



Central Jersey Bicycle Club, Inc.

Over 40 Years and Still Rolling

Established 1968

May 2017

Number 5

Less than one week to the
33rd Annual Farmlands Flat Tour

Saturday, May 6, 2017

Brookdale Community College, 765 Newman Springs Rd, Lincroft, NJ 07738

15, 25, 35, 50, Metric Century, Century

New for this year **BIKE RAFFLE!** proceeds donated to the **Lincroft Rescue Squad**

Bike donated by Planet Bike

Pre-registration has ended for this event. Day of registration 7:00 am to noon

Fees for Day of registration: Adults: \$45.00 / Children under 18: \$10.00

Ready to kick this off your bucket list? Well, now is your chance...

The Longest Day - June 10th

MEMBER ONLY RIDE

3 rides to choose from: **50, 100, 200 miles**

A pre-ride dinner included for all registrants and SAG drivers

Friday, June 9 @Godfathers Italian Restaurant in Matamoras PA

200 mile ride - \$30

- discounted hotel rates at Best Western, Matamoras PA

- 3 well stocked rest stops

100 mile ride - \$20

- 2 well stocked rest stops

50 mile ride - \$10



Central Jersey Bicycle Club

P.O. Box 10686

New Brunswick NJ 08906

www.cjbc.org

***Letter from the 2017 Farmlands Chair
F A R M L A N D S Saturday May 6th, 2017.... Call for Volunteers!***

Dear Friends and Members:

Your Central Jersey Bicycle Club's "Farmlands" invitational event has been a popular tri-state tradition for over 30 years and is the first major bicycle event of the season. The event takes place at Brookdale Community College in Lincroft, NJ on the first Saturday in May.

It is the ONE and ONLY FUNDRAISER for our bicycle club and we'd like everyone's help to continue to make it a success.

This year we will be donating part of our proceeds to the "New Jersey Bike and Walk Coalition". Their mission is to create a unified voice advocating for issues affecting the rights & needs of cyclists and pedestrians throughout the state.

Also...open for other ideas & suggestions, from you, the membership, as to where to donate some of the proceeds.

Please come to the Farmlands meeting, to voice your suggestion on February 28, 7:00 pm at "What's the Scoop" 410 Main St., Metuchen.

Our 2017 Sponsors...

- 1) Gu: Pure Performance energy Product***
- 2) RoadID: supporting athletic Safety***
- 3) Stone Mountain Printing***
- 4) Monogram Center***
- 5) PlanetBike East Brunswick & Matawan***
- 6) A. Santini Storage Co., Monroe, NJ***

We need this income in order to cover internet expenses, insurance and yearly charitable donations. It can also benefit you in terms of participating in the Member Appreciation ride, the Tom Koenig Memorial Anniversary ride, Shortest Day ride, Longest Day ride, Holiday dinner, Member Awards dinner, and the Volunteer's dinner; plus other social events in which a meal is included.

It can only happen with your help, dedication, and effort!

Every year we need over 75 volunteers for:

Painting: where you drive the routes and paint arrows by the turns. route sheets, stencils and paint provided. 3 crews of 3 people needed.

Volunteer Coordinator: where you recruit and coordinate the responsibilities for the 75 people who make this event happen.

Food Chair: where you manage all the shopping and distribution of food, beverages and other supplies for the rest stops, including the college, prior to the ride. This also includes organizing the dinner after Farmlands for all day of volunteers, and ordering lunches for paid riders and volunteers who are there the day of the ride.

Day of Ride Food Attendant: where you make sure the bicyclists have snacks, bagels, fruit, trail mix, beverages, etc. ready to be self served. Food attendants needed for 2-6 hour shifts, between 6:30 AM and 6:00 PM.

Pre-registration Coordinator: where you collect Active.com registration information and coordinate lunches with the Food Chair. 1 person needed.

Day of Event Questions or GoTo Person: where you address any issues that may arise on the day of the event; such as questions from riders, T-shirt sales, etc.

Parking Assistant: to guide arriving cyclists to the proper the parking lots and ease their arrival at the event. 2-4 People needed.

Rest stop workers: where you greet the bicyclists with snacks and refreshments. The time schedules are flexible. Different locations are available. Most people needed here. 3 people per shift, per stop.

Registration: where you greet the bicyclists in the morning and check them in. Time schedule is from 6:00 AM to 12:00 PM.

Sags: where you attend the bicyclist's needs, whether it is a flat tire, or they are simply tired and need to be picked up. For this task you will need a car with a rack, or a pick-up truck, that can carry two or more bicycles. Time schedules are from 7:00 am to 6:00 pm. Individual shift times vary. 3 shifts of 3 people.

Logistics: This task starts 1 day prior to the event and continues the day of, and the day after. It entails the pickup of food and supplies and their delivery to rest stops and to the start/finish of the event, returning our supplies to the storage unit, and then returning the truck on Sunday. 2 - 4 people are needed on the day of the event to help with loading and unloading of supplies.

Clean up: where we load the items on the truck to be returned to the storage unit. Time schedule 4:00 PM to 6:00 PM. All hands on deck.

Public Relations: where you help publicize the event. A greater turnout benefits the club and its members.

Please come out and join us in this fun event knowing your efforts will not only help your club but also will be supporting the mission of the New Jersey Bike and Walk Coalition.

