

January–February  
2005

Volume 15 · Issue 1

# B I C Y C L E € € R™

A bimonthly publication of the **Five Borough Bicycle Club**



5BBCers Eliana Hecht and Jesse Brown lead the way as Ride Marshals during the 2004 Tour de Bronx (photo: Danny Lieberman).

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stop, or No. 4 or 5 Train to Wall Street. Admission to this meeting is free, both 5BBC members and non-members are welcome, and light refreshments will be served. Check the 5BBC website [www.5bbc.org](http://www.5bbc.org) for updates.

## February

Monday, February 28

6:30 p.m. – 8:00 p.m.

New location: Lower Manhattan Business Improvement District police station, 104 Washington Street, @ Rector Street, Manhattan.

Joshua Gallo is an active New York City firefighter who just completing riding in the FDNY Cross Country Bike Tour from Los Angeles to NYC. The event, a fundraiser for the Widow's and Children's Fund of the Uniformed Firefighters Association (UFA), took the months of September and October. Mr. Gallo, who works two 24-hour shifts per week, will discuss the cross-country ride, the UFA fund, and his life as a firefighter.

February's General Meeting will be at The Lower Manhattan Business Improvement District police station. It is located at 104 Washington Street, at Rector Street, Manhattan. Subways: No. 1/No. 9 to Rector Street, R or W train to Rector Street stop, or No. 4 or 5 Train to Wall Street. Admission to this meeting is free, both 5BBC members and non-members are welcome, and light refreshments will be served. Check the 5BBC website [www.5bbc.org](http://www.5bbc.org) for updates.

## A Message and a Question, from the 5BBC Programs Coordinator

In 2005, the 5BBC will experiment both with venues and topics for our General Meetings. We need to know more about what you want. Should we hold meetings in a restaurant? Would you pay a modest cost for a buffet, and how much?

We look forward to hearing from you.

Barry Hartglass  
2005 Programs Coordinator  
[programs@5BBC.org](mailto:programs@5BBC.org)

## General Meetings

### January

Monday, January 24, 2005

6:30 p.m. – 8:00 p.m.

New location: Lower Manhattan Business Improvement District police station, 104 Washington Street, @ Rector Street, Manhattan.

Our January Meeting's featured speaker will be Jennifer Hoppa, Deputy Director of Planning for The NYC Parks Department. Her Department oversees New York City's proposed 350-mile greenway, along with the NYC Department of Transportation Planning Division. Ms. Hoppa's overview of recreational bicycling in parks and greenways shows that there are an incredible number of both on- and off-road options available. In addition to a question-and-answer session, Ms. Hoppa is very interested in our feedback as principal users of the system.

January's General Meeting will be at The Lower Manhattan Business Improvement District police station. It is located at 104 Washington Street, at Rector Street, Manhattan. Subways: No. 1/No. 9 to Rector Street, R or W train to Rector Street

## 5BBC Executive Board

Ed DeFreitas, *President:*  
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Phil Goldberg, Ira Najowitz,  
Ed Ravin, David Seto, Ed Sobin,  
Jim Zisfein.

Jim Zisfein, *Webmaster:*  
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## ☺ Don't Worry, Be Happy!

Looking to get into or return to cycling? It's not too late. The 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—has adequate tire pressure and brakes that work well. Carry at least one spare tube, tire irons, a pump, a patch kit and a lock. Most important: wear a helmet approved by either ANSI or Snell. Ride smart, and have an 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 helmet approved by either ANSI 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

Most leaders welcome responsible cyclists of all ages to join our rides, but we need to know that they understand the risks involved and are assuming responsibility for their own safety. The law of this country limits the ability of those under 18 to take responsibility for themselves. We therefore REQUIRE that the parent or guardian of a minor joining a 5BBC ride come with them to the start of the ride. Only if the parent or guardian signs a special waiver for minors and either rides with the minor or arranges for another adult to accompany the minor during the ride may the minor join the ride.

**EXCEPTION:** If the parent or guardian of a minor wishes the minor to ride with 5BBC, but cannot appear at the start of each ride, please contact the Club to arrange to sign a waiver of liability that we can keep on file. Minors with waivers on file must also have an adult agree to accompany them on each ride.

The participation of a minor in a 5BBC event must always be cleared with the leader of that event.



Jesse Brown (far left) pauses his group at Flushing Bay Promenade during the Thanksgiving Day weekend Turkey Jam ride (photo: Danny Lieberman).

# 5BBC Membership Votes for 2005 Officers

On Monday, November 15, 2004, the 5BBC counted 107 submitted votes from its membership for the 2005 Elections. The counting, which took place during the Club's general meeting, had only one contested election for the 13 available seats – once again, for the all-important **Special Events Coordinator** role.

This year, outgoing Special Events Coordinator Wentworth Price ran again to counter a challenge from outgoing President **Ed Pino** and **Liz Baum**, who ran on a platform of hiring Glen Goldstein as a paid tour director for the 2005 Montauk Century. Pino and Baum won, with 64 votes versus Wentworth Price's 42 votes, with one write-in vote for Ed DeFreitas.

For the role of **President**, **Ed DeFreitas** ran unopposed and received 101 votes, with 4 write-in votes for outgoing President Ed Pino, 1 vote for Wentworth Price, and 1 vote for Alfredo Garcia. **Vice President Sharon Behnke** received 104 votes, while there was 1 write-in vote for Liz Baum. **Alex Maurice** became a first-time 5BBC Board member with 101 votes for **Recording Secretary**. Phil Goldberg, Brian Hoberman and Ira Najowitz each received 1 write-in vote.

Five 5BBC Board members decided to run for their 2004 positions again and each ran unopposed: **Bob Castro** as **Treasurer** (104 votes); **Peter Engel** for **Newsletter Editor** (104 votes); **Brian Hoberman** for **Communications Coordinator** (105 votes; 1 write-in for Jim Zisfein); **Danny Lieberman** for **Day Trips Coordinator** (105 votes); and **Andrea Mercado** as **Corresponding Secretary** (105 votes). **Manny Sanudo** also ran for a second year as **Leadership Co-Coordinator**, this time with experienced 5BBC leader **Stephen Jackel** (105 votes).

For 2005, **Jesse Brown** and **Barry Hartglass** essentially switched roles, as Jesse ran unopposed for the **Bicycle Course Coordinator** position held by Barry in 2004 (he received 104 votes) while Barry Hartglass won for Jesse's 2004 role as **Programs Coordinator**, with 101 votes.

The updated 2005 5BBC Executive Board roster is listed on page 2. It includes a partial list of Board Members at Large, who were proposed during a special December 6 Board meeting. When all proposed 5BBC Members At Large formally accept their invitations to join the Board, the roster will be updated at [www.5BBC.org](http://www.5BBC.org) and in the March/April *Bicycletter*.

Peter Engel

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## Message from the President

In my first year as club President, the thing I most look forward to is what I can learn from you, and how we can make "The City's Friendliest Bike Club" even better.

