

BICYCLER™

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





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Don't Worry, Be Happy 😊😊😊😊😊😊😊😊😊😊😊😊😊😊😊

Looking to get into or return to cycling? It's not too late. Five Borough Bicycle Club offers a variety of rides led by trained 5BBC leaders.

We're eager to share the joys of cycling with newcomers and returnees as well as active trippers. How about you? Some of our rides are suited for beginners. See the Day Trips listings with a happy face symbol 😊.

Rides range from 20 to 30 miles, go at a leisurely pace and attract cyclists like you. Make sure your bike is in good working order—adequate tire pressure & brakes that work well.

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

About Day Trips

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

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

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

Participants under age 18

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

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

*Waiver available online at:
www.5bbc.org/minor_waiver.pdf

Bicycle Helmet Standards

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

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



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

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

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



*Cover: Steve Rosenstein on the Croton Reservoir Triple Cross ride, Sept. 15, 2012. Photo by Sharon Behnke. Above: Obea "Thor" cycling helmet.

Bicycletter

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Lorna McCrave photo

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



Monday, October 29, 2012

Nominations

6:30 PM -- 8:30 pm,



Suspenders (back room)
111 Broadway, Manhattan
between Pine & Thames St.,
north of Wall St & Trinity Church
Subways: 1 R to Cortlandt, 4 5 to Wall St
2 3 A nearby.

Nominations for the 2013 executive board will be taken.
Dinner and drinks available.

IMPORTANT: PLEASE RSVP to programs@5bbc.org
by Thursday, October 25, 2012. FURTHER DETAILS
CHECK 5bbc.org, FACEBOOK and club email updates.

Bicycletter
October 2012

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BONUS BICYCLETTER COVERS
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Contributors:
Bob Castro, Brian Hoberman, David "Mel" Meltzer, Jackie Junttonen, June Kuhnig, Lorna McCrave, Phil Goldberg, Sharon Behnke, Shawn Carney, Tanja Kuzmin-Coady, etc.

*5BBC Members
Please Vote on
the proposed
new Bylaws!
Your ballot is in
the mail!*

Thank you





Croton
Reservoir
Triple Cross

Saturday
Sept. 15, 2012

Men on bikes, including Bill Mastro (left) and Jim Zisfein (center left) to scenic Croton Reservoir, Westchester County, New York.

Photo by Sharon Behnke.

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.

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.

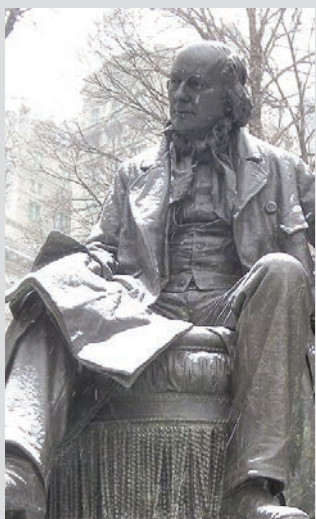
RING Garden

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

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



Horace Greeley statue at City Hall, Manhattan. Via Wikipedia.

5BBC Day Trips October 2012



Ed Sobin (right) cycling in Prospect Park, Brooklyn, during the Garden City 5BBC TA Training ride. Photo by Bob Castro, Sun, August 19, 2012.



The Great Buddha Hall, Chuang Yen Monastery, Carmel, NY. Last visited by the 5BBC on Oct. 15, 2006. Photo by Tanja Kuzmin-Coady.

Saturday, October 6, 2012

RIDE TO THE CHUANG YEN MONASTERY

7:40 AM, Grand Central Terminal, Manhattan, 30 miles relaxed pace, and 40 miles moderate pace, both hilly

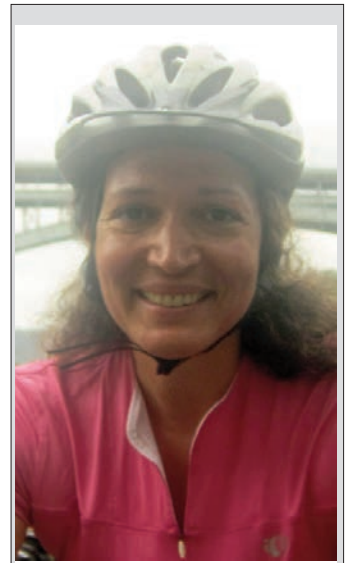
The Chuang Yen Monastery in Carmel, NY is famed for its beautiful pastoral grounds and Great Buddha Hall. We will take the train bright and early from Grand Central to Purdys and from there ride the scenic roads among the reservoirs and lakes of upper Westchester and Putnam counties to reach the Monastery. 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 where we will catch the train home. Bring water, 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



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

Velo Ipsum

Recommended
by Brian Hoberman

Lorem ipsum belleville broom wagon lombardie jens nys, keirin sanchez hoogerland kelly liege-bastogne-liege. Omloop het nieuwsblad bottechia, flanders lemond shut up legs vande velde taaienberg mmmaiko.

Res firma mitescere nescit bahati palmares alpe d'huez! Planket vandenbroucke as the toto turns, luz ardden grimpeur bianchi muur caravane molenberg.

Forest of arenberg autobus champs-elysees. Koppenberg driedaagse de panne-koksijde de vlaeminc rund um koln, martens cat among the pigeons groupo muur-kapelmuur muur-kapelmuur anquetil, snob hoogerland. Lemond paris arriverre ventoux hampsten, de wolf kruisberg boonen musseeuw stijj devolder on your left. Tourmalet tiegemberg champs-elysees dwars door vlaanderen pau reilhan, valkenberg oude kwaremont pyrenees freire fred. Echelon gorgeous george, bromont muur general classification van summeren venga venga venga HTFU, bartali chicane rekelberg hors delai? Taaienberg gutter nokere koerse, bottle valkenberg valkenberg martens thor smash hors delai, tenbosse musette forest of arenberg. Rouleur derby cycles goff lanterne rouge bonk.

Feed zone horizontally stiff but vertically compliant longo keirin cavendish koppenberg, kuurne-brussels-kuurne anduze! Van garderen alpe d'huez boonen bretagne maillot jaune, bronzini domestique campagnolo...

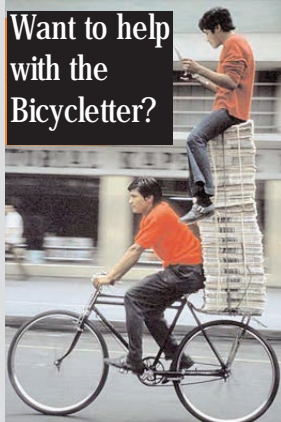


IMPORTANT CYCLING NOTE #1

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 cooler, it's very important to: Dress in layers, that can be removed when needed. Apply Sunscreen and Lip Balm to protect your exposed skin and lips; Wear Sunglasses to protect your eyes. 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
The club's sans print communiqué is still viable in the Age of the 21st Century Internet.

The
Bicycletter
is now
MONTHLY

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

QUADRUPLE BYPASS

10:00 AM, City Hall (foot of Brooklyn Bridge), Manhattan. 15 miles

You're not Seeing Double. You're Seeing the Quadruple Bypass Twice! This ride works both day and night and during the day. So, pick one or the other or pick both! Stretch your stuff and see the City from the top of the oldest large bridge that she built. A harbor city built on a set of islands is seen at her best from four tall bridges. We're not out to set records, just to get some exercise connected with our town. At the end, we'll lunch at an appropriate spot. Leaders: Ed DeFreitas & Wentworth Price

QUADRUPLE BYPASS AT NIGHT

6:00 PM, City Hall (foot of Brooklyn Bridge), 15 miles

See the city with her jewelry on from the top of her oldest large bridge that she had built. And look out for the ghosts and goblins (Halloween is only 54 hours away). After all a 400 year old lady tends to collect "things". At the end, we'll eat at an appropriate all night spot. Leaders: Ed DeFreitas & Wentworth Price

One of the great things about being a cyclist is that you are part of a larger community. This community extends far beyond the borders of New York City. I was called to work in Syracuse NY. The Jefferson Clinton Hotel has free one speed



The Manhattan Bridge, on the East River.
Via www.structureae.org

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.mtanyct.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/mnrbikepermit.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. 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



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.

Biking in 'Cuse

by David "Mel" Meltzer

One of the great things about being a cyclist is that you are part of a larger community. This community extends far beyond the borders of New York City.

I was called to work in Syracuse NY. The Jefferson Clinton Hotel has free one speed Treks for their guests to tool around on. With time to kill, I thought about taking a ride. The internet has made all sorts of resources available for bikers. I found the Onondaga Cycling Club's web site where they had many maps and cue sheets.

I opted for a flat 15 miler, as I did not want to challenge the upstate hills on a one speed. The hotel provided a helmet and waterbottle and away I went.

Biking around a city you have never really explored is sort of like biking with Bill Mastro - you never know where you are going to be led. I just peddled off and kept my eyes open. After leaving the Downtown area I ended up riding on Midland Ave, an area of once proud Victorian houses that has gone to seed. Some needed coats of paint and others bulldozers. Slowly the area improved and I found myself on Valley Road past beautiful homes and a quaint cemetery. Then down Onondaga Creek Road and back into Downtown. Needing some more saddle-time, I opted for the three mile Creek Trail. If you ever get this way, it is a really nice little ride that deadends on Lake Onondaga. It was there that I met the acquaintance of another biker who had just completed his journey as well. Old school guy. Old school bike. He would have fit right in with the 5BBC. Well, we got to talking and ended up taking our conversation over to the Middle Ages Brewery where he knew the owner. Free beer after a nice ride.

