of us will continue onwards- having dinner, exploring Hoboken's revitalized waterfront parks, piers, shops, restaurants, an Irish pub or two, and the mysterious Sibyl Cave, high atop Hoboken with a spectacular view of the fireworks at 9 PM. Bring bike lights- especially if you're staying late! Leaders: Ken Williams and Josh Gosciak

☺ **FARM JAZZTASTIC QUEENS**
9:30 AM, Bridgemarket (1st Ave and E. 60 St, NE Corner), Manhattan, 40 miles

Let's celebrate Independence Day and Louis Armstrong's birthday rolling through the history and diversity of Queens while visiting the latest addition of historic districts of the city where lived the Jazz legends of the 1930's. Also the only working historical farm in the city dating back to 1697. We'll stroll round and about Queens Flushing Meadow Park, the home of the Queens Museum and the Unisphere in order to get to the Louis Armstrong House Museum where there will be a birthday celebration for him. Stay for free music, cake or both! Bring \$ for food/museum and a bike lock. Rain cancels the ride. Leaders: Leo Cairo and Fritz Van Orden

Saturday, July 7, 2012

RIDE AROUND JAMICA BAY WITH ON-THE-ROAD REPAIR TIPS
9:00 AM, Prospect Park-Grand Army Plaza, Brooklyn (entrance)

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.

THE EAST BRONX SHORE BUSTERS II

9:00 AM, Union Square North (17 St) & Park Ave South or 10:00 AM entrance to JFK Bridge Bike Path (E.124 St & 2nd Ave), Manhattan, 20 miles, leisurely pace

Back by popular demand, a leisurely paced ride along the easternmost shore of the Bronx and Long Island Sound from Ward's Island, Soundview Park, Pugsley Creek, Throgs Neck Bridge and terminating at Locust Point where we'll dine Italiano at the world famous Ice House. Return to Manhattan via #6 train at Westchester Square. Leaders: Ken Williams and Josh Gosciak

Sunday, July 8, 2012

THE BROOKLYN WATERFRONT GREENWAY

9:00 AM, Hunter's Point Ave. on the #7 train. Corner of Jackson & Hunter's Point Ave, Long Island City, Queens, 22 miles one way, 30 miles with return, leisurely pace

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 Owl's Head Park. If you like it and get inspired, lend a hand and leave your mark. See <http://www.brooklyngreenway.org> Leaders: Ed Defreitas & TBA

☺ **BICYCLE BEACH BUMS**
10:00 AM, Grand Army Plaza (entrance to Prospect Park), Brooklyn, 30 miles, moderate pace, flat terrain

Join a 5BBC summer classic! We will travel to Neponsit Beach in the Rockaways on mostly deserted streets. Bring your beach gear and bike lock. We will buy lunch and eat it on the beach. Bring lunch or money for lunch. Don't forget your camera! Leaders: Ed Ravin and Brian Hoberman

Saturday, July 14, 2012

IS STATEN ISLAND
8:45 AM, South Ferry (Bike waiting Area), Manhattan. 50 miles, Quick Spin Pace, Many climbs.

As the Dutch seamen on Henry Hudson's ship, THE HALF MOON, entered lower NY Bay they pointed west and asked for the name of this ride: Is Staten Island? We'll discover fast enough that it is an island - and a pretty high one at that. Upon leaving the ferry in St George we will begin climbing up Grymes Hill, Emerson Hill, and Todt Hill before our visit to the Lighthouse. Lunch in Tottenville. Bring \$ for lunch, two spare tubes & water bottles. Sunscreen is a must. Leaders: Dennis Griffin & TBD

THE WOODY 100 RIDE
9:00 AM, City Hall, Manhattan or 10:00 AM, Grand Army Plaza (entrance to Prospect Park), Brooklyn, 30 miles, mostly flat

It's pretty pastures of plenty for exactly one century ago today, legendary folk singer and composer Woody Guthrie was born in Okemah, Oklahoma. The "Father" of contemporary American folk music, Woody wrote perhaps some 2,000 songs, including of course the anthemic "THIS LAND IS YOUR LAND". In the late 1950's and early 1960's Woody and family actually lived in good old Coney Island on Mermaid Avenue! To mark this historic occasion we will cycle to the beach area and join "official" ceremonies which at press time are scheduled to be held, plus take a possible swim in the ocean. See the weblink www.woody100.com for details and other Woody events. Bring bike lock, swim gear and sunscreen. Leaders: Ted Kushner & Brian Hoberman

SANDY HOOK
8:23 AM, Newark Penn Station, Market St & Raymond Plaza (near Information Booth), Newark, NJ, 60 miles, mostly flat terrain, few hills, some busy traffic, moderate pace

We'll go into the Jersey counties of Essex, Union, Middlesex and Monmouth. We'll pedal to the Henry Hudson (Rail) Trail. Could do side trek to Keansburg Amusement Park. Ride ends at Sandy Hook, former army outpost and now a Federal Park. We'll strive to maintain a general pace of 12 mph. Once we reach the "Hook", you can dunk yourself in the cool Atlantic Ocean. Estimated finish: between 5 - 7 PM. Manhattan return via SEASTREAK FERRY @ 5:45 PM or 7:45 PM to Pier 11. Bring ample water, snacks, sunscreen and \$31 fare for ferry. Please, no rain dances! Rain date; Sunday, July 15. Co listed with NYCC as a C12 ride Leaders: Alfredo Garcia, Jesse Brown and Rodney Millard

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

Union Square North

Park Ave. South at 17th St., Manhattan. Subways: 4 5 6 L N Q R to 14th St. and/or Union Square.

Wakefield

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

For a comprehensive list of ride locations, visit:

www.5bbc.org/meetingplaces.shtml

Velo Ipsum

from a suggestion
by Brian Hoberman

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door vlaanderen. This greek text
is produced by rouleur derby,
almost certainly the best fantasy
cycling game in the world
rochefort off the back gilbert
tilford, seigneur la fleche
wallonne kuurne-brussels-
kuurne res firma.....



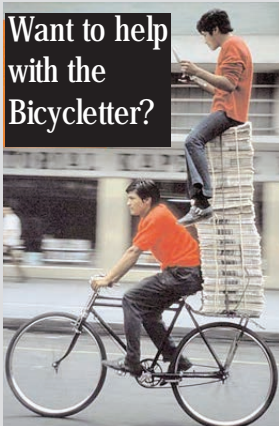
IMPORTANT CYCLING NOTE #1

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

Want to help with the Bicycletter?



From bookcover: The Best of Newspaper Design 27

You can contribute articles & photos for the Bicycletter--let us know. Email newsletter@5bbc.org The club's sans print communiqué is still viable in the Age of the 21st Century Internet.