Looking back at 2004, I'm impressed by what *we*, the Five Borough Bicycle Club, accomplished:

We sent out over 100 day trips.

We saw our five Bicycle Repair classes continue to gain in popularity, particularly the ones held on Saturday morning.

Once again, the weather cooperated and we had a very successful Montauk Century.

We had 10 general meetings that included a Montauk-riding standup comic, a member of the NYPD bicycle patrol unit, a presentation on "randonneur" brevets for long distance riding, a summer picnic, an open forum on cycling issues, the head of the New York Bicycling Coalition, and travelogues that took us through Alaska and the Canadian Rockies.

To attract new riders and friends, in October we held the most ambitious "Get To Know Us" day ever, with 5 separate rides that ended in one big afternoon picnic.

Our membership was out in full force as marshals and volunteers for BIKE NEW YORK, which attracted over 30,000 riders.

Now, welcome to 2005.

I hope that what we did last year inspires you to get more involved with the club. There's a lot you can do. Go for a ride. Take a bike repair class. Take the leadership training class. If you're already a leader, please lead more rides, or get back into it – we miss you. Volunteer as a marshal in Bike New York. Volunteer for the Montauk Century ride. Take a weekend trip out of the City. Come to our meetings, and meet more of our members. See the world by bicycle, and tell us about it. Write an article for our newsletter.

As you can see, there is plenty to do and we can sure use your help. If you have any ideas that you would like to see this club do, or get involved with yourself, please feel free to contact me.

So have a great biking year, have fun and I will see you on the road.

Ed DeFreitas  
President, 2005  
[President@5BBC.org](mailto:President@5BBC.org)

## Bike Access to Trains

### Metro-North Railroad and Long Island Railroad (LIRR) Bike Permits

There is one permit for both, available at:

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

B) Penn Station LIRR information booth or call 718-558-8228.

There is a \$5 fee. Specific restrictions apply. Note: old LIRR and Metro-North permits are still valid for their respective lines. The web page for an application is: [www.mnr.org/mnr/html/mnr/bikepermit.htm](http://www.mnr.org/mnr/html/mnr/bikepermit.htm)

### New Jersey Transit (NJT) Bikes Aboard Program

As of May 21, 2000 bicycle permits are no longer needed!

Specific restrictions apply when you take your bicycle on New Jersey Transit. For more information, please call 973-762-5100 or visit:

[http://www.njtransit.com/cs\\_ride\\_bike.shtml](http://www.njtransit.com/cs_ride_bike.shtml)

### Port Authority Trans Hudson (PATH)

A permit is no longer required, but there are restrictions. 5BBC trips that use PATH usually ride on weekends and holidays. For more information, please call 800-234-PATH or visit:

<http://www.panynj.gov/path/pathrules.htm>

## Day Trip Meeting Places

**AYH:** Hostelling International/American Youth Hostels, Amsterdam Avenue at 103 Street, Manhattan. Subways: 1 9 to 103 Street, 2 3 to 96 Street.

**Bridgemarket:** Plaza on the Northeast corner of East 60th St and First Avenue, and faces across the avenue the entrance to the Queensboro bridge in Manhattan. Subways: 4 5 6 to 59 Street, N R W (N weekdays only) to Lexington Avenue.

**Brooklyn Borough Hall:** Cadman Plaza West at Montague Street, Brooklyn. Subways: A C F to Jay Street/Borough Hall, 2 3 4 5 to Borough Hall, N R W (N weekdays, W weekends) to Court Street.

**Central Park Boathouse:** East Drive in Central Park, Manhattan, just north of East 72 Street entrance. Subways: N R W (N weekdays only) to 5 Avenue, 6 to 68 Street or 77 Street, F to Lexington Avenue-63 St.

**Chelsea Piers:** West 22nd Street at West Street, Manhattan, by the Greenway path. Subway: C or E train to 23 Street and Eighth Ave.

**City Hall:** City Hall just south of Chambers & Center Streets, directly across from the Brooklyn Bridge entrance, Manhattan, at the Statute of Horace Greeley. Subways: 2 3 to Park Place, N R W (N weekdays, W weekends) to City Hall, 4 5 6 to Brooklyn Bridge/City Hall, J M to Chambers Street.

**Cold Spring:** Metro-North train station, Depot Square at Main Street (Route 301), Cold Spring, New York (Putnam County). Approximately 1 mile west of Route 9D.

**Columbus Circle:** Central Park West at 59 Street, Manhattan, NE corner, entrance to Central Park, facing fountain (Merchant's Gate). Subways: A B C D 1 to 59 Street.

**Cunningham Park:** Union Turnpike at 196 Place, Queens. From 179 Street, last stop on F train: left on Midland Parkway, left on 188 Street, right on Union Turnpike to parking lot at 196 Place.

## Day Tripper

### Happy New Year!

Get out your snow vests and booties – it's time to suit up for the 5BBC Winter Training Ride series. Seriously, this winter our offerings have been specifically designed specifically to dovetail from a cold weather ride series into an early spring training series. So, you can get the most riding fun out of winter, stay in shape and swing right into the spring.

### Ride Cancellation Due to Weather

Remember that all club rides have a default weather cancellation policy, unless otherwise specified by the ride leader. Temperature at the start of a ride below 32(F) cancels. This does not apply to any rides led by hearty 5BBC President Ed DeFreitas. Ed will ride in just about any non-wet conditions, and he's been known to show up even when it is wet!

Please come dressed warmly and in layers. Remember to bring some water (or liquid) as well as a lock. It's a good idea to have a pump, spare tube, and small tools with you.

## Two-Wheeled Wondering

The Five Borough Bicycle Club is dedicated to bicycle recreation and fitness. We are not policy advocates or political activists. I want to be clear about that, because heading into 2005, the very act of riding a bicycle seems to be taking on political and social implications.

Most of us know that on August 27th, 2004, over 200 bicyclists were arrested and over 300 bikes were seized during a Critical Mass ride during the Republican National Convention. The resulting furor may not go away for awhile. There is a continuing legal battle pitting Time's Up! – the NYC environmental action group that supports Critical Mass – against the City of New York. The controversy has opened debate about how bicyclists help (or hurt) the urban landscape. Even *The New York Times* piped in with an editorial defending the intent of Critical Mass.

A Bronx member of the New York City Council, Marilyn Provenzano, offers more proof that the environment for cyclists can be hostile. She has introduced legislation that would require license tags for all bicycles ridden by anyone over the age of 16, with stiff penalties (including bicycle confiscation) for those who don't. And, in conjunction with the Republican convention, the Port Authority of New York/New Jersey has closed down the pedestrian/bicycle path of the George Washington Bridge from

### The Montauk Training Ride Series Is Coming!

At the end of this issue's Day Trips ride listings, you will see that the Montauk Training Ride series gets underway. After all, before it gets warm outside, we have to warm up our legs. If you want to be prepared for the Montauk Century on May 15, our progressive series is the best way to reach your goals. Starting at the end of February, one or two rides will be held each weekend. Start as early as you can, and you'll be ready for those longer rides we offer in April and early May. Please note that this year the Manhattan rides will begin at Columbus Circle, instead of the Plaza Hotel.

