



Central Jersey Bicycle Club, Inc.
Over 40 Years and Still Rolling

Established 1968

April 2015

Number 4

Upcoming Meetings:

General Meeting

April 20, 2015 7:00 PM
Metuchen Library
480 Middlesex Ave, Metuchen

Board Meeting

May Date To Be Determined
Location To Be Determined

CJBC's Spring Member Appreciation Ride 2015

will be held on Saturday, April 18th, 10:00 am at Colonial Park Lot "F"

Somerset, NJ. There will be three rides categories: B, C, D with a complimentary lunch at "New World Pizza" in Blawenburg, NJ.

So dust off your bikes, lube the chains & come out to celebrate Springtime by attending this ride in a beautiful area of NJ. Volunteers are needed to lead either of these rides. Please step up & respond if interested or have any questions. Cue sheets will be provided.

Thank You and see you there! **John Colasanti & Jim Spada**

This is the topic of the April General Meeting:

Have you ever wanted do a bike ride in other parts of the country on your own bike? Don't want to have to resort to renting one. Come to the April general meeting for a presentation by Kim's Bike Shop on how to dismantle your bike for shipping so it arrives safely at your destination.

Dave Lewis

APRIL EVENT CALENDAR

APRIL						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1		2	3	4
				C 4/3 35+/- Friday on Thursday - Ben	GOOD FRIDAY	PASSOVER (1ST DAY) C 4/3 35 Friday? On Saturday - Ben
5	6	7	8	9	10	11
EASTER SUNDAY			Friday? On Wednesday C 4/3 35+/- Ben			C 4/3 44 Friday? On Saturday - Ben
12	13	14	15	16	17	18
		C 4/3 35+ Friday on Tuesday - Ben		C 4/3 35+ Friday on Thursday - Ben		Ocean To Bay Bike Tour In Bethany Beach Delaware. Member Appreciation Ride, 10:00 am, Colonial Park, Lot 'F', Somerset, NJ
19	20	21	22	23	24	25
C 4/3 35+ Friday on Sunday - Ben	General Meeting		Friday? On Wednesday C 4/3 35+/- Ben			
26	27	28	29	30		
		C 4/3 35+ Friday on Tuesday - Ben				

*** The event calendar can also be viewed on the CJBC website at www.cjbc.org. Be sure to check the Event Calendar on the website often. New rides may be listed at any time and the printed calendar in this newsletter shows rides submitted as of the 24th, give or take, of last month.**

Ride Schedule

Thursday, April 2

Friday? On Thursday

Ben, 609-655-0979

Pace: C

Terrain: 4/3

Distance: 35± miles

Time: 10:00 AM

Village Park, Cranbury, NJ.

Please call if you are planning to attend.

Wednesday, April 8

Friday? On Wednesday

Ben, 609-655-0979

Pace: C

Terrain: 4/3

Distance: 35+ miles

Time: 10:00 AM

Village Park, Cranbury, NJ.

Please call if you are planning to attend.

Tuesday, April 14

Friday? On Tuesday

Ben, 609-655-0979

Pace: C

Terrain: 4/3

Distance: 35+ miles

Time: 10:00 AM

Thompson Park, Jamesburg, NJ.

Please call if you are planning to attend.

Saturday, April 4

Friday? On Saturday

Ben, 609-655-0979

Pace: C

Terrain: 4/3

Distance: 35 miles

Time: 10:00 AM

Thompson Park, Jamesburg, NJ.

Please call if you are planning to attend. Possible route - Cue sheet on our website at Jamesburg #5 35 Miles to Millstone.

Saturday, April 11

Friday? On Saturday

Ben, 609-655-0979

Pace: C

Terrain: 4/3

Distance: 44 miles

Time: 10:00 AM

Thompson Park, Jamesburg, NJ.

Please call if you are planning to attend.

Thursday, April 16

Friday? On Thursday

Ben, 609-655-0979

Pace: C

Terrain: 4/3

Distance: 35± miles

Time: 10:00 AM

Village Park, Cranbury, NJ.

Please call if you are planning to attend.

Sunday, April 19

Friday? On Sunday

Ben, 609-655-0979

Pace: C

Terrain: 4/3

Distance: 35+ miles

Time: 10:00 AM

Thompson Park, Jamesburg, NJ.
Please call if you are planning to attend. Call by 5PM Saturday.

Wednesday, April 22

Friday? On Wednesday

Ben, 609-655-0979

Pace: C

Terrain: 4/3

Distance: 35± miles

Time: 10:00 AM

Village Park, Cranbury, NJ.
Please call if you are planning to attend.

Tuesday, April 28

Friday? On Tuesday

Ben, 609-655-0979

Pace: C

Terrain: 4/3

Distance: 35+ miles

Time: 10:00 AM

Thompson Park, Jamesburg, NJ.
Please call if you are planning to attend.

We suggest you call the ride leader if you intend to join a ride. The leader does not have to ride if no calls are received and if the leader has your number you can be informed of any last minute changes. We also encourage you to contact us regarding rides you'd like to see and if you would be interested in becoming a ride leader.

Ad-Hoc rides are last minute ride postings.

Ad hoc rides are rides that are posted at least 2 days before the ride takes place. This amount of time is necessary so the notification is published on time.

See our rides schedule on our web site: [website's Event Calendar](#) (check the rides schedule often as new rides may be listed at any time; sometimes as little as two days before the ride).

Ride Leaders

Please send all Ride Rosters to:

[Award Chair](#)

P.O. Box 10686, Brunswick, NJ 08906

Rides scheduled through Memorial Day should be sent by June 21.

Rides scheduled after Memorial Day thru Columbus Day should be sent by November 1.

Rides scheduled after Columbus Day thru New Year's should be sent by January 15.

Ride Classifications

PACE CATEGORIES - Road bike recommended

AX For strong, experienced cyclist in top physical condition. Average speed is 18 mph or more.

A+ For strong, experienced cyclist. Average speed is 17 to 18 mph.

A For strong, experienced cyclist. Average speed is 16 to 17 mph.

A- For strong experienced cyclist. Average speed is 15 to 16 mph.