At the Brewery, once again the community of bikers came to the fore. I had on my day glow biker jersey and had a helmet on the counter. My map and cue sheet was also out there. A guy came in and ordered a growler. He looked at me. He looked at the map. He said "That's my ride." He was a member of the Onongaga Cycling Club and it was a ride that he posted about 20 years ago. He was thrilled that I just rode it, and I was thrilled to have met the guy who directed me on a wonderful adventure through Syracuse.

Note: The "Onondaga Urban Loops" cuesheet and other area bike routes are available on the Onondaga Cycling Club website at: www.onondagacyclingclub.org



The top five types of obnoxious cyclists you will find in an organized ride:



The cyclist that just learned to ride a bicycle and is swerving in an exaggerated zigzag across the road, mowing down everyone and everything in their path.

2

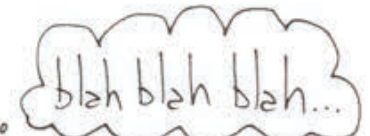


The peloton riders, all in matching skin-tight club spandex, tearing by at 30mph, mowing down everyone and everything in their path.



The cyclist that sits on your back tire then slowly passes you on the wrong side, as silent as a ninja the whole time.

3



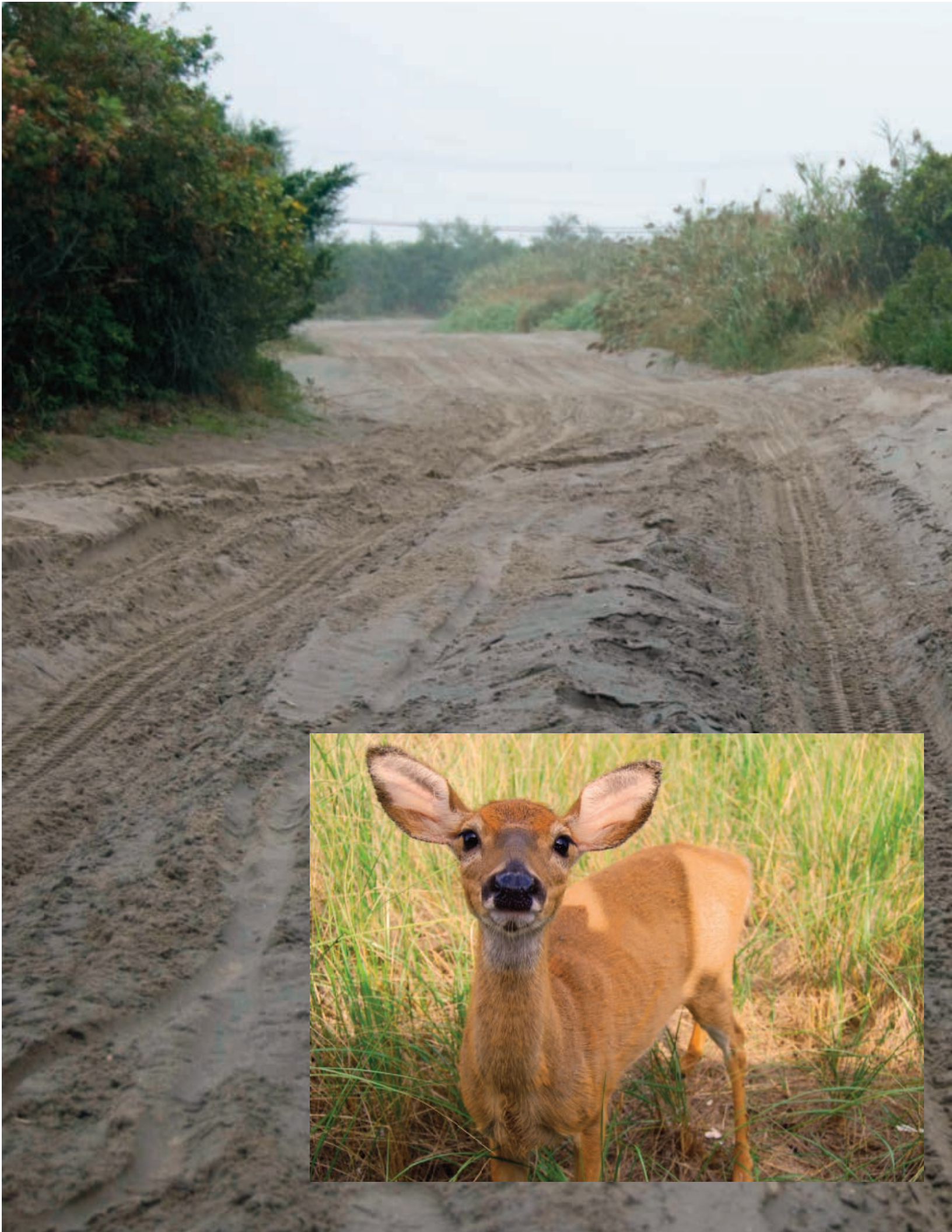
The cyclists that ride side by side in a pack, completely clogging the roadway for other cyclists and drivers alike.

4



The hipster cyclist riding a fixed gear with no brakes, aero wheels, no helmet, cut off jean shorts, too small t-shirt and carabineer keychain.

5



RIDING ON SAND

Words and Photos by Stanley Fine. Map via US Parks Dept.

Sunken Forest, Point O' Woods, Ocean Bay Park, Seaview, Ocean Beach past Corneille Estates. Biking and pushing on through Robbins Rest, Atlantique, Lonelyville, Dunewood, Fair Harbor, Saltaire, Seabay, Kismet, leading to the final destination: The Fire Island lighthouse, the pinnacle of the trip.

Sand, sand and more sand. Surrounded by it. Pushing through it. Trying to walk and ride through it. On it. In it. Not being able see over the top of dunes. I was trying to find an entry point. Searching for some kind of trail that I could ride or walk to my destination, the historical lighthouse at the end of Fire Island.

Built in 1825, every year the lighthouse, now part of the Fire Island National Seashore, gets further away from Democratic Point a phenomenon known as littoral drift occurs. Over time, sea levels rose, currents and wind began moving sand and creating land towards more shallow areas of this barrier island eventually distancing the lighthouse five miles further from its original place at the waters edge. Giving the surreal impression that the lighthouse is slowly moving east.

The trip started with a test run from my hotel in Ocean Bay Park with a borrowed beach bike, mostly rusted and paint peeling. It had fat tires, metal basket, and handlebars with some play plus a foot brake and one speed. It was front heavy which became an asset on the sand. I headed to Sunken Forest first having to bike through Point O' Woods to get there. A charming and beautifully landscaped private village. Among the impressive homes I bought lunch to-go in a small upscale grocery next to a Post Office. Although there was a bike rack and tables with umbrellas, I decided to ride on the nicely paved roads. At the village end, the boardwalk stops and drops off into sand. In contrast I now find myself walking and at times riding the bike in sand flattened to accommodate construction and trash vehicles. Then flat turns into deep sand that you can only walk through this stuff.

The trip I took was ten miles. Fire Island is a barrier island that can only be accessed by boat. A ten mile trip as the crow flies.

Not as the bike goes. One thing I've learned about biking is that, especially on certain terrain it's not the distance that matters it's the road or lack of such that determines distance.

Trekking and pushing the beast for about a half of mile along an empty beach with no signs-thinking, "did I take enough water?" Ah! I spot a concrete bunker that's actually a public restroom isolated in all this open space, on this exceptionally beautiful deserted beach. As I turned I saw what looked like an entrance to Sunken Forest located in Sailors Haven, part of the US National Park system. Then rode up a wood ramp that became a boardwalk.

Upon entering the sunken forest, you are in another world. You feel it immediately. The drop in temperature. It's dark, cool. The shade covers you with occasional sunlight breaking through the canopy as you ride and weave through pines. Did I say ride? It's more a balancing act along the very narrow twisting boardwalk that is a poor excuse for a bike path. I later discovered, it's a narrow pedestrian walk, not meant for riding.

Now arriving in a flat, fully planked area reminiscent of a large ships wood floor deck. There's a pine tree rising through a cut out in the planks. Matching benches and handrails define the space. I have a quiet lunch under the scrutiny of birds on the branches. A dull snap of a twig reveals a doe. Cautiously she approaches me. We stare at each other. First the large beautiful eyes strike me and then her long eye lashes. And wet shiny black nose and perfectly symmetrical oval ears. The magnificent creature tilts its neck to the side and gently jerks her head back, as if to beckon me. As if to say, "Share some of that food with me". She does it again, this time backing up a little, jerking her head to the side again, as if saying, "Hey dummy, what's with you? Are going to feed me or what?" Dumb-struck, I pull an apple from my lunch bag. After cutting it, placing a slice between my fingers, reach out over the banister and she nibbles and chews. Staring at me through fairy tale eyes. Seemingly pleased, she continues devouring slice after slice, chew after chew, the core and all, for a few more precious moments. I'm not alone in the woods. Man and deer sharing time and food together. Nature's gift. Natures blessing.

A satisfying pause and then... there was no more apple, then no more doe. A coincidence? A miracle? Whatever. It happened and it was magnificent.

Biking on and up to the choppy waves at the edge of Sunken Forest, I could see Sayville miles across the expanse of the Great South Bay. Just to the right, the ferry was docking at Sailors Haven pier. A group of girl scouts were met by a Park Ranger and escorted into the National Forest Nature Welcome Reserve, for a tour of the forest and beach. I then backtracked from the bay to the beach. Trekking again, through the sand to Point O' Woods and back to the hotel in Ocean Bay Park.

#

Mud, sand, water, wind. Letting me walk the bike on the wet, harder sand between the soft waters edge and the dry higher sand on the beach It's best when the ocean tide was out. Looking back, I could see my footprints and the tire tracks being covered up by the constant blanket of waves rolling in, erasing the impressions behind me.

