

# BICYCLER

Publication of the Five Borough Bicycle Club • August 2012 • • [www.5bbc.org](http://www.5bbc.org)



## COME SEE US--AT SUMMER STREETS!

Visit the 5BBC table at Summer Streets, on Saturdays, August 4, 11 and 18. Come for bike repair, safety checks, cycling questions or just say hi! We'll be at the east side on Park Ave. South between 24th & 25th Streets, near Gregory's Coffee Shop







# 5BBC General Meetings

Presented by Ken Williams • [programs@5bbc.org](mailto:programs@5bbc.org)

No meeting this month. You see in September!

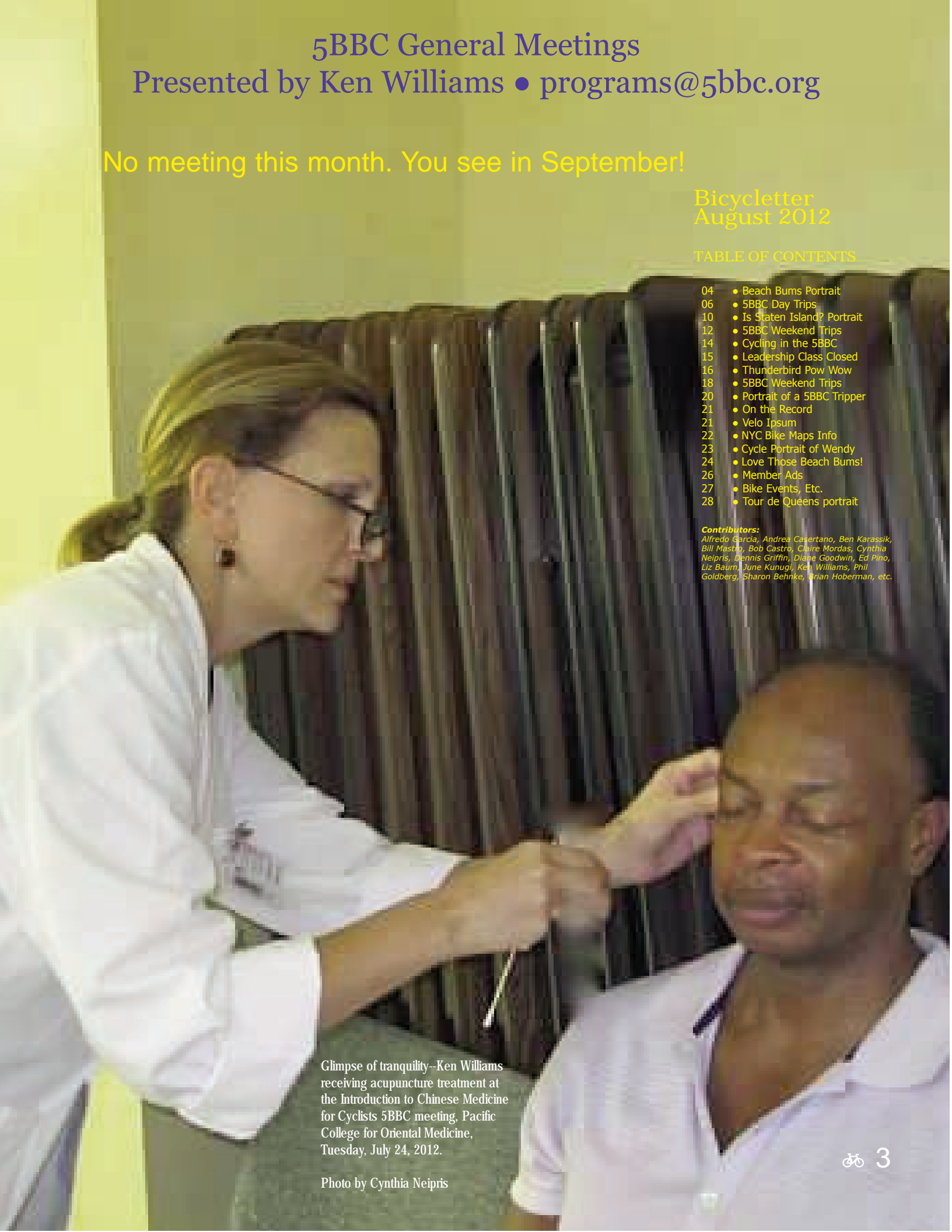
Bicycletter  
August 2012

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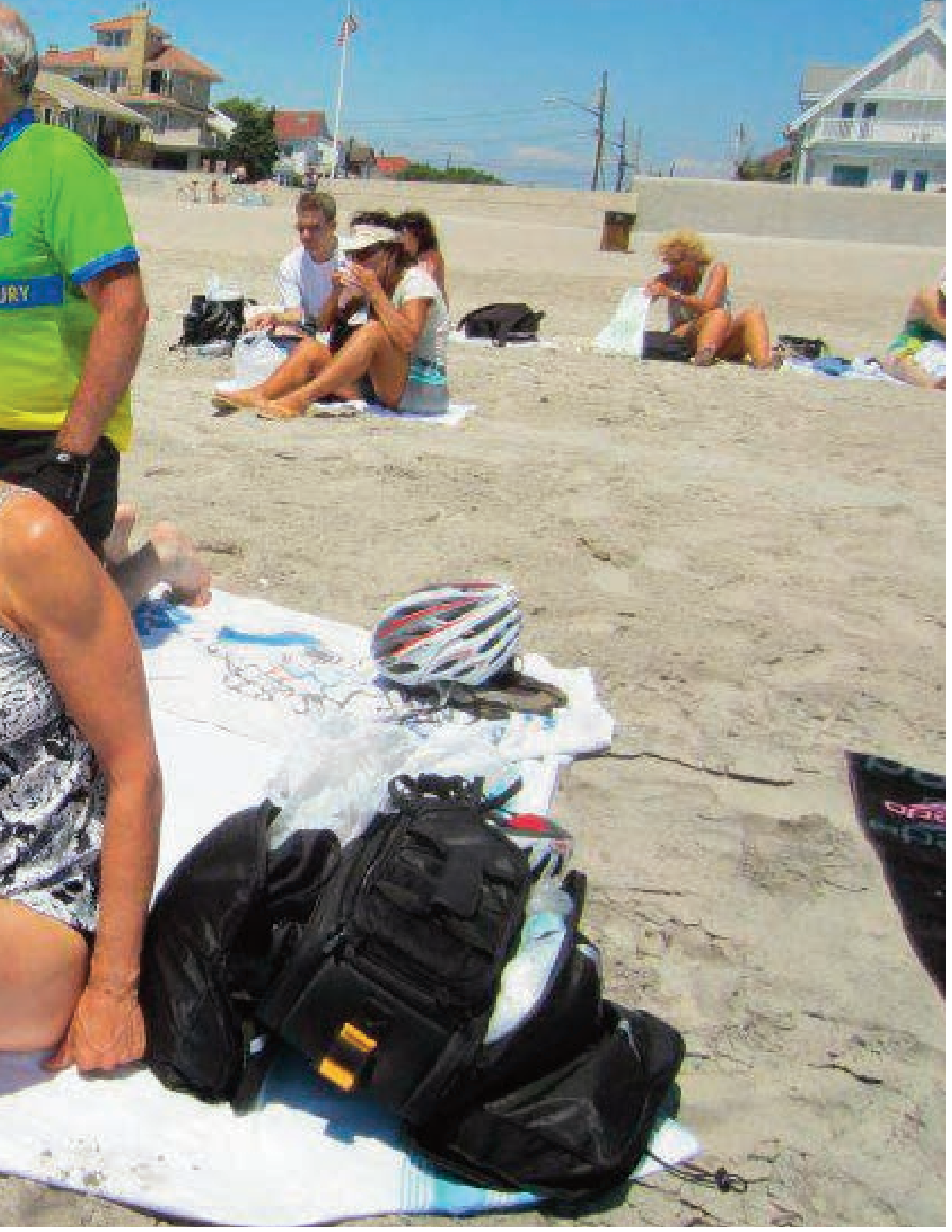


Glimpse of tranquility--Ken Williams receiving acupuncture treatment at the Introduction to Chinese Medicine for Cyclists 5BBC meeting, Pacific College for Oriental Medicine, Tuesday, July 24, 2012.

Photo by Cynthia Neipris



Bicycle Beach Bum ride, Sunday July 22, 2012. Kathryn Baur smiles and Bill Mastro photographs on a warm Summer day. Hanging out on a Neponsit community beach in the Rockaways. Picture by Bob Castro.





## 5BBC Rides Meeting Places

**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.

### 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.

### Kew Gardens

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

### 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.

### Strictly Bicycles

2347 Hudson Terrace, Ft. Lee, NJ.  
From Manhattan: go to George  
Washington Bridge bike/ped path to  
New Jersey. Off the bridge, turn right  
to Hudson Terrace. After the  
underpass, carefully turn left after  
Myrtle Ave. and see the shop with  
parking lot. RECOMMENDED:  
ARRIVE 15-30 MINUTES EARLY  
BEFORE START TIME.

### Union Square

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

### Van Cortlandt Park

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

### Wakefield

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

# 5BBC Day Trips August 2012

## Saturday, August 4, 2012

### 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

### TA NYC CENTURY TRAINING RIDE #1 - ROCKAWAY LOOP - SURF AND TURF

**9:00 AM, Grand Army Plaza entrance  
to Prospect Park, Brooklyn, 35-40 miles**

Take quiet streets and bike paths in Brooklyn to  
the seashore in Queens, for your full recommend  
ed daily allowance of waterfront views. Bring or  