B+ For good, competent cyclists. Average speed is 14 to 15 mph.

B For good, competent cyclists. Average speed is 13 to 14 mph.

B- For good, competent cyclist. Average speed is 12 to 13 mph.

C+ For average cyclists. Average speed is 11 to 12 mph.

C For average cyclists. Average speed is 10 to 11 mph.

C- For average cyclists. Average speed is 9 to 10 mph.

D For novice cyclist. Average speed is 9 mph or less.

Speeds indicate average upon completion of ride. Speeds will vary during ride depending on terrain.

TERRAIN RATINGS

1 Hill Mania (multiple long and/or steep climbs)

2 Large Hills (such as Hillcrest Road in Warren or Johnston Drive in Watchung)

3 Rolling Hills (such as Valley Road in Warren Township)

4 Mostly flat (except for occasional overpasses)

ATB RATINGS- For All-terrain and hybrids. Average speed will vary with terrain and rider's experience.

1 Log Novice. Basically flat. Typically tow paths and fire roads.

2 Logs Intermediate. Rolling. Rough paths and fire roads.

3 Logs Advanced. Numerous steep hills, some technical

MTB RATINGS- For All-terrain bikes only. Speeds will vary.

1 Log Novice. Basically flat to smooth.

2 Logs Intermediate. Rolling, rugged.

3 Logs Advanced. Hilly, technical.

Monthly Events from Sunshine Committee

Want a treat?

You know the trick

Let me know by

May, June or July

*Safe
Riding,*

Andrie
SunshineCmte@cjbc

SUNSHINE COMMITTEE: Andrie Young, SunshineCmte@cjbc.org



Meeting Minutes

March 23, 2015

Attendees

Board Members attending:

Ben Blum – President

John Colasante – Member-at-Large & Farmlands Chair

Joe De Simone – Membership

David Lewis – Program Chair

James Spada – Member-at-Large

Scribe

Carey Ann Kotake

Agenda

1. President's comments plus reminder to send Carey Ann minutes
2. Farmlands Report
3. Officers Reports
4. Old/New Business topics received by Thursday March 19

My items (Updated from July 27 2014 Topics)

1. Change phone plan
2. Posting Neil Cherry's weekly rides
3. Contacting Mark Heck and posting his weekly rides
4. Posting links and payment info for events. Posting additional info. Possibly utilizing features Manny likes.
5. Posting a 'Register' Button for events not only for other orgs but for farmlands and longest day
6. Getting leaders to lead D rides. **Getting leaders period.**
7. Polling membership for desired rides
8. Follow-up on Diane P. notification of other double metric riders on longest day
9. [2016 membership on active.com](#)
10. [2016 farmlands on active.com](#)
11. 2015 longest day on active.com
12. Incorrect email addresses in database
13. Contacting members opting out of emails
14. Forums on the website, facebook
15. [Awards 2015 tally ride sheets](#)
16. Remind ride leaders to submit ride sheets quarterly and no later than jan xx
Also high mileage award(s)
17. Sunshine committee
18. Proofreading the hub
19. Managing the google group
20. Getting [2013](#) and [2014](#) volunteer lists
21. [Ride leaders and potential leaders meeting \(lunch/dinner\)](#)
22. Form/spreadsheet task
23. info@cjbc correspondence
24. Special meeting to train the board and maybe [eliminate the website and just have a google or yahoo group](#).
25. Lab membership for all members
26. Nominating committee
27. Treasurer's reports
28. Sponsors renewals (see John C.)

New

Farmlands mail-in registration
Cue sheets for GPS
2 Raffles
Treasurer 'report' in HUB

John Colasante's items

1. In the Hub we have various advertisements, we need to add our current sponsors/partnerships and delete some older ones. Should probably do it every year. And maybe charge a fee for advertising?
 2. Change the membership renewal month to March or April; with the weather is turning warmer, cycling comes to mind.
- Besides, too much going on during the turn of the New Year.

Old Business

- Joe is sending bills to club sponsors.
- Website critique: there is too much content on front page.
- Club Phone Plan
 - \$45 per month AT&T
 - Used mostly for Farmlands for cue sheets
 - Find new phone plan for half the price

- Longest Day
 - Looking for owner
 - No response to email asking for volunteer chair
- Facebook and forums on website need an owner
- Proofreading the Hub—needs owner

New Business

- Annual Picnic in July or August. Looking for someone to chair. Joe?
- Two items to raffle off: Road ID and Vermont Challenge swag. Raffle off at volunteers' dinner.
- Please review email calling for volunteers. Read the draft and email comments to Ben.
- 2014 Treasurer's Report and 2014 Farmland report needed. Preferably out of Quicken.
- Volunteers' dinner in the past was immediately after Farmlands. This year dinner will take place at a later date so all volunteers can attend.
- Members at Large should start thinking about Tom Koenig Memorial Anniversary Ride in September or October
- Sunshine Committee—Presents are being given to participating members
- Discuss members who opt out of emails

Farmlands: Volunteers

- 47 Volunteers to date
- 20-30 on Joe's list have not been contacted
- 12 volunteers from Habitat for Humanity.
 - 2 at each rest stop (8 total)
 - 4 at the college
- Put 2 Habitat for Humanity volunteers at cue sheet table and have 1 give out water bottle
- Need 2 SAG's at the college
- Ideally SAG chair does not go out
- Joe and John will be at the college
- John and Joe will gather information regarding T-shirts and lunches for volunteers

Farmlands: Registration and Financials

- No mail in registration this year.
- 302 pre-registers
- 78 lunch orders (does not include volunteers)
- 302 T-shirts (does not include volunteers)
- Total Income: \$9,834.00 (\$624 for lunches)
- Treasurer to provide 2014 itemized Farmlands report
- Remember to bring paper copies of all registrants. This year, print out final spreadsheets.
- Keep registration page updated. Remove old information. Add this item to checklist for next year.
- Cliff Bars cannot sponsor Farmlands. We informed Cliff Bars that we are interested in purchasing product at a discount. Have not received a call back.

