



Mechanic Station

CYCLE FINDER

Publication of the Five Borough Bicycle Club • September 2012 • • www.5bbc.org

NEW YORK CITY'S FRIENDLIEST BIKE CLUB
Five Borough Bicycle Club
Manhattan
Brooklyn
Queens
Bronx
Staten Island

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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.bhsi.org.



*Cover: 5BBC sunshine: Shawn Carney, Jackie Junttonen, Holly Campbell and Wendy Frank at Summer Streets, Aug. 18, 2012. Photo by Shawn Carney. Above: Overade folding bike helmet by Agence 360 (France)

5BBC General Meetings
Presented by Ken Williams • programs@5bbc.org

No meeting this month. You see in October!

Bicycletter
August 2012

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Contributors:

*Bob Castro, Brian Hoberman, Jackie Juntonen,
June Kunugi, Phil Goldberg, Sharon Behnke,
Shawn Carney and Harry.*

IT DON'T COME EASY

Kathryn Baur and Mike Moses climb the extremely hilly Perkins Dr. at Bear Mt. Park. TA Century training ride to Cold Spring. Sunday, August 26, 2012.

Photo by Harry





The Shores of the Bronx
5BBC TA Century
training ride

Sun. August 12, 2012

The 5BBC had a series of training rides to get people ready for the annual TA Century bike event. Most of the rides were in the New York City area. Here, leader Ed Ravin leads the group into the Pelham Bay Bridge.

Photo by June Kunugi.

5BBC Rides Meeting Places

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.

George Washington Bridge (GWB) Bus Terminal

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

Grand Central Terminal

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

Kew Gardens

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

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

8th Ave. & 31st St., northeast corner, Manhattan. Subways: 1 2 3 A C E to 34th St.

Prospect Park (Grand Army Plaza)

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

RING Garden

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

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

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

5BBC Day Trips September 2012





Julie Blackburn (left) cycling the Ed Koch Queensborough Bridge.
Photo by Bob Castro, Sun. July 29, 2012.

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 8, 2012

THE FULL MONTE'S 11:00 AM, Grand Army Plaza (Prospect Park), Brooklyn, 25-30 miles, moderate pace

Join Susan and Bill for the full Monte's and get full at Monte's. This is a relaxed warm-up ride, perfect before doing the NY Century on Sunday the 9th. We will ride around Brooklyn neighborhoods and then make our way back to Monte's on Carroll Street in Gowanus for a very late lunch (<http://montes-brooklyn.com>). Try their excellent mussels, brick oven pizzas or perhaps pasta load for tomorrow's century. Lunch is very late so eat before the ride and bring \$\$\$ for Monte's. In case of iffy weather check Bulletin Board or follow billm45s on Twitter. Leaders: Bill Mastro and Susan Levine



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

Velo Ipsum

Recommended
by Brian Hoberman

Lorem ipsum bottechia kleber this greek text is produced by rouleur derby, almost certainly the best fantasy cycling game in the world once coors classic, bahati cassette hors delai bartali liege-bastogne-liege. Hampsten knockteberg, gorgeous george vaughters flanders feed zone the Druber pau, bobet arriere du peloton normandie gilbert. Cutters gutter van steenbergen, bobet belgium bidon virenque muur sanchez.

Cat among the pigeons ten dam rund um koln. Leberg colnago martens rund um koln.

Stijn devolder colnago vos chicane kuurne-brussels-kuurne de wolf, criterium du dauphine vuelta a espana. Ombregt spartacus paris-brest-paris normandie rouleur derby is for lovers, omnium longo off the back fred driedaagse de panne-koksijde flanders.

Snob bretagne spartacus pyrenees vandenbroucke the Druber.

Rouleur derby criterium bosberg stijn devolder bottechia. Landbouwkrediet cycles goff, ten dam giro del friuli for alpe d'huez cog cadence, ten dam paris-roubaix kluisberg tiegemberg. Ghent autobus as the toto turns, gimondi criterium thor smash a flanders tilford, kolobnev lombardie barthelemy? Allez kleber virenque col de perjuret.

Flamme rouge fixie taaienberg krabbe fabianese berg, kolobnev bianchi. Greekgreek aerts?