If you volunteer on the day of the event, CJBC will treat you to coffee, breakfast items, and lunch at the college, as well as a free event T-shirt. The volunteers at the rest stops will be reimbursed for their own purchased lunches. You will also be invited to the volunteer dinner at a later date. A volunteer is welcome to ride in the Farmlands event free of charge before or after their 4 hour shift.

“Farmlands” is a fun, social event where you can make new cycling friends while helping the club, and supporting a charitable cause.

If you are interested in volunteering or want to get more information please contact Steve Seigel at farmlands@cjbc.org.

Thank you. See you at the college and on the road.

Regards,

Steve Seigel...Farmlands Chair



CJBC Calendar & Rides



MAY

EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30 Tour De Franklin 2017 D/D+ 4/3 17-35 Are 3 Wheels Slower?- Bianca	1	2 D 4/3 40 Miles Friday? On Tuesday - Ben Tuesday Hustle A 3/4 20-25	3	4	5 CINCO DE MAYO	6 33rd Annual Farmlands Flat Tour
7	8	9 Tuesday Hustle A 3/4 20-25	10	11	12	13 Longest Day Training Ride D/D+ 4/3 17-35 Are 3 Wheels Slower?- Bianca
14 MOTHER'S DAY	15	16 Tuesday Hustle A 3/4 20-25	17 Ride Of Silence	18	19	20 To The Poconos!!! B/C 1/2 86 Miles Longest Day Training Ride
21 Experience Edison/Metuchen Mayor's Bicycle Tour D+ 4 34 miles Friday? on Sunday - Ben	22	23 Tuesday Hustle A 3/4 20-25	24	25	26 Baltimore Bicycle Club 35Th Annual Memorial Day Weekend	27 Baltimore Bicycle Club 35Th Annual Memorial Day Weekend Longest Day Training Ride Rails To Trails C- 4, 24 ...Columbia Trail / Ken Lockwood Gorge
28 Baltimore Bicycle Club 35Th Annual Memorial Day Weekend	29 Baltimore Bicycle Club 35Th Annual Memorial Day Weekend MEMORIAL DAY	30 Tuesday Hustle A 3/4 20-25	31			

* 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

Tuesday, May 2

Friday? On Tuesday

Ben Blum, 848-667-5020

Pace: D

Terrain: 4/3

Distance: 40 miles

Time: 9:30 AM

Thompson Park, Jamesburg, NJ. Call by 5pm the day before. No calls, no ride. Cue sheet Jamesburg #16.

Tuesday, May 9

Tuesday Hustle

Kevin Smith, 908-420-4636

Pace: A

Terrain: 3/4

Distance: 20-25 miles

Time: 4:30 PM

Johnson Park Zoo, off of River Road West of Highland Park, Piscataway, NJ. Meet at the parking lot between River Road and Rose Drive. Come out this Tuesday for an afternoon workout. Looking to blast out a non-stop 1½ hour ride. Please call by noon day of ride or leave a message. Lights are suggested. Hope to see you there!

Saturday, May 13

Are Three Wheels Slower?

Bianca, 848-667-5020

Pace: D/D+

Terrain: 4/3

Distance: 17-35 miles

Time: 10:15 AM

Cranbury Library, 23 N Main St C, Cranbury, NJ. Call by 5pm the day before. If no calls, no ride.

Tuesday, May 2

Tuesday Hustle

Kevin Smith, 908-420-4636

Pace: A

Terrain: 3/4

Distance: 20-25 miles

Time: 4:30 PM

Johnson Park Zoo, off of River Road West of Highland Park, Piscataway, NJ. Meet at the parking lot between River Road and Rose Drive. Come out this Tuesday for an afternoon workout. Looking to blast out a non-stop 1½ hour ride. Please call by noon day of ride or leave a message as location and start may vary. Hope to see you there!

Saturday, May 13

Longest Day Training Ride

Neil Cherry, 732-723-0769

Pace: B+/A

Distance: 100 miles

Time: 8:00 AM

Village Park, Maplewood Avenue, Cranbury, NJ. Call ride leader BEFORE 9PM the night before to confirm time and starting point as these may differ.

Tuesday, May 16

Tuesday Hustle

Kevin Smith, 908-420-4636

Pace: A

Terrain: 3/4

Distance: 20-25 miles

Time: 4:30 PM

Johnson Park Zoo, off of River Road West of Highland Park, Piscataway, NJ. Meet at the parking lot between River Road and Rose Drive. Come out this Tuesday for an afternoon workout. Looking to blast out a non-stop 1½ hour ride. Please call by noon day of ride or leave a message. Lights are suggested. Hope to see you there!

Wednesday, May 17

Ride of Silence

Pace:

Distance: 9-10 miles

Time: 7:00 PM

Franklin Township Municipal Complex, 475

Demott Lane, Somerset, NJ 08873.

Come join our club as we join together with the Ride of Silence for a 9-10 mile ride of remembrance.

Saturday, May 20

Longest Day Training Ride

Neil Cherry, 732-723-0769

Pace: B+/A

Distance: 100 miles

Time: 8:00 AM

Village Park, Maplewood Avenue, Cranbury, NJ.

Call ride leader BEFORE 9PM the night before to confirm time and starting point as these may differ.