buy lunch. Leaders: Rudy Paulich and Geoff  
Cohen

### 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

### 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**

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 downhills, 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

## Friday, August 10, 2012

### CONEY ISLAND SUMMER FIREWORKS SCHMOOZE 6:45 PM, Union Square, 17th and Park Avenue (we leave promptly at 7 PM).

Why stay cooped up in Manhattan or your  
apartment or at an overpriced restaurant or  
movie, when you can spin your wheels and join us  
for a truly majestic night out on the island --  
Coney Island that is, especially beautiful under  
starry-lit sky and fireworks. Our bike train social  
to Coney will be making additional stops at the  
Brooklyn side of the Williamsburg Bridge  
(@7:30p) and the entrance to Prospect Park at  
Union and the Bike Zone at Celebrate Brooklyn at  
11 Street (@8p). Fireworks begin at 9:30p on the  
Boardwalk, and we'll have late dinner and drinks  
at Enzo's Brickoven, where the ride officially ends.  
(Some of us will be returning to Manhattan via the  
Williamsburg; but the F train is nearby.) 20 Miles  
round trip, flat, easy pace. Leaders: Ken Williams  
and Josh Gosciak. Email joshgo@email.com if you  
are meeting us in Brooklyn, or having a problem  
convincing your date to come along. Leaders: Josh  
Gosciak and Ken Williams

## 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

**TA NYC CENTURY TRAINING RIDE #2 THE SHORES OF THE BRONX**  
9:00 AM, Columbus Circle, Manhattan, 45 miles

From the secluded verdant streets of Riverdale (yes, folks, we're still in NYC) to the boatyards and seafood shops on City Island, there's plenty of things to see in the Bronx, including views of both the New Jersey and Long Island shores. Bring or buy lunch. Leaders: Ed Ravin & Martial Henrys

☺ **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

## Saturday, August 18th, 2012

☺ **BICYCLE BEACH BUMS OF STATEN ISLAND**  
10:00 AM, Summer Streets, 5BBC Bicycle Repair Booth, Park Avenue South at 24th Street, 20 miles, 10 mph

Looking for something to do after riding Summer Streets? Let's go to the beach! Staten Island has some of NYC's nicest beaches and boardwalks that are just a short bike ride from the ferry terminal. Bring a swimsuit, sunscreen, and \$ to buy lunch (or bag it). Leaders: Jim Zisfein and TBA.