Farmlands: Routes

- Are Farmland routes changing? Mike says routes remain the same.
- Need to ride or drive the routes
- Not painting until mid-April
- GPS Cue Sheets
 - GPS cue sheets will be sent out in email blast two weeks before event when registration closes.
 - Email will have link to Rider GPS website to directly upload route to GPS.
 - Requests for GPS cue sheets have been informed the information is upcoming.
 - Rider GPS cue sheets were provided by John Eisman in 2013.
 - Should be reviewed for problems and/or detours.

Membership

- Losing members to Morris Club
 - Nobody leads faster rides
 - Not enough rides to encourage members to join.
- Down from 1500 members in the 1980's
- Change renewal to warmer weather months—requires change in bylaws.
- Change renewal schedule to an annual renewal scheme. Join in June, renew in June.
- Year to date—122 members
 - 19 One Year Families
 - 76 One Year Individuals
 - 7 Two Year Families
 - 6 Two Year Individuals
 - 3 Three Year Families
 - 9 Three Year Individuals

Monthly General Membership Meeting

- April General Membership Meeting
 - Kim's Bike Shop in New Brunswick presenting tutorial on how to dismantle a bicycle for shipping
- Possible guest at future General Membership Meeting—Ben's friend with ALS

Sponsors and Advertising

- Consider not charging sponsors
- Possibly charge a fee for advertising/placing icons on Hub
- Hold off on above until May when Joe's letters go out
- Cannot change fee schedule until end of fiscal year

Motions

- Financial reports should not be made available to the public.
 - People have complained club does not give to charity
 - Club financials are relevant only to club members
 - Financial reports will be limited to member access via website.
 - Information will be provided on website pointing to location of reports.
 - Location—Club Document Library/Financial Reports
 - Motion Passed

Rides and Posting Rides

- Neil Cherry
 - Andrea used to post his rides
 - We're missing 4 rides a month
- Mark Heck—same
- Encourage people to lead rides
- Member Poll: Where would you like rides to originate?
- Someone needs to own 2016 membership in October on Activelink
- Ride Sheets in PO Box. Need someone to collect and tally.
- Procedure for submitting rides
 - Ride leader goes to google forum
 - Google forum feeds a google spreadsheet
 - Spreadsheet has 4-5 different forms
 - Copy and paste form information into the Hub and then to the calendar
 - Ride leader fills out form
 - Every month we need a new form and a new spreadsheet



OCEAN TO BAY BIKE TOUR

Ride the Beaches, Bay & Beyond Saturday, April 18th, 7:30am - 4pm

Registration for the 26th Annual Ocean to Bay Bike Tour is opened.

Join more than two thousand cyclists, of all ages and skill levels at this award-winning event!

Do not delay; get the best price with early registration.

BIKE TOUR QUICK INFO

All routes start and end in Bethany Beach. All routes feature a "Show & Go" start after the ceremonial start at 7:30 a.m. Choose from a 5-, 30-, 50-mile or Metric Century route. Completion of the ride is optional. Sag Wagon support available from 7:30 a.m. to 2:30 p.m. Designated rest stops with restrooms, food & beverages. Continue the Tour After Party: from 10 a.m. to 3 p.m. (music, food, door prizes, and more!) The ride will take place rain or shine. However, if extreme weather is forecasted, the Bike Tour may be canceled. No refunds will be given.

RIDE SCHEDULES & ROUTES

Due to the number of cyclists on the roads event day, all cyclists must follow the below schedule to ensure the safety of everyone. Please refer to cue sheet for hours and locations of each rest stop. Bib numbers must be visible for entry at all rest stops.

Suggested Start Time & Cue Sheet:

Courtesy of [COASTAL SPOKES CLUB](#) *(Maps are subject to minimal changes until March 2015)*

- [Metric Century](#): 7:30 am
- [50 Mile Route](#): 8:00 am
- [36 Mile Route](#) : 8:30 am *NEW ROUTE! Added rest stop and 30 mile "bail out" optional route
- [Five Mile Family Fun Ride](#): 9:00 am

<http://business.bethany-fenwick.org/events/details/ocean-to-bay-bike-tour-834>



4th Annual Delaware Gran Fondo

Cycling Event & Street Festival

Friday - Sunday, May 15 -17, 2015

Start location: Delaware Art Museum, 2301 Kentmere Parkway, Wilm., DE 19806

Start time: Mass start at 8am

Description: A bucket-list ride through world-class attractions. A scenic but challenging 100-kilometer ride featuring 13 Brandywine Valley attractions. Unique opportunity to ride through the spectacular grounds of Hagley Museum and Winterthur Museum & Gardens.

Other route options include:

Medio Fondo (50k); Governor's Ride (24k)

Route options for all ability levels

Swag bag to all rides. Two timed climbs with age-group prizes

Post-ride BBQ with craft beer and giveaways.

To register: www.wilmgrandprix.com

(registration fees increase closer to ride date)

Registrations fees increase as the event approaches.

They will be bumped up on March 30.

Phone: 302/655-6483

33rd Annual Kent County Spring Fling

May 22-25, 2015 (Memorial Day Weekend) Option of 3 days - Friday to Sunday afternoon

Join the Baltimore Bicycling Club and enjoy four days cycling the lightly traveled roads of Maryland's Chesapeake Bay Eastern Shore. Rides of 11 to 100 miles meander along flat to rolling roads — through rural towns and along scenic rivers.

Only 70 miles from Baltimore/DC, 85 miles from Philadelphia, and 170 miles from New York City — we stay on the campus of Washington College, located in the historic port town of Chestertown, MD. (Info on Washington College and Chestertown at www.washcoll.edu).

Award winning cuisine, dessert and cordial parties, dancing, and great music will round out your perfect bicycling experience.

Check-in: Friday Noon until 9 PM and Saturday 8AM until 10AM

Check-out: Monday by 4 PM - Note 3 day event ends after the picnic on Sunday.