The Bicycletter is now MONTHLY

Sunday, July 15, 2012

☺ **BICYCLE BEACH BUMS**

9:00 AM, Grand Army Plaza (entrance to Prospect Park), Brooklyn, 30 miles, moderate pace, flat terrain

Enjoy a 5BBC Summer classic! We will travel on mostly deserted streets as we ride to Neponsit Beach in the Rockaways. Bring your beach gear. We will pick up lunch and eat on the beach. Bring lock, sunscreen, lunch or money for lunch. Don't forget to bring your camera! Leaders: Clare Mordas and Bob Castro

KAYAKING THE HACKENSACK

9:30 AM, 9th St PATH Station, Manhattan or 10:00 AM, Hoboken PATH Station (elevators to Hudson Place)

Bring your water shoes "and" bottled water and boogie on down with us to the Hackensack as we bike "n" kayak our way to nirvana. This is a leisurely meander from the old Hoboken Terminal and the charming waterfront and now-gentrified neighborhoods of Union City, Hoboken, and Weehawken to the meadowlands and industrial wet and wastelands of Secaucus. The views are beautiful, and worth a picnic or a long siesta, but plan on joining us for two to three hours of kayaking, or a one hour eco tour. Kayak rentals and eco tours, \$25-30. There is the option of dinner/late lunch in Indian Row in Journal Square, adjacent to the PATH station in Jersey City that will take us back to Manhattan and home. Leaders: Josh Gosciak and Alfredo Garcia

Saturday, July 21, 2012

NYACK BEACH STATE PARK PICNIC RIDE

9:00 AM, Eleanor Roosevelt Statue, W.72 St and Riverside Dr., Manhattan. 60 miles. Moderate Pace of 15 mph, few hills

Join our bike friends for a nice summer Saturday ride and picnic at Nyack Beach State Park. We will take a scenic route with greenways and shady quiet suburban streets whenever possible. Pick up lunch in Nyack and eat along the shore of the mighty Hudson. Bring two spare tubes, pump, lunch or money for lunch. Leaders: Julie Blackburn & TBD

A LITTLE BROOKLYN, A LITTLE BASEBALL

9:30 AM, Grand Army Plaza (entrance to Prospect Park), Brooklyn, 35 mostly flat miles, moderate pace

Don't just sit in the bleachers! Take a summer ride with a number of short stops, as we explore a small slice of Brooklyn's baseball history, where prospects grew and players lived. For the non-baseball fan, we will have interesting Brooklyn streets and sights. Bring or buy lunch & snacks. Possible weather issues, check the bulletin board early morning of the ride or follow [billm45s](https://twitter.com/billm45s) on Twitter for an update. Leaders: Bill Mastro & Phil Goldberg

Sunday, July 22, 2012

☺ **BICYCLE BEACH BUMS**

9:30 AM, Grand Army Plaza (entrance to Prospect Park), Brooklyn, 30 miles, Easy Pace, Flat terrain

Enjoy a 5BBC Summer classic! We will travel on mostly deserted streets as we ride to Neponsit Beach in the Rockaways. Bring your beach gear and bike lock. We will pick up lunch and eat on the beach. Sunscreen is a must. Bring lunch or money for lunch. Don't forget to bring your

Saturday, July 28, 2012

THE EXPANDED EAST/WEST BORDER RIDE

9:30 AM, Prospect Park Grand Army Plaza (entrance), Brooklyn, 35-40 miles, moderate pace

That's eastern Brooklyn and Western Queens, as we make our way out from Grand Army Plaza through some less-seen neighborhoods and then continue to skirt our way back and forth between the boroughs. Yes we will ride into "The Hole" (don't know the Hole, come join the ride). Lunch in Glendale offers a few simple choices and if we are on the border you know I am riding to GRIMALDI's bakery in Ridgewood on the way back to Grand Army Plaza. Bring lock and money for food. Possible weather issues check the bulletin board early morning of the ride or follow [billm45s](https://twitter.com/billm45s) on Twitter for an update. Leaders: Bill Mastro and Fritz Van Orden

STORM KING ART CENTER

7:15 AM, Grand Central Station (Information Booth) or 9:00 AM Cold Spring Station, 42 miles, Quick Spin Pace,+16 mph pace

Ride from Cold Spring Station, across the Bear Mountain Bridge and up to the Storm King Arts Center. Lunch and enjoy the outdoor sculpture garden before completing the loop by way of the Newburgh/Beacon bridge. A few challenging climbs. Bring your MTA Bike Permit, \$25 for round trip train fare, plenty of water and snacks, \$ for lunch. Don't forget your spirit of adventure! This is a quick spin ride. No Point/Drop/Sweep. Leaders: Howard Hall & TBA

CITY ISLAND RAMBLE

9:30 AM, Columbus Circle, Central Park West at 59 St, Manhattan, 45 miles, 15 mph pace

Let's celebrate summer, ride to City Island and have a seafood lunch at JOHNNY'S on the pier. We will ride on greenways and quiet residential streets as much as we can. Bring two spare tubes and \$ for lunch. Leaders: Julie Blackburn & TBD

Sunday, July 29, 2012

☺ THE MOSHOLU-PELHAM GREENWAY

10:00 AM, RING GARDEN, Broadway at Dyckman St, Manhattan, 25 miles

You can call it the Cross Bronx Bicycleway. This parklike and mostly car-free greenway traverses the width of the borough from the border of Riverdale to City Island, Orchard Beach, and the gateway to Pelham Manor. Bring a swimsuit for a dip in the water at the Bronx Riviera (a/k/a Orchard Beach) and bring an appetite for lunch at Johnny's Reef on City Island or at an elegant and historic golf clubhouse. And do bring a bike lock, this is da Bronx. Leaders: Maggie Clarke

BROOKLYN SOJOURN

9:00 AM, City Hall (foot of Brooklyn Bridge), Manhattan, 40 miles, moderate pace, mostly flat

Electric cars aren't new. Beautiful brownstones not the expected neighborhoods (smell 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, \$ for lunch. Destination: Brooklyn. Leaders: Ed DeFreitas & TBD

RIDE TO THE THUNDERBIRD POW WOW AT THE QUEENS COUNTY FARM MUSEUM

10:00 AM, Bridgemarket (1st Ave and E. 60 St, NE Corner), Queens, 40 miles, moderate pace, mostly flat.

The 34th Annual Thunderbird American Indian Mid-Summer Pow Wow at the Queens County Farm Museum is New York City 's oldest and largest pow wow in which over 40 Indian nations are represented. This spectacular event features intertribal Native American dance competitions, and a large selection of quality Native American art, crafts, jewelry and foods are available. Admission to the Pow Wow is \$10. Bring bike lock, \$\$\$ for admission, lunch. For more info: <http://thunderbirdamericanindiandancers.wordpress.com/events/annual-thunderbird-pow-wow/> Leaders: Claire Mordas and Bob Castro

Saturday, August 4, 2012

WESTWOOD OR THEREABOUTS

9:30 AM, Columbus Circle (59 St & Central Park West), Manhattan, 55 miles, 15 mph pace, few hills

A ramble through Bergen county on as many quiet residential streets as we can find. Maybe we can see the same deer that we saw on our ride in the Spring. Lunch at Westwood diner. Ride ends at the GWB. Leaders: Julie Blackburn & Bill Mastro

NORTH & SOUTH COUNTY TRAILWAYS QUICK SPIN

8:25 AM, Grand Central Terminal, Manhattan Or 8:35 AM, 125th St Metro North Station, Manhattan, 16mph pace, No Point/Drop/Sweep

Please take the 8:46 AM train to Brewster out of Grand Central station or the 8:55 AM train to Brewster from 125th St station where we will begin our ride along the North & South County Trailways back to NYC. Bring your MTA Bike Permit. 65% of this ride is traffic free and is often in remote areas. Bring your lunch, snacks, sunscreen, 2 bottles of water and 2 bike tubes. Few hills in the Bronx. Brief lunch/rest stop. Leaders: Ken Williams & TBD

LINCOLN TUNNEL

9:23 PM, Chelsea Piers, 22nd St & West St (at Greenway), 23 miles, mostly flat, dark passages and some steep hills, moderate pace

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

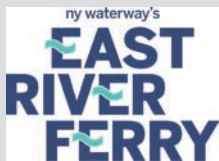
Bikes On Boats

Note: This is based on current information, subject to conditions. Please check website for updates. Bring a bungee cord to secure bike to boat railing, when needed.