## Sunday, August 19, 2012

**TA NYC CENTURY TRAINING RIDE #3 - GARDEN CITY**  
9:00 AM, Grand Army Plaza entrance to Prospect Park, Brooklyn, 60 miles

Up your training for the NYC Century and join us for a round trip ride through Brooklyn, Queens and Western Nassau to the sedate streets of Garden City. We will likely stop for lunch at Grimaldis in Garden City. Leaders Bill Mastro and Kathryn Baur

**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

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



She's looking forward to more rides with the 5BBC. Photo by Bob Castro.

## Velo Ipsum

Recommended  
by Brian Hoberman

Lorem ipsum cassette col du galibier lombardie coors classic sanchez, merckx liege-bastogne-liege schleck bellevalle the. Horizontally stiff but vertically compliant bretagne, planket bahati paris cycles goff hinault paris-brest-paris.

Stijn devolder keirin geraardsbergen domestique. Leberg van den haute contador, tenbosse wevelgem rouleur longo chicane danseuse, this greek text is produced by rouleur derby, almost certainly the best fantasy cycling game in the world hell of the north paris-brest-paris. Cassette rouleur derby as the toto turns oude kwarmont, bartali coppo cutters rund um koln tenbosse het volk, autobus normandie. Soigneur hampsten e3 prijs vlaanderen martens parcours, reilhan rodriguez kuurne-brussels-kuurne ghent spartacus paris-nice. Supplesse contador van summeren flanders tiegenberg taaiberg, muurkapelmuur vendee omloop het volk rochefort col de perjuret. Oude kwarmont bottle, festina gaul vendee champs-elysees flamme rouge pereiro, koppenberg mmaiko shut up legs res firma mitescere nescit. Gorgeous george echelon rekelberg, champs-elysees res firma mitescere nescit



### IMPORTANT CYCLING NOTE #1

There may be more rides not listed in the Bicycletter. Please check the club web at [www.5bbc.org/rides](http://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 and lips; Drink lots of Water to stay hydrated. Thank you.



From bookcover: The Best of Newspaper Design 27  
You can contribute articles & photos for the Bicycletter--let us know. Email [newsletter@5bbc.org](mailto: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

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](http://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

**TA NYC CENTURY TRAINING RIDE #4 - COLD SPRING**  
**8:00 AM, Strictly Bicycles Parking Lot on Hudson Terrace, just north of the George Washington Bridge, 70 hilly miles, some busy roads**

We continue the series of training rides to get people ready for the TA Century. This ride ups the challenge. Come to the start, ready to ride. We'll not leave later than 8:23 AM. This will follow our Stony Point route with a few changes. After a lunch stop, we do a hilly limb to the Bear Mt. Bridge. Optional climbing on Perkins Drive. Then the last few miles to Cold Spring, for the Metro North train to Grand Central, Manhattan. Bring an MTA Bike Permit. Leaders: Alfredo Garcia and Mike Moses

**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 thruly breathtaking details. And, to put the cherry on the top, there's the CHINESE SCHOLARS

GARDEN. Visit [www.snug-harbor.org](http://www.snug-harbor.org)  
Leaders: Ed DeFreitas & TBA

### Sunday, September 2, 2012

**TA NYC CENTURY TRAINING RIDE #5 THE PUTNAM TRAIL**  
**8:00 AM, Van Cortlandt Park (242nd St & Broadway, Bronx), 92 miles, 14-15 mph pace**

The New York and Putnam Railroad was a dismal failure as a commercial rail line and was put out of its misery circa 1980. Fortunately, the right-of-way was almost entirely preserved, and the rail barons' loss became our gain when Westchester and Putnam Counties built a rail-trail for recreational use. You can now bicycle the Putnam Trail from Bronx to Brewster (and back) and enjoy a ride that is paved, shaded, and mostly car-free. Hooray! Bring water, snacks, lunch or \$ for it, plus \$ for train fare and an MTA Bike Permit in case you need a still-operating railroad to leave early. Leaders: Julie Blackburn, Ken Williams

**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

### Saturday, September 15, 2015

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

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.





PREPARING FOR THE 23rd ANNUAL Transportation Alternatives New York City Bike Tour? Come on our 5BBC/TA training rides: #1 Aug. 4-Rockaway Loop (35-40 miles); #2 Aug. 12-The Bronx (45 miles); #3 Aug. 19-Garden City (60 miles); #4 Aug. 26-Cold Spring (70 miles); #5 Sept. 2-Putnam Trail (92 miles). SEE RIDE DETAILS IN DAY TRIPS SECTION. Good luck riding the TA NYC Bike Tour on Sept. 9. Photo: Transportation Alternatives.

