



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

Established 1968

October 2014

Number 10

Upcoming Meetings:

General Meeting

October 20, 2014 7:00 PM
Metuchen Library
480 Middlesex Ave, Metuchen

Board Meeting

November 17, 2014 7:00 PM
Metuchen Library
480 Middlesex Ave, Metuchen

Please be aware that all members are welcome to attend the Board Meetings. You must notify a member at large if you would like your voice to be heard. This way, you may be allowed time to have your concerns expressed, time permitting.

October 9th CJBC Awards/Volunteer Dinner

Old Town Buffet in Mid-State Mall, 300-314 Route 18, East Brunswick, NJ
from 7:00 PM to 9:00 PM. All members are invited at no charge.

October 18th Tom Koenig CJBC Anniversary Ride

Join us for the Tom Koenig Memorial CJBC Anniversary Ride. We will ride from Thompson Park in Jamesburg. Please arrive at 9:30 AM to join with a ride leader and be prepared to leave at 10:00 AM. The following rides will be anticipated depending upon ride leaders:

- A- of 50 miles (leader needed)*
- B of 43 miles (leader needed)*
- C+ of 34 miles (leader Andrie)*
- C- of 20 miles (leader Earl)*

Lunch, provided by the club, will be at Vesuvio's on Millstone Road in Perrineville. Gluten free pizza is available. Please let us know in advance if you like to order it.

For more information or to volunteer to lead a ride, contact David at youngdavid020@gmail.com or call 609-571-5002 or Andrie at b.yu17@yahoo.com or call 732-939-7879.

Hope to see a big turnout.

OCTOBER EVENT CALENDAR

October 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 B- 2/3 20 Pluckemin To Whitehouse Night Ride	3 C 4/3 35+/- Friday? On Friday - Ben	4 YOM KIPPUR
5 Tour De Manhattan	6	7	8	9 CJBC Awards/Volunteers Dinner	10	11 C 4 42 The End of Days - Ben
12	13 COLUMBUS DAY	14	15	16	17	18 Tom Koenig Memorial CJBC Anniversary Ride
19	20 General Meeting	21	22	23	24	25
26	27	28	29	30	31 HALLOWEEN	

*** 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.**

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.



September 15, 2014 Board Meeting Minutes

Attendees: Ben Blum, Earl Lapidès, Joe DeSimone, Nick Spadavecchia, David Lewis, Mike Kruimer and John Colasanti

President Ben Blum: John Pember is unable to continue as President so according to the by-laws, I now hold the title. We have 4 vacancies on the board. As we are approaching a new year, we are asking for volunteers to serve on next year's board. Please contact any board member to add your name to the ballot. Elections will be held at the December meeting.

We voted to donate to first aid squads but will be checking our files to see which squads received donations in the past and which didn't. We will be asking for additional squad suggestions at the next general meeting and then will finalize the list at the next board meeting. Other charities, if any, will possibly be discussed by next year's board since we have outstanding club issues this year of higher priority, including recruiting ride leaders, encouraging ride participation, and lack of participation on the website.

John Colasanti has volunteered to chair next year's Farmlands. Contact information is on the **Contact Us** page.

The program presentation for the October meeting will be by Sister Mary Jo Kearns discussing her adventures along The Camino de Santiago earlier this year.

Treasurer Earl Lapidès: As of September 29, 2014, checking account has \$40,250.05.

2015 Farmlands Chairman John Colasanti: At the October 20th, 2014, General Membership Meeting, one of the topics that will be highlighted & discussed will be the planning of the 2015 Farmlands Bike Tour. Please attend this important meeting to contribute your thoughts & ideas to make next year's tour a successful event. Contact me at.... seezer2@aol.com or 908-456-2075

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.**



We encourage other members to feel free to send any articles or information to be published on the HUB.

TOUR de MANHATTAN



Sunday October 5th at 8:45 AM

If you have not treated yourself to one of the best rides of the CJBC, be sure to attend the Tour de Manhattan. It is an enjoyable 32 mile, slow, scenic bike ride circling Manhattan, mostly on the river view bike path.

The ride meets at the Staten Island Ferry bicycle waiting area for the free ride, with our bicycles to lower Manhattan. The ride starts by going north next to the East River passing under the Manhattan and Brooklyn Bridges. We proceed to the last street in Manhattan where we purchase a Picnic lunch to be eaten in the Park overlooking the Harlem River and Spytten Dyvil (Devils Caldren in Dutch).