WHAT'S INCLUDED

- Lodging: Friday, Saturday & Sunday
- Breakfast: Saturday, Sunday & Monday
- Dinner: Saturday & Sunday
- Picnic on Sunday
- Brunch on Monday
- Entertainment and Socials: Fri., Sat. & Sun.
- Map Packets (ride with a group or on your own)

WHAT'S OPTIONAL

- Friday Dinner 6:00-8:00pm
- Lodging upgrades provide suites (see Lodging Options)

For further information, check out:

<http://www.baltobikeclub.org/index.php/component/content/article?id=219>

TOUR de LEBANON VALLEY

Lebanon, PA Fundraiser Bicycle Rides

Saturday, May 30, 2015

Options:

- ✧ 62 Mile Metric Century Ride
- ✧ 26 Mile Ride
- ✧ Rail Trail Family Ride



To benefit



**Volunteers in Medicine Free Health Clinic
and Lebanon Valley Bicycle Coalition.**

(Donations are 501c3 tax deductible)



Quiet country roads

Scenic farmland Historic sites



18th century villages

Family Rail Trail option



The VIM Clinic provides free primary medical services to residents of Lebanon County, ages 18-64, who are uninsured or under-insured.

The LVBC is an all-volunteer organization dedicated to working with local and state authorities and businesses to assure safer bicycling roads, provide educational and recreational activities, and other bicycling-related services.

Information & Registration www.tourdelebanonvalley.org or www.active.com

For more information on the VIM clinic: www.vimleb.org

For more information on bicycling advocacy: www.bikelebanon.org



THE LAND CONSERVANCY
OF NEW JERSEY

Working to preserve New Jersey's open space, farmland,
and water resources to make the Garden State
a better place to live, work, and raise a family

Pedal for Preservation

Come Ride with Us on New Jersey's Premier Organized Rail Trail Ride!

Registration opens March 1st!

The weather outside may be frightful but in June the Columbia Trail is delightful.

Please mark your calendar for Saturday, June 6, 2015 for the 4th Annual Pedal for Preservation. The event begins and ends at West Morris Central High School in Chester.

Four years ago The Land Conservancy of New Jersey began this family-friendly FLAT off road cycling event through picturesque small towns in Morris and Hunterdon counties. Pedal for Preservation highlights the scenic Columbia Trail and land preservation. The rail trail travels on PRESERVED land through forest, farms, and parkland alongside the South Branch of the Raritan River. The event is not a race and is suitable for families, recreational riders, and avid cyclists. New this year we will offer a guided hike for non-cyclists. Please plan to join us! Pedal for Preservation is one of The Land Conservancy's biggest fundraisers and is fundamental to our efforts to preserve natural land and water resources.

When: Saturday, June 6, 2015

Where: The Columbia Trail, Morris and Hunterdon Counties. Registration and pre and post festivities will be held at West Morris Central High School 259 Bartley Road, Chester NJ

Who: Anyone interested in discovering the Columbia Trail and connecting with the outdoors. Serious riders can use this as a training ride. The flat shaded path is suitable for more casual riders too. The entire length of the trail is 30 miles round-trip but there are a number of shorter options available perfect for participants of all ages.

Why: New Jersey's valuable undeveloped lands are disappearing at an alarming pace and open space funding is limited, so the work of The Land Conservancy of New Jersey is more important than ever. The Land Conservancy provides creative solutions to concerned individuals, landowners, communities, businesses, and government entities who are committed to take action now to preserve New Jersey's land and drinking water resources, protect wildlife, and care for our parkland, farmland and open spaces. By working together, we are making New Jersey a better place to live, work, and raise a family.

<http://tlc-nj.org/index.php/events/pedal-for-preservation>



2 DAYS. 150+ MILES. 1 EPIC RIDE.

Everything you need to know about The Ride to Conquer Cancer.

Our Event:

The Ride to Conquer Cancer® is a unique cycling journey through New York's picturesque countryside on June 6th and 7th, 2015 and a unique opportunity to join forces and conquer cancer. This event benefiting the Cancer Research Institute directly supports ground-breaking laboratory and clinical research, bringing innovative immune-based cancer treatments (immunotherapy) to patients and offering them new hope. Step one of your journey begins by attending an orientation that will tell you everything you need to know about this life-changing event.

You will learn the following during the information session:

1. About the Cancer Research Institute and the impact of the fundraising dollars
2. Event logistics what you can expect during the weekend of The Ride
3. Training tips and tricks to prepare you to cycle 150+ miles throughout New York's countryside.
4. Fundraising resources we offer to help you reach and exceed your goals

This is your opportunity to have all your questions answered and to REGISTER for the event!

Here is the link to a heartfelt video to show what the session is all about:

<http://youtu.be/mmmmt-cYv9T8>

Please find attached a link to the website for more information:

www.ridetovictory.org/ny

Emily Granacher

Corporate & Community Outreach Specialist

The Ride To Conquer Cancer, NYC

www.ridetovictory.org

(718) 749-9406

http://ny15.ridetovictory.org/site/PageServer?pagename=ny15_aboutevent



*Help children & adults with disabilities
from our community!*

27th ANNUAL BIKE and WALK-A-THON

SATURDAY, JUNE 13, 2015 at 8 am - RAIN or SHINE

Bobby's Run School, 30 Dimsdale Road, Lumberton, NJ



Family Fun! Ride or Walk! Free T-Shirts!*
Lunch & Refreshments Included

* Free T-Shirts are available to the first 150 participants.

Early Bird Registration - Online or Mail by 5/25/15

Family Rate.....	\$50
Adult Rate.....	\$35
Team Rate (4 max.)	\$85
Additional Team Members.....	\$20

Regular & On-Site Registration - After 5/25/15

Family Rate.....	\$65
Adult Rate.....	\$45
Team Rate (4 max.)	\$95
Additional Team Members.....	\$20

Waive your registration fee by raising at least \$100!

Cycling Events

10 mile | 25 mile | 35 mile | 50 mile | 100 mile

Walking Events

1 mile | 3 mile | 5 mile

On-Site Registration 8:00 am - 9:45 am

100 Mile & 50 Mile Rides 8:30 am

35 Mile Ride 8:30 am

25 Mile & 10 Mile Rides..... 10:00 am

1 Mile & 3 Mile & 5 Mile Walks..... 10:00 am

Need more information? 📶 www.githenscenter.dojiggy.com ☎ (609) 261-1667 ✉ joleary@githenscp.org

Githens Center (Burlington County Cerebral Palsy Association)

40 Cedar Street Mount Holly, NJ 08060 (609) 261-1667 Fax: (609) 261-1844 GithensCenter.org

A United Way Partner Agency



JUNE 13, 2015

Drew University, Madison, NJ

SEVENTH ANNUAL!!!