Trekking through sand, trying to maintain a speed that enables me to keep momentum. Working with the tide that provided a harder surface I was able to walk the bike with relative ease at times. There are no signs to guide a rider. Dead reckoning was working for me. Drinking water while it lasted.

Now knowing a little more, but still not knowing enough of what to expect, I set out to the lighthouse with a couple of powerbars, water, poncho and lights biking on old Rusty. From Ocean Bay Park to Seaview, passing weather beaten homes with mini spinning windmills on landscaped lawns, and barbeque pits on the decks. Screened in porches, a playground in the sand with colorful swings and play horses. Then a dock with lots of red pull wagons chained up ready to typically haul groceries to the beach houses. Gingerly riding along, taking in Fire Island's unique architecture. I pass a gray Synagogue with an outdoor deck for Sabbath services. Followed by a church with a steeple. The brown and white three-story structure was adorned with impressive stained glass windows with scenes from the Bible. Seeing

candles' glowing from inside, I was drawn to stop, stare and meditate for a moment.

Staying on the most rideable trails, at times, I could see glimpses of the bay that was gently guiding me west. Calm erupts into chaos arriving in Ocean Bay. Fire house, police department, restaurants, bars, pizza, movie house, hotels, post office, department store, parks, sailboats, small craft all abound a huge dock. A ferry full of people disembarks, dressed in colorful shorts, tops and flip-flops carrying all kinds of beach gear while pulling their luggage and dogs. Crowds are met by family and friends. Lots of folks enjoying Ocean Beach's unique lifestyle. It's Fire Island's largest hamlet. All the scurrying about forces me to dismount and weave and walk my bike to the edge of town where I find a restroom near a playground at the border between Ocean Beach and Corneille Estates where I met Dana, walking a black Lab.

Seeing my camera, he tells me his father was a combat photographer, during WWII. And that his dad discovered Fire Island just after the war and brought him out here for summers when he was a kid. His dad bought a house and went into the real estate business; Dana took over and now runs it. I told him I was going to the lighthouse. "I haven't been there since I was a kid, when my father took me". he said with a warm smile as Prince tugged at the leash. "We had the beach taxis with balloon tires, then. No electricity. We used gas lamps and stoves." As we were talking, he looked up and pointed at the tree a few feet from us and I saw what first looked like orange and black leaves. Then I clearly saw it, too. Leaves gently swaying in the wind. The three of us looked up and stared. The leaves started moving. Slowly at first, then they broke apart into what looked like leaves blowing in the wind but were... butterflies. Hundreds of them. The second tree had even more. As many as a thousand Monarchs fluttering in, about and around the playground area. Prince barked and Dana snapped a few shots off and said,

"They hang out here this time of year, on their migration to Mexico".

This migration is another one of nature's amazing phenomena that is unique to Fire Island.

We chatted a little while and Dana then pointed west. "Stay between the bay and the beach and you'll find the lighthouse," he said with a thumbs up good-bye.

Rode a little way out of Corneille Estates where all roads end. No road means walking, pushing and searching in a maze of

dunes. It is hard for some well-intentioned person to give directions when asked. It's not much help when you are told "Go down the dunes, turn left at the driftwood, quick right just off the Bayberries". Well at least it's something

Fire Island has no direct connecting trails from one village to another. There are no vehicles allowed, except for the emergency kind, on this narrow 32-mile island sandbar, as narrow as hundred yards at one point to as wide as a mile at another.

Searching for the elusive and makeshift trails and lack of such, on my quest to reach the Fire Island lighthouse. I come to a fork in the bramble and decide to go left towards the beach as there were no more trails going parallel with the bay. I try riding but to no avail. The sand's too deep. I could feel the wheels sink deeper into the sand, while pushing down on the pedals with all my strength to keep moving. If I stop it is most difficult to start to ride again, I have to walk and try to find hard patches in the sand mush, that turns into gravel. This is another type of physical effort and balance.

I walk close to the water's edge, but not too close because the sand is too soft. Passing a surfcaster and seagulls, I find the right density of sand, making it easier to push the bike. The beach takes me past the settlements of Robbins Rest and Atlantique.

Baseball cap and long sleeves helped protect me from the sun that was beating down, keeping and walking at a steady pace on the beach, I spotted an opening in the sand brush that led to a welcoming start of a boardwalk. Ironically passing a refrigerator abandoned on the sand. Lifted the bike on to the wooden walkway, asked a woman pushing a stroller if I was in the township of Lonelyville. She replied, "You are in Old Lonelyville." Pleased, "I was able to ride again. I pedaled on from Old Lonelyville into Lonelyville, and found the only store in town located on the bay and got some water. I pause at the dockside looking out over The Great South Bay and see Islip on the expansive horizon. As picturesque as it was, I knew I had to move on.

The riding was fairly smooth into and through Fair Harbor and then on into Saltaire. The road intermittently changing from concrete and dirt and back to board. Biking through Seabay and arriving at Kismet, passing a group of ragamuffin teens. They entered single file, led by nuns into a small white church. They looked like they were on a visit from city streets.

Riding on rickety wooden planks with an occasional sign that read Ocean Walk, I

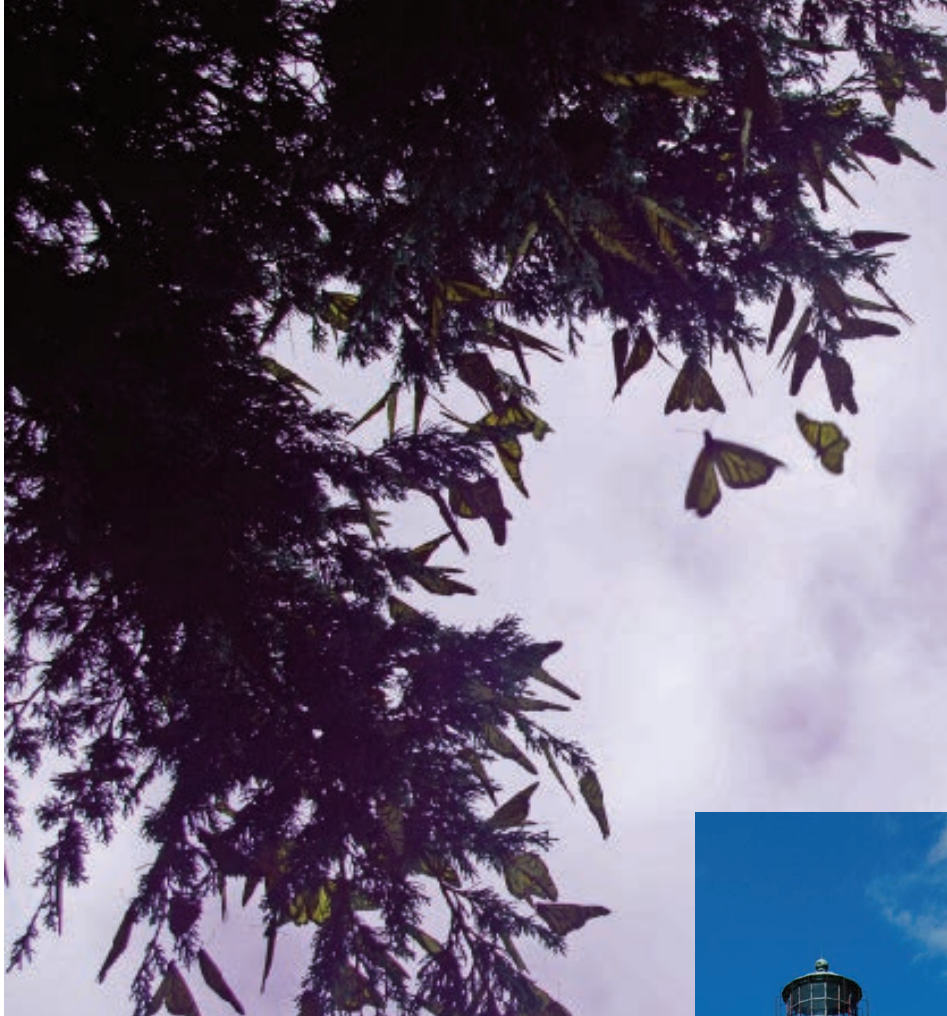
was just out of Fair Harbor when I stopped as I was riding by a large 5 foot square gray rock that was surrounded by a bed of green and red vegetation. American Holly, Inkberry and Salt Spray Rose flora that was in stark contrast to the rock. What caught my eye was this bright yellow spot, the size of quarter, in the center of the rock as if someone dropped a spot of bright yellow paint on it. Looking closer, it was a Buttercup glaring with a fluorescent hue. Small and clinging for life, reaching for the sun out of a tiny crack, on an otherwise large and faceless stone. Delicate isolated beauty coupled with nature's impressive force determined to survive.

At the end of Kismet the road changed to dirt and gravel. The tires tended to swerve and sway. The bike was sliding with little torque or traction. I was trying to get the tires to grip on what was just below the gravel. As long as I maintained a slow and even speed, and find the "groove," I was able to ride, at times spreading my legs for balance. When the gravel got thicker I had to stand and push very hard on the pedals and then lighten up when there was some momentum and thinner sand.

I entered an area of big open space. It was the back end of the Fire Island Lighthouse parking area. Visitors usually enter from Robert Moses State Park from the west, rarely from the east. Only mad dogs and cyclists go this way. This strip of uneven sand that brought me here is a dry parched trail has been aptly named, the Burma Road. It goes on for two miles. And keeping up to its reputation, true to its name the sun was bearing down and I started to feel dry and thirsty. Grabbed the water bottle from the cage, drank some and dowsed my head and neck. And trekked on. Watching out for potholes and mud patches. A three foot black snake scurries just ahead of me on the sand and then disappears between some beach grass and Poison Ivy.