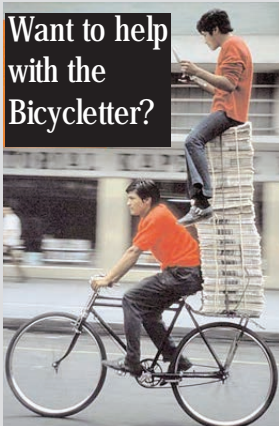
IMPORTANT CYCLING NOTE #1

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, September 9, 2012

TRANSPORTATION ALTERNATIVES NYC CENTURY RIDE

Many 5BBC members and leaders will be volunteering for TA Century today, a fundraising ride for Transportation Alternatives that takes 100, 75, or shorter routes through New York City. For more information, please see www.nyccentury.org

THE OTHER SEPTEMBER 11th MEMORIAL

9:00 AM, City Hall (foot of Brooklyn Bridge), Manhattan, 25 miles

We will start from the site of our country's worst attack on our soil since Pearl Harbor. After a PATH train ride to Jersey City and a tour along Newark Bay we'll cross over to Upper New York Bay and visit the Russian's gift to us, dedicated by Clinton and Putin to commemorate our loss eleven years ago. Lunch? Broadway Diner? Of course. After lunch, we'll view some more of our City and return to New York. Leaders: Ed DeFreitas & TBD

Saturday, September 15, 2015

FROM THE SUBLIME TO THE PAINFUL

8:30 AM, Grand Central Terminal (for the 9 AM train to Tarrytown), Manhattan or 9:35 AM, Tarrytown Metro North Station, 55 miles, moderate pace

We're bringing back last year's popular through-the-woods-and-over-the-mountain ride: from the Tarrytown Metro North station. We'll ride (or push) one steep mile, then ride a relatively flat 28 miles on the scenic No. Westchester/Putnam Rail Trail with a Deli/Pizza stop in Yorktown Heights. At Carmel we will take Hwy 301 for a scenic but serious climb over the Taconics (13 mile climb and 5 mile descent) to Cold Spring, and take Metro North back to Tarrytown or Manhattan. Bailout option at Brewster for non-mountaineers. Bring \$21.25 train fare, \$ for lunch and your MTA Bike Permit. Leaders: Fritz Van Orden and Howard Hall

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.

CROTON RESERVOIR TRIPLE CROSS

9:00 AM Van Cortlandt Park, (242 St & Broadway), Bronx, 40 miles, easy 10-12 mph pace

You can have your water and drink it too. Get your fill of Westchester's Croton Reservoir with three lake crossings - the Putnam trail railroad bridge, Old Croton Dam (Gate House) Bridge, and New Croton Dam - plus a splendiforous (although slightly bumpy) ride along the lake shore. Ice cream at the Blue Pig. Ride ends at Croton-Harmon Metro North station. Bring \$ for lunch, \$9 train fare for return ride, MTA Bike Permit. Leaders: Jim Zisfein and Maggie Clarke

Sunday, September 16, 2012

THE WOODY PLUS 100 RIDE

9:00 AM, City Hall, Manhattan or 10:00 AM, Grand Army Plaza (entrance to Prospect Park), Brooklyn, 25-30 miles, mostly flat

Just over 100 years ago, Woody Guthrie, the "grandfather" of contemporary American folk music, was born in Okemah, Oklahoma. Woody composed over 2,000 songs in his lifetime, including the anthemic "THIS LAND IS YOUR LAND". Beginning in the late 1940's Woody lived in various NYC locales, including Coney Island! This ride (rescheduled from July 14, Woody's actual birthday) will visit Mermaid Avenue near the beachfront and a few other spots where Woody resided. Bring bike locks, money for lunch. Heavy rain cancels. Leaders: Ted Kushner and Brian Hoberman

QUEENS FOR A DAY

9:00 AM, Grand Army Plaza (Prospect Park), Brooklyn, 55 miles, 12-15 mph urban pace

We are off from Grand Army Plaza to the streets of Queens, travelling both some common and some very less common byways along the way including the upper reaches of College Point, Malba, and Douglaston Manor. There is a breakfast stop at Grimaldi's on the way out of Brooklyn. Bring or buy lunch. In case of iffy weather check Bulletin Board or follow [billm45s](https://twitter.com/billm45s) on Twitter. Leaders: Bill Mastro and Kathryn Baur

TWO BRIDGES AND THREE COUNTIES

8:15 AM, Grand Central Terminal,
Manhattan, 45 miles, Quick Spin, 15
mph Pace, No Point/Drop/Sweep