After rest and lunch, we proceed south next to the Hudson River passing the “little Red Lighthouse” under the G W Bridge then ride back to South Street for our voyage back to Staten Island.

Bad weather cancels ride.

Any questions? Call Earl at 732-261-2000

Notes and Events from CJBC Members

Bicycle Weekend in the Green and Adirondack Mountains

On 9/12-9/14, riders made the drive to the Highlife Ski Club lodge in Chittenden, VT. to enjoy a weekend of hill climbing. The lodge is a converted farm house that can accommodate up to 50 adventurers. We had it to ourselves this weekend as it was between the seasons.

The first days' route tackled an elevation of approximately 1500 ft. with exhilarating descents and rolling climbs. Though the run was only a 16 mile loop, everyone's legs were challenged. Our speed averaged only 10 mph and this included downhill schusses that broke 40 mph. Afternoon refreshments followed as we toured the Long Trail Brewery, the Foundry Restaurant, and the Inn at McGrath's Long Trail, soft rock and Irish folk music closed out our day. Our Sunday ride was on a return drive. We drove to Lake George, secured parking at Fort William McHenry and ventured onto the Warren County bicycle trail. The section of the trail we rode, Lake George to Glen Lake, consisted of 9 miles of paved path under a canopy of green. Rolling hills, the occasional fellow rider or hiker made for a scenic ride. The trail could continue to Glens Falls however it becomes gravel and a hybrid or mountain bike is your viable option vs. portage.

All in all, it was wonderful excursion; we look forward to riding it again and extending the rides. Hope you can join us next time out.

*Safe Riding,
David
MemberatLargeII*

Pictures from Vermont Trip



CJBC Trivia

Answers can be found at the end of the HUB.

1. Who had the most consecutive years led in total mileage?
2. Who had the most years with 5,000 or more total miles?
3. Who has had the most consecutive years with a utility mileage award?
4. What are the most utility miles in 1 year for the club?
5. Who has the most consecutive years in ride leadership?
6. What are the most rides led for 1 year in the club?
7. Who has the most consecutive years with 25 or more ride attended?
8. What are the most rides attended for club within 1 year?
9. Which female members were on the Board the longest?
10. Who served on the board for at least 27 consecutive years?

Researched by Dan Rappoport, 1980-2013

10th Annual Tour de Pines

October 1 to October 5, 2014

Registration is now open!



2014 Tour T-shirt

Looking for somewhere new to ride your bike? Join the Pinelands Preservation Alliance and our all-star committee of volunteers for **five single-day bicycle tours of the Pinelands National Reserve!**

The Tour will stop at various locations to highlight the natural, cultural and historic treasures of the Pinelands, including historic Batsto Village, Leeds Point - birthplace of the Jersey Devil, Chatsworth, Wharton State Forest, Barnegat Bay and more.

Each day's tour ranges from 40-55 miles per day with average speeds of 11-13 mph and they begin and end at the same location. Everyone gets cue sheets for the ride so you can ride at your own speed.

You can ride one day or all five days - it is up to you. The Tour de Pines is a voluntary, non-competitive, unsupported ride. Meet, great people and see amazing places.

For more information about the [Tour visit our website.](#)

10th Anniversary Party for the Tour on October 5th

The Tour de Pines started with the passion of one volunteer, Dan Rappoport, and has grown into a movement. We believe that by the time we finish this year's Tour about 1,686 bicycles will have covered 75,070 miles in the Pinelands!

In celebration of the *10th Anniversary of the Tour de Pines*, we will host a little party after the final ride on October 5th. Thanks to a generous donation from [Pinelands Nursery](#) all attendees of the October 5th ride and/or party will receive a Pinelands native plant of their very own - either a Sweet Pepperbush (*Clethra alnifolia*) or Swamp Azalea (*Rhododendron viscosum*). [Flying Fish Brewing Company](#) from Somerdale, NJ has generously donated some of their fine craft beer for the festivities!

This is what you have to look forward to after finishing Sunday's ride:

- Toasted Crostini with Bruschetta
- Fresh Fruit Platter
- Grilled Asparagus-Roasted Mushrooms & Peppers
- Stuffed Black Bread with Spinach Dip
- Miniature Sandwiches: Grilled Vegetables, Turkey Breast with Sesame Rub, Roast Beef with Provolone & Peppers
- Miniature Brownies, Canolis & Cupcakes

This party is free to all registered riders of the Tour de Pines.