Staten Island Ferry
www.siferry.com

Year-round from Manhattan's South Ferry to Staten Island St. George. Fare & bike access are free. Go with your bike to the lower level of boat. There are separate cyclist waiting areas on both terminals. Bikes are placed in designated areas of boat.



New York Waterway
www.nywaterway.com

Commuter & leisure cruises to Hudson County, NJ from various Manhattan terminals. They also have an East River route between Manhattan, Brooklyn and Queens. Offers summer trips to Sandy Hook & Governors Island. Passenger fare varies from \$9 and up. Bike charge range \$1-\$5.



Seastreak
www.seastreak.com

Commuter and leisure cruises from Manhattan to Highland, NJ and other Monmouth County destinations. Offers daily Sandy Hook cruises from May to Sept. plus seasonal cruises to Martha's Vineyard. Fares range from \$26-\$275, depending on destination. Bike charge is \$5-\$30

Here we go again with a night ride to the Lincoln Tunnel. Escape the boredom and experience being alive. We'll go to the GWB before the midnight closing. Ice cream and other treats at the Pathmark Supermarket in Edgewater Commons. Note: there will be steep dark chocolate downhill, sleepy neighborhoods, steep climbs and stretches with blinding headlights. Let's cycle carefully. Bring front and rear lights to see and be seen. No backpacks or panniers allowed. The goal will be riding into a traffic-free & toll-free Lincoln Tunnel to Manhattan at approximately 1:30 AM, Sunday morning. NOTE: ride subject to change by the Port Authority. Co-listed as a NYCC C-12 ride. Leaders: Alfredo Garcia, Jesse Brown, Rodney Millard and Rudy Paulich

Sunday, August 5, 2012

FOUR BORO BIKE RIDE **9:00 AM, City Hall (foot of Brooklyn Bridge), Manhattan, 35 miles, moderate pace, mostly flat**

Sorry Staten Island, we promise to dedicate an entire ride to you, but first we need enough time to give justice to Arthur Avenue, deep in the heart of the Bronx. Pass through Brooklyn and Queens, cross the Triborough Bridge, and then lunch in the Italian enclave of Arthur Avenue. Then there's Belmont Ave., the origin of the "Dion and the Belmonts" name. Look around for others. Back to Manhattan alongside the East River. Bring a lock and lunch money. Leaders: Ed DeFreitas & TBD

Saturday, August 11, 2012

YOU MUST EARN YOUR BREW **7:30 AM, Kew Gardens (Union Turnpike & Queens Blvd) @ Statue of Civic Virtue, 75 miles, +16 mph quick pace. RSVP Required**

Head out along the north Shore of Long Island past Port Jefferson to Rocky Point. We'll then head south by crossing LI to Patchogue where there will be a quick visit to the Blue Point Brewery. Return home via the LIRR which is within walking distance of the brewery. No cycling after the pub stop! Must contact leader prior to ride so that arrangements with LIRR may be made. Fare back to Penn Station is \$11.75. Fare back to Jamaica is \$9.00. Bring, MTA Bike Permit, money for: lunch, brewery and train fare. RSVP nyc2dag@yahoo.com Return trains from Patchogue are at 3:26 PM, 5:11 PM, or 5:20 PM. It is a 1 hour and 38 minute return trip on the LIRR to Penn Station. Leaders: Dennis Griffin & TBD

BRIDGES OF NEW YORK **6:30 AM, Central Park, 72 St and 5th Ave, Manhattan, 60+ miles, mostly flat with some busy traffic and hills, moderate pace**

A truly ambitious day of cycling awaits you. We'll start by going down Park Ave to Summer Streets, pass the Waldorf Astoria and the Grand Central Viaduct (considered a bridge). Then explore Big Apple's bridges/crossings that are accessible to cyclists, from the Brooklyn to the Bayonne. Every borough will be covered including Staten Island. Lunch at the Japanese Marketplace, on the scenic Hudson River. Bring ample drinking water, snacks and sunscreen. We'll strive to keep a 12 mph pace. Ride ends at Staten Island Ferry, St. George Terminal or near it. Estimated finish: between 5 - 7 PM. Co-listed as a NYCC C12 ride. Leaders: Alfredo Garcia, Jesse Brown and Rodney Millard

Sunday, August 12, 2012

☺ BICYCLE BEACH BUMS RIDE **10:00 AM, Prospect Park-Grand Army Plaza (entrance), Brooklyn, 30 miles, flat terrain**

Enjoy a 5BBC classic summer beach ride! We'll be riding to Neponsit Beach in the Rockaways, taking mostly deserted streets. Bring a lock and all your usual beach gear. We'll stop to pick up lunch and then eat on the beach. Remember-Bring a camera! Leaders: Andrea Casertano and Bob Castro

RIDE TO THE KENSICO DAM **10:00 AM, East 241st St & White Plains Rd, Bronx (Wakefield), 30 miles, 10-15 mph pace, moderately hilly**

An "Off Road" Vista bike journey for a regular bike. In the depths of the "Great Depression", the government did a lot of projects to "make work". This one is a jewel. Flowing water, small dams and bridges, ducks, geese and swans make for a most pleasant rolling ride. We'll follow the Bronx River Parkway bike path up to the dam and back. Paved path with some flowing traffic. Bring MTA Bike Permit, just in case. Leaders: Ed DeFreitas & TBA

Sunday, August 19, 2012

RIDE TO GARIBALDI

/ ALICE AUSTEN (SI)

9:00 AM, City Hall (foot of Brooklyn Bridge), Manhattan, 9:15 AM, South Ferry, 20-30 miles, leisurely pace

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 home, but appreciates your coming. Check the trip related web link www.aliceausten.8m.com. Don't worry about Guiseppe Garibaldi, baby. Bring Money for lunch at CARGO'S, a lock and a digital camera. Leaders: Ed DeFreitas & TBD

Saturday, August 25, 2012

☺ BICYCLE BEACH BUM RIDE

10:00 AM, Grand Army Plaza, (entrance to Prospect Park), Brooklyn, 30 miles, flat terrain

Enjoy our last of our summer classic rides! We'll be riding to Neponsit Beach in the Rockaways, taking mostly deserted streets. Bring a lock and all your usual beach gear. We'll stop to pick up lunch and then eat on the beach. Remember - Bring a camera! Leaders: Kathryn Baur and Rudy Paulich

Sunday, August 26, 2012

SNUG HARBOR & THE CHINESE SCHOLAR GARDEN
9:00 AM, City Hall (foot of Brooklyn Bridge), 20 miles, leisurely pace.