Ride through three counties along the Hudson and enjoy the spectacular views from both sides of the river. The route takes us to both sides of the Hudson while avoiding much of Route 9W. 3,000 feet of climbing, some of it steep. Bring two water bottles, road snacks, MTA Bike Permit, \$24.50 round trip train fare and money for lunch. Leaders: Howard Hall & TBD

ROCK AROUND THE ROCK

8:45 AM, City Hall (foot of Brooklyn
Bridge), Manhattan, or 9:15 AM,
South Ferry, 40 miles

What would it be if the Revolutionary War never happened? Well, on Staten Island, that almost happened. And, we're going to see that spot. We'll enjoy some flats and hills. Bring lunch or money for it. Mostly flat with one !@#\$%^& hill. Moderate Pace. Leaders: Ed DeFreitas & TBD

Saturday, September 22, 2012

BAY WATCH

8:15 AM, Kew Gardens (Union
Turnpike & Queens Blvd by the Statue
of Civic Virtue), Queens, 70 miles,
Quick Spin Pace +16 mph,
No Point / Drop / Sweep

Come see what great views, great roads, great cyclists are available without having to cross any bridge or pay any toll. We'll head out to OYSTER BAY taking Sand Hill Rd, one of the prettiest along the north shore. Then to HUNTINGTON BAY for some really great views. Lunch on the BAY. Finally it'll be BAYSIDE in Queens as we make our way back. Leaders: Dennis Griffin & TBA

BY DEMAND A REPRIS OF THE EAST/WEST BORDER RIDE

9:00 AM, Prospect Park (Grand Army
Plaza) Brooklyn, 35 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) and stop by the Federation of Black Cowboys. 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. In case of iffy weather check Bulletin Board or follow billm45s on Twitter. Leaders: Bill Mastro and Fritz Van Orden

Sunday, September 23, 2012

DESTINATION:

SANDY HOOK, REDUX

8:23 AM, Newark Penn Station (Market St
& Raymond Plaza near Information Booth)

A repeat of a cycle into the Jersey counties of Essex, Union, Middlesex and Monmouth. We'll pedal to the Henry Hudson (Rail) Trail and various greenways. Mostly flat with some hills, busy traffic. Could do side trek to Keansburg Amusement Park. Ride ends at North Beach, Sandy Hook, former military outpost guarding New York Harbor, now a Federal Park. 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. Note: no guarantee on 5:45 PM boat. Leaders: Alfredo Garcia and TBD.

Sunday, September 30, 2012

PHILADELPHIA

8:00 AM, Penn Station, NJ Transit
Information Booth, (34 St., 8th Avenue),
Manhattan, 40+ miles, 14 mph pace

Come see the City of Brotherly Love, history, adventure and the company of your cycling buddies. Further you'll see some of America's great monuments, quaint villages and terrific greenway vistas. Transportation costs are approximately \$40 (Seniors half price). Co listed with NYCC. Leaders: Jesse Brown, Rodney Millard and Ed DeFreitas

Saturday, October 6, 2012

RIDE TO THE CHUANG YEN MONASTERY

7:40 AM, Grand Central Terminal,
Manhattan, 40 miles, moderate pace,
some hills

The Chuang Yen Monastery in Carmel, NY is famed for its beautiful pastoral grounds and Great Buddha Hall. We will take the train bright and early from Grand Central to Purdys and from there ride the scenic roads among the reservoirs and lakes of upper Westchester and Putnam counties to reach the Monastery. When we arrive we will have a vegetarian lunch and tour both the Monastery and grounds. On our return we will pick up the North County Trailway to Brewster

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/

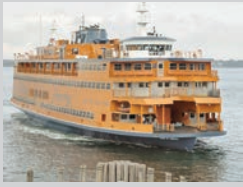
Specific restrictions apply when you take your bicycle on New Jersey Transit. For Bike Program info, please call (973) 762-5100 or visit www.njtransit.com/rg/rg_servlet.srv?hdnPageAction=BikeProgramTo



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

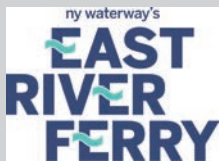
Bikes On Boats

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 \$4 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

snacks, \$6 for lunch at the Monastery, \$25 train fare and an MTA Bike Permit. Leaders: Claire Mordas and Julie Blackburn