Tuesday, May 23

Tuesday Hustle

Kevin Smith, 908-420-4636

Pace: A

Terrain: 3/4

Distance: 20-25 miles

Time: 4:30 PM

Johnson Park Zoo, off of River Road West of Highland Park, Piscataway, NJ. Meet at the parking lot between River Road and Rose Drive.

Come out this Tuesday for an afternoon workout. Looking to blast out a non-stop 1½ hour ride.

Please call by noon day of ride or leave a message. Lights are suggested. Hope to see you there!

Saturday, May 20

To The Poconos!!!!

Kevin Smith, 908-420-4636

Pace: B/C

Terrain: 1/2

Distance: 86 miles

Time: 7:00 AM

Johnson Park Zoo, off of River Road West of Highland Park, Piscataway, NJ. Meet at the parking lot between River Road and Rose Drive. This is a one-way ride from Johnson Park in Piscataway to the Pocono Raceway. No drop group ride. Need own transportation home.

Sunday, May 21

Friday? On Sunday

Ben Blum, 848-667-5020

Pace: D+

Terrain: 4

Distance: 34 miles

Time: 10:00 AM

Village Park, Cranbury, NJ. Call by 5pm the day before. If no calls, no ride. Cue sheet Cranbury #14Short.

Saturday, May 27

Longest Day Training Ride

Neil Cherry, 732-723-0769

Pace: B+/A

Distance: 100 miles

Time: 8:00 AM

Village Park, Maplewood Avenue, Cranbury, NJ. Call ride leader BEFORE 9PM the night before to confirm time and starting point as these may differ.

Saturday, May 27

Rails To Trails

John Colasanti, 908-456-2075

Pace: C-

Distance: 24 miles

Time: 10:00 AM

High Bridge Municipal parking lot on the left before Church St (free parking). 80 Main Street, High Bridge, NJ. Ride out on the historic and scenic upper Columbia Trail to Long Valley Brewpub for lunch. Ride back on the lower Ken Lockwood Gorge Trail alongside the South Branch of the Raritan River. MTB or Hybrid recommended. Must call.

Tuesday, May 30

Tuesday Hustle

Kevin Smith, 908-420-4636

Pace: A

Terrain: 3/4

Distance: 20-25 miles

Time: 4:30 PM

Johnson Park Zoo, off of River Road West of Highland Park, Piscataway, NJ. Meet at the parking lot between River Road and Rose Drive. Come out this Tuesday for an afternoon workout. Looking to blast out a non-stop 1½ hour ride. Please call by noon day of ride or leave a message. Lights are suggested. Hope to see you there!

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.

EZ For leisure cyclist. Average speed is 9 mph or less.

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

CJBC has reclassified the D paced ride classification to EZ (easy) to promote short and easy leisure bicycling. The EZ pace is for riders of all abilities seeking to ride at a leisure pace (9-11 mph) on flat to rolling roads for short distances of 15-20 miles.

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.



CJBC Board & Member Notes



Central Jersey Bicycle Club, Inc.
P. O. Box 10686
New Brunswick, NJ 08906
info@cjbc.org

The CJBC Board			
President	Steven Seigel	908-405-5037	President@cjbc.org
Treasurer	John Colasanti	908-456-2075	Treasurer@cjbc.org
Membership	Joe DeSimone	908-229-9596	Membership@cjbc.org
Recording Secretary	Vacant		
Member at Large	Harold Finkel	732-666-7161	MemberatLarge@cjbc.org
Member at Large	Kathy Staeger		Kathystaeger@gmail.com
Public Relations	Nicholas Spadavecchia	732-713-3187	PublicRelations@cjbc.org
Program Chair	Mary Jane Walsh	908-238-9649	maryjane_walsh@yahoo.com
Ride Captain	Kevin Smith	908-420-4636	RideCaptain@cjbc.org
Awards Chair	Dan Rappoport	609-924-9417	bikefar@hotmail.com
LAB Rep	Vacant		
Farmlands Chair	Steven Seigel	908-405-5037	farmlands@cjbc.org
CJBC Information	CJBC Information		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

CJBC Member Notes

WANTED: EXECUTIVE BOARD POSITION

Vacancies have developed on the executive board that need to be filled.

Executive Board positions are open to all CJBC members.

BOARD POSITIONS OPEN

RECORDING SECRETARY - Takes minutes of membership and executive board meetings. Sends a summary of highlights of all meetings to the bulletin editor. Prepares a typewritten record of meetings for the entire year and maintains a record of Club policies separate from the Club minutes.

Reply to this at info@cjbc.org your candidacy.

CJBC is becoming a new bike club promoting social and recreational bicycling riding with a fellowship among members. We are encouraging more rides at every level, promoting community events.

Educational programs and outreach programs to the cycling community. The club offers many benefits that make membership a rewarding experience. Bring your new ideas and enthusiasm to the club and become a Board member.

It is your support and participation that makes our club successful.

Hello Everyone,

This is a **second request for volunteers** for the Edison Mayor's ride on May 21. The Township is providing us with a free table and in return, we will help them marshal the ride along with another organization. I have one of our members who will be a marshal and I'm looking for a few more plus I need some people at the table. When responding, please provide me with your shirt size in case I can get you a T-shirt. I would like to get the volunteers there at 7:30 to help set up and help get the crowd together for the ride.