### Training Ride Planning Meeting

On Tuesday, January 11th, 2005, there will be a planning meeting to discuss the Montauk Training Rides and other 5BBC day trips. This will be in the club office at 891 Amsterdam Avenue, at 6:30pm. All are welcome.

Questions or comments? Email me.

Danny Lieberman

12:00am to 6:00am indefinitely. Transportation Alternatives has led a campaign against this action focused on both states' governments to turn this decision around, and 5BBC endorsed those efforts.

On the positive side, things are rapidly improving for bicyclist safety in New York with expanded bike lanes, greenways and bike paths.

Staying apolitical is tough, but we can try to follow the example of Elvis Presley. When he played Madison Square Garden in 1972, a reporter asked The King for his views on the Vietnam War. His response? "I just as soon keep those views to myself, if you don't mind."

It's the same here. That doesn't mean we should be dispassionate about the sport we love. So when you go out to ride, remember that nothing is a better reflection on bicyclists than being courteous and respectful to motorists and pedestrians, and obeying the traffic laws. Plus, we always have fun on well-organized day or weekend rides. It will be the best escape from these highly charged issues during 2005.

See you on the road,

Peter Engel  
Newsletter Editor, 2005  
newsletter@5BBC.org

# Day Trips: January–February 2005

**Sunday, January 2nd**

☺ **Frostbite Ride #5:**

**New York Botanical Gardens**

10 a.m., Plaza Hotel, 30 miles

Elly Spangenberg's perennial ride. Smell fresh roses at one of the foremost of America's public gardens. Take a look at the Holiday Train Show. Go to the Enid A. Haupt Conservatory for "A World of Plants" in a warm environment. See [www.nybg.org](http://www.nybg.org) for Internet info. Bring a lock, \$ for lunch and \$3 admission. Leaders: Ed DeFreitas & Ed Pino.

**Saturday, January 8th**

☺ **Short-Tempered Rider's Glass Factory Ride**

9:30 a.m., Prospect Park (Grand Army Plaza), 15 miles

Your psychiatrist suggests you find an outlet for your aggression. What better way than to hurl a bowling ball through your jeweler's window because he refused to take back the ring you bought for your no longer significant other? Not so fast, "Hurcules!" Those jewelers have tempered glass, and like you, that bowling ball is useless. Why not channel that simmering streak, and join us for a visit to the Colonial Glass works in Williamsburg? We'll see how huge sheets of regular glass are transformed into tempered glass, allowing the rest of society to feel protected from folks like you who "live on the edge." It's a short ride, so no need to get bent out of shape. Lunch will be at a local hero/pizza shop. Bring lock and lunch money (sledge hammer optional). Leaders: Richard Sanford and Randy Horowitz.

**Sunday, January 9th**

☺ **Frostbite Ride #6:**

**To Garibaldi and Alice Austen Houses**

10 a.m., City Hall, 20 miles

Get transported again on the Staten Island Ferry for scenic riding. You can get anything you want at Alice's Restaurant – oops wrong song – it's Cargo's. Visit the home of famed photographer Alice Austen, with gleaming views of New York Bay. She won't be home, but appreciates you coming. Check the trip-related web [www.aliceausten.8m.com](http://www.aliceausten.8m.com). Don't worry about Guiseppe Garibaldi, baby. Bring \$ for lunch, a lock and a digital camera. Leaders: Ed DeFreitas and Ed Pino.

**Saturday, January 15th**

**Temperature Regulators (Quick Spin)**

9:30 a.m., White Plains Road & Pelham Parkway, 40 miles

Get up early and meet Jesse for a fast ride up north. Guaranteed to be quick. Have a bite at that awesome Austrian pastry shop. Destination might be Rye, White Plains or Byram, CT. Minimum pace is 15mph. Bring a lock and \$ for lunch. Leaders: Jesse Brown and company. Co-listed with NYCC.

**Sunday, January 16th**

☺ **Frostbite Ride #7: To Uncle George's**

10 a.m., City Hall, 25 miles

Oceanography, what!? Ride into the borough that brought the likes of Phil Goldberg, Brian Hoberman, Ira Najowitz, Manny Sanudo and David Seto. Feast on Greek cuisine. Who knows? We might run into Queens' own Steve "Wildman" Brill (see [www.bigfoot.com/~wildmansteve](http://www.bigfoot.com/~wildmansteve)) and eat something else. Possible excursions: American Museum of the Moving Image, Socrates Sculpture Park and other waterfront delights. Bring a lock and \$ for lunch. Leaders: Ed DeFreitas and Ed Pino.

**Monday, January 17th**

**Freezer Jam**

10 a.m., Bridgemarket, 30 miles

Sure, it's freezing cold out there. But if the temperature is at 30 or above at start time we'll ride to explore a nearby industrial neighborhood and find a warm lunch spot. Be sure to dress for the weather and bring a lock, water, and \$ for lunch. Leaders: Danny Lieberman and Brian Hoberman.

**Saturday, January 22nd**

**Temperature Regulators (Quick Spin)**

9:30 a.m., White Plains Road & Pelham Parkway, 40 miles

Get up early and meet Jesse for a fast ride up north. Guaranteed to be quick. Have a bite at that awesome Austrian pastry shop. Destination might be Rye, White Plains or Byram, CT. Minimum pace is 15mph. Bring a lock and \$ for lunch. Leaders: Jesse Brown and company. Co-listed with NYCC.

## Day Trip Meeting Places (continued)

**Eastchester:** Dyre Avenue at 233 Street, Bronx. Last stop on 5 subway train (not Nereid Avenue).

**East 34th Street Ferry:** East 34 Street at FDR Drive, Manhattan. Subway: 6 to 33 Street.

**George Washington Bridge Bus Terminal:** George Washington Bridge Bus Terminal - Fort Washington Avenue at 178 Street (northwest corner), Manhattan. Subways: A to 175 Street, C 1 to 168 Street.

**Grand Central Terminal:** East 42 Street at Park Avenue South, Manhattan. Within view of the information kiosk in the center of the main hall. Subways: S 4 5 6 7 to Grand Central.

**Katonah:** Metro-North train station, Katonah Avenue and Jay Street, Katonah, New York (Westchester County).

**Kew Gardens:** Queens Boulevard (north side) and Union Turnpike, Queens. Meet at "Statue of Civic Virtue" on corner. Subways: E F to Kew Gardens, Union Turnpike.

**North White Plains:** Metro-North train station parking lot. Fisher Lane at Harlem Avenue, near North Broadway, White Plains, New York (Westchester County).

**Penn Station:** 8th Avenue and 31 Street, on the sidewalk, Manhattan. Subways: A C E to 34 Street, 1 2 3 to 34 Street.

**Pier 11:** Wall Street and South Street Seaport, Manhattan. Subways: 2 3 to Wall Street, J M to Broad Street.

**Pier 78:** NY Waterways Ferry Terminal at 38 Street and West Side Highway (12 Avenue), Manhattan. Subways: A C E to 34 Street Penn Station, or A C E to 42 Street Port Authority.