Revolutionary Rambles

Bicycle Tour

Saturday, June 13, 2015

Drew University, Madison, NJ



Rides for all abilities.

Choice of six routes through scenic and historic areas:

12 • 25 • 35 • 50 • 65 • 100 miles

Fully supported. Great rest stops. Photo ops.

All-you-can-eat lunch.

Post-ride fun and Bike Expo.

**Benefits Local Volunteer Emergency Squads
& Promotes Safe Cycling**

PLAN TO VISIT THE RAMBLE EXPO

<http://www.rambleride.org/>

Bicycle tours in Russia



We invite your members to take part in our annual international bicycle tours in 2015.

Golden ring of Russia www.rctc.ru/gring.html

The **bike tour** is designed for international cyclists, and it will introduce you to the real Russia! Bicycling is an ideal way to explore this fascinating country. Our informal tour is comfortably paced and you will enjoy biking in the quiet Russian countryside. You are not our customers – you are the guests of our club. In addition to cycling, we offer a special culture program. We visit a lot of museums and exhibitions (some of them are little known). You will meet friendly village dwellers and see how Russians really live. The menu promises to give you the opportunity to taste authentic Russian food that is unlike anything you've tasted before!

Karelia (new route) www.rctc.ru/karelia.html

Our new tour is in the pearl of Russian north nature - [Karelia](#). The route goes from lake [Onego](#) (Onezhskoe) to lake [Ladoga](#) (Ladozhskoe), the biggest lake in Europe. You will visit the world famous [Kizhi](#) ([UNESCO World Heritage](#)) and [Valaam](#) islands, [Kivach](#) waterfall, Martsialnye Vody spa resort, marble quarry in [Ruskeala](#), [Sortavala](#), [Korela fortress](#) in Priozersk. Cycling part starts in [Petrozavodsk](#), capital of Karelia and ends in Sortavala. We will cycle along the "Blue Highway" tourist route, which runs from Atlantic coast to Kargopol (Arkhangelsk region). You will see famous [Vuoksi river](#) in the [Karelian isthmus](#).



Vermont Challenge 2015

The 4th annual Vermont Challenge is a premier bicycle tour that offers both challenging routes for elite recreational cyclist plus tamer routes for all bike club members. The routes traverse Southern & Central Vermont over 2, 3 or 4 days including the signature Saturday 1-day Gran, Medio & Piccolo Fondo for all riders, presented by our title sponsor Stratton Mountain Resort on Saturday 8/15.

The Gran Fondo is only mountain resort-top Gran Fondo finish east of the Continental Divide. On Saturday we've created The "Ride Up" Bike Festival that's designed to show you how to take your riding to the next level with exhibitors focusing on: training advice & equipment, nutrition, hydration and more

When: The Vermont Challenge: August 12-16, 2015

Vtchallenge.com and like us on Facebook for updates: Vermont Challenge

Challenge Options:

- The 4-day Grand Challenge: 8/13-16
- The 3-day Challenge: Any three day combination between 8/13-16
- The 2-day Challenge: Any two day combination between 8/13-16
- The 1-day Gran, Medio and Piccolo Fondo: 8/15
- ALL MULTI-DAY OPTIONS ALSO INCLUDE THE SATURDAY FONDO RIDES

Route Overview by Day

- Thursday 8/13: Southern routes out of Manchester – 65, 45 or 30 miles
- Friday 8/14: Routes to/from the Vermont Country Store plus BBQ! – 53, 35 or 25 miles
- Saturday 8/15: Gran, Medio & Piccolo – 97, 68 or 26 miles respectively all departing and ending. "Ride-up" Bike Festival from 11-6 pm Stratton Base.
at Stratton Mountain or Bondville. Two Strava timed segments: KOM & Sprint
- Sunday 8/16: Northern routes out of Manchester – 58, 40 or 24 miles



UPCOMING 2015 BIKE TOURS

Already dreaming of next year's bicycle tour? Adventure Cycling wants to help you dream, ride, and explore in 2015! We have 102 tours this year with 25 new and revised itineraries. With tours ranging in length from six days to three months, and styles like epic adventures, mountain-bike trips, fully supported tours, and classic self-contained expeditions, we have a tour you'll love. Be sure to check out our [Best Tours for Beginners](#), [Epic Adventures](#), and [Mountain Bike Tours](#).

Find your tour now. Don't hesitate — a few of our [2015 tours](#) have already sold out!

New Epic Tours

- Pacific Coast, [September 8 – October 22](#)
- Atlantic Coast, Van, [April 30 – July 1](#)
- Western Express – TransAm, Van, [June 7 – August 22](#)

New Self Contained & Inn to Inn Tours

- Great Lakes, [June 7 – 17](#)
- Alaskan Golden Circle, [July 19 – 31](#)
- Upstate New York Adirondack Loop, [July 19 – 28](#)
- Puerto Rico, Inn-to-Inn, [January 11 – 22](#), [December 6 – 17](#)
- Crater Lake, Inn-to-Inn, [July 26 – August 3](#)
- Utah Parks Loop, Inn-to-Inn, [September 6 – 12](#)

New Fully Supported & Van Supported Tours

- Southern Arizona Road Adventure, [March 7 – 13](#)
- Minnesota/Wisconsin Rivers and Trails, [June 13 – 20](#)
- Southern Ohio Relaxed, [July 11 – 17](#)
- Southern California Vistas, Van, [March 15 – 21](#)
- Natchez Trace, Van, [April 11 – 18](#), [April 19 – 26](#)
- Tetons – Yellowstone, Van, [July 25 – August 1](#)
- Utah San Rafael Swell MTB, Van, [October 3 – 10](#), [October 11 – 18](#)
- Mid-Atlantic Countryside, Van, [October 10 – 18](#)