After a mile, I spotted the top of the lighthouse tower over some Juniper trees. It was a satisfying sight. I was close. Through more thickets of Bayberry, Blueberry, a few more turns around some fenced off areas, with more thickets - mixed Beach Plum and Black Cherry unique to Fire Islands wildlife habitat. Finally passing the arduous sands of the Burma Road.

Once off the Burma Road and on the direct approach, I get the perfect view of the historical lighthouse in all its historical glory. The first built in 1825, 75 feet high and replaced in 1857 at 168 feet above sea level. Restoration, care and maintenance by the Fire Preservation Society has maintained the unique historical structure over the years. Painted with black and white stripes



Left: View from the lighthouse; Center: tree with Monarch butterflies about to fly south (top); Surf caster fishing at Ocean Bay Park (middle); Stan's bicycle for the day, "Rusty," (above); Right: the Fire Island lighthouse.

to separate it from the other lighthouses along the East Coast, it was often the first light on land sighted by ships with travelers to America, including millions of immigrants. The building next to it was the strategic Naval Radio Annex Building used in WWI and transferred over to The US Coast Guard during WWII. There is a lot of fascinating history. Another example of this remarkable and currently active landmark is the Surf Hotel from 1857 (to 1892) that once stood adjacent to the Fire Island Lighthouse. Among the hotel's many guests, a vacationing Herman Melville wrote the classic *Billy Budd*. This place is definitely worth the visit.

NOW TO CLIMB TO THE TOP AND SEE FOREVER IN ALL DIRECTIONS.

Looking up at the lighthouses magnificent structure, I locked up Old Rusty. Walked up a flight of steps to the porch at the lighthouse entrance. Inside there were a few rooms, one being a museum with extraordinary artifacts; a scale model of the lighthouse, original lamps and early historical photos of "wreck poles" used to save people in off shore disasters, by the original U.S. Life Saving Service rescue team. A door leads to the base of the monotonous climb up the dank and narrow wrought iron circular stairwell, occasionally relieved by arched gated windows cut through thick stone revealing each direction upon the ascent. While climbing up through this dim cone, one could sense its age, If walls could talk, tall tales would be abound. At the top of the last landing was a steep ladder. The silhouetted shadow above became the hand of a ranger that reached out to greet and help me through a hole on to the top of the world. It was an amazingly clear day, affording a spectacular 360-degree view. Ranger Swanson pointed out The Great South Bay and the vanishing points of Long Island with all its inlets, The Empire State Building in the New York City skyline, ships out in the Atlantic Ocean plus all of Fire Island and more. Everywhere in every direction you looked there was more to see. This was it. So pleased, to arrive at the designated destination point.

The sun felt warm on my face and a brisk wind blew as I kept a firm grip on the rail. We had to raise our voices to hear each other. Sometimes we are fortunate to be in a position that allows us to see so far above and beyond our ordinary everyday view. and to take in such an exceptional sight, savoring its magnificence. This extraordinary view outside and in turn, allowing an equally powerful perspective to inside our own interior self. More a vision than a view.

THE RIDE BACK

After the long descent, I buy some water and a souvenir booklet and bike east. Back over the Burma Road the weather is a little cooler now with some overcast clouds. Trying to stay on the same trails, I manage to pass back through the villages, stopping at a general store in Fair Harbor to pick up a power bar to satisfy my hunger.

Riding on in isolation, at trails end of Fair Harbor, I come across another empty concrete house on the beach, it's the townships restrooms, and these also have outdoor showers with pull strings that I test. They work. Refreshed I walk and push, finding the boardwalk into Lonelyville. After riding for fifteen minutes, I'm back to walking Rusty through 50 yards of heavy sand and on to the harder surface of the beach, as waves gently wash over feet and tires and the going is easy.

I start thinking of the place I rode through, called Lonelyville. How did it get its name? Are the people in Lonelyville lonely? Or are they happy? I'm just curious. I was very happy. Although I was actually riding through Lonelyville by my lonesome, naturally, I felt lonely. After all I was alone. If I ever get lonely, is that the place to go? I wonder.

Focusing on getting back to my hotel in Ocean Bay Park, I arrive on Main Street in busy Ocean Beach, in a light misty drizzle. Hungry, I stop, park Rusty at a wooden rail outside the Albatross restaurant and go in to have a beer and evening meal.

My day was not over yet. It was long. And I still had a way to go. It was now dark and starting to rain. I put on a yellow poncho, turned on the front and backlights and mounted Rusty. Leaving busy Ocean Beach, the bright lights dimmed as I continued on the wet road leading out of town. On the long stretches street lamps were few and far between. Visibility became poor. Staying on the wider concrete road was best, as they would change into muddy ones and then back to concrete. No windshield wipers, I kept the hat brim forward to keep the rain off my face. The bikes light threw a small oval beam just ahead that helped somewhat. I was straining to guide myself and judge the distance between the dim and the dark. Highlights of rain streaks could be seen as I passed the occasional old lamppost. With no rear fender the back of my pants was getting soaked. Although it was hard to see, I had the road pretty much to myself except for an occasional rider going in the opposite direction, fortunately at a wider point of this dismal road.

Sparsely placed pier lights illuminated the empty Seaview ferry dock.

Not a soul to be seen. It was surreal. The only sounds heard were a howling wind, and rings of buoy bells from the bay. And the halyards topping hooks clanging against a ships boom. The rain got heavier. It was now pouring. The thought of Lonelyville crossed my mind as I was riding on, isolated. Perhaps that's a clue to the name. An old and tiny village in the middle of nowhere. Only fire for light and warmth. Maybe? My thoughts are going astray; must stop daydreaming and drifting off. Concentrate on the road. Mind the cracks, branches. Avoid the thickets. Watch the puddles, you don't know how deep they are and what lies beneath. About another mile to the hotel. You're riding steadily forward, gaining ground slowly but surely, feeling no pain. OK, so you're wet, so what? Visualizing that soon enough, I'll be in my warm and dry hotel room, sipping a nice cup of hot of tea. All is good.

Trying to keep Rusty and her helpful heavy basket steady under me as the strong gusts of wind continue to blow. The rain whipping at my face and water all around me, as if in a storm at sea.

Passing the final dock in Ocean Bay Park, squinting, through the water running down from the hat brim, I can just make out the turn up ahead, hydroplaning as I negotiate it. Now closer to the ocean I hear the waves crashing on the beach. I'm there. The glow of the hotel porch lights is a welcome sight. It's midnight and no one is around. The lobby is empty. Easy and slow, I ride along the narrow walk under the stairwell towards the back of the hotel to park and lock the bike out of the rain.

Grabbing the wet gear I walk up the wood steps, I can now see and hear the pounding breakers from the entrance deck outside my room. Watching nature's turbulence. It's nice to be inside, safe and sound. Clean up and change into dry clothes. While hanging up the wet stuff in bathroom, I hear the kettle tell me we are ready for tea. Feet up, cup in hand, I think about the highlights of the day's trip. Relive and collect the thoughts of a cyclist's journey. Save them I my mind like cherished souvenirs.

In a special way, biking connects the rider a little closer to the universe.

Bike on. Bike well. Bike carefully.

October 2011

Stanley Fine, a long-time 5BBC member and Montauk centurion, is also a playwright. He recently presented "Everybody Loves Me." Stanley's upcoming production is "Roller Dolls."

Right: Misty Fire Island beachfront; Inset, bottom: Fire Island map and route of the author's trip.



A photograph of two cyclists riding through a tunnel at night. The tunnel is illuminated by a series of warm, yellow lights along the walls, creating a long, straight perspective. The cyclist in the foreground is wearing a white and green jersey and a black helmet, with a red light on their rear. The cyclist in the background is wearing an orange jersey and a black helmet. The overall atmosphere is quiet and focused.

Referendum on New Club Bylaws Sept. 12, 2012

From the 5BBC Executive Board

5BBC Vice President Bill Mastro, cycling the Lincoln Tunnel, in the wee hours of Sunday, August 5, 2012. Photo by Jackie Junttonen.

Dear 5BBC Member:

The 5BBC Executive Board has been working on updating the Club's Bylaws. The original Bylaws date back to 1990, when it was envisioned that the Club would remain linked with the American Youth Hostels (AYH) and would use paper newsletters forever. The world has changed and so has the legal landscape. Given these changes and a belief that the Club needs more nimble governance, the Board thought it made more sense to rewrite the Bylaws from scratch rather than to continue to modify the old ones.

Given the above, this year the Board has undertaken a review and discussion of the Bylaws, has gone through an iterative process of multiple drafts and then submitted the proposed Bylaws to the Club ride leaders for their input.

We now have a final document that the Board unanimously approved and which it recommends that the membership approve via a referendum. The proposed Bylaws have been posted to the website and may be viewed at the following link:

www.5bbc.org/bylaws2012.pdf

For comparison, the Club's existing bylaws can be found at: www.5bbc.org/bylaws-2008.pdf

The major changes in the Bylaws are:

- * The Executive Board is reduced to 7 members. Day and weekend trip coordinators are combined to a single post called Rides Coordinator. Corresponding Secretary has been eliminated and replaced by Membership Coordinator. Board members can appoint assistant coordinators to help with any post.
- * Some positions have been changed from elected to appointed positions. A new body, the Executive Council, contains additional positions that don't have to be involved in the Board oversight of the Club. We hope that this will reduce the time commitment required for coordinators like Communications, Programs, Bicycle Courses, Newsletter, etc. The Board will also be able to redefine many coordinator posts without changing the Bylaws, so we can adapt to changes quickly and easily.
- * The Treasurer no longer needs to be a leader, but gets the extra restriction that they must be a member for at least two years or a Board member for at least six months.
- * We added paragraphs that are more legal in nature and represent best practices and clarify certain matters. For example, as a New York not-for-profit, we added provisions on issues such as what happens in case of dissolution. We added a provision to clarify indemnification under NY law and we also clarify that members, leaders, officers, coordinators etc. are not partners for liability purposes.
- * Under the revised Bylaws, the Club will be able to switch to monthly membership billing instead of membership expiring for every member on December 31.
- * We added that the Club may raise its dues by no more than 25% without a membership referendum (currently dues cannot change without a referendum).