Thank you,

Steven Seigel - President, CJBC

908-405-5037 – Email: astronomerm3132@aol.com

LONGEST DAY 2017

**VOLUNTEERS URGENTLY NEEDED
4 HOURS ONLY - Saturday, June 10**

Please Support our Riders

Volunteers needed for: Northern NJ Rest Stop at Canal Road in Somerset County from 9 AM – Noon and Southern NJ Rest Stop near Mullica River in Atlantic County from 2 PM to 6 PM as they journey from High Point to Cape May.

**All volunteers welcome to free
pre-ride dinner on Friday, June 9th.**

**Contact Kevin Smith if interested
908-420-4636 or Ridecaptain@cjbc.org**



Rides of Interest

Rides Within This Section Provided to CJBC
From Outside Sources

THE BICYCLE CLUB OF PHILADELPHIA

Spring-n2-Cycling Weekend

Our Tour Package includes:

Friday & Saturday nights at the Danville Quality Inn. All rooms non-smoking.

Friday evening Welcome Reception & Hot Dinner Buffet.

Complete buffet-style breakfasts Saturday & Sunday (hot dishes included).

Tour packets prepared for each guest, with cue sheets, maps, brochures, etc.

Featured Group Rides with Leaders on Saturday & Sunday.

A BOUNTY of "portable" cycling snacks to take along on rides.

Saturday afternoon Post-Ride Party.

Massage therapist on Saturday afternoon for post-ride massages.

For cyclists with non-cyclist partners, an ABUNDANCE of fun, non-biking activities.

Saturday dinner at the The Hotel Edison in Sunbury.

Round-trip bus transportation to Saturday dinner.

Sunday afternoon "Wrap-Up & Leftovers" Party.

Music, party games, and raffle prizes



Visit us at ***<http://phillybikeclub.org>*** for info or to register.

Questions? LindaBCPEvents@yahoo.com - 267-251-7862

<http://www.phillybikeclub.org/newbcp/>



Sandy Hook Ride on Washington

Advocating common sense gun legislation

Support Team 26
when they stop in
Morristown on
their 400-mile ride
from Washington, DC
to Newtown, CT

**TOGETHER WE CAN
END GUN VIOLENCE!**

WELCOME RALLY
Saturday, May 6, 6:00 pm
Town Hall, 200 South St.

DEPARTURE RIDE
Sunday, May 7, 8:00 am
Morristown Town Hall
Cheer on Team 26 as they leave
Morristown on their way to
Newtown, or join the bike escort
guiding them out of town!

<http://www.team26.org/>

monument to monument

MAY 7
SUNDAY
2017

8am, Baltimore Washington Monument

M2M is
a 97 mile roundtrip single day
ride from Baltimore to Washington
on lightly trafficked roads.

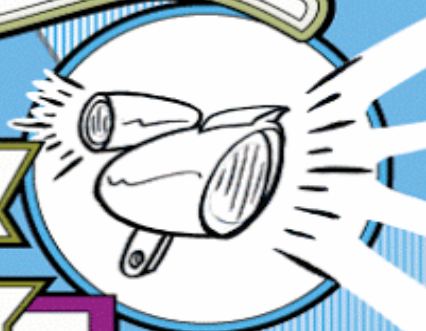
Be sure you are physically
prepared and your bike
is reliable.



Wear a
Helmet



Bring
Lights



DETAILS & TIPS AT

WWW.RANDORAMBLE.WORDPRESS.COM

YOU RIDE AT YOUR OWN RISK.

A Scenic Ride Through World-Class Attractions



**6th ANNUAL
DELAWARE
GRAN FONDO**

SUNDAY, MAY 21, 2017

Wilmington Grand Prix Weekend (May 19-21)

WILMGRANDPRIX.COM

The 6th Annual Delaware Gran Fondo will offer cyclists the unique opportunity to traverse a challenging 100-kilometer or the Medio Fondo 50-kilometer course linked by 13 cultural attractions, including stunning rides through world-class institutions such as Hagley Museum & Gardens and Winterthur Museum, Garden and Library. The 6th Annual Governor's Ride will offer cyclists a less-challenging 15-mile course. Route options for all ability levels.

POLICE ESCORT & SUPPORT • TWO TIMED CLIMBS • SWAG BAGS • OFFICIAL T-SHIRT • MEDALS • PRIZES

POST-RIDE BBQ FEATURING DELAWARE CRAFT BREWERIES

MAKE IT A WEEKEND!

FRIDAY, MAY 19

**MONKEY HILL TIME TRIAL
& KICK-OFF PARTY**

BRANDYWINE PARK - 4:30PM START

Races & tailgate party with live music, craft beer, food trucks and family fun in Brandywine Park.

SATURDAY, MAY 20

**11TH WILMINGTON GRAND PRIX RACES
& STREET FESTIVAL DOWNTOWN WILMINGTON - NOON START**

Morning: Amateur race. Afternoon: Women's and Men's professional racers from around the world competing in USA Cycling National Race Calendar event.

NOON-5PM: Free street festival, wellness expo, course cafes, DJ and live music, family activities & more.