NEW for 2014: Optional scavenger hunts during the rides on October 1st and October 5th. Cool Prizes!

Feel free to share this email. We hope you can come!

Hope to see you there,

Becky Free

Director of Membership & Communications

phone: 609-859-8860 ext. 21



Central Bucks Bicycle Club

The Best Road and Off-Road Cycling in
Bucks County, PA!

34th Annual COVERED BRIDGES RIDE

Sunday, October 19, 2014 8am - 3pm

TIN - Tinicum Park

Greetings Area Bike Clubs! Registration is now open for the CBBC Annual Covered Bridges Bike Ride. Here are the details....and thank you for your support!

The Central Bucks Bicycle Club's Annual Covered Bridges Ride will be held Sunday, October 19, 2014 (rain or shine). Choose from five gorgeous rides: flat, family-friendly 20 and 30 mile rides or challenging, hilly 33, 50 or 63 mile rides. Enjoy Bucks County's beautiful fall colors, scenic roads and historic bridges. Rides start and end at Tinicum Park along the Delaware River. Rides are well-marked and fully supported. Great rest stops feature food, baked goods, and fresh fruit and drinks. Savor our Grand Finale lunch at the end. For more information and to register: www.cbbikeclub.org.

Regards,

Linda Salkovitz

President

Central Bucks Bicycle Club

pres@cbbikeclub.org

ECO-TOURS of Edison

Organized by the Edison Greenways Group, Edison Wetlands Association
& The Edison Open Space Advisory Committee

Fall 2014

This Year's Tours are dedicated to Jane Tousman, and include places she helped save.

#1. National Public Lands Day Oak Tree Pond Cleanup

Saturday September 27, 2014 9:00 am to 1:00 pm
Meet: Oak Tree Pond Historic Park, Oak Tree & New
Dover Rd. Edison.

#2. EWA Adams Farm Tour

Friday October 3, 2014, 6:00pm
RSVP: 732-321-1300
Triple C Ranch & Nature Center, 206 Tyler Rd. Edison.
www.edisonwetlands.org

#3. Metuchen Country Fair

Saturday October 11, 2014 10:00am-4:00pm
Visit the Greenway Booth on Pearl St.

#4. EWA Hardwood Forest

Friday October 17, 2014 6:00pm
RSVP: 732-321-1300
Triple C Ranch & Nature Center, 206 Tyler Rd. Edison.
www.edisonwetlands.org

#5. Short Hills March

Saturday October 18, 2014 8:00am-3:00pm
Meet: Metuchen Train Station.
Freewalkers Hike from Metuchen to Watchung
Reservation. Visiting sites of the Battle of Short Hills.
Contact: Paul Kiczek 973-214-1811
www.freewalkers.org/events/battle-of-the-short-hills-march

#6. Piscatawaytown Burial Ground Cleanup and Tour.

Saturday October 25, 2014.
Cleanup starts at 9:00am Tour begins at 12 noon.
Meet: Behind St. James Church, Woodbridge Ave. &
Park Way in Edison.
Help cleanup a 342 year old cemetery, and tour this
interesting spot.

#7. Middlesex Greenway to Opalanie Trail

Sunday November 2, 9:00am- 11:00am
Meet: Trailhead Middlesex Ave. Metuchen.
Hike Middlesex Greenway extension to the new trail
that the boy scouts built.

#8. Menlo Park School Nature Trail Cleanup

Saturday November 15, 2014 9:00am to 12noon
Meet: Menlo Park School Monroe Ave. Edison.
Annual cleanup of Nature Trail.

#9 Stevens Preserve from Petti Lane

Sunday November 23, 2014 10:00am to Noon
Meet: End of Petti Lane.
*200 acres of woods and wetlands.
Site of the Short Hills Battlefield*

#10. Raritan River

Sunday December 7, 2014 10:00am
Meet: Edison Boat Basin, Meadow Rd. Edison
Walk the Raritan Walkway, then drive over to Glendale
Ave. to hike "White" Rock on the river.



See you on the trail!

9/12/2014

ECO-TOURS of Edison

Organized by the Edison Greenways Group, Edison Open Space Advisory Committee & The Edison Wetlands Association

Fall 2014

Come out and join us for our 19th year of touring open space in the Edison area.