One of the Club's goals is to get more volunteers involved in the administration and operation of the Club. We have many talented members who we hope will be willing to devote time as volunteers if they understand the time commitment is more limited and focused.

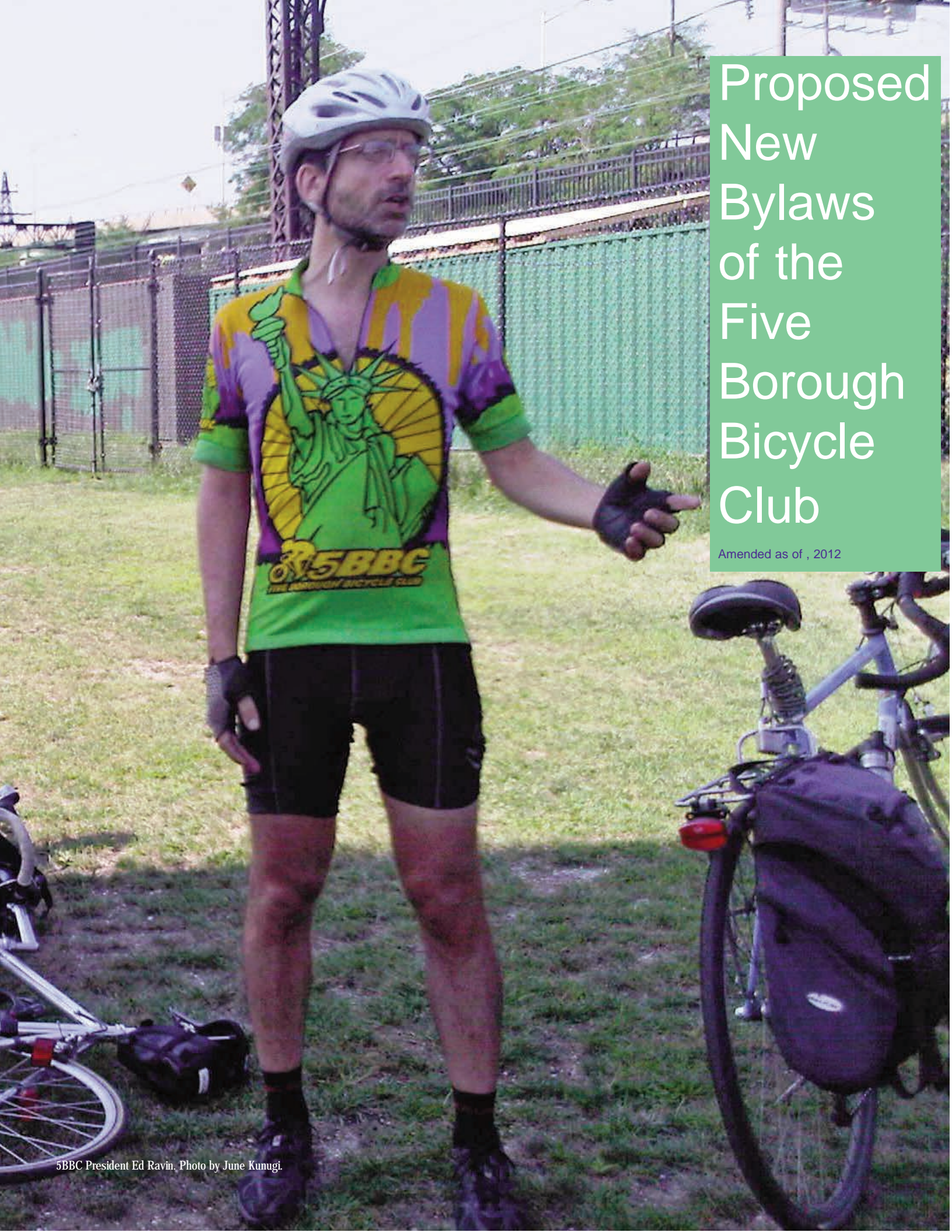
At this point, we ask that you review the proposed Bylaws and that you mail back your ballot approving the Bylaws (the ballot is being separately mailed to the membership and you should be receiving it shortly). All ballots must be received by October 12, 2012. Also, please note that one additional benefit of the proposed Bylaws is that it would give the Club the flexibility in the future to conduct a referendum such as this electronically.

If you have any questions regarding the Bylaws, we invite you to direct them to vicepresident@5bbc.org or to post them to the Club Bulletin Board.

Thank you for your time and consideration.

Proposed New Bylaws of the Five Borough Bicycle Club

Amended as of , 2012



REVISED BY-LAWS
OF
FIVE BOROUGH BICYCLE CLUB

Amended as of _____, 2012

ARTICLE II - - MEMBERSHIP

Section 1 **Members**

Anyone who rides a bicycle or has an interest in bicycling is eligible to join the Club and become a Member. Membership in the Club shall not be denied to any person for reason of race, creed, national origin, gender, sexual orientation, physical ability or religion. Group rides offered by the Club may require a certain level of physical ability. All Members must complete a membership application that among other items includes a statement releasing the Club, its Directors, Officers, Coordinators, Members, Leaders and agents from liability in the event of accident or injury in connection with Club activities.

Section 2 **Dues**

The Club shall consist of Members who shall pay annual membership dues at a rate determined by the Club's Executive Board. The Club membership year shall be set by the Club's Executive Board and the annual Club dues are to be determined by the Executive Board based upon operating and other projected expenses. Any adjustment in the annual dues in an amount exceeding 25% shall require a vote of the Membership and shall only occur based upon the approval of the majority of the Members who cast a vote.

Section 3 **Membership Privileges**

Members who are current on their Club dues have voting privileges, and may run for and hold certain positions within the Club, may participate in Membership meetings or related activities and may instruct bicycle courses. Members may also serve on Committees established by the Club. Members cannot lead rides without first completing and passing the Club's leadership program.

Members are eligible to receive Member specific Club communications, including any newsletters/bulletins.

Membership and Membership programs meetings shall occur periodically at a time and place to be determined by the Executive Board and/or the Programs Coordinator and communicated in advance to the Members. An annual Membership meeting shall occur in November at which time the results of the annual election shall be concluded and announced.

Section 4 **Revocation of Membership**

Membership in the Club may be revoked for cause by a vote of at least 60% of the Executive Board at a board meeting. Prior to a Board vote on such revocation, the Member shall, on at least three weeks prior written notice, be given an opportunity to review the reason for the contemplated revocation and present counterarguments to the Executive Board. In all instances the final vote of the Board shall be binding.

Section 5 **Membership Meetings**

Membership meetings and/or Membership programs will be held at least six times per year and may be coordinated by the Executive Board, the President, Membership Coordinator, Programs Coordinator or Secretary. Any issue that the Board determines requires a vote of the general Membership shall be presented to the Membership in accordance with the procedures established for Elections unless otherwise specified within these By-laws. The November meeting shall be deemed the Annual Meeting.

ARTICLE III - LEADERSHIP

Section 1 **Leaders**

Leaders are Members of the Club who are eighteen (18) years of age or older who have been designated as leaders by virtue of having passed the Club's Leadership Training Course or, who prior to 1991 were designated as leaders by having passed the Leadership Training Course offered by the Bicycle Committee of the Metropolitan New York Council of AYH ("MNYC-AYH"). All individuals designated as leaders may lead day or multi-day trips, traditionally known as and referenced herein as "weekend trips".

Section 2 **Co-leaders**

Co-leaders are Members of the Club who are eighteen (18) years of age or older who have been designated as co-leaders by virtue of having passed the Club's Leadership Training Course or, who, prior to 1991, were designated as co-leaders by having passed the Leadership Training Course offered by the Bicycle Committee of MNYC-AYH. All individuals designated as co-leaders may lead day trips only with a designated Club Leader. Co-leaders may not lead or co-lead weekend trips nor hold any Officer or Coordinator position that is restricted to Club Leaders. Co-leaders may become full Club Leaders by approval of the Executive Board.

Section 3 **Revocation of Leadership Privileges**

Leadership or Co-leadership privileges in the Club may be revoked by means of a vote of at least 60% of the Executive Board upon good reason such as gross incompetence, illegal acts, violations of Club policy pertinent to leading rides, or actions detrimental to the Club. Prior to a Board vote on such revocation, the Leader or Co-leader shall, on at least three weeks prior written notice, be given an opportunity to review the reason for the contemplated revocation and present counterarguments to the Executive Board. In all instances the final vote of the Executive Board shall be binding.

ARTICLE IV - EXECUTIVE BOARD

Section 1. **Powers and Oversight**

The Club shall be governed by an Executive Board (herein "Executive Board" or "Board") elected by the Membership. The Board shall manage the business and affairs of the Corporation,

set and implement Club Policy and exercise all powers of the Corporation and, subject to these By-laws, may adopt such rules and regulations for that purpose, as the Board may deem proper. The Board shall have the power to create standing committees of the Board as set forth herein.