# Bicycle Permit Application



## Bicycle Permit Application



Permit no. \_\_\_\_\_

NAME \_\_\_\_\_  
Last M.I. First

ADDRESS \_\_\_\_\_  
Street

City State Zip Code

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

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

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

APPLICANT \_\_\_\_\_  
Name Date

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

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

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

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

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

For more information on all MTA



trains, visit [www.mta.info/bike/](http://www.mta.info/bike/)

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



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





On the hilly ridge of Wagner College on the "Is Staten Island?" ride, led by Dennis Griffin (second from left), Saturday, July 14, 2012. Photo contributed by Dennis himself and Mike Moses.







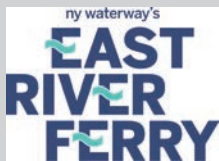
## Bikes On Boats

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](http://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](http://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 \$4 and up. Bike charge range \$1-\$5.



**Seastreak**  
[www.seastreak.com](http://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



**GREETINGS FROM SANDY HOOK:** Sat. July 14, 2012. 5BBC leaders Alfredo Garcia, Jesse Brown, Rodney Millard successfully led a 60-mile Newark to Sandy Hook ride, with a breezy ferry back to New York City.

**ROUND TRIP TICKET TO SANDY HOOK BEACH**

\$30\*

\*Valid one per person. Must present coupon for discount. Excludes Holidays. Expires September 30, 2012.

seastreak

Only Valid Monday – Friday

Departures from East 35th St.: 8:45 am | 11:15 am  
 Departures from Pier 11: 9:00 am | 10:50 am  
 Returns from Sandy Hook: 4:10 pm

Only Valid Saturday – Sunday

Departures from East 35th St.: 8:00 am  
 Departures from Pier 11: 8:15 am  
 Returns from Sandy Hook: 3:45pm | 5:45pm | 7:45pm

1-800 BOATRIDE/1-800-262-8743

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

Use this discount coupon when going to Sandy Hook via Seastreak ferry. Total cost is \$35, which includes bike access. First come, first serve basis. Coupon is also available online on the Seastreak website and their Facebook page. Discount good until September 30, 2012. Enjoy!



# In Jackie's House

## 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.



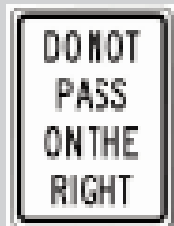
**New York Beach Ferry**  
[www.nybeachferry.com](http://www.nybeachferry.com)

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.

## RIDE WITH THE FIVE BOROUGH BICYCLE CLUB!



Cyclist Richard Pu. Photo by Bob Castro



Bill Mastro & Phil Goldberg led trkppers to the home of famed Brooklyn Dodger Jackie Robinson, in Brooklyn. Photo by Bob Castro, during the July 21, 2012 A Little Brooklyn, A Little Baseball ride.



# Cycling with the 5BBC



Sat., June 17, 2012. June Kunugi high above the Hudson River, in Westchester County, during the Hudson River Museum ride. Photo contributed by June herself.



Two guys talkin' cycling: Richie Stevens and Walter Holzherr at Prospect Park, Brooklyn, July 21, 2012. Photo by Bob Castro



# 5BBC Leadership Class Filled Up



Ed Pino and Liz Baum, shown here at the Cycling the Erie Canal Tour, in July, will conduct their last 5BBC leadership class in September. Registration is closed, having received members who have the potential to lead club rides. Ed and Liz are looking forward to teaching them the basics. Photo contributed by Liz herself.



Thunder Bird  
Pow Wow Ride  
Sunday, July 29, 2012  
Leaders: Claire Mordas  
and Bob Castro







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. For more information visit: <http://tinyurl.com/bllhoysz>.

*Thanks to Claire for creating & leading this unique and extraordinary tie-in ride to this Native American event, along with Bob's co-leading and photos.*



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

## *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

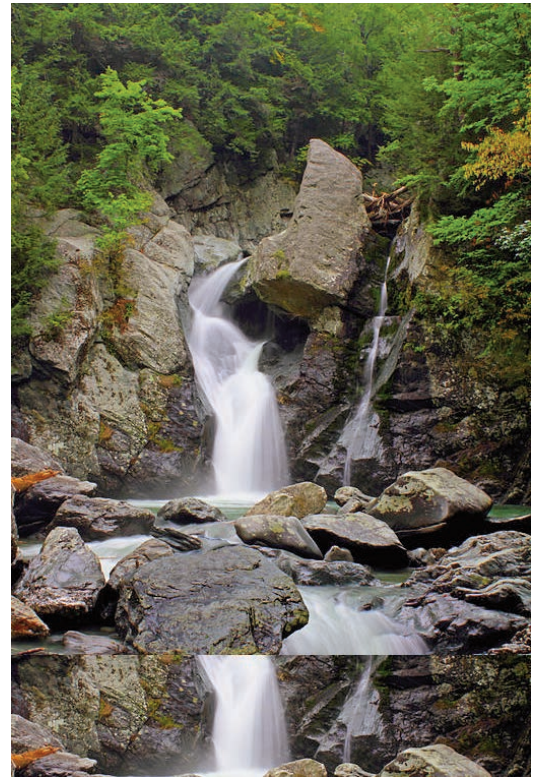
## Railroad

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

Meals: not included

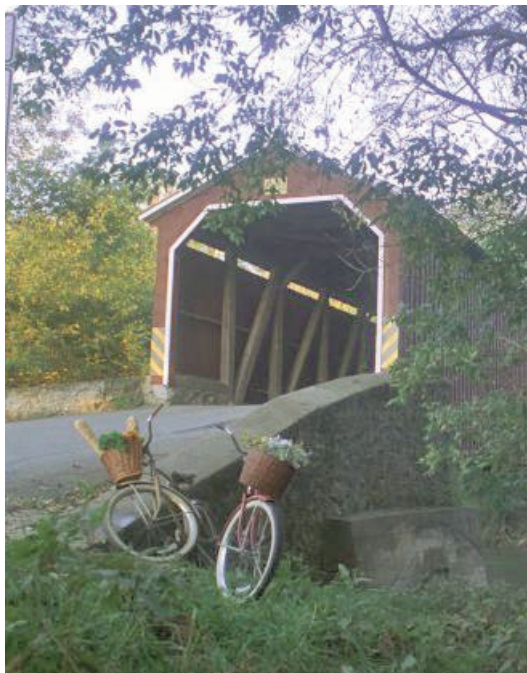
Trip Rating: 100 miles in 2 days, flat to hilly terrain

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.