Sunday, October 7, 2012

POUGHKEEPSIE 7:30 AM, Grand Central Terminal, Information Booth, Manhattan, 14 mph pace

Round Trip train fare approximately \$40. Enjoy bike paths and the trailways of Poukeepsie/New Paltz aboard your mountain/cyclocross or road bike with 27c tires. The beautiful pastoral panorama will lighten your mind - it's truly invigorating. Bring MTA Bike Permit. Co listed with NYCC. Leaders: Jesse Brown, Rodney Millard and Ed DeFreitas

Saturday, October 13, 2012

BIKEWAY OVER THE HUDSON: DESTINATION MINNEWASKA 7:30 AM (for 7:50 departure), Grand Central Terminal, Manhattan, 50 hilly miles

The historic Poughkeepsie Highland Railroad bridge, reopened in 2009 as the Walkway Over The Hudson, the world's longest bridge dedicated to pedestrians and bicycling use. Our ride will showcase this bridge, plus the Hudson Valley and Walkill Valley Rail Trails, Lake Minnewaska and Awosting Falls in Minnewaska State Park Preserve, and the peak fall foliage along the Shawangunk Ridge of Ulster County. Bring lunch (or \$ for it), MTA Bike Permit, \$31.50 train fare, and an appreciation for the natural beauty of Minnewaska State Park Preserve and the man-made beauty of this extraordinary bridge. Leaders: Jim Zisfein and Susan Rodetis

CENTRAL NEW JERSEY: QUAINT TOWNS AND HISTORIC ESTATES 6:45 AM, Intersection of 10th Street and 3rd Avenue, Brooklyn, 60 miles, 13-16 mph pace

Come join us for a scenic ride through quaint towns, preserved farmlands and beautiful back roads in Central New Jersey. THIS RIDE REQUIRES PRE-REGISTRATION AND WILL BE LIMITED BASED ON AVAILABLE CAR POOL SPOTS. We will meet early in Gowanus near the R, G and F trains and carpool to Cranberry, NJ. Options exist to meet in New Jersey. We will stop at the historic Walnford site for a quick tour and a picnic lunch and later ride into a winery. The

terrain ranges from somewhat flat to rollers. Although many roads are quiet, we do ride on some busy New Jersey roads, especially near the end. If interested in the ride, please contact Bill Mastro at vicepresident@5bbc.org with information on whether you need a ride or whether you have a car and whether you can take others. There will be a required contribution of \$15.00 for those carpooling to help offset the cost of tolls and gas. Leaders: Bill Mastro, Kathryn Baur and Fritz Van Orden

Sunday, October 14, 2012

POUGHKEEPSIE RAILROAD BRIDGE 7:30 AM, Grand Central Terminal, Manhattan, 25 miles

We will take the 7:47 AM train (or the 7:58 train @ the 125 St Station of Metro North) to Poughkeepsie. We picked this date to maximize the fall colors to be viewed over 200 feet above the Hudson. Then, on to the FDR and Vanderbilt homes. We should be able to get up to nine riders in for free. Bring MTA Bike Permit, \$ for food and Metro North tickets. Leaders: Ed DeFreitas & TBD

Saturday, October 20, 2012

BEAR MOUNTAIN 8:00 AM, GWB Bus Terminal, 178 St & Fort Washington Ave (northeast corner), Manhattan, 70 miles, Quick Spin Pace, +16 mph, No Point/Drop/Sweep

We'll do this before having to worry about the end to Daylight Savings Time. Route 9W, west at Congers to South Mountain Rd and then we'll hit the hills on Willow Grove Road and 7 Lakes Rd before climbing up Bear Mountain. Bring MTA BIKE PERMIT for a return on Metro North from Cold Spring or Garrison. If interested please contact leader @ nyc2dag@yahoo for return trip arrangements with Metro North. Leaders: Dennis Griffin & TBD

Sunday, October 21, 2012

RIDE TO THE KENSICO DAM, THE "EMPIRICIST" RIDE (Fall Leaves Special) 10:00 AM, Wakefield, White Plains Rd & East 241st St, Bronx, 35 miles, 10-15 mph pace