New Educational Courses

- Introduction to Dirt Touring, Maine, [June 14 – 19](#)
- Leadership Training Course, Indiana, [June 1 – 4](#)
- Under 30 Intro to Road Touring, Florida, [March 15 – 20](#), Texas, [March 22 – 27](#)
- Women's Intro to Road Touring, Virginia, [May 10 – 15](#), Oregon, [July 19 – 24](#)

<http://www.adventurecycling.org/guided-tours/?email=20141008>

Tours Matching: USA Cycling

All USA located tours below

Scottsdale Arizona Desert Self Guided Cycling Tour

The Arizona deserts are a mecca for cyclists in the winter season! The weather makes it perfect for riding throughout the daylight hours and pro athletes, from tri-athletes to professional cycling teams come to the desert to train. So, train like a pro, or at least get out of your cold northerly weather and come warm up on a bike ride; enjoy the western spirit of Arizona as well as the nightlife and ambiance of the sun! Road Cycling 6 Days Self Guided Difficulty: Fit from \$ 1295

US - Yosemite to San Francisco SSD Bicycling Tour

Not for the faint of heart, this adventure begins in the awe-inspiring Yosemite National Park and ends at the foot of one of the world's most recognizable structures, San Francisco's iconic Golden Gate Bridge. We pedal the hallowed vales of the Sierra Nevada in the shadow of such magnificent monoliths as El Capitan and Half Dome. Road Cycling 5 Nights / 6 Days Supported Self Directed Difficulty: Challenging from \$ 1499

Death Valley Bicycling Discovery SSD Tour

Bicycling on Death Valley's smooth winding roads that oscillate above and even below sea level take us over a land born of fire, rich in minerals and steeped in a curious history. This 3.4 million acre national park is the largest in the United States and known the world over as a geographic rogue; holds the honor of being the eighth lowest elevation location on the globe at -282 feet. Road Cycling 6 Days Supported Self Directed Difficulty: Fit from \$ 1495

Bryce Canyon & Zion SSD Cycling & Hiking Tour

Cycling and hiking in Bryce Canyon and then on to Zion National Park; available on specific departure dates for 2014 in our unique and new Supported Self Directed travel concept! Cycling & Hiking 5 Days Supported Self Directed Difficulty: Fit from \$ 1369

US - Napa & Sonoma Wine Country SSD Bicycle Tour

The old-world landscape of Napa and Sonoma counties may sit on the movie-magic producing coast of the world, but these California miles open up to nothing less than the ideal setting for a classic adventure story. From the seats of our bicycles, we immerse ourselves in a land stitched together by stubborn farmers and captured by storytelling giants like Jack London and Robert Louis Stevenson. 3 Nights / 4 Days Difficulty: Fit from \$ 1275

US - Epic Climbs of Arizona's Sky Islands SSD Cycling Tour

Experienced cyclists often consider their greatest moments on the bike as the instances of suffering high in the mountains, panting hard, legs on fire, and reaching the top! Powering around switchbacks, hoping you didn't go out too hard, and so on. There are few moments in life that clear the mind like an epic hill climb. On this trip we include 4 famous climbs, 2 of which are considered among the top 10 hardest hill climbs in the USA. Road Cycling 4 Days Supported Self Directed Difficulty: Challenging from \$ 995

For more tours and further information, check out their website at

<http://pure-adventures.com/list-tours/country-USA/activity-cycling#.VFU2DMt0w-g>

Buckeye Country Roads Bicycle Tours

Erie Shores and Islands Tour

7 days, 6 nights: June 7-13, 2015

Difficulty (see below): 2 Daily distance options: 30-60 miles

Designed for the beachcomber in all of us, this tour explores Ohio's boating playground on Lake Erie. The islands, lighthouses, beaches and lakeside resorts provide the backdrop for this wonderful week on a bike. Come with us and explore Marblehead Peninsula, Catawba Island, Kelleys Island, Put-in-Bay, and the south shore of Lake Erie from Sandusky to Lorain. Visit Ohio's iconic lighthouses and maritime treasures, and ride where Commodore Perry refused to 'Give up the ship'! Extravagant lodgings, sumptuous meals, and lakeside vistas galore make this a trip you'll never forget!

Amish Country Adventure

7 days, 6 nights: July 12-18, 2015

Difficulty (see below): 4 Daily distance options: 30-50 miles

For the third year our flagship tour is back to revel in Ohio's scenic Amish countryside. For hill and scenery enthusiasts who want the challenge of Ohio's beautiful rolling hills, this tour has it all: the finest accommodations, catered dinners, and vistas that inspire. Ohio's Holmes County boasts the largest population of Amish in the country. Journey through time with us as we sample the daily life and history of Ohio's Amish communities—but bring your climbing gears and your thirst for adventure. And bring an appetite for "Amish bakeries day" - we shall say no more. This one is a classic among bicycle tours anywhere!

Grand Rivers Tour

7 days, 6 nights: Sept. 13-19, 2015

Difficulty (see below): 3 Daily distance options: 35-65 miles

Somewhere between the busy family vacation season and the busy fall color season, we sandwich in some quiet time to celebrate the final days of summer sunshine on our bicycles by exploring the many faces of northeast Ohio. With 3 wonderful resort inns to pamper us daily, we'll pedal lovely country roads to visit Ohio's largest wine producing region, the woodlands of Ohio maple syrup country, a myriad of historic covered bridges, a quaint college town, a very quirky amusement district perched along Lake Erie, a castle in the woods, picturesque ravines carved from sandstone and shale, several Amish communities, and all while playing peek-a-boo with the "grand rivers" of this grand area of Ohio.

For further information, [click here](#).



When?

Tuesdays¹ and Thursdays²

Where?

Meet at the Loeb Boathouse in New York City's Central Park, located on the left-hand side of the East Drive, North of the 5th Ave. and 72nd St. entrance to the park.

Time?

10:00 AM² Sharp

¹**Tuesday's** rides are all year round

²**Thursdays** rides sometimes meet at a different location or earlier time. Be sure to check the email for the meeting time and place. Also, we usually do not meet on Thursdays in November, December, January, February, or March

Temperatures below 30° or above 90° usually cancels a ride.