SUNDAY, MAY 21

**DELAWARE GRAN FONDO
& 6TH ANNUAL
GOVERNOR'S RIDE**

MASS START - 8 AM

WILMGRANDPRIX.COM



www.wilmgrandprix.com



COAST THE COAST

PRESENTED LOCALLY BY
MAY 20-21, 2017



IT'S MORE *than a ride*

BIKEMS.ORG
732-660-1005

Don't just ride, Bike MS

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PRESENTED
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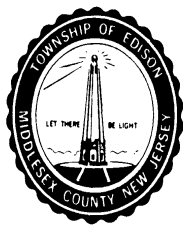
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OUR BIKE SHOP
PARTNERS:



www.bikems.org



2017

**“EXPERIENCE EDISON/METUCHEN”
MAYOR’S BICYCLE TOUR**



SUNDAY, MAY 21, 2017 – RAIN OR SHINE

BEGINS AND ENDS AT THE:

Edison Municipal Complex, 100 Municipal Boulevard, Edison, NJ 08817

\$10.00 REGISTRATION FEE

INCLUDES: *2017 Bike Tour T-Shirt & Free Snacks

“Day Of” Registration Begins at: 8:00 a.m.

Tour Begins at: 9:00 a.m.

Tour ends approximately: 1:00 p.m.

***1st 150 RIDERS TO PRE-REGISTER WILL RECEIVE AN OFFICIAL 2017 “BIKE TOUR” T-SHIRT**

**PRE-REGISTRATION IS AVAILABLE NOW
TO DOWNLOAD AN APPLICATION GO TO WWW.EDISONNJ.ORG AND CLICK
ON “EXPERIENCE EDISON/METUCHEN” MAYOR’S BIKE TOUR**

FAMILIES CAN EXIT THE TOUR AT ANY TIME.

For any A.D.A. concerns or more information, please call:

EDISON RECREATION DEPARTMENT

Joyce Fircha, Supervisor of Recreation 732-248-6417

Email: jfircha@edisonnj.org

METUCHEN RECREATION DEPARTMENT

Nancy Goldberg, Director 732-632-8502

Email: ngoldberg@metuchen.com



**ALL PARTICIPANTS MUST WEAR A BICYCLE HELMET. CHILDREN UNDER 10 MUST BE ACCOMPANIED BY AN ADULT.
ALL BICYCLES MUST HAVE 20” TIRES OR LARGER. SAG VEHICLE AVAILABLE.**

BIKE SAFE.....BE SAFE

EDISON MAYOR THOMAS LANKEY ~ METUCHEN MAYOR PETER CAMMARANO
Edison Township Council

S: Bike Tour 2017 2/21/17 dwt

1ST 150 riders to pre-register will receive an official 2017 "Bike Tour" T-Shirt

Office Use Only

Date Received: _____ Emp. Initials _____

2017 "BIKE TOUR" APPLICATION - \$10.00 Each

I hereby give permission for myself/my child to participate in this activity and assume the risk thereof and I do agree for myself/my child at all times to keep the said Recreation Departments, Personnel and the Township of Edison/Metuchen free, harmless and indemnified from any and all liability for any injury I/my child might sustain as the result of said participation. Photographs, videotapes and audio recordings of the participant, while participating in an Edison/Metuchen Recreation Department Program may be made. I hereby permit, consent and authorize such materials of myself/my son/daughter as an individual or part of a group with or without text, to be used for Edison/Metuchen Township Recreation activities. It is further understood and agreed that Edison/Metuchen Township does not provide any insurance coverage for the participant or organization.

Name _____ Age _____ T-Shirt Size _____

Name _____ Age _____ T-Shirt Size _____

Address _____

City _____ State _____ Zip _____

E-Mail Address _____

Bike Club Name (If applicable) _____

Bike Club Address (If applicable) _____

Home Telephone _____ Work Telephone _____

E-mail Address _____

Please fill out the above application and return with \$10.00 per rider to:

Edison Recreation, 100 Municipal Boulevard, Edison, NJ.

"While this is a recreational tour, it does include some hills and the length is a substantial distance that may not be appropriate for very new riders or young children. The police cannot hold the traffic back indefinitely so cyclists need to maintain an average pace of at least 8-10 miles per hour in order to complete the tour in the allotted time. Young children, ages 8 or younger, must be on a tandem bike or on a third-wheel attachment with an adult. All riders should carry a spare inner tube in case of a flat. Ride Marshalls with tools will be available to help change a flat at one of the rest stops.

WWW.EDISONNJ.ORG



**Baltimore Bicycling Club
35th Annual Kent County Spring Fling
Memorial Day Weekend, May 26-29, 2017**

4 days of cycling on Maryland's Eastern Shore with rides of 11-100 miles

Stay at historic Washington College, Chestertown, MD

(70 miles from Balto/DC; 85 miles from PA; 170 miles from NY)

Check in: Fri noon-9pm; Sat 8-10am Check out: Mon by 4pm (or 3-day option; Sun check out by 4pm)

HIGHLIGHTS

- **Great cycling on low-traffic, scenic roads, flat to rolling terrain**
- **Chesapeake Bay & its scenic byways with rides to Betterton Beach, Rock Hall and lunch on the pier, Centreville, Galena, and more!**
- **Bird sanctuary at Eastern Neck Wildlife Refuge and the soaring osprey!**
- **Historic Chestertown & the Tea Party Festival with 3 days of activities & music, local artisans, living history, & all the charm of this 18th century town**
- **Award winning Washington College Dining—7 meals/wine with dinner, dessert/cordial party, ice cream social, vegan, vegetarian, gluten-free options**
- **Off-site catered picnic lunch at spacious and pastoral Worton Park**
- **Live music, dancing on Saturday night; DJ music, dancing on Sunday night**