We'll take the PATH train from the WTC to the wilds of N.J. Then, we'll bike down to and over the Bayonne Bridge into S.I. There our destination, SAILOR'S SNUG HARBOR is a few more miles. The sprawling, historic, beautiful and once retirement home for sailors boasts buildings with thrully breathtaking details. And, to put the cherry on the top, there's the CHINESE SCHOLARS GARDEN. Visit www.snug-harbor.org
Leaders: Ed DeFreitas & TBA

Sunday, September 2, 2012

MANHATTAN PERIMETER

8:30 AM, City Hall (foot of Brooklyn Bridge), Manhattan, 30 miles, 12-15 mph pace

We will circle the island where it all started with

\$24 of baubles and beads paid to the natives. Today, it wouldn't even pay the broker's fee for your condo parking space. We'll zoom up the biker's version of a west-side I-95. Lunch at a Harlem River backwater spot shared with the Columbia sculling team. Trace the uneven shore of the Harlem and East Rivers all the way down to South Street for whatever quenches your needs after you've made the entire circumcycle of Manhattan. Leaders: Ed DeFreitas & TBA



Get a free current year membership to the 5BBC with any bicycle purchased from Eastern Mountain Sports. For listing of stores, visit www.ems.com



Bike riding etiquette: Never pass another cyclists on the right side. Only pass on their left when you have determined it to be safe for you to pass and kindly say either "passing" or "passing on the left" to alert them as you come upon their rear tire. These keeps a cyclist from being surprised or shocked which could cause them to steer into you causing an accident. Ride Safe. From Bike Hoboken.

Bikes on Boats



Liberty State Park (LSP) Ferry
<http://tinyurl.com/7s3o2z8>

Year-round service between Liberty State Park, Warren St., Jersey City and World Financial Center, Manhattan. \$7 one-way; free bike access. Ferry boats are now white. Not to be confused with New York Water Taxi.



New York Beach Ferry
www.nybeachferry.com

Weekend & holiday service (May 26 – Sept. 3) between Manhattan's Pier 11 and Riis Landing in the Rockaways. Fare ranges \$20-\$30 with \$5 bike charge.

Van Duzer Days



STATEN ISLAND'S SUMMER STREETS!

This event takes a valuable public space – our City's streets – and opens them up to people to play, walk, bike, and breathe. Weekend Walks provide more space for healthy recreation and is a part of NYC's greening initiative by encouraging New Yorkers to use more sustainable forms of transportation.

Van Duzer Street, between Beach and Wright streets, will be closed to driving traffic on Saturday July 14 & 21, 2012 from 12pm until 8pm allowing pedestrians to enjoy a range of summer activities on an open city street free from cars.

The Van Duzer-Beach Street district in Stapleton is home to a thriving and growing community of more than a thousand artists. Recognized as the counter-cultural center of Staten Island, it has become a notable hub for live music, new bands and innovative projects attracts visual and performance artists, photographers, film makers, literati, and everything in between.

For more info: visit www.vanduzerdays.wordpress.com/

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

individuals, or \$25 for two people residing at the same address. Membership gets you additional benefits including a sub-

About Weekend Trips

Summary of Weekend Trips

scription 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

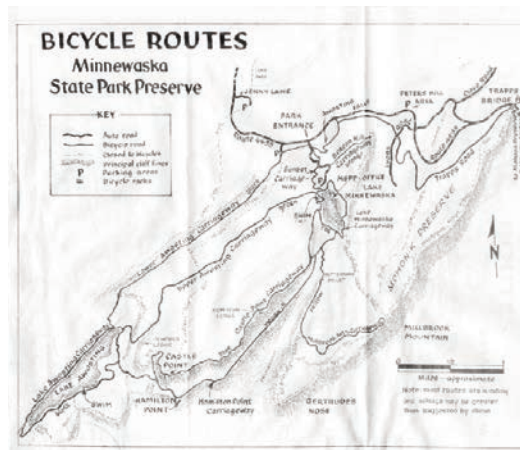
Transportation: self-contained / Metro-North Railroad

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 Rodeitis



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

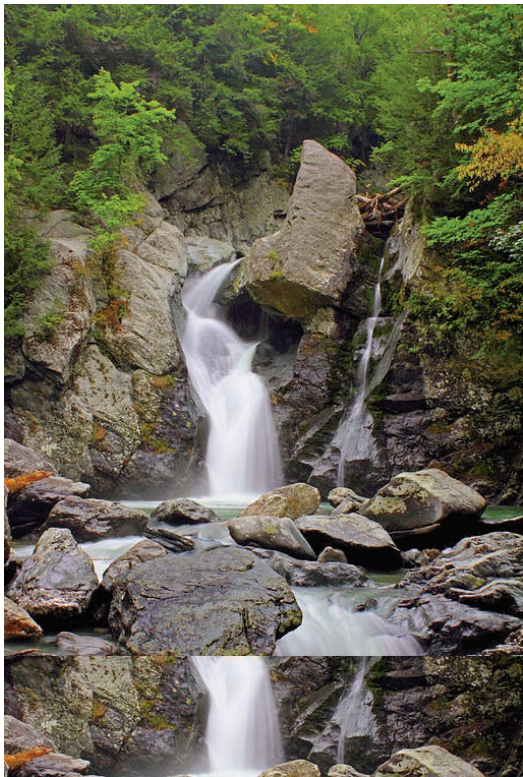
Lodging: budget lodge, semi-private rooms, communal bath

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

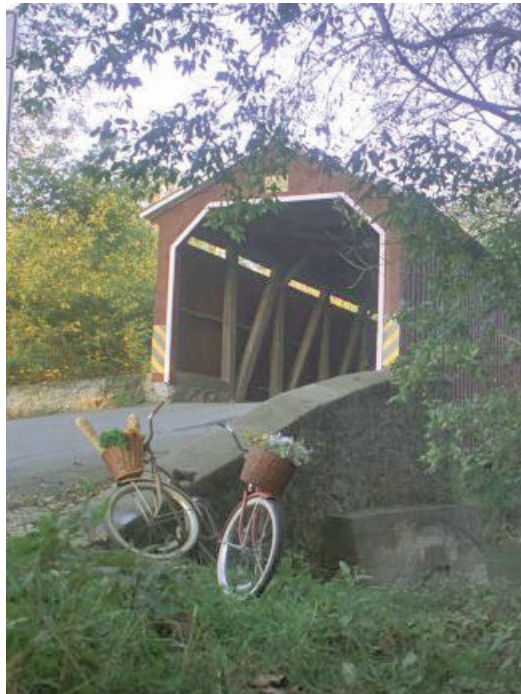


rolling hills. We finish our ride in Poughkeepsie on the historic Walkway Over the Hudson and savor the best chili you ever ate before catching the train home. Most of the ride is level to moderately hilly; one steep mountain climb is optional. Our ride is self-contained so you should be comfortable traveling 50 miles per day carrying panniers or a backpack with your clothing and supplies.

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.

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!



Bike helmet vending machine, Melbourne, Australia.



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.



Diane and King James, Cycling



In 2009, our own Diane Goodwin was cycling in Akron, Ohio on the LeBron James's State Farm King for Kids Bikeathon. She also had a unique photo opportunity with NBA star LeBron himself along the route. This was during the days when he was a Cleveland Cavalier.



Nowadays, LeBron plays for the Miami Heat. He finally won his first NBA title last month. Congratulations to the King of the Basketball world!