²Get on **The Weekday Cyclists email list** and receive advance notices of the Thursday ride destinations and other special bicycle related announcements. Send an email to TWCinNYC@aol.com. Write "Add to TWC email list" in the subject line and give your full name and telephone number in the body of your email.

<http://weekdaycyclists.org/>



NJ BIKE TOURS

We do private tours. We'd be happy to entertain a group discount if members of your club would like to explore this area, get the insider tips on best places to stop, the history, etc with local cyclists and guides. We also do public events. 2015 events are as follows:

March 14 - Princeton Pi Day Farm to Table tour

April 11 - Sourland Cycles Grand opening tour

May 30 - Farm to Table (Farm Roll) tour

June 20, 17 - Princeton Adult School Farm to Table tours (sign up on PAS site)

I look forward to meeting folks from your club!

Thanks!

Jake Herway

801-548-2285

jakeherway@gmail.com

www.njbiketours.com

CHECK OUT

Stranger sells motorcycle to buy special bicycle for family of Blirstown Township man with ALS



TheQuinnsBlirstownTownship.jpg

Cat, Todd and Sawyer Quinn are seen at Shawnee Mountain Ski Area, where 4-year-old Sawyer had a ski lesson Monday. They will be getting a special, motorized bicycle from a stranger so they can enjoy the outdoors together this summer. *(Photo Courtesy of Cat Quinn)* **Sarah Peters | The Express-Times** By **Sarah Peters | The Express-Times** on March 25, 2015 at 6:45 AM, updated March 25, 2015 at 6:46 AM

When Todd and Cat Quinn first met, one of the first activities they ever did was go back-country skiing.

They made each other's acquaintance in Alaska when she was kayaking and he was fly-fishing on the Kenai River. Their lives have changed dramatically since Todd was diagnosed with ALS a little more than three years ago. He's now confined to a wheelchair, and she's his caretaker.

They **moved to a home in Blirstown Township**, where Todd Quinn grew up, from Barre, Vermont, in December with the help of an anonymous buyer and two local real estate agents.

A stranger who read their story online wanted to help and decided to buy them a special bicycle so they could still enjoy the outdoors together. But Drew Epstein, of Garwood, New Jersey, quickly realized he couldn't afford the roughly \$9,000 price tag.

Epstein, who has chronic fatigue syndrome, bought his motorcycle as a form of "wind therapy." He decided to sell the 2008 Kawasaki Concours 14 ABS to buy the Quinns a tandem wheelchair bicycle.

That's not the story he's trying to tell, though.

"It's not me trying to shine my halo. It's me trying to help somebody," Epstein said. "It's not about me. The problem is ALS."

He wants other people to help families with ALS rather than just commenting about his actions.

Epstein sent Cat Quinn a friend request on Facebook in February, not expecting to get any response, because "the Internet is a creepy place." He went to high school with Todd Quinn's sister, Terri, but they hadn't talked in years, and Epstein didn't know Todd at all.

Epstein and Cat Quinn exchanged a couple messages, and he explained why he wanted to help their family. A close friend of Epstein's lost her father to ALS in 2001, and it was a way to honor his memory, he said.

"For a family that's been through everything they've been through, that one smile -- because I know how much an adventure man Todd is -- the smile is worth it to me," Epstein said. "Even if they only use it one time, that, to me, is worth it."

The bicycle will have a small motor to help them get up hills, and Epstein wants to add a seat for the Quinn's 4-year-old son, Sawyer. The Quinns try to live as normal life as possible for him, Cat Quinn said.

She said Todd Quinn sat at the bottom of a hill in his wheelchair covered with three blankets as Sawyer had a ski lesson Monday. He enjoys watching Sawyer enjoy the outdoors, she said.

Todd Quinn knows about the bicycle, and they're looking forward to using it, Cat Quinn said. She's hoping people will bring their bikes over to their house to take rides.

"It's going to be great for all three of us to be able to go out together. It's not just us. We moved down to New Jersey to be with our friends and Todd's family," Cat Quinn said. "I think it's going to bring a lot of good for us and a lot of memories."

Attn: CJBC Members

We now have new CJBC jerseys in stock for sale. They are the Black and Yellow Tiger stripes. They also now have our club website on the back and the year the club was established which is 1968. We have Med, Lg, XL, XXL, and XXXL in stock. The price is \$55.00 each.

If you want to purchase a jersey, please contact

Mike Kruimer @ 732-586-3981

Email: kliner54@optonline.net for more info.





Central Jersey Bicycle Club, Inc.

2015 Ride Sheet

Ride Name as Published in HUB _____ Date _____
Ride Leader _____ Mileage Listed _____ Actual Miles _____
Leader's Additional Comments: _____

CJBC MEMBERSHIP RELEASE

In consideration of being permitted in any way in Central Jersey Bicycle Club sponsored bicycling activities I do hereby, for myself, for my heirs, executors and administrators waive, release and forever discharge any and all right and claims for property damage and/or personal injury which I may have or which may occur to me, against the Central Jersey Bicycle Club, or any of their officers, members, sponsors, agents or representatives, arising out of traveling to, participation in, or returning from the sponsored event.

Signature of adult responsible for minor (under 18 years old) rider: _____

Signature of adult responsible for minor (under 18 years old) rider: _____

	Signature	Print Name	CJBC Member	Emergency Phone	Cell Phone
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
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19					
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ALL RIDERS MUST WEAR HELMETS

Return completed ride sheets to: Awards Chairperson, PO Box 10686, New Brunswick, NJ 08906

Complete an Incident Report when accidents occur and send it to the address on the form
and send a copy to the Club.

Classified Ads

There is no charge for member's classified ads. To place an ad, send it by email to the HUB editor at HubEditor@cjbc.org. Please contact the editor if you want your ad to run more than once.

TREK - Model 2200 Women's Specific Design Red, Top of the Line, OCLV Carbon Frame, All High End components Shimano, Bontrager Tires, 27 Gears, Ultra Light Weight Racer Bike. Purchased 2002, Kept in great condition, Original Paperwork. \$1,000 or best offer. Call or email - Karen, Phone: 732-521-0301, email: kdc0825@gmail.com

RELEASE

In consideration of being permitted to participate in any way in Central Jersey Bicycle Club, Inc. sponsored bicycling activities. I do hereby, for myself, for my heirs, executors, and administrators waive, release, and forever discharge any and all rights and claims for property damage and/or personal injury which I may have or which may occur to me, against the Central Jersey Bicycle Club, League of American Bicyclists or any of their officers, members, sponsors, agents or representatives, arising out of traveling to, participating in, or returning from any of these activities.