Weekend includes:

- *Lodging: Friday, Saturday & Sunday**
- *Breakfast: Saturday, Sunday & Monday**
- *Dinner: Saturday & Sunday; wine with dinner**
- *Picnic lunch on Sunday at Worton Park**
- *Brunch on Monday**
- *Entertainment and Socials: Friday, Saturday, & Sunday**
- *Map Packets (ride with a group or on your own)**
- *Yoga, indoor pool, game room**
- *Snacks, drinks all day at Hodson Hall**

Weekend options:

- *Friday dinner 6-8pm**
- *Lodging upgrades include suites ideal for groups/families**
- *Massage services on Saturday and Sunday**

**SUPER EARLY BIRD SPECIAL!! \$20 discount per person
Apply by JANUARY 25, 2017(mail in only) to receive this price!**

Questions: email kentcountyspringfling@gmail.com

Registration opens on January 1, 2017; check website: www.baltobikeclub.com



10th Annual Bike Ride for Amy – June 4, 2017

South Brunswick High School

“Saving Lives – One Pedal at a Time”

10 Years Strong!

Got the winter blues? Sign up for the refreshing spring Bike Ride for Amy that is 10 years strong! This year marks the 10th anniversary of the Bike Ride for Amy! It's not a race – it's a fun-filled and enjoyable bike ride to raise support for a wonderful cause – to make early detection of breast cancer accessible to all women in central NJ.

The Bike Ride for Amy offers four separate routes:

- a challenging 50-mile ride through the Sourlands (2017 route changes);
 - a hilly 35-mile ride;
 - a comfortable; flat 25-mile ride (2017 route changes); and
- a short, flat 15-mile course (great for beginners – YOU CAN DO IT!)

<http://amyfoundation.org/the-bike-ride-for-amy/>



Morris Area Freewheelers Foundation
presents the
9th Annual Revolutionary Ramble
June 10, 2017.

Our start point for 2017 is Drew University, Madison, NJ!

Rides for all abilities.

Fully supported with SAGs, rest stops, and buffet lunch.

Choose from a 10, 25, 35, 50, 65 or 100 mile tour. The 10-mile novice and family tour and the 100 mile tour are redesigned. Lots of newly paved roads.

<http://rambleride.org/>

The 15th Annual French Creek Iron Tour

Cycling for Open Space

Sunday, June 11, 2017



FRENCH & PICKERING CREEKS
CONSERVATION TRUST

IRON TOUR

cycling for open space



SECOND SUNDAY IN JUNE
SCENIC COURSES FOR ALL LEVELS

10 20 34 50 64 75 100
mile courses

**IN NORTHERN
CHESTER COUNTY, PA**

Visit www.irontour.org
for more information and to sign up.



FRENCH & PICKERING CREEKS
CONSERVATION TRUST

IRON TOUR

cycling for open space

This was my 4th year riding the 30 mile route. Great support, outstanding scenery, fantastic ride, and super volunteers!

It was our first family bike tour, and we had a GREAT time!

We were so glad to see the sign posted on "Preserved Forever" properties. We passed many farms and fields we have long admired and are so glad to know they will remain as they are now. We are so fortunate to live in this beautiful place. Thank you for your efforts to keep it that way!



PRESERVED FOREVER
by
French & Pickering Creeks
Conservation Trust



Visit www.irontour.org
for registration and information about the ride, including registration deadlines, courses, ride support, rest stops, lunch and amenities.

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

**** Harbor House ****

21ST ANNUAL BIKE TOUR

JUNE 23-25, 2017

Harbor House Annual Bike Tour is a 3-day ride from June 23-25, 2017 departing from Toms River, NJ, going to Princeton, NJ, through the Sourlands Mountain area, and ending back at Harbor House in Toms River on day 3. Come out and enjoy a 3-day bike tour of New Jersey, while supporting Harbor House's mission, which is to keep at-risk, homeless youth safe and off the streets. Join us on this ride!

ALL 3-Day Ride participants (Riders & SAG Team) are required to raise a minimum of \$750 in support of the kids in crisis at Harbor House.

You can also join the ride for one day (Sunday only) or two days (Saturday and Sunday only). For one day riders, the minimum fundraising amount is \$250. For two day riders, the minimum fundraising amount is \$500.

Rooming will be provided at Nassau Inn, 10 Palmer Square in Princeton (Tel# 609-921-7500).

DAY 1 OF THE 3-DAY BIKE TOUR

Toms River to Princeton – part of the ride will take us up the shore coast, average per day is 75 miles.

DAY 2 OF THE 3-DAY BIKE TOUR

The ride will take place around the Sourlands Mountain area, average per day is 75 miles.

DAY 3 OF THE 3-DAY BIKE TOUR

Starting in Princeton and ending back at Harbor House in Toms River, average per day is 75 miles.

EVENT DATES: Friday June 23, 2017 – Sunday June 25, 2017

START TIME: 5:30am EDT

END TIME: 2:00pm EDT

PRICE: \$100.00 Ride Fee + \$6.00 SignUp Fee

REGISTRATION: Registration ends June 13, 2017 at 11:59pm EDT

For more information, please contact Jhanna at 732-929-0096 ext. 205.

Register For The 3-Day Bike Tour Today!