Leadership Training



Photo by Andrea Casertano

Become a 5BBC Leader

Do you enjoy interacting with people, exploring and creating new bike routes, promoting bicycling to all levels of riders and want a great way to give back to the club and the bicycling community? Then becoming a 5BBC Bike Leader is for you.

The 5BBC Leadership course will teach you how to organize and run both day and weekend trips. You'll learn map reading, ride planning cycling safety, group dynamics and decision-making and develop your leadership style, as well as many other aspects that go into making you a bike leader. The course, taught by experienced 5BBC leaders, combines classroom instruction with practical riding experience.

You don't have to be a strong or fast rider or bicycle repair guru to take the course.

That's not what the course is about -- It's about leadership.

It is strongly recommended that you be able to ride for the better part of a day, and be comfortable riding with a group. If you haven't ridden with us before, you should definitely go on several 5BBC rides to become familiar with how typical club rides take place.

Note: If you are not a member of the 5BBC and wish to take the class, you must become a member prior to the weekend trip part of the course.

League Cycling Instructors Ed Pino and Liz Baum have scheduled a training course to make you a 5BBC leader.

Dates: Wed. August 29, 2012 continues September 5, 12, 19 and October 10. The course also includes a safety class (9/15), leadership training rides (9/29 and 10/7), and a weekend retreat (10/19-10/21).

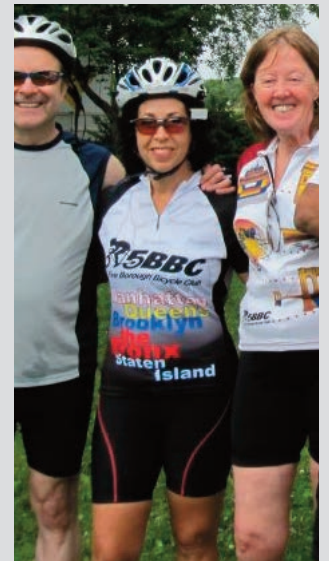
We look forward to welcoming future 5BBC ride leaders! For more information, contact Ed and Liz at leadership@5bbc.org

*Ed Pino and Liz Baum
5BBC Leadership Coordinators*

PS If you want to train with Ed and Liz, this will be your last chance. We regret to inform you that this will be the last year Ed and Liz will be teaching this course. It's now or never.



Ken Williams



Claire Mordas



Liz Baum and Ed Pino

Photo credits: Sharon Behnke (top);





5BBC Montauk Century Sunday, May 20, 2012



The 5BBC Montauk Century returns to the iconic Montauk Lighthouse after 10 years. The first wave of 100 mile and 125-mile-route cyclists came in for a rest stop.

Montauk!



a) Bethel Trailblazers



1. 5BBC Montauk staff at the ready, New York Penn Station.



b) Edgar the 5BBC Quick Spinner

Thanks to Wentworth Price and the 5BBC corps of volunteers; the Bethel Trailblazers; LIRR, local town officials and REACT; Rickshaw Dumplings; our sponsors & to the riders who had a GOOD TIME on the 2012 Five Borough Bicycle Club Montauk Century.

See you next year!



2. At the official start at Hampton Bays, Suffolk County



3. Metric Century riders on Dune Rd., Suffolk County, Westhampton



4. Century and 125 mile riders went to the Montauk Lighthouse

Montauk!



c) Rudy Paulich



5. Metric Century riders went over the Ponquogue Bridge, like marshal Raleigh Kelly.



d) Montauk State Point Park



e) Sag Harbor

Photos by Antonio Rivera (1, 3, 5); Bob Castro (a); Sharon Behnke (2, e) and Alfredo Garcia (4, 6, b, c, d).

6. Finish for all riders, Hampton Bays, for tasty food from the Rickshaw Dumpling truck. Montauk director Wentworth Price, center & Manny Sanudo, left. Montauk 2012 was a transition year for better times ahead.

VAN ORDEN AVE

Where Everybody Knows Your Name
Fritz Van Orden, during the Paterson Falls ride, finds a unique corner and immediately annexes it for posterity. Photo contributed by Fritz himself.





WHY I JOINED

I have always biked around NYC, as a commuter and for fun. Many of my rides were solo, and others were with friends. I had always eschewed the group rides and stayed clear of events like the Five Boro Bike Tour. And yet, here I am, a full fledged member of the 5BBC. How did that happen?

It was a cold December night. I heard from a fellow member at the gym of a ride to Dyker Heights to look at the lights. It sounded like an adventure and I decided to go. I was nervous about my first effort at group riding. At first, I felt lost. Did he really say to pick your bike up and drop it? Really? I began to pick up the lingo - "Car Back", "Hole", and my favorite call of the evening "STUFF." At the end of the ride, what impressed me most was the friendliness of the group. At the end of the ride, I went home and signed up.

WHAT I DISCOVERED

Most of all, I discovered that I actually liked riding with the 5BBC. We are not spandex clad 24 year olds zipping around with \$8,000 bikes and hydration packs. Rather we may be older. Our bikes less costly. And as one of my fellow riders said "we ride like a group of 7 year olds on big wheels." We ride with sarcasm. We ride with spirit. We ride with a sense of fun. We look out for each other. We do not leave riders behind. Most of all, we ride to food. Empanadas, Pastrami, Pizza - Biking food? You bet.



In the 21st Century

I discovered many areas of the City and beyond that I had never ridden to. Places like City Island, The Hole, and odd bits around Bergen County. I learned that I can ride farther than I had ever dreamed of - and rode in the Montauk Century.

THE FUTURE

The leaders have been uniformly prepared, enthusiastic and often have a great sense of history. This fall, I will try to enroll in the Leadership Course and try to give something back to the biking community. I will try to continue to motivate myself and others. I will try to approach each ride as an adventure. All of these hopes would not have been possible without the support of a great group of bikers behind me. From group leaders to those folks I ride next to during the rides, I have enjoyed it all. Thanks.

David "MEL" Meltzer

Velo Ipsum

from a suggestion by
Brian Hoberman

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On The Record--Highlights of 5BBC Executive Board Meetings based on minutes recorded by Jim Zisfein, Randy J. Horowitz and Ira Najowitz

September 12, 2011
Suspenders Bar & Grill
111 Broadway, NYC

Attending:
Sharon Behnke; Andrea Casertano; Bob Castro; Phil Goldberg; Ed Ravin; Randy J. Horowitz; Jim Zisfein; Peter Engel; Alfredo Garcia; Liz Baum; Fred Dieckamp; Bill Mastro, Debbie Friedman; Wentworth Price.

Meeting began 6:51 PM.

Peter Engle reported that 5BBC will set up a table at the TA Century. Advertisements placed with TA are believed to be valuable, but are hard to qualify. Further, the 5BBC website still needs updating.

Ed Ravin reported we finished the TA Century Training series and it definitely brought some new faces to the club.

Fred Dieckamp reported on the Cape Cod Weekend Trip. Six people went, of which three were return customers. As to the upcoming Sea Gull Century, five people have already signed up.

Jim Zisfein reported the Bish Bash Bish Trip made a small profit. Also, he suggested adding a testimonial section on our website.

As to the Montauk Century, Jim Zisfein brought up the idea of decreasing the cost of admission and thus increasing sign ups.