Signature _____ Date _____

Signature _____ Date _____

Members must be at least 18 years of age. BOTH adults must sign if there are two adults being covered by the Family Membership.

Name _____

Name _____

(Name & address MUST be filled out completely & printed clearly)

Street _____

City _____

State _____ Zip _____

Phone (____) _____

E-mail address _____

Individual: ☐ 1 Yr \$15 Family: ☐ \$20

☐ 2 Yr \$30 ☐ \$40

☐ 3 Yr \$45 ☐ \$60

**Membership will include our monthly newsletter,
The HUB**



FAMILY MEMBERSHIPS

Family membership consists of one or two adults in the same household and minor children if any. All adult applicants must sign the release. Individuals under 18 must join as part of a Family Membership and a parent/guardian must sign the release for them.

Riders under 18 years of age must be accompanied by a responsible adult on a club ride. Please print all family members names below.

CJBC FEATURED RIDES

- New Member Ride - lunch provided
- Farmlands Tour - largest attendance with over 800 riders
- Longest Day Ride - distance challenge 100, double metric, 200 miles
- Hillier Than Thou - 62 or 100 of extremely hilly routes
- Tom Koenig Anniversary Ride - lunch provided
- Shortest Day Ride - 6 grueling miles and Holiday Party to celebrate

CJBC SOCIAL GATHERINGS

- General Meetings - alternate months with guest presenters
- Awards Meeting - awards distributed to leaders and riders including Spirit of Cycling
- Volunteers Dinner - thank our volunteers for their special efforts

PLEASE CHECK AREAS OF INTEREST

Event Volunteer ☐

Ride Leadership ☐

Serving on Board ☐

Optional:

Age _____

Birthdate _____

Gender: ☐ Female ☐ Male

Where did you hear about the Club?

Our Membership List is published (for members only) once a year. If you **DO NOT** want your phone number to appear in the Membership List, check here: ☐

From time to time the CJBC Membership List may be released on a one time only basis to bicycle-related organizations. If you **DO NOT** want your name/address released in this fashion, check here: ☐

Join in January through September and your membership is good through December of the year in which you join. However, if you join the club after October 1st, your membership continues through December of the following year

CJBC SPONSORS

Our sponsors support our club, and offer skilled sales and/or service.

Most sponsors also offer a 10% discount to club members on many items. Discounts are at the sponsoring shop's discretion. Your CJBC Membership Card is your identification.

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e-mail: BikeNGear@aol.com

 <p>www.cyclecraft.com</p>	<p><u>LONG VALLEY</u> 8 West Mill Rd Long Valley, NJ 07853 908 876-5600 E-mail this location</p>	<p><u>PARSIPPANY</u> New Road & Route 46 Parsippany, NJ 07054 (973) 227-4462 Fax: (973) 227-0924 E-mail this location</p>
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East Brunswick
1020 Route 18 N
732-651-8080

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361 Route 34
732-290-9898



www.planetbikenj.com

Bicycle Rack
SALES & SERVICE

(609) 448-2928

Route 33 & Airport Road
Hightstown, NJ 08520
bicyclerack@msn.com
njbicyclerack.com



VAN DELFINO
Owner

	<p>MILLBURN - High Gear Cyclery 20 Main Street, Millburn, NJ 07041 973-376-0001 Prop: Rone Lewis, Gen'l Mgr: Nick Burton www.highgearcyclery.com sales@highgearcyclery.com</p>	<p>STIRLING - High Gear Cyclery 393 Main Avenue, Stirling, NJ 07980 (908) 647-2010 Prop: Rone Lewis, Gen'l Mgr: Craig Ward www.highgearcyclery.com sales@highgearcyclery.com</p>
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RUTGERS BIKE

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HALTERS 609-924-7433 (RIDE)

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Skillman, NJ 08558

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Central Jersey Bicycle Club, Inc.
P. O. Box 10686
New Brunswick, NJ 08906
info@cjbc.org
732-225-4827 or 732-225-HUBS

The CJBC Board			
President	Ben Blum	609-655-0979	President@cjbc.org
Vice President	Vacant		VicePresident@cjbc.org
Treasurer	Earl Lapides	732-261-2000	Treasurer@cjbc.org
Membership	Joe DeSimone	732-225-4827	Membership@cjbc.org
Recording Secretary	Carey Ann Kotake		RecordingSecretary@cjbc.org
Ride Captain	Vacant		
Member at Large I	John Colasanti	908-456-2075	MemberatLargeI@cjbc.org
Member at Large II	Jim Spada	201-317-0007	MemberatLargeII@cjbc.org
Public Relations	Nicholas Spadavecchia	732-713-3187	PublicRelations@cjbc.org
Program Chair	David Lewis	732-381-8692	Drlewis140@gmail.com
Awards	Vacant		
LAB Rep	Mike Kruimer	732-586-3981	Kliner54@optonline.com
Farmlands Chair	John Colasanti	908-456-2075	Seezer2@aol.com
CJBC Information	CJBC Information	732-225-4827	info@cjbc.org

Prospective members may join CJBC via the “Join CJBC” tab at

<http://www.cjbc.org/> or via active.com at this link:

<http://www.active.com/edison-nj/cycling/memberships/central-jersey-bicycle-club-2015-membership-2014>

Send content for *The HUB* to NewsletterEditor@cjbc.org

Deadline for all content is the 24th of the month.

The views expressed in this publication are not necessarily the views of CJBC, Inc., nor do we endorse products or services advertised. **CJBC is a club affiliate of the League of American Bicyclists. Riders must wear approved helmets on all club rides!**

For any inquiries or questions regarding the HUB, please contact:
Felicita Rosario, Newsletter Editor (732) 912-3569 or NewsletterEditor@cjbc.org