Section 2. **Number and Composition of Directors**

The Board shall consist of the seven (7) Directors who shall be elected to and occupy the following Club positions: President, Vice-President, Secretary, Treasurer, Membership Coordinator, Rides Coordinator and Leadership Coordinator.

Section 3. **Term of Office**

The term of office of each Director shall be for a period of one (1) year, running concurrently with the Club's fiscal year of December 1 through November 30.

Section 4. **Removal of Directors**

A Director may be removed from his or her position by means of a vote of at least 60% of the Executive Board upon good reason such as gross incompetence, illegal acts, and violations of Club policy or actions detrimental to the Club. Prior to a Board vote on such revocation, the Director in question shall, on at least three weeks prior written notice, be given an opportunity to review the reason for revocation and present counter-arguments to the Executive Board. In all instances the final vote of the Board shall be binding.

Section 5. **Vacancies and Resignations**

In the event of a vacancy in the office of President, the Vice President shall become President. All other vacancies in the Executive Board, for any reason, may be filled at any meeting of the remaining Directors by a vote of a majority of the Directors then in office. Any Director may resign his or her office at any time, such resignation to be made in writing and to take effect immediately without acceptance by the Board.

Section 6. **Meetings**

Regular meetings of the Executive Board shall be held at the call of the President or Secretary at least six times per year, some of which may be held jointly with the Executive Council. Special meetings of the Board may be held upon call of any three Members of the Board or at the request and petition of at least twenty (20) Club members. At least two (2) days' notice shall be given by mail, overnight delivery, messenger, facsimile, email, or telephone of all meetings. Meetings of the Executive Board may be held without notice if all the Directors are present or if those not present waive notice either before or after the meeting. Any Club Member may attend a meeting of the Board after providing sufficient notice to the President or Vice-President of his/her intention. The Member may then speak on an issue at the invitation of the President or upon consent of the majority of the Board present.

Section 7. **Quorum**

The presence of at least 50% of the Directors shall be necessary to constitute a quorum of the Board or any committee of the Board. Unless otherwise provided by statute or by these By-Laws, the action of a majority of a quorum present at any meeting shall be the act of the Board. Any one or more members of the Board, or of any committee thereof, may participate in a meeting of such Board or committee by videoconference, teleconference, or such method that allows all persons participating in the meeting to hear each other at the same time. Participation by such means shall constitute presence in person at such a meeting. There shall be no voting by proxy and proxies shall not count towards the calculation of a quorum.

Section 8. **Committees**

The Board shall appoint and elect an Audit Committee, a Nominating Committee and a Budget Committee as standing committees of the Board and may appoint and elect other committees as it may from time to time deem appropriate. All Committee members must be Club Members. The chairs of such committees shall be appointed by the President.

The three standing committees shall have the following responsibilities:

- The Nominating Committee shall prepare a slate of candidates for all elected positions.
- The Budget and Finance Committee shall review financial issues, plan the future finances of the Club and shall review and recommend an annual budget to be presented to the Board.
- The Audit Committee shall examine Club accounts and review the Club's financial records and shall report its findings and conclusions to the Board.

Section 9. **Action Without a Meeting**

A vote by the Board or any Committee thereof may be taken without a meeting, if all the Directors then in office or then-serving members of such Committee shall consent in writing to the adoption of a resolution authorizing the action. The resolution and consents authorizing the resolution shall be filed with the minutes of the proceedings of the Board or such Committee.

Section 10. **Indemnification**

The Corporation shall indemnify any person who is or was a Leader, Co-leader, Officer, Coordinator, or Director of the Corporation to the full extent permitted by law, including Sections 721 through 726 of the New York Not-for-Profit Corporation Law for actions performed on behalf of the Club.

Section 11 **Members-At-Large**

The Executive Board may add to its number by electing to the Board non-voting members-at-large. Members-at-large shall not count towards the formation of any quorum.

ARTICLE V - OFFICERS AND COORDINATORS

Section 1 **Officers**

The Officers of the Club shall be elected by the Membership. The Officers shall also serve on the Executive Board and shall consist of the following positions: President, Vice-President, Secretary, Treasurer, Membership Coordinator, Rides Coordinator and Leadership Coordinator. In addition to serving on the Executive Board, Officers shall also serve on the Executive Council. The Executive Board shall also have the authority to appoint assistants to aid and assist the Officers in carrying out their duties.

Section 2 **Coordinators**

The Club shall have a series of Coordinators who shall serve as the executives responsible for certain of the Club's administration, operations and functions. The list of Coordinators and their respective functions shall be set forth in the Club's Standing Rules, as the same may be modified from time to time. Examples of likely Coordinator positions include Programs Coordinator, Bicycle Course Coordinator, Communications/Public Relations Coordinator, Newsletter/Bulletin Coordinator, Advocacy Coordinator and Webmaster. The Coordinators shall be appointed by the Executive Board and shall serve on the Executive Council.

Section 3 **Powers and Duties**

Each Officer and Coordinator shall be deemed the Executive responsible for the matters within their respective purview. All Officers and Coordinators shall submit a brief monthly report summarizing issues and activities. The powers, responsibilities and duties of the positions shall be as follows:

- The President shall preside at all meetings and serve as the chief executive officer of the Club.
- The Vice-President shall assume the President's office and powers in the absence of the President and may head specific projects or oversee specific activities to lessen the President's work.
- The Secretary shall keep the minutes of the meetings of the Executive Board and the Executive Council and shall forward a summary of the proceedings for publication to the Membership. The Secretary shall be responsible for general Club correspondence. The seal of the Corporation shall be in the Secretary's possession and the Secretary shall affix such seal to all papers as required and when directed by the Executive Board. The Secretary shall serve as custodian of all the corporate records.
- The Treasurer shall be responsible for directing the Club's finances and shall prepare periodic financial statements, prepare and oversee the annual budget, receive and deposit collected dues, account for all funds received or disbursed by the Club, prepare reports of receipts and expenditures, maintain an inventory and listing of Club assets, coordinate insurance coverage, and coordinate the filing of the Club's tax returns.

- The Membership Coordinator shall promote membership in the Club, coordinate with outside organizations on membership related matters, respond to member inquires, collect and forward membership dues to the Treasurer, maintain a membership listing and database and prepare a membership listing for publication.
- The Rides Coordinator shall coordinate and oversee the schedule of all rides offered by the Club, be they day trips, weekend trips or other rides, and shall assure that the rides are published and communicated to the Membership.
- The Leadership Coordinator shall organize the leadership training course, assist new Leaders in the process of establishing rides, shall oversee the van certification course, promote bicycle safety and maintain a listing of all Leaders and Co-leaders.
- The powers, responsibilities and duties of the other Coordinators shall be set forth in the Standing Rules, as the same may be modified from time to time by the Board.

Section 4 **Term of Office**

The term of office for Officers and Coordinators shall be for a period of one (1) year, running concurrently with the Club's fiscal year of December 1 through November 30. Each Officer or Coordinator shall continue in office until his or her successor shall have been elected or appointed or until his or her death, resignation or removal.

Section 5 **Removal of Officers or Coordinators**

An Officer or Coordinator may be removed from his or her position by means of a vote of at least 60% of the Board upon good reason such as gross incompetence, illegal acts, and violations of Club policy or actions detrimental to the Club. Prior to a Board vote on such revocation, the individual in question shall, on at least three weeks prior written notice, be given an opportunity to review the reason for the contemplated revocation and present counterarguments to the Executive Board. In all instances the final vote of the Board shall be binding.

Section 6 **Vacancies and Resignations**

In the event that any position shall become vacant during the term for any reason, that vacancy may be filled for the remainder of the term by a vote of the Board.

Section 7 **Jointly Held Positions**

Responsibility for any Director, Officer or Coordinator position may be shared by two persons, who for election purposes may run as a joint team to fill the position. The two persons shall be counted as one person for the purposes of any Board or Executive Council quorum or vote and the position will be deemed present and eligible to vote if any person occupying the position is present at the meeting. Regardless of whether one or both persons are present at a meeting, they shall cast only one indivisible vote, and shall count only once towards a quorum.

ARTICLE VI - EXECUTIVE COUNCIL

Section 1 **Composition, Powers and Duties**

The Club shall maintain an Executive Council (“Council”) that shall include all Officers and Coordinators within the Club. The Council shall assist and make recommendations to the Board regarding Club policy and shall provide a forum for discussion of issues and oversight related to the executive activities of the Club. For purposes of these Bylaws the Executive Council shall also be considered a Committee.

Section 2 **Meetings**

Regular meetings of the Council shall be held at the call of the President or Secretary at least four times per year, some of which may be held jointly with the Board. Special meetings of the Council may be held upon call of any four members of the Council or at the request and petition of at least twenty (20) Club members. At least 2 days’ notice shall be given by mail, overnight delivery, messenger, facsimile, email, or telephone of all meetings. Any Club Member may, after providing sufficient notice to the President or Vice-President, attend a meeting of the Council. The Member may then speak on an issue at the invitation of the President or upon consent of the majority of the Council present.

Section 3 **Quorum**

The presence of at least 50% of the members of the Council shall be necessary to constitute a quorum. Any one or more members may participate in a meeting by videoconference, teleconference, or such method that allows all persons participating in the meeting to hear each other at the same time. Participation by such means shall constitute presence in person at such a meeting. There shall be no voting by proxy and proxies shall not count towards the calculation of a quorum.

Section 4 **Members-At-Large**

Members-at-large shall be invited to participate at meetings of the Council. Members-at-large shall not count towards the formation of any quorum.

ARTICLE VII ELECTIONS and ELECTION PROCESS

Section 1 **Nominating**

The Nominating Committee shall seek qualified candidates to serve in the elected positions (Executive Board, Officers and certain Coordinators) for the following term. A report of the Nominating Committee will be presented to the Membership in October at a Membership meeting and additional candidates may be placed in nomination from the floor. A candidate may not be nominated for more than one elected position.