**Plaza Hotel:** Fifth Avenue at 59 Street, Manhattan. Subways: N R W (N weekdays only) to 5 Avenue, 4 5 6 B D E F V nearby.

## Day Trip Meeting Places (continued)

### Port Imperial Waterway

**Terminal:** North End Avenue, south of Vesey Street, World Financial Center, Battery Park City, downtown Manhattan. Subways: 1 N R W (N weekdays, W weekends) to Rector Street or Cortlandt Street, C E to World Trade Center.

### Prospect Park Grand Army Plaza:

Flatbush Avenue at Eastern Parkway, Brooklyn. Benches at the Grand Army Plaza entrance to the park. Subways: 2 3 to Grand Army Plaza, F to 7 Avenue, Q to 7 Avenue, R to Union Street.

### Prospect Park Picnic House:

Prospect Park, Brooklyn, West Drive. Enter at Grand Army Plaza, turn left at third traffic light, or enter at Third Street, turn left at first traffic light. Subways: 2 3 to Grand Army Plaza, F to 7 Avenue, Q to 7 Avenue, R to Union Street.

### Roosevelt Island Tramway:

59 Street and 2 Avenue, in Manhattan. Subways: 4 5 6 to 59 Street, N R W (N weekdays only) to Lexington Avenue.

**Shea Stadium:** Roosevelt Avenue and Corona Park, Picnic Area. Subways: 7 to Willets Point/Shea Stadium.

### Soldiers' and Sailors' Monument:

Flatbush Avenue at Eastern Parkway, Brooklyn. Under the arch in the center of the traffic circle (caution!). Subways: 2 3 to Grand Army Plaza, F to 7 Avenue, Q to 7 Avenue, R to Union Street.

### South Ferry:

Auto ticket booth for the Staten Island Ferry, at ground level. The southernmost point of Broadway, at the foot of Manhattan. Also known as the Whitehall Ferry Terminal, located at Whitehall & South Streets. Enter at ground level bike/pedestrian entrance. Please follow ferry crews' instructions. Visit [www.siferry.com](http://www.siferry.com) and [www.transalt.org/info/abroad.html](http://www.transalt.org/info/abroad.html) for more information. Subways: 1 to South Ferry, N R W (N weekdays, W weekends) to Whitehall St, 4 5 to Bowling Green, 2 3 A C E nearby.

## Sunday, January 23rd

### ☺ Frostbite Ride #8: Under And Over The Hudson

10 a.m., City Hall, 35 miles

We go to the World Trade Center PATH station and take it to Hoboken. From there, we go straight north along the Hudson to the George Washington Bridge and across to Manhattan. We pass Seinfeld's old haunt in favor of Italian, Indian eastern European cuisine. After refueling, we again follow the Hudson back to City Hall. Leaders: Ed DeFreitas and Ed Pino.

## Saturday, January 29th

### ☺ Return of the HOT Chocolate Ride

10 a.m., City Hall, 25 hot miles

All year long, I've continued my research study to make this winter's Hot Chocolate ride the best one yet. We're only interested in the finest beverages, of course, but we'll make a real lunch stop in addition to those yummy drinks. Dress warmly and please bring a lock. Bring a few \$ for the HC, too. Leaders: Danny Lieberman and Lee Ann Van Wyck.

## Sunday, January 30th

### ☺ Frostbite Ride #9: Sheepshead Bay and Beyond

10 a.m., City Hall, 35 miles

Yes, it's yet another excursion into the Borough of Churches. We'll check out the Bay Shore Parkway greenway, a path frequented on Bicycle Bum Beach rides that offers a glimpse of the Atlantic Ocean. Bring a lock, \$ for lunch and a camera. You can look but you better not touch (bike) a pedestrian bridge in the area. See [www.transalt.org/bridges/sheep.html](http://www.transalt.org/bridges/sheep.html) to know why. Bring a lock, and \$ for lunch. Leaders: Ed DeFreitas and Ed Pino.

## Saturday, February 5th

### ☺ Chinese Mian Bao Dian Ride

10:30 a.m., City Hall, 20 miles

It's quite a skill. Watch Yang Hua Jie (also known as "Franky") show you how to create Chinese cakes and pastries at his Bay Parkway Mian Bao Dian shop. The place is home for the locals, which includes grandmas from Guangdong, workmen from Fuzhou, teachers from Hong Kong and "foreigners" from Bay Ridge. We'll have to put the cart before the horse as we eat some cakes first and head for lunch second at a Malaysian restaurant in Brooklyn's Ba Da Dao (Eighth Avenue Chinatown). For those

who don't want cake, specially created hot and cold drinks are available too. Bring lock, and lunch money. Enjoy Chinese language fun along the way. Leaders: Richard Sanford and Alfredo Garcia.

## Sunday, February 6th

### ☺ Frostbite Ride #10: Garibaldi And Alice Austen House

10 a.m., City Hall, 20 miles

Get transported again on the Staten Island Ferry for scenic riding. You can get anything you want at Alice's Restaurant-oops wrong song-it's Cargo's. Visit the home of famed photographer Alice Austen, with gleaming views of New York Bay. She won't be home, but appreciates you coming. Check the trip-related website [www.aliceausten.8m.com](http://www.aliceausten.8m.com). Don't worry about Guiseppe Garibaldi, baby. Bring \$ for lunch, a lock and a digital camera. Leaders: Ed DeFreitas and Ed Pino.

## Saturday, February 12th Merchant Marine Convoy

10 a.m., Cunningham Park, 35 moderately hilly miles.

Warm up those dormant cycling muscles on a leisurely ride to the U.S. Merchant Marine Academy in Kings Point, overlooking Long Island Sound (<http://www.usmma.edu>). We'll bike through some scenic residential areas, eat lunch indoors, and then proceed to the Academy. On the way back, we'll enjoy waterfront views in Douglaston Manor and along the Joe Michaels Mile Bike Path. Note: Temperature below 32 degrees one hour before the start, or ANY ice or snow on the road, cancels. Leaders: Ira Najowitz and John Chiarella.

## Sunday, February 13th

### ☺ Frostbite Ride #11: Coney Island Dreaming On Such A Winter's Day

10 a.m., City Hall, 30 miles

To the Borough of Churches we will go. Ride to the serene waterfronts of the Verrazano and Coney Island. Have lunch at renowned Totonno's, prized for its pizza. Check out [http://lid.essortment.com/historyofpizza\\_rmgf.htm](http://lid.essortment.com/historyofpizza_rmgf.htm) for interesting, mouth-watering facts about our standard cycling food staple. Did you know that pizza was first developed by the ancient Greeks, and we consume nearly 4 acres of it a day? Get that mozzarella! Bring a lock and \$ for food. Leaders: Ed DeFreitas and Ed Pino.