On our tours you can:
Learn about local history and the environment.
See interesting places not visible from a car.
Hike in the fresh air for your health.
Meet interesting people.
Splash in water & mud.



The ECO-TOURS of Edison are organized by the Edison Greenways Group, and the Edison Wetlands Association to give residents a chance to see some of the most interesting and environmentally important areas of Edison. Since 1995 hundreds of people have gone on these walks, and hikes.

The tours are open to the public, and will last approximately 2 hours.

Bring something to drink, binoculars, compass, notepad, and bird book.

Please wear appropriate clothing, and waterproof footwear. The walks can be tough and wet. There are no restroom facilities on the outdoor tours.

Before each tour call 732-906-0529 for cancellation information. Due to bad weather, or other causes, a tour may be postponed.

For information or directions: call Walter Stochel Jr. at 732-906-0529, wstochel@earthlink.net.

For Edison Wetlands information call 732-321-1300 or E-Mail rspiegel@edisonwetlands.org

Edison Greenways Group
PO Box 10432
New Brunswick, NJ 08906

info@edisongreenways.org
www.edisongreenways.org

Edison Wetlands Association
206 Tyler Rd.
Edison, NJ 08820 Tel: 732-321-1300

rspiegel@edisonwetlands.org
www.edisonwetlands.org

See you on the trail!



Pacific Atlantic Cycling Tour

Fall 2014

Tour of the Canyons

Sunday, Sept. 21 to Sunday, Oct. 5

Albuquerque Loop

1,100 miles, 11 riding days, 2 hiking days



Beginning in Albuquerque, NM, we will ride 500 miles to the Grand Canyon in 5 days. We have a stay over day hiking at the Canyon. Our return trip will include one day of hiking at Canyon de Chelly before returning to Albuquerque. This is a popular tour encompasses plenty of southwest culture with a good mix of cycling and hiking in beautiful areas of Arizona.

You can combine these tours for a month long adventure with PAC Tour!

Tour of Ghana, Africa

A new tour for late October will be a combination road and mountain bike tour in Ghana, Africa. We will ride about 40-65 miles per day around the semi mountainous region of southeast Ghana along the Atlantic coast of Africa. The tour will be about 12 days including travel days and visits to the slave trader forts. We will be staying in nicer resort hotels and eating in restaurants. Lon will be going to Ghana to scout this route in April and we will have complete tour details ready sometime this summer.

www.pactour.com | (262) 736-2453 | info@pactour.com



New Holland Bicycle Race

The New Holland Bicycle Race is a 50+ mile open road course starting and ending at the Community Memorial Park in the Borough of New Holland.

The race is open to anyone 21 years of age or older. The race is held three times a year. The third Saturday of April, the third Saturday of July and the second Saturday of October. Each race is a variation that is designed to challenge the best but also allows intermediate cyclists a fun time.

Please look at the links on <http://newhollandbicyclerace.com/> for directions to the start. The Course button shows the turn by turn course directions of the most current race which is needed by all participants. Also, you can find a Waiver button for liability which must be signed by each participant and sent in with their check or money order for \$40.00 per person for the upcoming race.

New Holland Bicycle Race, LLC

P.O. Box 332

New Holland, PA 17557

Please have your check and signed waiver submitted 10 days before the start of the race date. Each race starts at 8:00 A.M. The race will be cancelled if there is a torrential rain and will be rescheduled the next morning.

Email: Marketing@NewHollandBicycleRace.Com



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^o or above 90^o 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/>

CHECK OUT



Sen. Stack agrees to sponsor Four-foot/Safe Passing bill

Senator Brian Stack (District 33) agreed to sponsor the **four foot/safe passing bill** in the Senate during a meeting this past August with NJBWC Lifetime Member Jim Vance, Janna Chernetz of Tri State



Transportation Campaign, and Cyndi Steiner of NJBWC. We will be watching to see that this happens this month. If you have any questions or comments about the bill, please contact [NJBWC](#).

As this effort moves through the NJ legislature, NJBWC will need to know how many readers we have in each of the state's legislative districts. To assist us, please **give us your zip code** so that we may identify your district. Rest assured that we do not share information about our readers and members on an individual basis; your information will remain confidential.

Thank you Gran Fondo NJ!



NJBWC thanks the Gran Fondo NJ, for their incredible support and dedication to our mission. The fourth **Gran Fondo NJ**, organized by NJBWC board member Marty Epstein and Executive Director Bill Ruddick, went off without a hitch on Sunday, to over 2,000 riders who came out to support this charity ride in western NJ. The weather was perfect and the enthusiasm could be felt everywhere.