Section 2 **Process**

The voting for elected positions shall be done by ballot. All Members are eligible to vote and there shall be no proxies permitted. The result of the election is to be finalized at the November Membership meeting and Members shall be afforded a period of time of at least two weeks prior to that meeting to review the candidates and to vote in the election. The process and methodology for voting shall be set by the Executive Board who shall appoint a person to chair a committee to receive the ballots, validate and count them. Results will be announced before the end of the November meeting and the newly elected Directors, Officers and Coordinators shall take office as of December 1. An Executive Board or Executive Council member may not serve in more than one position.

Section 3 **Qualifications**

The President, Vice-President, Rides Coordinator, and Leadership Training Coordinator must be Club Leaders. No person shall take office as President or Treasurer unless he or she has been a Club Member for at least two years or has been a member of the Executive Board for at least six months. The President may serve for no more than three (3) consecutive terms.

Section 4 **Majority**

Unless otherwise provided, all issues placed for a vote before the Membership shall be decided by a simple majority from among all votes cast.

ARTICLE VIII -MISCELLANEOUS

Section 1 **Fiscal Year**

The fiscal year of the Club shall be from December 1 through November 30.

Section 2 **Contractual Guidelines**

The Club shall adopt guidelines regarding the authority and power of Directors, Officers, Coordinators, Leaders and Members to make and execute contracts or other Club documents in the ordinary course of business.

Section 3 **Amendments**

The By-laws may be amended or revised only by a vote of the Membership, such vote to be conducted utilizing similar procedures as those set forth in these By-laws for Elections. Amendments or revisions shall only be adopted if approved by at least 60% of the membership voting. Amendments or revisions to these By-laws may be voted at times other than those specified in the procedures for Elections if deemed necessary by the Executive Board.

Amendments or revisions to these By-Laws may be proposed by a resolution of the Executive Board or Executive Council or upon written proposal of at least twenty Members acting jointly.

Section 4 **Governance**

The By-laws shall be subject to and subordinate to any and all applicable statutes, laws, ordinances, rules and regulations.

Section 5 **Liabilities**

Nothing herein shall be deemed to constitute the Members, Leaders, Officers, Coordinators or Directors of the Club as partners for any purpose. No such Member, Leader, Officer, Coordinator or Director of the Club shall be liable for the acts of any other Member, Leader, Officer, Coordinator or Director of the Club.

Section 6 **Dissolution and Liquidation**

In the event of dissolution and/or liquidation of the Club no Director, Officer, Coordinator, Leader or Member shall be entitled to receive any of its funds or assets, other than for the legitimate reimbursement of expenses or for awards previously granted. It is hereby declared to be the policy of this Club to have any funds remaining after the payment of all debts and claims be utilized in such a manner as may best advance the interest of the New York cycling community. Nothing herein shall be deemed an obstacle to the Club affiliating with or merging with another organization.

Section 7 **Conduct of Meetings**

All meetings shall be conducted in an orderly fashion. Upon order of the chair (which order may be made pursuant to a request of a participant), a meeting shall be conducted according to Robert's Rules of Order Newly Revised.

Section 8 **Budget and Finance**

Club funds shall be kept separately from all other monies and deposited in a bank account at the direction of the Executive Board. Club funds shall be disbursed only with the signature of an authorized signatory according to policies established by the Executive Board. The Treasurer shall present and/or publish an annual statement of the Club's financial results and position within 90 days of the close of the fiscal year and shall report results and a statement of Club accounts at least quarterly to the Executive Board.

Section 9 **No Compensation**

Directors, Officers and Coordinators shall receive no compensation from the Club in connection with their serving as a Director, Officer or Coordinator. They shall be eligible for reimbursement for legitimate and approved Club related expenses incurred in performance of their duties.

Section 10 **Standing Rules**

The Club shall maintain Standing Rules, which may be modified from time to time upon approval of the Executive Board. The Standing Rules shall serve as a compliment to these Bylaws and shall address matters specifically indicated in these Bylaws and may also address and set forth certain administrative and operational policies and procedures of the Club.

Bicycletter

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





On The Record--5BBC Executive Board Meeting highlights based on minutes recorded by Ira Najowitz

JULY 9, 2012

Suspenders Bar & Restaurant, 111 Broadway, NYC

Attended: Ed Ravin, Bill Mastro, Ira Najowitz, Manny Sanudo, Phil Goldberg, Ken Williams, Bob Castro, Fred Dieckamp, Wendy Frank, Jim Zisfein, Alfredo Garcia, and Peter Engel

Meeting began 6:50 PM

THE CLUB'S STRATEGIC FUTURE

New Bylaws Proposal: Mr. Ravin and Mr. Mastro stated that its goals are to modernize wording to reflect current realities, to restructure governance, and to streamline the Board model in order to improve decision-making. Mr. Mastro will prepare an updated draft for the Board. After Board feedback, it will be sent with a cover memo to the Leader List.

Montauk Century: Mr. Sanudo said this year's bike event will lose approximately \$20,000. Mr. Ravin noted there was significantly less volunteer/Board participation than in previous years.

Five options of Montauk Century future viability were discussed:

- Should the event remain the same?
• Should it be scaled back?
• Should there be a one-year hiatus or should it be discontinued altogether?
• Should it be replaced with a new event?
• Should there be a sale, lease, or partnership arrangement?

A round table discussion followed on the above and on other strategic issues pertinent to the Club's future, including what is our mission, what we do well, areas that need broadening and expansion, our issues, the need for a viable financial model, partnership opportunities, volunteer burnout, and the

storage facility question.

Meeting adjourned 9:15 PM.

AUGUST 6, 2012

Emblem Health, 55 Water Street, NYC

Attended: Ed Ravin, Bill Mastro, Ira Najowitz, Wendy Frank, Andrea Casertano, Alfredo Garcia, Manny Sanudo, Bob Castro, Liz Baum, Ken Williams and Peter Engel

Meeting began 6:45 PM

UPCOMING OUTREACH

• Summer Streets: Mr. Ravin described the Club's presence on the first Saturday (August 4) as a success. In addition to the Club's table, minor repairs were performed and Steve Bauman set up his repair station. Ms. Casertano stated that there are enough volunteers for the next two Saturdays.

• TA Century Training Rides: Mr. Mastro announced that rides and leaders for them have been arranged. Mr. Ravin mentioned that 5BBC will assist in the training of TA marshals.

• TA Century: Mr. Engel mentioned that he has received the application for the Club's table at the event.

• Tour de Bronx: Ms. Frank and Mr. Engel will look into the feasibility of tabling and/or providing Club "goody bags" to riders.

BY-LAWS AND REFERENDUM PLANNING

Mr. Mastro mentioned that, to date, he has received only one comment from Club leaders (they have until August 17 to respond). Mr. Mastro provided a corporate resolution to the Board to approve the proposed revised Bylaws "subject to adjustments that may occur based upon input from the leaders and the 5BBC's accountant."

OTHER BUSINESS- PROPOSED TOPICS

• Future of Montauk Discussion- Next Steps: The Board discussed the status and viability of Montauk and various potential options for the future.

• Strategic Discussion- Next Steps: separate meeting will be arranged to discuss key issues.

COORDINATOR AND COMMITTEE REPORTS

Programs: Mr. Williams noted that there were ten attendees at the July General Meeting held at the Pacific College of Oriental Medicine. He would proceed with the planning of the Holiday Party at Dinosaur Barbecue, tentatively set for early December.

Weekend Trips: Mr. Dieckamp reported (via email) that the Seekin' Hyde Park trip went out this past weekend with five trippers. Currently, there are two sign-ups for the Bash Bish Bash trip (August 25-26). The Penn Dutch trip (Labor Day Weekend) may have to be cancelled as there are only two trippers. Finally, the Sea Gull Century trip (October 5-7) has two sign-ups to date.

Meeting adjourned 8:47 PM.

SEPTEMBER 10, 2012

Emblem Health, 55 Water St., NYC

Attended: Ed Ravin, Bill Mastro, Phil Goldberg, Ira Najowitz, Bob Castro, Alfredo Garcia, James Durrah, Liz Baum, Fred Dieckamp, Peter Engel, Manny Sanudo, Ken Williams and Wendy Frank

Meeting began 6:35 PM.

MONTAUK PLANNING UPDATE

Mr. Durrah recommended that the event should not be held in 2013, citing insufficient preparation. Instead, he suggested that we should begin planning for 2014. Board passed motion tabling Montauk 2013 planning until further notice.

BYLAWS / REFERENDUM PLANNING

Mr. Ravin noted Club leaders' input on the proposed revision has been received. Final draft of the Bylaws and cover letter for the membership is prepared. Mr. Mastro outlined the steps of the referendum process:

• The Bylaws will be posted on web site and the cover letter posted with a working link to the Bylaws. (In the cover letter, Mr. Mastro invites members with questions to email him or post their queries on the Bulletin Board).

- Afterwards, cover letter will be emailed to members & cover letter posted on 5BBC Bulletin Board.
- Mr. Zisfein will include Bylaws information in weekly club email, with weblinks.
- Ms. Frank, Mr. Engel, and Ms. Baum are working on a ballot mailing to the membership.
- Due date for ballots to be received will be Friday, October 12, 2012.

pre-registered / pre-paid event. Ms. Frank will help with party planning. Board passed motion for monies to subsidize cost of Holiday Party for Montauk 2012 volunteers.

2013 BUDGET

Mr. Sanudo stated planning is difficult in view of Club's current finances (now approximately \$24,000 loss on Montauk). Mr. Mastro said that a preliminary budget without Montauk should be prepared.