Peter Engel is looking into the issue of a new (and possibly cheaper) Montauk Events Manager. He has looked at the resumes of two prospective candidates to run the 2012 Montauk Century.

Wentworth Price proceeded with a wrap-up of the Mattituck Century. He had spoken to many of the riders about 5BBC programs in

general and solicited much feedback. A demographic appeared to be made up of independent riders in their late 20's or early 30's and are looking for reasonably priced rides/events to participate in.

Meeting adjourned 9:20PM.

October 3, 2011
Emblem Health-55 Water Street, NYC

Attending:
Sharon Behnke; Ed Ravin; Bob Castro; Liz Baum; Phil Goldberg; Randy J. Horowitz; Fred Dieckamp (filling in for Todd Moore); Jim Zisfein; Peter Engel; Bill Mastro.

Meeting began 7:00 PM.

The Pizza Party and Swap Meet is scheduled for October 24, 2011.

The board approved Wentworth Price as events manager for 2012 Montauk Century.

Fred Dieckamp noted the tie-in weekend trip for the Sea Gull Century is sold out. They will be using two vans, one for the bikes and one for passengers.

Peter Engel stated one of our major marketing goals for 2012 should be consolidate our identity as a bike club. We should start by only using the initials "5BBC." And not to be confused with another organization.

Meeting adjourned 8:17 PM.

November 14, 2011
Simple Studios 134 West 29th Street, NYC

Attending:
Sharon Behnke; Andrea Casertano; Jesse Brown; Ed Ravin; Bob Castro; Liz Baum; Randy J. Horowitz; Fred Dieckamp (for Todd Moore); Jim Zisfein and Peter Engel.

Meeting began 6:36 PM.

Liz Baum stated four people passed the leadership course. One of them, Baruch Rohde, was 17 years old, handled the course well

Jesse Brown agreed it is important to get some "youth" into the club.

Advocacy: Ed Ravin reported the current status of the Putnam Trailin Van Cortlandt Park and the Tappan Zee Bridge projects. The Montauk Century Committee (Bob Castro,

James Zisfein, James Durrah, Andrea Casertano) met with Wentworth Price.

Finally, a discussion on electronic voting for board election was put on the agenda for next year.

The meeting was adjourned at 7:45PM.

December 5, 2011
Simple Studios 134 West 29th Street, NYC

Attending:
Ed Ravin; Bill Mastro; Manny Sanudo; Alfredo Garcia; Ken Williams; Andrea Casertano; Liz Baum; Geoff Cohen; Fred Dieckamp; Wendy Frank; James Durrah; Bob Castro and Phil Goldberg

Meeting began approximately 6:30 PM.

Leadership – Ms. Baum reported that they are reviewing the possibility of a leadership class in the late spring. The course will require at least five people. A van certification class, is considered in January.

Weekend Trips. – Mr. Dieckamp sent emails to leaders to plan trips for 2012. Mr. Cohen stated that a meeting with potential weekend leaders would likely be held in early January.

Bicycle Course – Ms. Casertano reported that she has spoken to a number of the more mechanically oriented leaders who have agreed to provide assistance to classes, which will likely commence in the spring.

Communications – Ms. Frank discussed ideas for expanded member recruitment and enhanced use of social media tools. Mr. Goldberg agreed to forward an inventory of materials the Club has for events such as banners and brochures.

Special Events – Mr. Durrah asked a series of questions regarding the requirements for Montauk, including what needs to be done to address obtaining permits and, whether sponsors are in place.

Programs – Mr. Williams focused his discussion on the Holiday Party, which he is coordinating.

Meeting adjourned, approx. 8:30PM.

January 9, 2012
Emblem Health, 55 Water Street, NYC

Attending:

Ed Ravin; Bill Mastro; Ira Najowitz; Recording Secretary, James Durrah; ; Phil Goldberg; Liz Baum; Andrea Casertano; Bob Castro; Wendy Frank; Peter Engel; Manuel Sanudo; Alfredo Garcia; Ken Williams; Jim Zisfein; Geoff Cohen

Meeting began 6:43 PM.

Newsletter: Mr. Ravin proposed some possible cost-cutting measures, including phasing out the print newsletter, and encouraging members to get the PDF version.

Weekend Trips: Mr. Cohen reported that there were five attendees at the Jan. 8 Weekend Trips planning meeting. Some new trips were suggested. He and Mr. Dieckamp will reach out to leaders who have led weekend trips in recent years.

Special Events: Mr. Durrah updated the Board on the status of Montauk planning.

Communications: Mr. Engel spoke about initial publicity targets and marketing of the club re: spring rides and Montauk. He and Ms. Frank will work media outlets to publicize the club. Mr. Engel emphasized the important role which social media can play in the club's growth.

Programs: Mr. Engel and Mr. Mastro thanked Mr. Williams for organizing a very successful Holiday Party. Mr. Williams announced Mr. Garcia will give a presentation on China at the February 29 general meeting. Chinese food will be provided. In March, attorney Steven Vaccaro will speak on the law applicable to bicycle accidents. Mr. Williams is soliciting ideas for future programs.

Bicycle Course: Ms. Casertano reported that she has spoken with leaders who possess mechanical skills re: teaching bike repair classes. Mr. Pino and Ms. Baum will offer a "Savvy Cyclist" class. As in recent years, the April general meeting will be held at Bicycle Habitat. Ms. Casertano mentioned that she spoke with Alison Cohen, the president of Alta Bicycle Share, which holds the Bike Share contract, re: a possible program.

Leadership: Barukh B. Rohde, a minor who completed the Fall 2011 Leadership class, was

formally request to be a co-leader on his 18th birthday, January 23 and was made one.

Meeting adjourned 9:00 PM.

February 6, 2012
Emblem Health, 55 Water Street, NYC

Attending:

Ed Ravin; Bill Mastro; Ken Williams; Manny Sanudo; Andrea Casertano; James Durrah; Alfredo Garcia; Peter Engel; Wendy Frank; Jim Zisfein; Liz Baum; Ira Najowitz; Bob Castro; Phil Goldberg and Fred Dieckamp. Guest: Wentworth Price (Montauk 2012 Manager).

Meeting began 6:36 PM.

5BBC/BNY Liaison: Mr. Castro visited with officials of Bike New York. They would like a closer working relationship with the Club.

Corresponding Secretary: Mr. Zisfein said that the attachment of the PDF newsletter to the weekly update was successful.

Newsletter: Mr. Garcia will put a notice in the next newsletter to advise members that the print version will be discontinued after the May-June issue.

Weekend Trips: Jan. 8 Weekend Trips Planning Meeting was held at REI. However, since then leaders have come forward and announced that they will lead trips. Mr. Dieckamp described the five trips that have been scheduled so far.

Bicycle Course: Ms. Casertano announced that two bike repair rides have been scheduled for April and that Mr. Ravin will teach a bike repair class at the Park Slope Food Co-Op on Mar. 6, with two more on Apr. 26 and May 1.

Treasurer: Mr. Sanudo mentioned that the Club will continue its annual contributions to the New York Bicycling Coalition, the League of American Bicyclists and Adventure Cycling.