AT A GLANCE

[Four-foot Safe Passing Bill update](#)

[Thank you Gran Fondo NJ!](#)

[Federal Policy update](#)

[NJBWC wins Partners for Health Grant](#)

[National Bike Challenge- June and July Local Challenge winners announced!](#)

[Upcoming Bicycle Education Classes](#)

[Central Bergen Bike & Walk Plan - your input needed!](#)

[NJBWC in the News](#)

[Upcoming Events](#)

[Member Clubs](#)

[Sponsors](#)

NJBWC IN THE NEWS

Gran Fondo grand marshal riding into Morristown with a message on Sept. 7

Keeping cyclists safe from cars on perilous Rt 9W proving to be a challenge

UPCOMING EVENTS

Jersey Devil Century, Sept 20

NJ Tour De Farm, Sept 27

Twin Lights Ride, Sept 28

2015 NJ Bike & Walk Summit, Feb 21, 2015



Morristown Mayor Tim Dougherty, and NJBWC Board Member and Gran Fondo NJ organizer Marty Epstein cut the ribbon at the start of Sunday's charity ride. Photo credit: Mitch Morrison



Mass start of riders at 7 am sharp. Photo credit: Katharine Boyle for Morristown Green.

Federal Policy

Please join us for the National Bike Summit

Each year, the League of American Bicyclists hosts the National Bike Summit in downtown Washington, DC. This is a chance for us to meet with our legislators as a group and make the important "asks" to them for federal support for bike and pedestrian policy and funding for New Jersey. Last year, NJBWC led the delegation of 10 people from the state. We would like more of you to join us and have your voices heard. The 2015 National Bike Summit will be held on March 10-12, 2015. For further details, click [here](#).



2014 NJ delegation

NJBWC at ProWalk ProBike ProPlace

We are heading to Pittsburgh this week for the [ProWalk ProBike ProPlace](#) conference. NJBWC will be chairing a panel, "**Getting the Money Spent: Making it Easier to Access Federal Bike/Ped Funding.**" NJBWC is also a recipient of the APBP Gihon Jordan Scholarship to

National Bike Summit,
March 10-12, 2015

MEMBER CLUBS

Bicycle Touring Club of
North Jersey

Bike & Walk Montclair

Bike and Walk Morristown

Central Jersey Bicycle Club

Jersey Shore Touring
Society

Major Taylor Cycling Club
of New Jersey

Montclair Cyclists

Morris Area Freewheelers
Foundation

South Jersey Wheelmen

Like us on Facebook 

[NJBWC Newsletter Archive](#)

YOU SHOP...AMAZON GIVES TO

NJBWC! NJBWC has registered with Amazon Smile, a program where Amazon.com donates 0.5% of the purchase price of eligible products to the charitable organization selected by customers.

When you shop on Amazon, please use the following link...

Shop at AmazonSmile
and Amazon will make
a donation to:

Get started



...and choose NJBWC as
the charity you'd like to
support.

attend this conference. Watch for posts from the conference on our Facebook page.

NJBWC wins grants for bike depot in Montclair

The [Partners for Health Foundation](#) has awarded NJBWC a \$14,000 grant to build an enclosed storage area, or "Bike Depot", at the Bay Street NJ Transit train station. This award is in addition to the [Sustainable Jersey Small Grant Program](#) award of \$20,000 that NJBWC partnered with Montclair Township to win last spring for the depot.



The Bike Depot will provide safe, secure storage of bicycles for riders of NJ Transit who are commuting by bike either to NYC or from NYC to points in New Jersey. This will be the first depot of its kind in the state and will serve as an exemplar to NJ Transit for stations across the state.

National Bike Challenge - final month!

The National Bike Challenge is in its last month, and NJBWC has reached its mileage goal of 200,000 miles, but not its rider goal. [Sign up today](#) and become eligible for some terrific prizes from NiteRider, Power Bar and more.



Congratulations to **August Local Challenge winners!** Once again, each rode every day in August, so we placed them by total miles. Each won a pass to the 2015 NJ Bike & Walk Summit.