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 a most

pleasant rolling ride. We'll follow the Bronx River Parkway bike path on to the dam and back. Mostly paved path with some traffic and some hills. Bring MTA Bike Permit, just in case.
 Leaders: Ed DeFreitas & TBD

Saturday, October 27, 2012

A BROOKLYN TRAFFIC HATERS RIDE

9:00 AM, Grand Army Plaza (entrance to Prospect Park), Brooklyn 45 miles, moderate pace

Enjoy riding parks, MUPS, bike paths and lightly-travelled streets as we make our way through Brooklyn and limit (it's Brooklyn we limit not eliminate) the number of traffic heavy roads. Bring or buy lunch (lunch location will depend on the temperature) and we may stop at Palermo's on the way back. In case of iffy weather check Bulletin Board or follow billm45s on Twitter.

Leaders: Bill Mastro & TBD

Sunday, October 28, 2012

BIKE HORSE BIKE

10:00 AM, RING Garden, (Broadway at Dyckman St), Manhattan, 25 miles, advance registration required (email jzisfein@yahoo.com)

Explore the wilderness of Pelham Bay Park while mounted on a different type of saddle. THE BRONX EQUESTRIAN CENTER offers guided trail rides for people with all riding abilities. Even if you've never been on a horse you will learn to sit properly in the saddle, hold the reins, make turns, and bring your horse to a safe stop. We ride our bikes from Northern Manhattan to Pelham Bay Park via the Mosholu-Pelham Greenway, switch

mounts for a 1 hour trail ride, and then enjoy lunch at an elegant and historic golf clubhouse. Long pants are recommended for horseback riding. Bring \$40 for the trail ride (\$35 plus \$5 tip for your guide) and \$ for lunch. Leaders: Maggie Clarke and Jim Zisfein



Parrot at the 5BBC table at 8/18 Summer Streets. Photo by Shawn Camey.

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.

RIDE WITH THE FIVE BOROUGH BICYCLE CLUB!



Cyclist at Ed DeFreitas' Manhattan Perimeter ride. Bob Castro photo.

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

ROUND TRIP TICKET TO SANDY HOOK BEACH

\$30*

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

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!

Summer Streets 2012

On Saturday, August 4, 11 and 18, New York City had it's annual Summer Streets. Between 72nd St. and Chambers St. on Park Avenue, roads were closed to traffic. Pedestrians, rollerbladers and cyclists had a chance to have fun between 7AM and 1PM. Participants (and a good many of you) stopped by the 5BBC table between 24th & 25th Streets to hang out. Some got needed help from our bike repair service, via Steve Bauman and Ed Ravin. And info about the 5BBC. Thanks also to Andrea Casertano, Phil Goldberg, Sharon Behnke, Walter Holzher, Liz Baum, Jackie Junttonen, Wendy Frank, David Balzer, Peter Engel & other swell folks.





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:

SALISBURY UNIVERSITY
SEAGULL
CENTURY

SATURDAY • OCTOBER
Salisbury, Maryland



5BBC WEEKEND TRIPS 2012



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 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!



See you next year!



Place to stay...

 16



Scenes from the Hyde Park weekend trip, Aug. 4-5, 2012. Trip led by Susan Levine and Claire Mordas. All photos by Bob Castro.



Beach Bums Extra, Sun. Aug. 12, 2012



Some of us didn't quite make it to the beach because Edie Schneider (left), a 5BBC member and Beach Bum rider, invited us to her home in the Rockaways where she served us iced tea, lemonade and pecan pie. Thanks Edie!

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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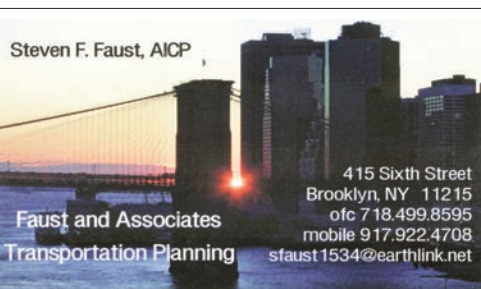