## Saturday, February 19th

### ☺ President's Weekend Ride To Fillmore's

9:30 a.m., AYH (Amsterdam Ave & West 103rd St), 30 miles

Join Ed & Liz on our Ride to Fillmore's for lunch. This will be an easy, flat 30-mile ride through Queens. We will circle the globe and eat in a pub-like atmosphere. Bring \$10, a lock, and a big appetite for a real lunch. Leaders: Ed Pino and Liz Baum.

## Sunday, February 20th

### ☺ Frostbite Ride #12: Uncle George's

10 a.m., City Hall, 25 miles

Oceanography, what!? Ride to the borough that brought us the likes of Phil Goldberg, Brian Hoberman, Ira Najowitz, Manny Sanudo and David Seto, and feast on Greek cuisine. Who knows – we might run into Queens' own Steve "Wildman" Brill (see [www.bigfoot.com/~wildmansteve](http://www.bigfoot.com/~wildmansteve)) and want to eat something else. Possible excursions: American Museum of the Moving Image, Socrates Sculpture Park and other waterfront delights. Bring a lock and \$ for lunch. Leaders: Ed DeFreitas and Ed Pino.

## Saturday, February 26th

### Montauk Training Ride #0: Riverdale

9 a.m., Columbus Circle, 25 miles

It's hard to believe that the training ride series is starting this early. BUT, if you can struggle out of the house for this first ride, we'll take an introductory jaunt up and around the Riverdale section of the Bronx. Last year we found a great diner there, and we'll go back! Be sure to bring an extra tube, spare bottle of water – and don't forget to dress in layers. Leaders: Danny Lieberman and Brian Hoberman.

## Sunday, February 27th

### ☺ Frostbite Ride #13:

#### World's Greatest Pancakes, Encore!

10 a.m., City Hall, 35 miles

11 a.m., Staten Island (parking lot on WEST side of ferry building)

Kull-ing all bikes! Kull-ing all bikes! Join us for an encore presentation to conclude our fabled series. Lunch will be extremely warm and delicious, at Bayonne's Broadway Diner. The 5BBC will kick in some moola to this pancake "blow out." Then we will journey further to Liberty State Park, where Ed will give a moving tribute on the Liberation Monument. Ferry and park details are at [www.siferry.com](http://www.siferry.com), [www.nywaterway.com](http://www.nywaterway.com) and [www.libertystatepark.com](http://www.libertystatepark.com). Bring a lock, and \$ for lunch. Note you can also meet this ride by taking the 10:30 a.m. boat from

South Ferry or meet the group on the Staten Island side. Leaders: Ed DeFreitas and Ed Pino.

## Saturday, March 5th

### Montauk Training Ride #1: Sands Point

9 a.m., Cunningham Park, 30 miles

Last week we were testing the waters. This time, we're really serious about getting into shape for the bicycling season. Whether you've been riding with us in the cold or had the bike hanging on the hooks all winter long, it's time to stretch those legs. The first training ride is a short but fun one on the island. Bring or buy lunch. Remember to pack your tools and a spare. Leaders: TBA, in the March/April *Bicycletter*.

## Sunday, March 6th

### Montauk Training Ride #2: Englewood

9 a.m., Columbus Circle, 30 miles

If you couldn't make Saturday's inaugural ride, we've got a similarly short but sweet ride to nearby New Jersey. This one begins at Columbus Circle, our new starting location. Remember to bring a spare and some water to stay hydrated. Bring a lock because we're lunching at the Royal Cliffs diner at the top of the big hill. Leaders: TBA, in the March/April *Bicycletter*.

## Speaking of Montauk...

### Design Needed For 2005 Montauk Century Jersey and T-Shirt

Every year we try to offer a new design for the 5BBC's Montauk Century racing jersey and T-shirt. Time for the artists and designers in our club to step up!

The only restriction is that the design should include the 5BBC logo. (If you can save a place for it, we can insert it). We would prefer one design for the T-shirt and jersey – the jersey is in full multi-color; the T-shirt is usually two-color.

The winner gets fame and fortune, a free jersey and T-shirt, and – two passes to the 2005 Montauk Century ride!

Please submit your design via email only to: [montauk@5bbc.org](mailto:montauk@5bbc.org). **Deadline:** February 1, 2005.

Glen Goldstein

## Day Trip Meeting Places (concluded)

### Staten Island Borough Hall:

Richmond Terrace and Borough Place, Staten Island (near the Staten Island Ferry Terminal).

**Van Cortlandt Park:** Broadway at West 242 Street, Bronx. Last stop on 1 subway train.

**Wakefield:** White Plains Road at 241 Street, Bronx. Last stop on 2 subway train.

**Westchester Square:** East Tremont Avenue, Westchester Avenue and Williamsbridge Road, Bronx. Subway: 6 to Westchester Square.

**White Plains:** Metro-North train station, Hamilton and Ferris Avenues, White Plains, New York (Westchester County).

**White Plains Road:** White Plains Road at Pelham Parkway, Bronx, 2 subway station.

**World Trade Center:** PATH station entrance (top of stairs), Church St at Fulton St, Manhattan. Subways: A C E to World Trade Center, R W to Cortlandt St, 1 to Rector St, 4 5 6 nearby.

**Woodlawn:** Jerome Avenue and Bainbridge Avenue, Bronx. Last stop on 4 subway train. (Golf course about 100 yards north provides car parking for a modest fee.)

## Regional Roundup January–May 2005

To submit rides to add to the listing, please email [daytrips@5BBC.org](mailto:daytrips@5BBC.org)

### The Rides

CAVEAT: This is a list of ride offered by groups other than the 5BBC. In most cases, they are not led by trained 5BBC leaders. However, note that the Weekday Cyclists trips (2005 schedule to come) are organized by Trudy Hutter, who is a 5BBC leader.

#### Friday, January 7th Central Park Moonlight Ride 10PM, Columbus Circle

Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

#### Saturday, January 8th Prospect Park Moonlight Ride

9PM, Grand Army Plaza  
Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

#### Saturday, January 29th Riverside Ride

10PM, Columbus Circle  
Contact: [www.times-up.org](http://www.times-up.org)  
Organizer: Time's Up  
This is a night ride: Bring lights!

#### Friday, February 4th Central Park Moonlight Ride 10PM, Columbus Circle

Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

#### Saturday, February 12th Prospect Park Moonlight Ride

9PM, Grand Army Plaza  
Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

#### Saturday, February 26th Riverside Ride

10PM, Columbus Circle  
Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

#### Friday, March 4th Central Park Moonlight Ride 10PM, Columbus Circle

Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

# Here Come the 2005 Weekend Trips!

Yes, that warm sunbeam of summer vacation light is just around the corner, and the 5BBC needs your input. Yes, it's once again time for the 5BBC's annual "Phil O'Reilly Blizzard of Oz," the Weekend Trips planning meeting.

This year, it's scheduled for **January 22, 2005, 1:00 pm**, at the AYH, 891 Amsterdam Ave, NYC, in our new meeting destination, Room 002.