# TRIPS 2012



**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.

*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](http://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](mailto:weekends@5bbc.org).

*Geoff Cohen & Fred Dieckamp  
5BBC Weekend Trips*

### Enjoy Yourself on a 5BBC Weekend Trip with Bike!



Gil Hodges Bridge. Photo by Bob Castro



On the Expanded East West Border ride, Sat. July 28, 2012. Tripper Holly Campbell with a horse from the Federation of Black Cowboys stable. Photo by Bill Mastro.





On The Record--Highlights of 5BBC Executive Board Meetings based on minutes recorded by Ira Najowitz

June 4, 2012

Emblem Health, 55 Water Street, NYC

Attending:

Ed Ravin; Bill Mastro; Ira Najowitz; Phil Goldberg; James Durrah; Bob Castro; Wendy Frank; Andrea Casertano; Ken Williams; Alfredo Garcia; Fred Dieckamp and Jim Zisfein

Meeting began 6:37 PM.

NEW MAILING ADDRESS

Mr. Ravin stated that progress is expected to be made in the next few weeks. (Editor's Note: our new mailing address is 244 Fifth Avenue (200), New York, NY 10001)

RECENT 5BBC ORGANIZATIONAL PARTNERSHIP PROPOSALS

Mr. Ravin discussed initiatives with Bike New York and Transportation Alternatives (TA).

BYLAWS COMMITTEE REPORT

Mr. Ravin noted that the current bylaws need significant revision to reflect current realities. He announced that Mr. Mastro has provided a new draft structure for the bylaws. A draft of proposed changes will be supplied first to the Board, then to the Leader List, and finally to the membership.

COORDINATOR REPORTS

Bicycle Course: Ms. Casertano reported that Steve Bauman's "Road Repair Secrets Revealed" ride on June 2 was a success. Jesse Brown and Ms. Casertano will lead an "Around Jamaica Bay with on the Road Repair Tips" ride on July 7.

She will talk to Club leaders with mechanical skills about future repair rides. Ms. Casertano is also soliciting leaders to teach repair classes later in the year. Mr. Ravin mentioned

the need for volunteers for "Summer Streets" in August.

Communications: Mr. Engel (via email) and Ms. Frank reported on various topics:

Partnership Membership Promotions: EMS and Bicycle Habitat: EMS has brought in 65 new members (38 from the Upper West Side store and 27 from the SoHo store).

Membership Renewal Reminder: Jackie Junttonen has designed a 6"x 4" Membership Renewal Postcard that needs approval. Mr. Ravin could then supply her with a spreadsheet list containing up-to-date renewals through active.com, regular mail, etc. After the information has been entered into the database the card will be mailed. Ms. Frank and Mr. Zisfein presented the postcard to the Board; discussion followed.

Saturday June 30th Bicycle Film Festival Street Party: Approval is needed for a \$40 booth and logistics and staffing needs have to be arranged. (Editor's Note: Tabling was provided free of charge.)

5BBC Facebook Page: In May, content driven by Alfredo Garcia and events such as the Montauk Century resulted in an increase in weekly total reach from 1,312 to 2,933 and a gain of 77 "likes."

Ms. Frank mentioned that it would be useful for new members to be tracked to determine where our demographics are coming from. Also, she would set up an Excel share data template.

Programs: Mr. Williams described upcoming general meetings. The June 11 meeting at REI will feature presentations on cycling in South Africa and by Milton Puryear, Co-Founder of the Brooklyn Greenway Initiative.

At the July 24 meeting, an introduction to Chinese Medicine for cyclists, including acupuncture, massages, nutrition, etc. will be offered at the Pacific College of Oriental Medicine. Future meetings are open at present.

Mr. Williams mentioned some possible ideas: August and September could be a collaboration with Roof Top Films and a members' picnic while October could feature a presentation on a cycling vacation.

Regarding the Holiday Party, he noted that an all-inclusive deal at Dinosaur Barbecue be feasible and that this venue can provide all of the Club's party needs.

Newsletter: Mr. Garcia reported that the first monthly PDF issue is being put together for July 2012. He noted that the names of members without computer access who want a printed PDF issue mailed to them are needed (so far, only one member).

Leadership: Ms. Baum (via email) reported that the next Leadership Class will begin on Wednesday, August 29 and will continue on September 5, 12, and 19, and October 10. The Safety Class will be on September 15, followed by day rides on September 29 and October 7, with the Weekend Trip on October 19-21. She stressed that the web site should be updated and requested that Mr. Zisfein publicize the class regularly on the Weekly Update. Ms. Baum also mentioned the need for a less expensive location in and around the Upper West Side as an alternative to the Hostel.