- 1st place: Bruce Hornecker of Bedminster- 1,093 miles- also won a box of Power Bar gels.
- 2nd place: John Scheper of Waldwick - 1,000 miles
- 3rd place: Kathy Krab of Blackwood - 969 miles
- 4th place: Bill Camarda of Ramsey - 486 miles
- 5th place: Linda Rapacki of Hillsborough - 417 miles

Congrats to **August prize drawing winners!** They are:

- Kenneth Howard of Swedesboro - NiteRider light set

AmazonSmile is the same as Amazon; same products, same prices, same service.

SPONSORS



East Coast



Greenway ALLIANCE



Intelligent Transportation Systems



- Pamela Gregory of Morristown - Wald bicycle basket
- Lawrence Kwan of Edgewater - Timbuktu messenger bag



Our riders for August rode a total of 45,927 miles over 2,069 days, burned 2,331,894 calories, saved \$41,334 in transportation costs, and prevented 25,949 tons of CO2 emissions.

September competition: the Challenge continues until September 30 so it's not too late to sign up and start logging your miles!



Special competition: any rider who rides at least five days in September will be eligible for a drawing for an NJBWC ride jersey, made by Primal.



Grand prize: Anyone who has ridden at least one day since the Challenge started is eligible for a drawing for a commuter bicycle from Jamis Bicycles!



Upcoming classes

NJBWC teaches the Smart Cycling Curriculum of the League of American Bicyclists. Classes are taught by Les Leathem, League Coach and NJBWC's Education Coordinator. Both classes will be held at the All Saints' Church in Princeton.



Traffic Skills 101- foundation course of the program. Learn the basic principles of "vehicular bicycling"- riding in traffic- and improve your skills and confidence. Class will be held on October 3-4. To sign up, contact Les Leathem.

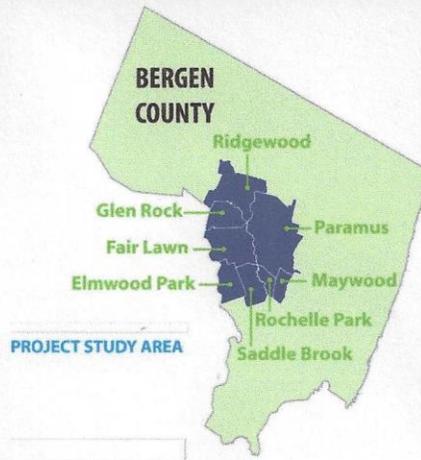


League Cycling Instructor (LCI) Seminar - for experienced cyclists who are interested in teaching the Smart Cycling Curriculum. The weekend-long seminar will be held on November 14-16. For information and to sign up, click [here](#).



Bergen County residents and visitors: still time to tell us where you bike and walk

Bergen County is developing a Bicycle & Pedestrian Plan for eight municipalities in Central Bergen County - **Elmwood Park, Fair Lawn, Glen Rock, Maywood, Paramus, Ridgewood, Rochelle Park, and Saddle Brook.** The plan will identify the infrastructure needed to encourage more walking and bicycling in these towns, and create connections to the Saddle River County Bike Path. **NJBWC encourages you to visit the [project website](#) and [interactive map](#) and let the project leaders know where you bike and walk.** The success of this project will determine the next steps the county takes in making county roads more bike and pedestrian friendly.



Support NJBWC!

The advocacy work of NJBWC needs your support to keep moving forward. When you join, you contribute to making our roads in New Jersey safer for everyone.

Annual membership is **\$35 for Bronze level, \$50 for Silver, \$100 for Gold and \$250 for Platinum.** To join or renew, please click [here](#). Credit card payments can be made through PayPal at the same link.

When you join at the **Gold level**, we will send you a signed copy of Bruce Weber's new book, [Life Is a Wheel](#).



When you join at the **Platinum level**, we will send you an NJBWC jersey, made by Primal.



Thank you for your support!