As 5BBC members AND paying customers, this is the opportunity for you to share your ideas, your thoughts, and yes, even your money. If you've been on a 5BBC Weekend Trip, you know what it offers – fun, excitement, style and affordable escape. Now help us spread the word, and influence what kind of destinations the 5BBC will visit during 2005.

Refreshments will be served. Please give us advance word, though, if you're coming so we know just how much food to order. You can drop a note to [weekends@5bbc.org](mailto:weekends@5bbc.org) or call 212-932-2300, ext. 115 by **Wednesday, January 18**.

Just think of what lies ahead. The 5BBC and its predecessor clubs have been running these "status symbol" vacations for years ... perhaps decades. Eons! They've become ingrained into our collective sub-conscious. Even the hint of that sunbeam during the long winter's night will evoke passionate thoughts of cycling amongst vintage locales... Cape Cod... the Vineyards of Long Island... the Amish country. Hey, if this was O'Reilly writing, he'd say that sunbeams don't cause passion, nighttime does.

## They Ain't What They Used To Be

But let's face it - none of us are getting any younger. Neither is our van equipment. When you indulge in one of our famous and fabulous excursions, we use those elaborate contraptions to load and secure your gazillion-dollar bicycles.

But those contraptions, those racks and trays have taken a beating. We are quite literally facing the moment in history when our current system of running weekend trips may need drastic surgery.

One may ask, why doesn't the Club simply purchase new van equipment? Good question, but the answer to that is not so simple – the company that manufactured our equipment bit the dust years ago. Modern van equipment, for lack of a better term, just won't work. Yakima or Thule roof racks dominate the market, but for vans they are intended to be a "one time" installation not really meant for constant installing and removal. The 15-passenger vans that the 5BBC uses, alas, are rentals. So we can't just leave the rack on.

Second, such racks must be ordered to fit a particular vehicle's make, model and year. Thus, a rack that is purchased in 2004 or 2005 might not fit a 2006 rental vehicle. Or, if we get a new rack that fits a Ford van and the rental company gives us a Chevrolet van, we're stuck.

Third, those racks are heavy! We need a couple of Hercules just to lift the damn things onto a van's roof. Then, someone – namely, a Weekend Trip leader – would have to climb atop the van's roof in order to lock the bikes into these clamping devices. Believe us... we've done it already twice, and it's not an easy task. That's why the "upside down" rack and tray system we use now is so efficient: the racks are relatively light, the trays are light, and it's relatively easy to position the bikes on top of the van.

But those "upside down" rack systems now have been used for perhaps 30 years of usage. They deserve a rest. In order to stretch out our equipment's useful life, the 5BBC is rethinking its strategy. We have several ideas that everyone should think about:

- 1) Car Pooling. That's right – you, our faithful public that own vehicles – combine talent and transport for your fellow cyclists to points beyond, running a few 2005 Weekend Trips via Car Pooling.
- 2) In conjunction with car pooling, the 5BBC could invest in the racks made by Saris or Allen that are easily mountable on the trunks and bumpers of just about any vehicle.
- 3) We could make better use of Metro-North and the LIRR for "self-contained" weekends to destinations that are within reasonable cycling distances of train stations.
- 4) The 5BBC is also considering whether it makes sense to rent mini-buses or full-size buses for popular trips that would also hold bicycles.
- 5) A similar idea is to rent a combination of passenger vans with supporting cargo trucks. This method, though, may increase trip costs.

As you can see, it's not easy. That's why your input is so valuable. Trust me, people, we're open to all your ideas to make 2005 Weekend Trips a terrific experience. Look for further information on scheduled trips in upcoming issues of *Bicycletter*, and the 5BBC website.

Ted Kushner  
Weekend Trips Coordinator, 2005  
[weekends@5BBC.org](mailto:weekends@5BBC.org)



# 5BBC Executive Board Minutes— November 2, 2004

**Members in Attendance.** Jesse Brown, Robert Castro, Ed Defreitas, Peter Engel, Alfredo Garcia, Phil Goldberg, Barry Hartglass, Brian Hoberman, Danny Lieberman, Andrea Mercado, Ed Pino, Jim Zisfein, David Seto, and Ira Najowitz, Wentworth Price. Ted Kushner was present at the request of the Board.

**2004 Montauk Century Final Report.** Special Events Coordinator Wentworth Price submitted a written report to the 5BBC Board on the 2004 Montauk Century. With 1,122 registered riders, it had the largest number of participants in the ride's history. Riders paid an average of \$53, a \$3 reduction from 2003. Registrants were 66% male, 34% female. The average age of riders was 40, up from 37 in 2003. According to the report, 5BBC members accounted for 17% of registered riders. Other highlights:

18% of riders chose the 140-mile route, 42% the 100-miler, 34% the 65-miler, 6% were undecided.

91% registered online, 2% registered offline (more than double last year's figure) and 7% signed up on tour day, almost triple 2003

Advanced souvenir sales included 94 jerseys, 95 polo shirts, and 74 people selected advanced shipping. 70% of registrants requested the free bandana

**Lawsuit.** President Ed Pino reported that the lawsuit filed by a Recycle-A-Bike member injured prior to the 2001 Montauk Century may go to discovery. The Club is fully insured in the remote possibility that any blame is attributed to the 5BBC.

**Facilities.** Ed Pino has spoken several times with executive director Pam Tice of BIKE NEW YORK about plans to share Room 103 at NY-AYH at 891 Amsterdam Avenue. The room is suitable for 5BBC Board Meetings. 5BBC General Meetings will have to be elsewhere, or paid for with Club funds. An additional room on the first floor of AYH may shortly become available. The 5BBC still needs to

find a location other than AYH for the 2005 Montauk Century.

**Non-5BBC Pictures on Club Website.** All Board members agreed that Webmaster Jim Zisfein would have discretion to post pictures to [www.5BBC.org](http://www.5BBC.org) of Club members participating in non-5BBC events. The first example of this policy is a picture of 5BBC ride leader John Chiarella being interviewed by WINS-AM news reporter Steve Kastenbaum during the October 29 Critical Mass ride.

**Bicycle Repair.** Barry Hartglass reported that the October 6th repair class had 11 attendees. The class, led by Neil Cook, had two 5BBC ride leaders in attendance and the Club gained 3 new members following.

**Treasurer's Report.** Robert Castro confirmed that the 2004 Montauk Century yielded a net profit of \$7,600. These gains subsidized core activities which showed a net loss of \$4,000. Bicycle Repair courses have also shown profits during 2004, while 5BBC Weekend Trips showed a loss due to cancellations. Finally, there are approximately \$800 in unclaimed leader incentive awards. As a result, they will be credited back as contributions.

**Weekend Trip Insurance.** Robert Castro and Barry Hartglass are in the midst of research and investigation to find a more comprehensive insurance policy for 5BBC Weekend Trips.

**Bike Rack Updating.** Incoming 2005 Weekend Trips Coordinator Ted Kushner has conducted preliminary research to update the bicycle racks currently used on weekend trips. These racks are nearing 30 years of age and the 5BBC needs alternatives. The Board discussed such options as hiring an additional cargo van for Weekend Trips that carries bicycles, and follows a 15-passenger van. Kushner will continue to investigate.