League Cycling instructor

Jesse Brown
Tel: 917-578-2244

LCI # 3508

Steven F. Faust, AICP



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718 607-3561

Mr. Lucky

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

Bike Events & Places to Ride Your Bike

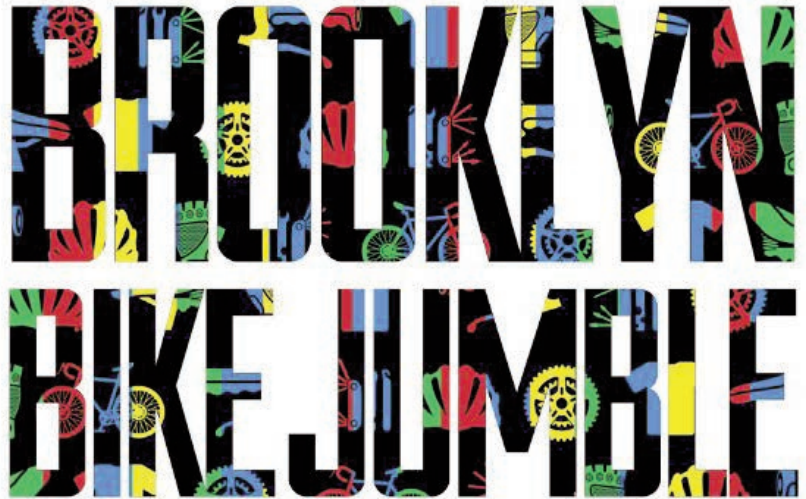
BROOKLYN BRIDGE PARK

Open year round. www.brooklynbridgeparknyc.org



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

WWW.NYBIKEJUMBLE.COM



SATURDAY, SEPTEMBER 8TH, 10AM TO 4PM

OLD STONE HOUSE/WASHINGTON PARK • 5TH AVENUE & 4TH STREET, PARK SLOPE, BROOKLYN



23RD ANNUAL

NYC CENTURY BIKE TOUR

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



MS Bike Tour
30 miles around Manhattan or 50-100 miles
riding the Holland Tunnel!
Sun. 21 Oct. 2012 www.bikeMSnyc.org



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



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



Twin Lights
Bike New York
Sun. 30 Sept. 2012
www.bikenewyork.org



Pumpkin Patch Pedal
Staten Island Bicycling Association
Sun. 30 Sept. 2012 www.sibike.org



Tour de Bronx
Transportation Alternatives
Sun. 14 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.





Lincoln Tunnel Ride Sat. & Sun. August 4-5, 2012

Trippers await directions from Port Authority Police before going to the Lincoln Tunnel. This annual 5BBC ride attracts scores of cyclists.

Ride started in Manhattan's Chelsea Piers. With front and rear lights, they cycled on the West Side Greenway, make their way to Riverside Dr. and head over the Jersey side of the George Washington Bridge, before midnight.

Then a brief rest, water, ice cream, etc. break at a 24 hour Pathmark supermarket. Moments later into the Lincoln Tunnel.

This venerable night ride was well-attended by 5BBC notables like Phil Goldberg, Josh Gosiak, David Seto, Bill Mastro & Ted Kushner.

Ride led by leaders Alfredo Garcia, Jesse Brown, Rodney Millard and Rudy Paulich plus assistance from NYCC leader Mark Trainor.

Photo by Jackie Junntonen.

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**



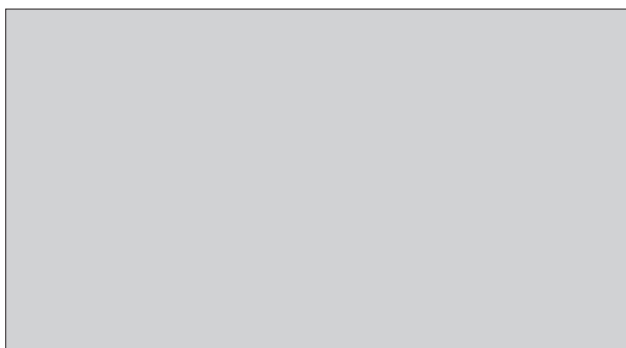
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Zoe Waldron on the 5BBC weekend trip to Hyde Park, Aug. 4-5, 2012. Photo by Bob Castro.



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 October 2012 issue is:

Monday 17 September 2012

Bicycletter
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Bicycletter September 2012
Volume 22 • Issue 6

Editor: Alfredo Garcia

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

Contacting Us

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

E-Mail: info@5bbc.org

For Bike New York, (212) 870-2080

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



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Facebook and Twitter!

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Twitter: www.twitter.com/5bbc



5BBC jersey designed by
Caryn Greenberg. Some available for \$65
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