Cyndi Steiner
Executive Director

New Jersey Bike & Walk Coalition | info@njbwc.org | <http://www.njbwc.org>

Box
Suite140
551 Valley Road
Upper Montclair, NJ 07043

Year	Volunteer of the Year	Spirit of Cycling
1982		Elaine Koplow
1983		Stokes Rawlins
1984		Bob Schneckenburger
1985		Lili Felshin
1986		Shelly Abuchowski
1987		
1988		
1989		Jerry Glick
1990		
1991		
1992	Eileen Kalogiros	Geoff Stagg
1993	Nan Kruimer	Anne Kruimer
1994	Carolyn Kueter-Klinger	Ed Miller
1995		Howie Glick
1996	Tom Koenig	Marilyn Saiewitz
1997	Lisa Boczon	Helene Molter
1998	Linda Dart	Ted Rosenberg
1999	Marie & Jim Halsey	Larry Evans
2000	Jeff Pollizer	John Hartigan
2001	Cathy Corbett	Bob Munsky
2002	Mary Ann Larsen	Stokes Rawlins
2003	Brian Sanchez	Fran Sanchez
2004	Linda & Ken Smith	John Kurzel
2005		
2006		
2007		
2008		Dan Rappoport
2009		Jeff Politzer
2010	Manny Coelho	Ben Blum
2011	Jon Eiseman	Neil Cherry
2012		

Researched by Dan Rappoport

Mileage Leaders

Year	Name	Total Miles
1977	Jerry Glick	2,158
1978		
1979		
1980		
1981	Hal Volz	9,177
1982	Paul Wedeking	11,426
1983	Mike Blake	13,574
1984	Mike Blake	14,067
1985	Mike Blake	12,041
1986	Mike Blake	15,804
1987	Mike Blake	13,702
1988		
1989	Mike Blake	12,386
1990	Mike Blake	12,246
1991	Mike Blake	14,444
1992	Muriel Mota	10,606
1993	Mike Blake	12,239
1994	Kay Buinis	12,415
1995	Kay Buinis	14,661
1996	Kay Buinis	13,000
1997	Lili Munsky	17,030
1998	Kay Buinis	15,006
1999	Kay Buinis	13,002
2000	John Smolenyak	9,508
2001	Al Lowich	7,631
2002	John Smolenyak	9,418
2003	Lili Munsky	6,746
2004	Al Lowich	7,262
2005	Jud Hand	6,662
2006		
2007	Al Lowich	8,039
2008	Al Lowich	9,751
2009	Mary Foley	18,263
2010	Mitch Solomowitz	7,611
2011	Al Lowich	8,340
2012	Al Lowich	11,241

Researched by Dan Rappoport

Utility Mileage Leaders

Year	Name	Total Miles
1991	Leslie Tierstein	3,156
1992	Greg Januska	3,023
1993	Cal Wheeler	3,174
1994	Michael Sasso	3,319
1995	Michael Sasso	6,533
1996	Michael Sasso	> 3,000
1997	Jerry Glick	1,365
1998		
1999	Phil Apruzzese	1,351
2000		
2001	Phil Apruzzese	1,083
2002	John Hartigan	806
2003	Phil Apruzzese	851
2004	Mike & Anne Kruimer	2,777
2005	John Hartigan	1,837
2006		
2007	Ira Feller	1,173
2008	John Hartigan	2,620
2009	Dan Rappoport	1,129
2010	Dan Rappoport	755
2011	Brian Sanchez	926
2012	John Hartigan	1,150

Researched by Dan Rappoport

Leaders, Rides Led

Year	Name	# of Rides Led
1981	Elaine Koplow	20
1982	Elaine Koplow	23
1983	Paul Wedeking	29
1984	John Waltz	27
1985	Mike Blake	17
1986	Irv Eisdorfer	18
1987	Irv Eisdorfer	23
1988		
1989	Mark Schilke	31
1990	Irv Eisdorfer	25
1991	Ed Miller	45
1992	Ed Miller	76
1993	Ed Miller	96
1994	Ed Miller	158
1995	Ed Miller	157
1996	11 with 25 or more	
1997	Ed Miller	142
1998	Ed Miller	88
1999	Ed Miller	61
2000	John Smolenyak	94
2001	Ira Feller	63
2002	Ira Feller	54
2003	Tom Koenig	46
2004	Tom Koenig	56
2005	Tom Koenig	53
2006		
2007	Mitch Solomowitz	61
2008	Mitch Solomowitz	54
2009	Mitch Solomowitz & Ben Blum	56
2010	4 with 25 or more	
2011	Mitch Solomowitz	47
2012	Mitch Solomowitz	42