Programs: Mr. Williams said that he is trying to secure a meeting space at New York Community Church for the Feb. 29 General Meeting. Attorney Steven Vaccaro will speak in March and the April General Meeting will be at Bicycle Habitat. Mr. Dieckamp would like to give a presentation on bike trip to Holland.

Communications: Ms. Frank announced that EMS would like a partnership promotion with the Club, including the following: Every bike purchased at EMS would have a 5BBC tag attached, their web site would be linked to us, and our rides would be promoted to their customers. Mr. Engel described it as a "win-win" proposition for the Club.

Mr. Castro suggested that Club leaders "adopt" their local bike store and supply them with Club brochures. Mr. Engel explained how social media tools, such as Twitter and Facebook, will be used for promotion.

MONTAUK 2012 PRESENTATION
Montauk Manager Wentworth Price presented his plan for this year's event. The ride will be a loop ride with a figure 8 configuration. Start and finish will be in Hampton Bays. 65 and 100 mile routes will be offered. Both will pass through Sag Harbor but only the 100 mile riders will go on to the Montauk Point Lighthouse before returning to the finish line. Hampton Bays is a better location for both riders and drivers. The 145 mile route from NYC will not be feasible. Steve Bauman has said that he will teach volunteers to perform roadside repairs. Also, Hampton Bays Volunteer Ambulance Corps Paramedics will work the event.

Regarding food, he proposes the use of a food truck by Rickshaw Dumplings, a company with experience in special events. Luggage trucks will be continued. The Hampton Bays Fire House is agreeable to serving as the starting and ending points of the ride and the LIRR station is nearby. Mr. Price proposes that riders receive T-shirts but that polo shirts be provided to volunteers. In this way, volunteers will be more recognizable to riders. Registration will not go "live" until the LIRR has informed the Club whether check-in will be Penn Station or Atlantic Terminal.

Motion: After review and discussion of Mr. Price's presentation the Board agreed and approved Mr. Price's plan, subject to review.

Meeting adjourned 8:50 PM.

March 5, 2012
Emblem Health, 55 Water Street, NYC

Attending:

Ed Ravin; Bill Mastro; Ira Najowitz; Liz Baum; James Durrah; Alfredo Garcia; Bob

Castro; Manny Sanudo; Ken Williams; Wendy Frank; Peter Engel; Fred Dieckamp; and Geoff Cohen. Guest: Wentworth Price (Montauk 2012 Manager)

Meeting began 6:35 PM.

Leadership: Ms. Baum said that the next Leadership Class will be held between late August and October.

Special Events: Mr. Durrah received emails of people wanting a 145 mile Montauk route.

Newsletter: Mr. Garcia stated that the Mar./Apr. newsletter was mailed on Mar. 1. The final print issue (May/June) will be mailed on Apr. 17 or 19. Mr. Castro asked if some members could be displeased by the discontinuation. Mr. Garcia responded that, if so, he would personally take care of them.

Programs: Mr. Williams announced that only nine people attended the Feb. 29 General Meeting at which Mr. Garcia gave a presentation on China. For future meetings, Mr. Williams suggested that members should RSVP. This would make determining food purchases easier. Mr. Williams previewed upcoming general meetings: Attorney Steven Vaccaro will speak on Mar. 23; April meeting at Bike Habitat; June will be a South Africa cycling presentation, co-sponsored by REI, July will feature a program on Chinese medicine for cycling, and September may be a bike travelogue.

Communications: Ms. Frank announced that the club and REI have entered into a partnership promotion. Ms. Frank has gotten in touch with bike shops that have expressed interest in holding bike repair classes in conjunction with the club. She has liaised with Mr. Engel said that Jackie Juntonnen is working on a design for brochures to be distributed to bike stores.

Weekend Trips: Two new weekend trips have been offered: "Salem Tidewater Trip" in June (Josh Gosciak and Fred Dieckamp); "Seekin' Hyde Park" in August (Susan Levine).

Bicycle Course: On behalf of Ms. Casertano, Mr. Ravin announced that, on Mar. 6, he will teach a class at the Park Slope Food Co-op on how to commute and shop with your bike.

MONTAUK 2012 UPDATE

Montauk Manager Wentworth Price informed the Board that the LIRR has advised that the Brooklyn start at Atlantic Terminal will not be available due to the difficulty of transferring at Jamaica. Check-in will now be at Penn Station. Registration via Eventbrite. He expressed his view that a 145 mile route into the Montauk weekend trip might be the best way to accommodate riders wishing to do the longer distance. A possible compromise could be to offer a 125 mile route from Hampton Bays.

The SAG and REACT plans being developed will both be simpler than previously due to the new ride configuration. Bike shops (including the Montauk bike shop) on the route have been contacted to provide repair services during the event.

Steve Bauman wants the club to develop a rolling repair capability by volunteers; courses would have to begin soon.

The Chief of the Hampton Bays Volunteer Ambulance Corps wants to coordinate with neighboring towns. In addition, he has a bike unit which will work the event.

Mr. Price announced that the jersey is in production and T-shirt design has been finalized and ready for production.

Meeting adjourned 8:42 PM.

April 2, 2012 Emblem Health, 55 Water Street, NYC

Attending:
Ed Ravin; Bill Mastro; Ira Najowitz; Phil Goldberg; James Durrah; Liz Baum; Andrea Casertano; Peter Engel; Manny Sanudo; Jim Zisfein; Wendy Frank; Alfredo Garcia; Ken Williams; Fred Dieckamp and Bob Castro.
Guests: Jackie Juntonnen, Wentworth Price

Meeting began 6:30 PM.

Leadership: Ms. Baum announced that the Leadership Class evening sessions will be held on Wednesdays beginning on August 29, probably at the Hostel, will continue on September 5, 12, and 19, and will end on October 10. The class day rides will be on Saturday, September 15 (Safety Class), Saturday, September 29, and Sunday, October 7. The weekend trip will be on Friday, October 19 through Sunday, October 21.

Bicycle Course: Ms. Casertano reported on upcoming events. 3 day ride/classes will be held: April 6 (Dan Finton), April 29 and June 10 (Jesse Brown and Ms. Casertano). Next general meeting will be at Bicycle Habitat on April 3 at 7 PM, featuring Emily Samstag on "How to Buy a Bike." There will be two classes at the Park Slope Food Co-op: April 26: Introduction to Bike Repair- Flat Fix 101 and on May 1: How to Ride a Bicycle in NYC Traffic. Both start 6:30 PM.

Corresponding Secretary: Mr. Zisfein noted that he's currently acting as Pro Tem webmaster. The Bicycletter is being sent as a PDF attachment to the weekly update.

Programs: Mr. Williams said approximately 60-75 people attended the March 23 general meeting with attorney Steve Vaccaro as guest speaker. May is open. June meeting will be a presentation on Cycling in South Africa at REI. He recommended that people RSVP him beforehand.

Weekends: Mr. Dieckamp reported that seven trips are now listed on the web site and people can be signed up active.com. Penn Dutch is being planned.

Treasurer: Mr. Sanudo noted that a decision must be made on the Club's mailing address.

Newsletter: Mr. Garcia announced that the mailing party for the final print issue of the Bicycletter (May-June) will be on April 17. Future issues will be PDF only. Mr. Garcia spoke about his concerns: A) Suggested that future issues could be monthly; B) If the newsletter's concept/format should remain as is, change in the near future; C) Be phased out as the Club gets a new, fully functional website.