Communications: Ms. Frank mentioned that she was interviewed by WINS 1010 news radio in Central Park at the start of the TA Century. Information on the Club has appeared in the New York Post and Time Out NY. Mr. Engel said the Club booth at the TA Century was a success. He thanked Phil Goldberg and Lee Ann van Wyck for staffing it. Ms. Frank & Mr. Engel complimented Mr. Garcia for his work on Club's Facebook page.

Bicycle Course: Ms. Casertano reported (via e-mail) that she and Jesse Brown will lead an on-road repair ride on Saturday, September



- Ballot committee will then count the ballots Ms. Frank & Baum, Messrs. Durrah, Williams, Dieckamp, & Engel offered to serve.
- Mr. Garcia will include bylaws information in the October newsletter.

DATABASE / WEB SITE UPDATE

Mr. Ravin announced Steve Bauman will set up a remotely accessed database. Club member Shawn Carney, a web designer, will coordinate and in addition will update 5BBC web site.

5BBC HOLIDAY PARTY

Mr. Williams announced date for Saturday, December 1 at Dinosaur Barbecue. Admission: \$35. Party should be a

STRATEGIC PLANNING

A meeting is scheduled for Sunday, November 4, 2012.

COORDINATOR AND COMMITTEE REPORTS

Leadership: Ms. Baum said that there are ten prospective new leaders in the current class. She emphasized all current leaders should take the Bike NY Savvy Cyclist class or come on the leadership rides.

Weekend Trips: Mr. Dieckamp announced the Bash Bish Bash trip (August 25-26), led by Mr. Zisfein and Fritz van Orden, went out with three trippers. The Sea Gull Century trip (October 5-7) has seven sign-ups.

15 from Grand Army Plaza. Ms. Casertano noted the 718 Cyclery in Brooklyn offers free repair classes every Wednesday at 7 PM and that the schedule is on their web site: www.718c.com/free-classes/.

OTHER BUSINESS

Mr. Mastro emphasized that more leaders should be encouraged to lead day rides in light of a shortage of upcoming rides.

Meeting adjourned 8:38 PM.

To Be Continued.....

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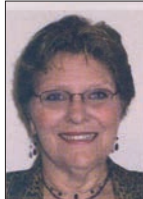
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Mats available, but bring a towel to keep them clean. Wear or bring loose, comfortable clothing. \$15 per class, or \$80 for six.

Where: 122 East 25th St. (Essential Therapy, bet. Park & Lex)
When: Friday nights, 6:30-8:00 PM
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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
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Open year round. www.brooklynbridgeparknyc.org



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



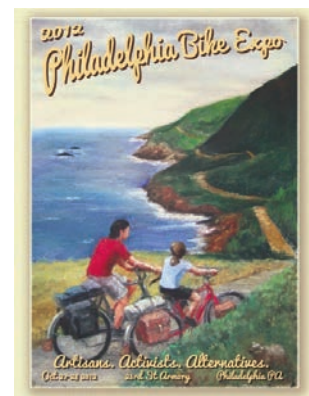
Lots of 5BBC leaders and members took part in the Transportation Alternatives NYC Century, on Sun. Sept. 9, 2012. Some us did the 100 miler and lesser distances. And more than several were ride marshals, helping out on the ride. And thanks to Phil Goldberg and Lee Ann van Wyck for staff at the 5BBC table at the Central Park start/finish. Congratulations to all who did the ride. Photo by Bob Castro, shows cyclists on the NYC Century riding Brooklyn's Shore Parkway Greenway with a spectacular view of the Verrazano Bridge



Tour de Bronx
Transportation Alternatives
Sun. 14 Oct. 2012 www.tourdebronx.org



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



Philly Bike Expo
Philadelphia, PA
Sat. & Sun. 27-28 Oct. 2012
www.phillybikeexpo.com

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





5BBC Leadership
Training Ride
Saturday, Oct. 29, 2012

Leadership coordinators Ed Pino and Liz Baum conducted a ride for leaders-in-training, in Brooklyn. Best wishes to those enrolled, who want to make a difference and continue the 5BBC tradition of leading rides for the club.

Photos by Sharon Behnke

Membership & Merchandise

General Information *(Please print)*

 First Name M.I. Last Name

 Address Apt.

 City State Zip

 Email Address

 Day Phone Evg. Phone

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

 First Name M.I. Last Name

 Email Address

 Day Phone Evg. Phone

Waiver and Release of Liability

I attest that:

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

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

I acknowledge:

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

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

 Signature, 1st Member Date

 Signature, 2nd Member Date

Waiver by Parent/Guardian of a Minor

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

I attest that:

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

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

 Minor's Name *(Please print)*

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

 Parent's or Guardian's Signature Date

Member Preferences

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

- ___ Do not list snail mail address in the 5BBC roster.
- ___ Do not list email address in the 5BBC roster.
- ___ Do not list phone numbers in the 5BBC roster.
- ___ Do not share name, address, etc. with other bike clubs or cycling organizations.
- ___ Do not send weekly email on current 5BBC rides and events.

Payment

5BBC Membership

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

Cross Borough Jersey

Indicate quantity and size.
 ___ Ladies (Circle One) 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:

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244 Fifth Avenue (200)
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5BBC Membership Card and Participating Bike Shop Discount List

Below you'll find your Five Borough Bicycle Club membership card. Make sure your mailing label is on the other side (with the new expiration date), then just cut it out. Laminate it if you wish, and keep it somewhere safe. Show it at any of the shops listed below for a discount on many items. This list is for 5BBC members like you. Visit www.5bbc.org/bikeshops.shtml for more shops.

Flash your 5BBC Membership

Card at these Bike Shops

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westchesterpro.com

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Bay Ridge Bicycle World

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Bicycle Station

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718-638-0300
bicyclestationbrooklyn.com

Fulton Bikes

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

Kensington Cycle Works

140 Ocean Parkway
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kensingtoncycleworks.com

On The Move

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

Roy's Sheepshead Cycles

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

Verrazano Bicycle Shop

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

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bfold.com

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212-431-3315 bicyclehabitat.com

Bicycle Renaissance

430 Columbus Ave.(81st St)
NY, NY 10024 212-724-2350
bicyclerenaisance.com

Bike Works

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

Champion Bicycles

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NY, NY 10024 212-662-2690
championbikes.com

Chelsea Bicycles

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

City Bicycles

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

Conrad's Bike Shop

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

Continuum Cycles

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NY, NY 10009 212-505-8785
continuumcycles.com

Eddie's Bicycle Shop

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

Enoch's

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

Frank's Bike Shop

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

Gotham Bikes

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

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pedalpusherbikeshop.com

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www.thebicycleplanet.com

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11779, 631-846-7320, thebikeoutlet.com

Brands Cycle Center

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

East End Bicycles

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

Carl Hart Bicycles

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

Sayville Bike Works

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

South Shore Bicycle & Fitness

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516-374-0606, southshorebicycle.com

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Bicycles Unlimited

141 East Main St., Elmsford, NY 10523
914-592-7979

Pelham Bicycle Center

109 Wolfs Lane, Pelham, NY 10803
914-738-3338, pelhambikes.com

Sierra Cycles

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

CONNECTICUT

Baybrook Bicycles

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

College Street Cycles

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

Newington Bicycle

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

NEW JERSEY

Bicycle Tech

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

Bicycle Workshop

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

Marty's Reliable Bicycle

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

Strictly Bicycles

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



Heavy Metal

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

Innovation Bike Shop

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

Jack Rabbit

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

Larry & Jeff's Bicycles Plus

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

Liberty Bicycles

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

Manhattan Bicycles

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

Mani's Bicycle Shop

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

Master Bike

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

Metro Bikes

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

Mod Squad Cycles

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

My Bike Heaven

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

NYC Velo

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

NYCE Wheels

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

Toqa Bike Shop

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

Tread Bike Shop

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

Victor's Bike Repair

4125 Broadway (174 St)
NY, NY 10032 212-740-5137

Zen Bikes

134 West 24th St. NY, NY 10011
212-929-2453 zenbikes.com

QUEENS

Arc De Triomphe Bicycles

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

Bellitte Bicycles

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

Bicycle Barn

107-34 Springfield Blvd, Queens
Village, NY 11429, 718-479-3119,

Bike Stop

37-19 28th Ave
Long Island City, NY 11103
718-278-2453, bikestopastoria.com

Bill's Cyclery

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

Buddy's Schwinn Bicycle

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

Peak Mountain Bike Pro Shop

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

Spin City Cycle

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

Spokesman Cycles

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



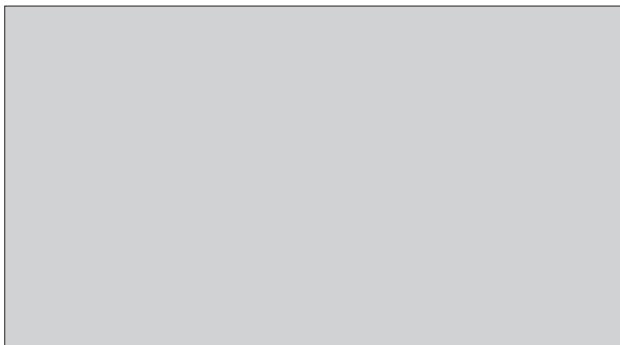
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Bill Mastro, right, leading East West ride, in Brooklyn's Prospect Park with tripper Ritwik Dey, left, Sept. 22, 2012. Photo by Bob Castro.



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 November 2012 issue is:

Tuesday 23 October 2012

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Editor: Alfredo Garcia

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Contacting Us

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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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5BBC jersey designed by Caryn Greenberg. Some available for \$65 visit www.5bbc.org