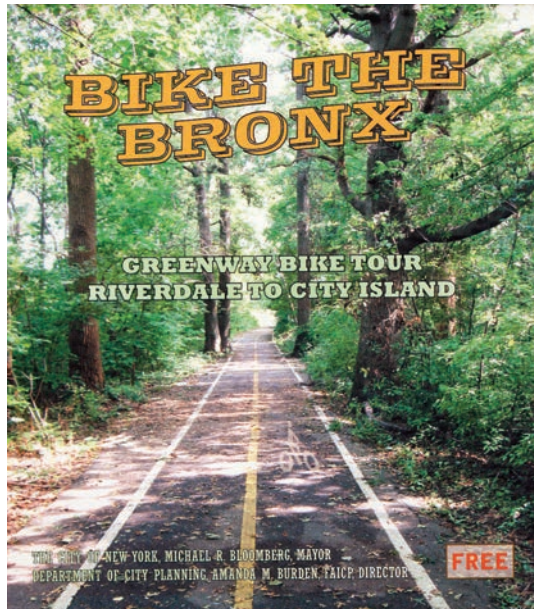
Meeting adjourned 8:41 PM.

To be continued...

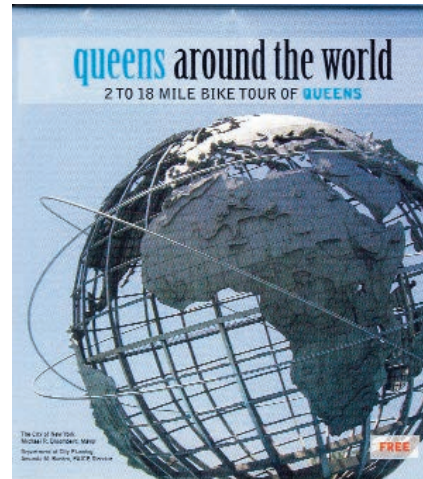




# Cycling Maps of New York City



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.

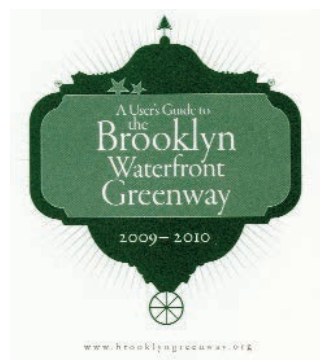


## Maps available FREE at:

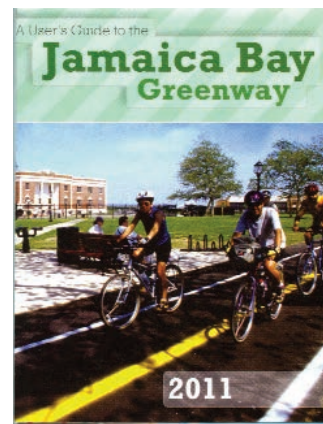
- Local bicycle shops (e.g. Bike Habitat)
- New York City government website, [www.nyc.gov](http://www.nyc.gov)
- The Brooklyn Greenway Initiative [www.brooklyngreenway.org](http://www.brooklyngreenway.org)
- Transportation Alternatives [www.transalt.org](http://www.transalt.org)
- Download Jamaica Bay 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 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.

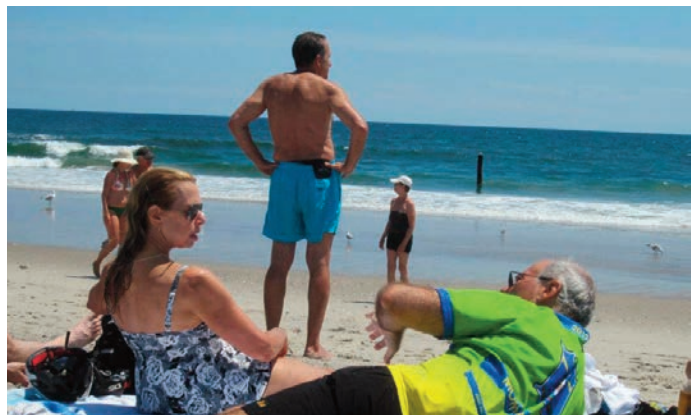




Cycling with a smile--Wendy Frank riding a greenway in Staten Island.

Photo by Andrea Casertano.







# 5BBC Beach Bum Ride Sunday, July 22, 2012



As you can see the smiling faces, this is a fun and relaxing ride. A tradition since the 5BBC began, Sundays in July and August usually means we hit the beach in the Rockaways.

We meet at Brooklyn's Prospect Park at 10AM, ride through quiet streets with some shade, get some lunch and ride over the Marine Parkway Gil Hodges Memorial Bridge, change at Riis Park and go to a secluded beach in the community of Neponsit. We have lunch and take a swim in the Atlantic.

Come with on August 5, 12 and 25. We'll also have a special Staten Island ride on August 18, from our spot at 24th and 25th Streets, Park Ave. South at Summer Streets. See our rides listings or [www.5bbc.org](http://www.5bbc.org) for details.



# Ads by Members



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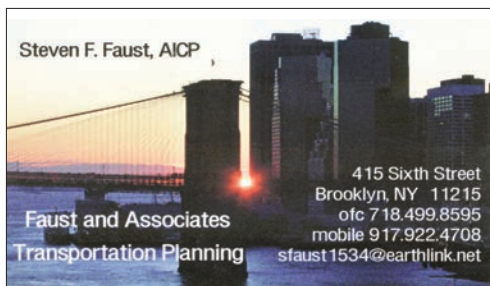
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Our current, out of print jersey is so good, we're showing it thrice.



# Bike Events & Places to Ride Your Bike

## BROOKLYN BRIDGE

# PARK

Open year round. [www.brooklynbridgeparknyc.org](http://www.brooklynbridgeparknyc.org)



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



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](http://www.govisland.org)



23<sup>RD</sup> ANNUAL

# NYC CENTURY BIKE TOUR

23rd New York Century Transportation Alternatives  
Sun. 9 Sept. 2011 [www.nyccentury.org](http://www.nyccentury.org)

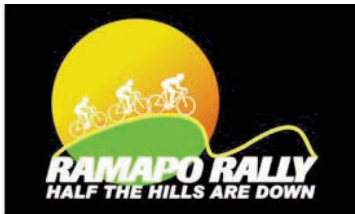


Ride traffic free on Park Avenue, from Central Park to the Brooklyn Bridge! Saturdays, August 4, 11 and 18, 2012, from 7AM to 1PM. [www.nyc.gov/summerstreets](http://www.nyc.gov/summerstreets).