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(718) 802-1972 [sethasber@mindspring.com](mailto:sethasber@mindspring.com)

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## Renew your 5BBC Membership

Renew now, and it's good through December 2005. You can even do it online:

<http://www.5bbccorg/join5bbc.shtml>

## Regional Roundup January—May 2005 (Continued)

**Saturday, March 12th  
Prospect Park Moonlight Ride**  
9PM, Grand Army Plaza  
Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

**Saturday, March 26th  
Riverside Ride**  
10PM, Columbus Circle  
Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

**Friday, April 1st  
Central Park Moonlight Ride**  
10PM, Columbus Circle  
Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

**Saturday, April 9th  
Prospect Park Moonlight Ride**  
9PM, Grand Army Plaza  
Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

**Saturday, April 23rd  
Earth Day Bicycle Events -  
To Be Announced!**

**Sunday, April 24th  
Bike New York Marshal's  
Pre Ride**  
Organizer: Bike New York  
Contact:  
[volunteers@bikenewyork.org](mailto:volunteers@bikenewyork.org)

**Saturday, April 30th  
Riverside Ride**  
10PM, Columbus Circle  
Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

**Sunday, May 1st  
Bike New York—The Great Five  
Boro Bike Tour**  
Organizer: Bike New York  
Contact: [www.bikenewyork.org](http://www.bikenewyork.org)

**Friday, May 6th  
Central Park Moonlight Ride**  
10PM, Columbus Circle  
Organizer: Time's Up  
Contact: [www.times-up.org](http://www.times-up.org)  
This is a night ride: Bring lights!

**Sunday, May 15th  
Montauk Century 2005**  
Organizer: 5BBC  
Contact and Information:  
[www.5BBC.org/montauk](http://www.5BBC.org/montauk)  
[Montauk@5BBC.org](mailto:Montauk@5BBC.org)

# Five Borough Bicycle Club Registration Form

Name(s) \_\_\_\_\_  
(please print)  
Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Day Phone \_\_\_\_\_ Evening Phone \_\_\_\_\_

E-mail address \_\_\_\_\_

Do not list my  telephone number  address  e-mail address in the club roster.

Please do not give my name and address to other cycling organizations.

Yes, I would like to receive weekly e-mail from the club about upcoming rides and events.

(The e-mail will contain no advertising, and we will never give away your e-mail address to others.)

No, I do not want to receive e-mail from the club.

5BBC Membership: \$20 or \$25 for 2 members of the same household ..... \$ \_\_\_\_\_

(Please  type of membership below)

2 Members at the Same Household  New Individual Member  Individual Member Renewal

Bicycle Repair Course: \$25 for Members / \$35 for Non-Members. .... \$ \_\_\_\_\_

5BBC Lady Liberty Jersey (indicate S, M, L, XL, XXL, XXXL) \$55 members, \$70 non-members (add \$5 shipping) ..... \$ \_\_\_\_\_

Limited Edition Greek Coffee Cup Jersey (indicate S, M, L, XL, XXL, XXXL)  
\$53 members, \$68 non-members (add \$5 shipping) ..... \$ \_\_\_\_\_

5BBC Patch \$3 members, \$5 non-members (add \$1 shipping) ..... \$ \_\_\_\_\_

**Total Enclosed** (Make checks payable to Five Borough Bicycle Club) ..... \$ \_\_\_\_\_

Waiver and Release of Claims: In consideration for your acceptance of my application for membership in the Five Borough Bicycle Club, I, the undersigned, for myself, my heirs, executors, administrators and assigns, waive and release any and all claims for damages, for death, personal injury or loss of property which I may have or which may accrue to me as a result of my participation in Club activities. I, the undersigned, discharge and release the Five Borough Bicycle Club and all other sponsoring organizations, and their respective agents, boards, commissions and any other involved municipalities, and employees and representatives of the foregoing, from all liability arising out of or connected in any way with my participation in Club activities, whether or not caused by the negligence of any of the above parties. I acknowledge that bicycling and other activities of the Club may involve risks, including risks associated with the conditions of the road, the risk of falling, collision with other bicyclists, motor vehicles, or stationary objects. My participation is voluntary and done at my risk. I voluntarily assume all risks of loss, damage or injury that may be sustained while participating in Club activities. I attest that I am sufficiently trained for bicycling and I recognize that bicycling can be physically demanding. I acknowledge the Club's recommendation that I consult with a physician

regarding the advisability of my participation in Club activities. I understand and agree that medical or other services rendered to me by or at the insistence of any of the above parties are not an admission of liability to provide or continue to provide such services, and are not a waiver by any of the said parties of any right hereunder. I understand that serious accidents may occasionally occur during Club activities and that participants in such activities may sustain mortal or serious injury as a consequence of their participation. Nevertheless, I agree to assume these risks and to release and hold harmless all of the persons mentioned above who might otherwise be liable to me for damages. I attest that the equipment I will use in Club activities is in good mechanical condition. **I understand that bicycle helmets can prevent some serious injuries and I agree to wear one while participating in Club-sponsored bicycle rides.** I agree to abide by the rules of the Club and follow the directions of the leaders and marshals of Club activities. I have read and understand everything written above and I voluntarily sign this agreement. (NOTE: If under age 18, the signature of a parent or guardian is required.)

I further affirm that I am  over 18  under age 18.

Signature \_\_\_\_\_ Date: \_\_\_\_\_

Name of Parent/Guardian \_\_\_\_\_

Agreement by Parent/Guardian of a Minor I attest that I am the parent or guardian of the minor child applying for Club membership. I have read and understand the membership application and waiver and release of claims above and agree to its terms on behalf of myself and the child in consider-

ation of his or her being allowed to participate in Club activities. Further, I fully understand that the child will be bicycling on public roads, in traffic. I further attest that I will maintain the equipment the child will use in Club activities in good mechanical condition.

Signature of Parent/Guardian \_\_\_\_\_ Date \_\_\_\_\_

**Return completed application along with check or money order to:**

**5BBC Membership, 891 Amsterdam Avenue, Room 002, New York, NY 10025-4403**

# Membership Card

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.

We're sure it will become your most important piece of identification.

Best of all, show it at any of the shops listed below for a discount on many items.