Researched by Dan Rappoport

Ride Attendance Leaders

Year	Name	# of Rides Attended
1981	Frank Lotito	47
1982	Mike Blake	65
1983	Mike Blake	91
1984	Mike Blake	100
1985	Mike Blake	77
1986	Dan Keefe	52
1987	Mike Blake	41
1988		
1989	Sue Miller	52
1990	Mike Calderaro	74
1991	Ed Miller	160
1992	Ed Miller	121
1993	Ed Miller	130
1994	Ed Miller	180
1995	Ed Miller	165
1996	Key Buinis, Richard Ginsberg, Ted Rosenberg	50 or more
1997	Kay Buinis	87
1998	Lili Munsky	79
1999	Barry Lieberman	42
2000	Al Lowich	41
2001	Jim Williams	39
2002	Rob Zeller	44
2003	Mark Heck	35
2004	Mark Heck, Ken Smith, Ben Blum	36
2005	Max Fine	35
2006		
2007	Ethel Autorino	75
2008	Ethel Autorino	61
2009	Maddy Heller	61
2010	5 with 25 or more	
2011	Stan Renick	46
2012	Stan Renick	41

Researched by Dan Rappoport



2014 Ride Sheet – Central Jersey Bicycle Club, Inc.

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 to participate 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 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, 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	Leader				
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					

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 PO Box

SUNSHINE COMMITTEE John Hartigan

We're ready to accept your "happenings". We send cards to Club Members for injuries, illness, and also sympathy cards - so please get in touch with John Hartigan so we support our club members. (732) 429-0152 ballyglassjohn@live.com

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.

Giant OCR1, 50cm, Shimano 105 components. STI dual control levers, Shimano 105 Triple, 30/42/52 teeth \$425. Very good condition. (height range, 5'6" – 5'11" depending on body type - stand over height is 31.5") Contact Michael Godshall, godshall.michael@gmail.com 215 796 2346



TREK 1000 ALPHA, 50cm, Shimano Sora Components, STI Dual Control levers, Triple 52/42/30, \$300 Very good condition. (height range, 5'4" – 5'9" depending on body type - stand over height is 30") Contact Michael Godshall godshall.michael@gmail.com, 215 796 2346



Visually impaired woman looking for someone to ride tandem. Atlantic Highlands
Your bike or I will rent. Please contact Diane Doherty ddddfromnj1111@verizon.net

Looking for a used Men's 58CM entry level road bike.

Please call Ray Willer @908-380-1109 or e-mail me at SC@FederalBusinessCenters.net 1.

CycleOps Joule GPS Cycling Computer. Brand new, in the box unit. Never used. Computer lists for \$269, Amazon price \$251, my asking price \$220. If interested, call Peter at 609-466-6458 or write to pmacholdt@schererclin.com.

2 pair of brand new Performance Bike Ultra II bibs in size small. These have never been worn and still have the original tags attached. Performance sells these for \$89.99 per pair. I'd like to get \$85 for both pairs (\$42.50/pair). If interested, call Peter at 609-466-6458 or write to pmacholdt@schererclin.com.

Answers to CJBC Trivia questions:

1: Miko Blake with 8 years (1983-1991); 2: Hal Volz with 15 years; 3: Phil Apruzzeal with 7 years (1991-1997); 4: 24,152 miles (1995); 5: Ed Miller with 8 years (1991-1999); 6: 830 rides (1997); 7: Sue Miller with 13 years (1981-1994); 8: 3,395 rides (1994); 9: Cathy Corbett with 12 consecutive years as Recording Secretary (1995-2006) and Kay Buinis with 11 consecutive years as Program Chairperson (1997-2007); 10: Jerry Glick as Lap Rep, Membership Chairman, Member at Large, Ride Captain, Program Chairman and Vice President (1980-2006).

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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Mgr: Craig Ward

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Central Jersey Bicycle Club, Inc.
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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 Lapidés	732-261-2000	Treasurer@cjbc.org
Membership	Joe DeSimone	732-225-4827	Membership@cjbc.org
Recording Secretary	Manny Coehlo	732-259-8990	Mannyt66@gmail.com
Ride Captain	Mike Kruimer	732-586-3981	Kliner54@optonline.net
Member at Large	David Young	609-301-7370	MemberatLargell@cjbc.org
Member at Large	Andrie Young	732-939-7879	MemberatLargel@cjbc.org
Public Relations	Nicholas Spadavecchia	732-713-3187	njspadavecchia@gmail.com
Program Chair	VACANT		
Awards			
LAB Rep	David Lewis	732-381-8692	drlewis@comcast.net
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/event_detail.cfm?event_id=2120460

Send content for *The HUB* to HubEditor@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, CJBC HUB Editor (732) 912-3569 or HubEditor@cjbc.org
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