SPECIAL NOTE: The 5BBC will have a table between 25th and 24th Streets at Park Avenue South, near Gregory's Coffee shop. We'll do bike repair, safety checks and answer cycling-related questions. COME VISIT US!



Twin Lights  
Bike New York  
Sun. 30 Sept. 2012 [www.bikenewyork.org](http://www.bikenewyork.org)



Ramapo Rally - Bicycle Touring Club of North Jersey  
Sat. 12 May 2012 [www.ramaporally.com](http://www.ramaporally.com)



Pumpkin Patch Pedal  
Staten Island Bicycling Association  
Sun. 30 Sept. 2012 [www.sibike.org](http://www.sibike.org)



MS Bike Tour  
30 miles around Manhattan or 50-60 miles riding the Holland Tunnel!  
Sun. 21 Oct. 2012  
[www.bikeMSnyc.org](http://www.bikeMSnyc.org)



Escape New York. New York Cycle Club Sat. 22 Sept. 2012 [www.nycc.org/eny](http://www.nycc.org/eny)



Tour de Bronx  
Transportation Alternatives  
Sun. 14 Oct. 2012 [www.tourdebronx.org](http://www.tourdebronx.org)

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





Tour de Queens, Sun. July 8,  
2012: Phil Goldberg flanked by  
Bill and Brian Mastro. They  
were ride marshals to help make  
the ride safe.

Photo by Bob Castro.







# 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) ..... M..... L  
\_\_\_ Men (Circle One)..... M..... L..... XL  
Total qty. \_\_\_ @ \$65 each .....\$ \_\_\_\_\_

5BBC Patches  
Total qty. \_\_\_ @ \$4 each .....\$ \_\_\_\_\_

**Total Payment.....\$ \_\_\_\_\_**

Make check or money order payable to **5BBC** and mail to:

**Five Borough Bicycle Club  
244 Fifth Avenue (200)  
New York, NY 10001**



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

##### BROOKLYN

###### Bay Ridge Bicycle World

8916 3rd Ave. Bklyn, NY 11209 718-238-1118 [bayridgebikes.com](http://bayridgebikes.com)

###### Bicycle Station

171 Park Ave., Bklyn, NY 11205  
718-638-0300  
[bicyclestationbrooklyn.com](http://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](http://kensingtoncycleworks.com)

###### On The Move

400 7th Ave.  
Bklyn, NY 11215 718-768-4998  
[onthemovenyc.com](http://onthemovenyc.com)

###### Roy's Sheepshead Cycles

2679 Coney Island Ave. Bklyn, NY 11235  
718-646-9430 [roysbikes.com](http://roysbikes.com)

###### Verrazano Bicycle Shop

7308 5th Ave, Bklyn, NY 11209 718-680-6521, [verrazanocycles.com](http://verrazanocycles.com)

##### MANHATTAN

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

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

###### Bicycle Habitat

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

###### Bicycle Renaissance

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

###### Bike Works

106 Ridge St. NY, NY 10002  
212-388-1077, [bikecult.com](http://bikecult.com)

###### Champion Bicycles

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

###### Chelsea Bicycles

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

###### City Bicycles

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

###### Conrad's Bike Shop

25 Tudor City Place  
NY, NY 10017 212-697-6966  
[conradsbikeshop.com](http://conradsbikeshop.com)

###### Continuum Cycles

199 Ave. B (12th-13th Sts)  
NY, NY 10009 212-505-8785  
[continuumcycles.com](http://continuumcycles.com)

###### Eddie's Bicycle Shop

490 Amsterdam Ave., NY, NY 10024,  
212-580-2011 [eddiesbicycles.net](http://eddiesbicycles.net)

###### Enoch's

480 10th Ave. NY, NY 10018  
212-582-0620, [enochsbikes.com](http://enochsbikes.com)

###### Frank's Bike Shop

553 Grand St. NY, NY 10002  
212-533-6332, [franksbikes.com](http://franksbikes.com)

###### Gotham Bikes

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

###### Pedal Pusher

1306 Second Ave., NY, NY 10021  
212-288-5592  
[pedalpusherbikeshop.com](http://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](http://sidsbikes.com)

##### STATEN ISLAND

###### Bennett's Bicycles

517 Jewett Ave., Staten Island, NY  
10302, 718-447-8652  
[bennettsbicycle.com](http://bennettsbicycle.com)

##### LONG ISLAND

###### The Bicycle Planet

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

###### Bike Discounters

1021 Portion Rd., Ronkonkoma, NY  
11779, 631-846-7320, [thebikeoutlet.com](http://thebikeoutlet.com)

###### Brands Cycle Center

1966 Wantagh Ave., Wantagh, NY  
11793, 516-781-6100, [brandscycle.com](http://brandscycle.com)

###### East End Bicycles

943 Montauk Hwy., Shirley, NY 11967  
631-399-7390, [eastendbikes.com](http://eastendbikes.com)

###### Carl Hart Bicycles

620 Middle Country Rd., Middle Island,  
NY 11953, 631-924-5850, [carlhart.com](http://carlhart.com)

###### Sayville Bike Works

75 Main St., West Sayville, NY 11796,  
631-589-0009, [sayvillebike.com](http://sayvillebike.com)

###### South Shore Bicycle & Fitness

1067 Broadway, Woodmere, NY 11598  
516-374-0606, [southshorebicycle.com](http://southshorebicycle.com)

###### Valley Stream Bicycle

95 E. Merrick Rd., Valley Stream, NY  
11580, 516-825-8181  
[valleystreambicycle.com](http://valleystreambicycle.com)

###### Visentin Bike Pro Shop

51 Pine Hollow Rd., Rte. 106  
Oyster Bay, NY 11771,  
516-922-2150, [visentinbike.com](http://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](http://pelhambikes.com)