Communications: Ms. Frank and Ms. Juntonnen reported on their promotional efforts on behalf of the Club.

Mr. Engel complimented Mr. Garcia's outreach to social media.

Mr. Engel discussed social media outreach for Montauk. He would like to put out a press release. The Club will have a free booth at Bike Expo New York which will take place at Pier 36 from Thursday, May 3 through Saturday, May 5. Major bike manufacturers, vendors, and clubs will be present. Mr. Engel seeks volunteers to help.

MONTAUK 2012 UPDATE

Montauk Manager Mr. Price mentioned that he is pursuing a "digital approach" to promote the ride (e.g., bike clubs and bike shops). He also said that the Club web site is our biggest source of outreach, followed by the Bike Month Calendar, email blast, weekly update, as well as word-of-mouth

Meeting adjourned 8:48 PM.

May 14, 2012

Emblem Health, 55 Water Street, NYC

Attending:

Ed Ravin; Bill Mastro; Ira Najowitz; Liz Baum; Alfredo Garcia; Bob Castro; Manny Sanudo; Andrea Casertano; Jim Zisfein; James Durrah; Wendy Frank; Ken Williams and Phil Goldberg.

Meeting began 6:30 PM.

Newsletter: Mr. Garcia mentioned that the final print newsletter (May-June) was prepared at a mailing party hosted by Sharon Behnke on May 2. He thanked Sharon and 5BBC members who assisted. The Bicycletter will be published monthly as a pdf, starting with the July 2012 issue.

Bicycle Course: Ms. Casertano reports: Good turnouts at the general meeting at Bicycle Habitat on How to Buy a Bike (April 3); the Prospect Park Bike Clinic (April 21); the Get to Know Your Bike ride to Coney Island (April 29); and three classes held at the Park Slope Food Co-op (March 6, April 26, and May 1). She appreciates those who helped to make these events successful. Ms. Casertano mentioned that Steve Bauman's "Road Repair Secrets Revealed", scheduled for June 2, is filling up. Ms. Casertano and Jesse Brown will lead an "Around Jamaica Bay with the Road Repair Tips" ride on July 7.

Communications: Mr. Engel and Ms. Frank reports:

-Booth at May 3-5 Bike Expo New York: The Club's booth successfully sold merchandise, new memberships and renewals; it raised awareness of the 5BBC's distinctive role in the NYC bicycling community, generated interest in the Montauk Century, and forged a stronger relationship with Bike New York; it met other vendors and potential partners for rides and promotions; and the 5BBC volun-

teers who staffed the booth provided terrific support.

-Bike Month NYC: Two articles have appeared in Time Out New York promoting the 5BBC as NYC's "Friendliest Bike Club" and there is ongoing promotion of 5BBC rides.

-Partnership Membership Promotions: EMS and Bicycle Habitat. They are ongoing and generating sales and memberships.

-Montauk Century: A \$10.00 discount is being promoted and materials are being distributed via media, on-site opportunities, and retail outlets such as bike shops, retail sporting goods stores, gyms, yoga studios.

-Upcoming: NYC DOT will be contacted regarding Summer Streets (scheduled for Saturdays, August 4, 11, and 18 and confirming a booth.

Ms. Frank mentioned that City Sports has contacted her for information on Club rides. Brooklyn Borough President Marty Markowitz has twittered the 5BBC, and the Club is increasingly "liked" on Facebook. Offmetro (a travel web site) has been checked to see if they have posted our weekend trips.

Programs: Mr. Williams reported 15-20 people attended April general meeting at Bicycle Habitat. June meeting at REI will be about biking in South Africa. July meeting at Pacific College will feature a Chinese Medicine.

Corresponding Secretary: Mr. Zisfein announced that this week's email update will be sent out a day early so that the Ride of Silence on Wednesday, May 16 can be publicized.

PROPOSED BY-LAWS CHANGES

Mr. Ravin and Mr. Mastro announced that the By-Laws Committee will meet to discuss four proposed changes, as follows:

-Reducing the size of the Board; Changing some positions on the Board from elected positions to appointed ones; Changing the membership year to monthly renewals; eliminating the requirement that the Treasurer be a Club leader.

Any proposed changes to the By-Laws would then be voted on by the membership.

Meeting adjourned 7:53 PM.

To Be Continued.....



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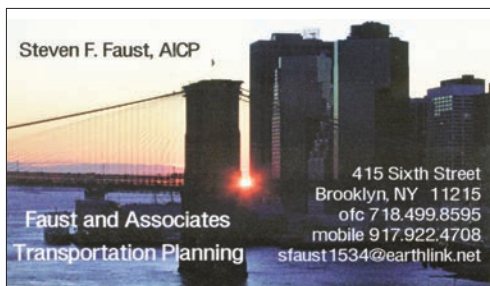
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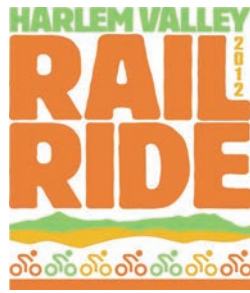
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Our current, out of print jersey is so good,
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Go around or go part of the Manhattan shoreline all year.
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Sun. 22 July 2012 www.harlemvalleyrailride.com



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



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



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



Open year round. www.brooklynbridgeparknyc.org



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.

Cycling with the 5BBC



Moving smoothly on the Five Towns ride, June 17. Photo by Sharon Behnke.



Great view and portrait after climbing Fort Wadsworth. Staten Island Conference House ride, June 23. Photo by Andrea Casertano.



After a series of hard climbing and enjoying a Peruvian meal, a refreshing view. Paterson Falls ride , June 10. Photo by Ernest Soriano.



Cyclists of a different sort at the Mermaid Parade, June 23. Photo by Sharon Behnke.

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.

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\$ _____

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Total Payment.....\$ _____

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**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 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

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718-646-9430 roysbikes.com

Verrazano Bicycle Shop

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

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B-Fold (Folding bikes)

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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
conradsbikeshop.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
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

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

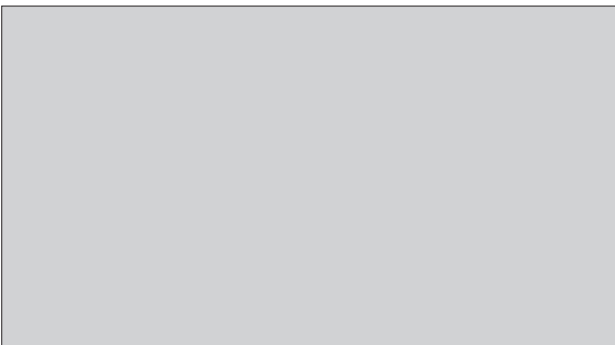


891 Amsterdam Avenue
New York, NY 10025-4403
www.5bbc.org

Address Service Requested



Jeff Bernstein and the Montauk Lighthouse.



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 August 2012 issue is:

Monday 9 July 2012

Bicycletter
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The Bicycletter now a monthly pdf publication of the Five Borough Bicycle Club, starting with this issue.

Contacting Us

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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 Cycling Coalition (NYCC)
New York City Bicycle Safety Coalition.



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Twitter: www.twitter.com/5bbc



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Caryn Greenberg. Some available for \$65
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