## Flash your 5BBC Membership Card at these Bike Shops

### Bronx

Westchester Bike Pro Shop  
2611 Westchester Avenue  
Bronx, NY 10461 718 409-1114

### Brooklyn

Bay Ridge Bicycle World  
8916 3rd Avenue  
Brooklyn NY 11209 718-238-1118

Bicycle Station  
560 Vanderbilt Avenue  
Brooklyn NY 11238 718-638-0300

Roy's Sheepshead Cycles  
2679 Coney Island Avenue  
Brooklyn NY 11235 718-646-9430

Sizzling Bicycle  
3100 Ocean Parkway  
Brooklyn NY 11235 718-372-8985

Verrazano Bicycle Shop  
7308 5th Ave  
Brooklyn NY 11209 718-680-6521

### Manhattan

A Bicycle Shop  
349 West 14th Street  
New York NY 10014 212-691-6149

Bicycle Habitat  
244 Lafayette Street  
New York NY 10012 212-431-3315

Bicycle Renaissance  
430 Columbus Avenue (81st Street)  
New York NY 10024 212-724-2350

Champion Bicycles  
896 Amsterdam Avenue (103/104 St)  
New York NY 10024 212-662-2690

Chelsea Bikes  
156 West 26th Street (7th Av)  
New York NY 10001 646-230-7715

Conrad's Bike Shop  
25 Tudor City Place  
New York NY 10017 212-697-6966

Gotham Bikes  
112 West Broadway  
New York NY 10013 212-732-2453

Midtown Metro Bicycles  
360 West 47th Street  
New York NY 10036 212-581-4500

Sid's Bike Shop  
235 East 34th Street  
New York NY 10016 212-213-8360

### Queens

Bellitte Bicycles  
169-20 Jamaica Avenue  
Jamaica NY 11432 718-739-3795

Bike Stop  
37-19 28th Avenue  
Long Island City NY 11103  
718-278-2453

Bill's Ozone Park Bicycles  
108-11 Liberty Avenue  
South Richmond Hill NY 11419  
718-641-1880

Peak Mountain Bike Pro Shop  
42-42 235th Street  
Douglaston, NY 11363 718-225-5119

### Long Island

The Bicycle Planet  
540 Jericho Turnpike  
Syosset NY 11791 516-364-4434

Bike Discounters  
2503 Middle Country Road  
Centereach NY 11720 631-471-3230

Bike Discounters  
287 Portion Road  
Ronkonkoma NY 11779  
631-737-9282

Brands Cycle Center  
1966 Wantagh Avenue  
Wantagh NY 11793 516-781-6100

Carl Hart Bicycles  
620 Middle Country Road  
Middle Island NY 11953  
631-924-5850

Sayville Bike Works  
75 Main Street  
West Sayville NY 11796 631-589-0009

Visentin Bike Pro Shop  
51 Pine Hollow Road, Rte. 106  
Oyster Bay NY 11771 516-922-2150

### Westchester

Bicycles Unlimited  
141 East Main Street  
Elmsford NY 10523 914-592-7979

Pelham Bicycle Center  
109 Wolfs Lane  
Pelham, NY 10803 914-758-3338

Sierra Cycles  
46 Garth Road  
Scarsdale, NY 10583 914-725-8333

### Connecticut

Baybrook Bicycles  
243 Captain Thomas Blvd  
West Haven CT 06516 203-933-4576

Baybrook Bicycles  
252 College Street  
New Haven CT 06510 203-865-2724

Newington Bicycle  
1030 Main Street  
Newington CT 06111 860-667-0857

### New Jersey

Bicycle Workshop  
175 Country Road  
Tenafly, NJ 07670 201-568-937

## 5BBC Holiday Party 2004



When 5BBCers get together, infectious smiles tend to break out (photo: Sharon Behnke).



Phil O'Reilly and Nancy Asquith (photo: Sharon Behnke).



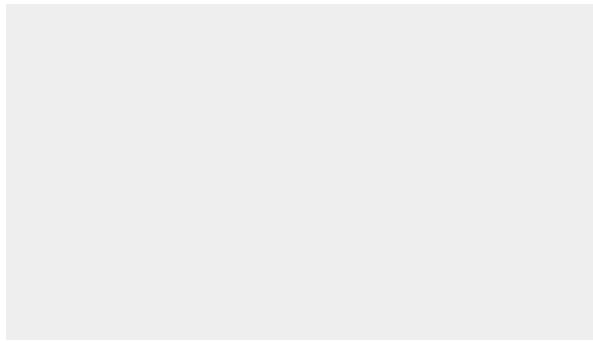
Party animals John Chiarella and Liz Baum share a lighter moment for the camera (photo: John Chiarella).



c/o Bike New York  
891 Amsterdam Avenue, Room 002  
New York, NY 10025-4403

Address Service Requested

First Class Mail  
US Postage  
PAID  
New York, NY  
Permit # 4836



## About the Five Borough Bicycle Club

The Five Borough Bicycle Club is a nonprofit association encouraging people to enjoy the outdoors via bicycling. The club is located at the New York International HI-AYH Hostel, along with the HI-AYH-affiliated Ski Club of New York. Bicycle club programs include bicycle trips, education, and special events. Club meetings are usually held at the hostel unless noted. General Meetings are open to the public and usually held monthly. Please check the *Bicycletter* and the website [www.5BBC.org](http://www.5BBC.org) for exact dates and locations. You can also contact the Programs Coordinator at [Programs@5BBC.org](mailto:Programs@5BBC.org). Executive Board Meetings, which are open to club members who have contacted the club president prior to the meeting, are usually held on the first Monday of each month.

Bicycle club membership requires \$20, or \$25 for 2 members of the same household, and is valid through December 31; membership initiated after October 1 is valid through December 31 of the next year.

Submissions to the *Bicycletter* are encouraged: on CDs or 3.5" disks accompanied by hard copy; or by e-mail to [newsletter@5BBC.org](mailto:newsletter@5BBC.org). Please limit articles to 800 words. Classified ads are free to members.

The views expressed herein do not necessarily reflect those of the 5BBC.

The deadlines for submissions to the *Bicycletter* are the first day of the month prior to the issue. The deadline for submissions for the January–February 2005 issue is Friday, February 3, 2005.

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*Bicycletter* January–February 2005  
Volume 15 • Issue 1

Newsletter Editor: Peter Engel  
Graphic Designer: Jane O'Wyatt

*Bicycletter* is a bimonthly publication of the Five Borough Bicycle Club, with offices at 891 Amsterdam Avenue, Room 002, New York, NY 10025-4403.

### Renew your 5BBC Membership

Renew now, and it's good through December 2005. You can even do it online:  
<http://www.5bbccorg/join5bbc.shtml>

## Contacting Us

The 5BBC has office hours on Wednesday evenings between 7 and 9 in Room 002 at the New York International HI-AYH Hostel, 891 Amsterdam Avenue, New York, NY 10025-4403. To phone the Bike Club during those office hours, you may call (212) 932-2300 x115. At other times, you may hear information or leave a message using the following voicemail system:

New York HI-AYH Hostel  
**(212) 932-2300**  
Press 7 "Sports Clubs"  
Then: Press 1 - Bike Club (5BBC)

After you press 1,  
for information you may:  
Press 1 - Membership  
Press 2 - Day Trips  
Press 3 - Weekend Trips  
Press 4 - Special Events  
Press 5 - Bicycle Courses

(Note: Please listen to the prompts. You do not need to listen to the entire message to enter the next number.)

**E-Mail: [Info@5BBC.org](mailto:Info@5BBC.org)**  
**<http://www.5BBC.org>**

For Bike New York, call directly:  
(212) 932-BIKE.