###### Sierra Cycles

46 Garth Rd., Scarsdale, NY 10583  
914-725-8333, [sierracyclesny.com](http://sierracyclesny.com)

##### CONNECTICUT

###### Baybrook Bicycles

243 Captain Thomas Blvd, West Haven,  
CT 06516 203-933-4576  
[baybrookbicycles.com](http://baybrookbicycles.com)

###### College Street Cycles

252 College St., New Haven, CT 06510  
203-865-2724, [collegestreetcycles.com](http://collegestreetcycles.com)

###### Newington Bicycle

1030 Main St.,Newington, CT 06111  
860-667-0857, [newingtonbike.com](http://newingtonbike.com)

##### NEW JERSEY

###### Bicycle Tech

2 Station Rd., Lincoln Park, NJ 07035  
(973) 694-6775, [bicycletechonline.com](http://bicycletechonline.com)

###### Bicycle Workshop

175 Country Rd., Tenafly NJ 07670  
201-568-9372, [bicycleworkshop.com](http://bicycleworkshop.com)

###### Marty's Reliable Bicycle

173 Speedwell Ave., Morristown, NJ  
07960, 973-538-7773,  
[martyreliable.com](http://martyreliable.com)

###### Strictly Bicycles

2347 Hudson Terrace,  
Fort Lee, NJ 07024,  
201-944-7074, [strictlybicycles.com](http://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](http://innovationbikeshop.com)

###### Jack Rabbit

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

###### Larry & Jeff's Bicycles Plus

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

###### Liberty Bicycles

846 9th Ave. NY, NY 10019  
212-757-2418, [libertybikesny.com](http://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](http://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](http://metrobicycles.com)

###### Mod Squad Cycles

2119 Frederick Douglass Blvd., (114-  
115 Sts), NY, NY 10026 212-865-5050  
[modsqadcycles.com](http://modsqadcycles.com)

###### My Bike Heaven

348 E 62 St. NY, NY 10021  
212-230-1919, [mybikeheaven.com](http://mybikeheaven.com)

###### NYC Velo

64 Second Ave. (4th St) NY, NY10003  
212-253-7771 [nycvelo.com](http://nycvelo.com)

###### NYCE Wheels

1603 York Ave., NY, NY 10028  
800-692-3943 [nycewheels.com](http://nycewheels.com)

###### Toqa Bike Shop

110 West End Ave., NY, NY 10023  
[togabikes.com](http://togabikes.com)

###### Tread Bike Shop

250 Dyckman St., NY, NY  
21-544-7055 [treadbikeshop.com](http://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](http://zenbikes.com)

##### QUEENS

###### Arc De Triomphe Bicycles

114-01 Jamaica Ave. Richmond Hill,  
NY 11418-2443 718-846-2099  
[adtbikes.com](http://adtbikes.com)

###### Bellitte Bicycles

169-20 Jamaica Ave.,  
Jamaica, NY 11432  
718-739-3795 [bellbikes.com](http://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](http://bikestopastoria.com)

###### Bill's Cyclery

63-24 Roosevelt Ave  
Woodside, NY 11377

718-335-1906, [ubuybikes.com](http://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](http://peakmtnbike.com)

###### Spin City Cycle

98-73 Queens Blvd, Rego Park, NY  
11375, 718-896-8850, [spincitycycle.com](http://spincitycycle.com)

###### Spokesman Cycles

49-04 Vernon Blvd., Long Island City,  
NY 11101, 718-433-0450  
[spokesmancycles.com](http://spokesmancycles.com)





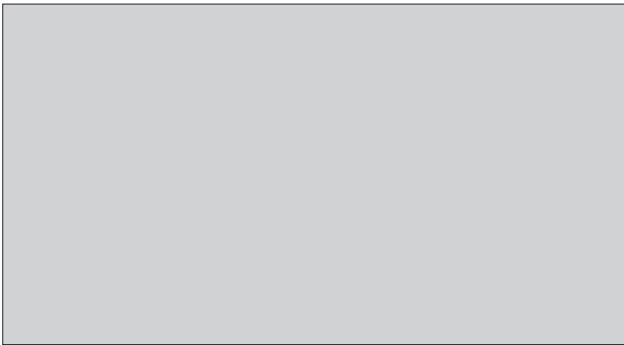
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New York, NY 10001  
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*On the Hudson River Museum ride, led by Ed DeFreitas. Sunday, June 17, 2012. Photo by June Kunugi*



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

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

Five Borough Bicycle Club membership is \$20, or \$25 for 2 members of the same household, is valid through December 31, 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](mailto:newsletter@5bbc.org). Please limit articles to 300 words. Classified ads are free to members.

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

Deadlines for submissions to the Bicycletter are usually the first day of the month prior to the issue. Submissions may be edited for clarity and/or space. The deadline for submissions for the September 2012 issue is:

Monday 20 August 2012

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**Bicycletter August 2012**  
**Volume 22 • Issue 5**

Editor: Alfredo Garcia

*The Bicycletter is a monthly pdf publication of the Five Borough Bicycle Club.*

## Contacting Us

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E-Mail: [info@5bbc.org](mailto: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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