<http://www.oceansharborhouse.org/event/annual-bike-ride/>



***THE* RIDE FOR MENTAL HEALTH**

June 24th - 25th 2017
New Paltz, NY

**Rides of 25, 50, and
100 miles both days.**

**The proceeds of the ride will be
donated to McLean Hospital,
a Harvard Medical School
affiliate, for education, research
and treatment of mental illness
including anxiety, borderline
personality disorder, depression,
eating disorders and
substance abuse.**

www.ericssride.org

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

What's on your bucket list?

Is it to spend a whole week cycling with friends through gorgeous scenery?

Or do you want to kick it up a notch and try skydiving?

You can do it all at [Cycle Massachusetts](#), the famous statewide charity tour that is also known as the Friendliest Ride in the East. We're delighted to welcome cyclists for a weekend or a whole week depending on YOUR schedule. Here's some highlights for 2017:

- Cycle Club Discount – we've made it super-convenient to join up with friends – just use our special [club signup page](#) (email bruce@cyclema.com for details)
- Jump from a plane! That's right – you'll have the option to cycle to [Jumptown](#) in Orange, MA, and try skydiving!
- Three states in one ride – not only do we explore Massachusetts, but we'll ride the quiet roads of Vermont and New Hampshire as well.
- Family riding weekend! Our opening weekend is especially family-friendly complete with shorter rides to kid-approved destinations, a [popsicle party](#), and an all-ages outdoor movie!

We're excited to welcome riders to our fantastic start/finish location at the Stoneleigh-Burnham School in Greenfield, Massachusetts. With two nights on their lovely campus, and two nights each in Putney, VT, and Orange, MA, you'll have time to explore the most scenic vistas, visit local landmarks, and savor each experience with new friends. We promise something fun to see or do every 10 miles.

Cycle Massachusetts is from **August 5th through 11th** (2, 4, 5, and 7 day options available) and all proceeds support the [Massachusetts Bicycle Coalition](#).

Sign up today at www.cyclema.com: The registration deadline is July 15th, and Cycle Massachusetts is limited to 150 riders!



August 12-13, 2017

Tour de Frederick is a premier cycling weekend

in Frederick, MD

Saturday offers 10, 35, 62 and 100 mile routes

with an awesome Finish Line Party

that includes beer and live music!

Register at

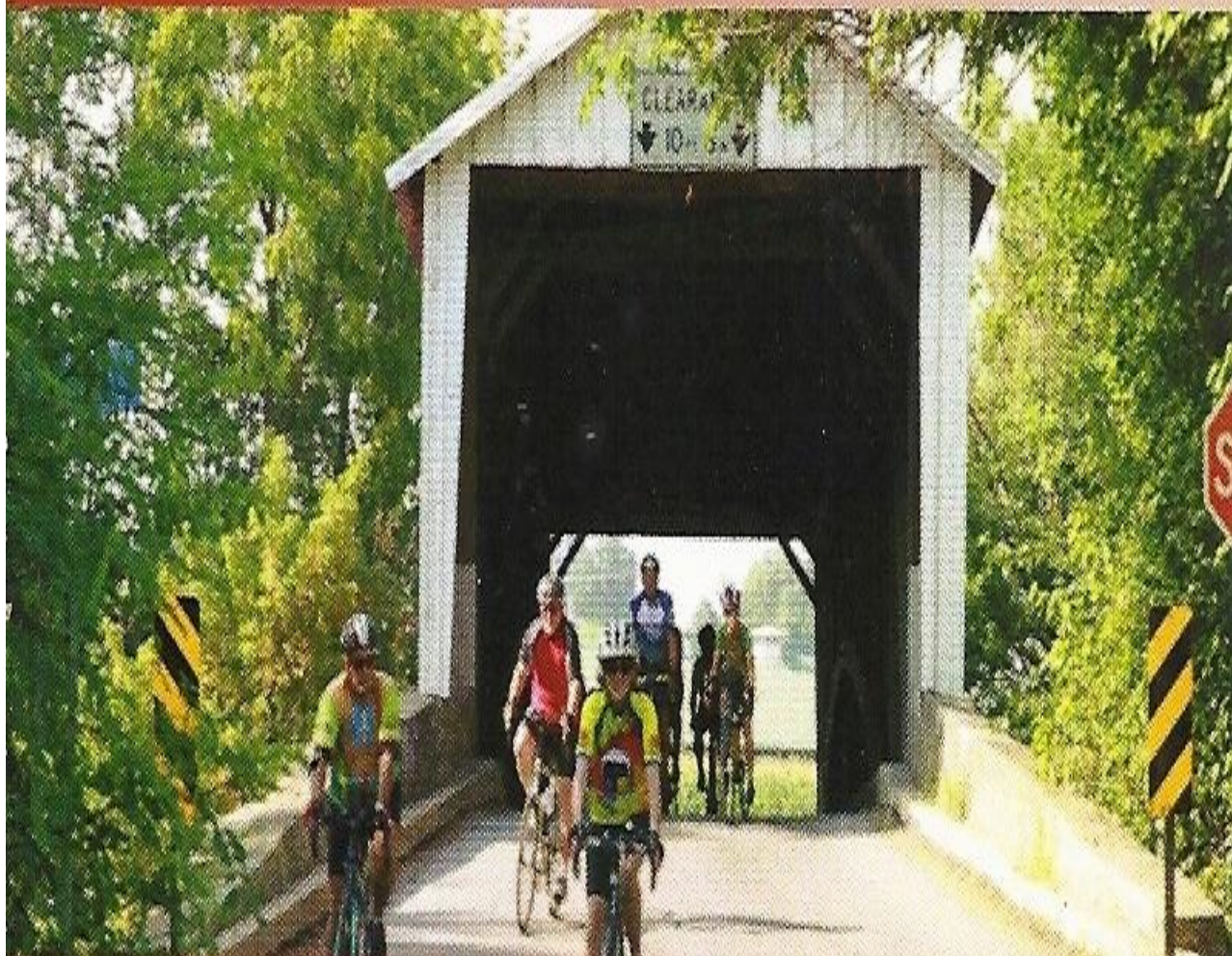
www.tourdefrederick.com

Saturday is also the

National Clustered Spires High Wheel Race

in downtown Frederick

15, 31, 62 & 100 miles



www.Lancasterbikeclub.net/lcbc

BICYCLE TOURS IN RUSSIA

Our cycle season 2016 has successfully passed. We had double amount of tour participants comparing with 2015! You can find some beautiful photos from our bike tours at www.rctc.ru/report.html

Now we started the application period for our 2017 tours. Check out our schedule at www.rctc.ru/tour.html

We announce 7 tours next summer! For the first time we suggest a guided tour outside Russia. The Mosel tour in Germany is going to be in May. In June, we prepare a completely new route combined from the best parts of Golding Ring and Moscow-St.Petersburg tours including 10 jubilee bike festival in Uglich. We end this tour in St. Petersburg just on time of White Nights. That is the most popular time for visiting this inimitable city. <http://www.rctc.ru/msspwn.html>

Our classic Golden Ring of Russia tours (adventure and comfort) and Moscow - St. Petersburg tours (new route) are as usual on. Plus Karelia tour (updated route). All tours are easily combined, so people may take two or more tours together with a good discount for following tours.

We expect more participants from Russia and abroad next summer. Now Rouble is not strong and we may suggest good price for international visitors.

Vladimir Filippov
Russian Cycle Touring Club
www.rctc.ru



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/>



Miscellaneous Stuff

Including Ride Sheets & Sponsor Ads



ATTN: CJBC MEMBERS

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





Central Jersey Bicycle Club, Inc.

2017 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					
15					
16					
17					
18					
19					
20					

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 be removed.

For Sale **MINOURA Indoor Bike Trainer** ... Tire Drive/Hyper magnetic resistance. 26, 27 inch and 700c. Folds easy for storage. Riser block for front wheel. \$49.00 **Harold M. Finkel** halmart2@comcast.net (C) 732 666 -7161/(H) 732-613-6527

For Sale...**Vintage 10 speed Bicycle**...Raleigh "Record" made in Nottingham, England (medal crest on headset), Orange & White color, 21.5" (crank to seat post), 27" x 1 1/4 new gum wall tires, new gear shift cables, new brake pads & seat, recently tuned, Very Good Cond. **PRICE REDUCED - \$100.00.**



Call John at 908-456-2075

Handmade **Japan 18 speed**, very good shape. May need tires, black frame. Located in Ford's, NJ. Contact: Dennis Vaeth, **Email - nowhereman144@yahoo.com**.

Offering three new un-ridden **2013 Raleigh Carbon bikes** - cash prices at major discounts.

A white 55 Militis-1 with 105 and internal cables, orig \$2500 for \$1500. Same T-800 frameset as their \$7000 bike. And two Grey Revenio Carbon-1's, a 56 and 59 with Tiagra, orig \$1850 for \$1000. Also with Internal cabling. Look them up. They are very well rated. Bikes are in Oceanport. Contact **Dennis Fahey** at faheybike@verizon.net

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 excellent condition, Original Paperwork. \$800 or best offer. **Call or email - Karen 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.

Somerset

Hightstown

Bicycle Rack

SALES & SERVICE

Route 33 & Airport Road

Hightstown, N.J. 08520

(609)-448-2928

Van Delfino, owner

bicyclerack@msn.com

<http://www.njbicyclerack.com>

Bike N Gear

1695 Amwell Road,

Somerset, N.J. 08873

(732)-873-0212

Prop: Gary Schnitzer

MGR: Anthony DiPaolo

Cannondale Specialized

Ellsworth

Turner Ventana Haro & Masi

Sales, Service, Trade-Ins,

e-mail: BikeNGear@aol.com

HALTERS 609-924-7433 (RIDE)

1325 Route 206N

Skillman, NJ 08558





www.cyclecraft.com

LONG VALLEY

8 West Mill Rd
Long Valley, NJ
07853

908 876-5600

[E-mail this location](#)

PARSIPPANY

New Road & Route 46
Parsippany, NJ 07054
(973) 227-4462

Fax: (973) 227-0924

[E-mail this location](#)

East Brunswick
1020 Route 18 N
732-651-8080

Old Bridge
361 Route 34
732-290-9898



www.planetbikenj.com



**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

**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

RUTGERS BIKE



732-985-1770

1354 Stelton Road, Piscataway, NJ 08854



89 FIRST AVENUE
ATLANTIC HIGHLANDS, NJ 07716
732-291-EYES(3937)

www.eyesonfirstave.com/



Central Jersey Bicycle Club, Inc.

Over 40 Years and Still Rolling

Established 1968

May 2017

Number 5

Happy Bicycling!

