



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

Established 1968

December 2014

Number 12

Upcoming Meetings:

General Meeting

December 15, 2014 7:00 PM
Metuchen Library
480 Middlesex Ave, Metuchen

Board Meeting

January Date To Be Determined
Location To Be Determined

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.

December General Meeting

Monday, December 15, 2014 at 7:00 PM

PRIZES WILL BE AWARDED IN ALL CONTESTS

CJBC'S ANNUAL BAKE OFF CONTEST

ENTER YOUR FAVORITE RECIPE

DON'T FORGET WHY WE RIDE ... TO EAT!

IT'S TIME TO SHOWCASE YOUR TREASURES....

****CJBC's Annual Road Find Contest***

Bring your items to the Categories:

Funniest, Cutest, & Most Useful

This year we are bringing back the swap. So bring anything you would like to swap and let's have some fun.

****items obtained while riding your bike nothing alive or used to be alive will be***

DECEMBER EVENT CALENDAR

December 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 Friday? On Monday C 4/3 35+/-	2	3	4	5	6 The Shortest Day
7	8	9	10	11	12	13
14	15 General Meeting	16	17 HANUKKAH (1ST DAY)	18	19	20
21 WINTER SOLSTICE	22	23	24	25 CHRISTMAS	26 KWANZAA (1ST DAY)	27
28	29	30	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

Monday, December 1

Friday? On Monday

Ben, 609-655-0979

Pace: C

Terrain: 4/3

Distance: 35± miles

Time: 10:00 AM

Village Park, Cranbury, NJ. This ride consists of two loops. First, to Dayton, see ride library Cranbury #24 16.0 Dayton for bagels, though we probably won't eat there. Second, to Grovers Mill, either ride library Cranbury #25 17.6 To Grovers Mill Coffee or Cranbury #21A 16.5 to Grovers Mill Coffee.

Saturday, December 6

The Shortest Day

Ben, 609-655-0979

Pace: C

Terrain: 4

Distance: 6-9 miles

Time: 11:00 AM

Thompson Park, Jamesburg, NJ.

A six mile ride with 2 - 4 food opportunities. Dunkin Donuts, Mendokers and maybe pizza after the ride. Please call if you will be attending this ride.

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.



November 17, 2014

Board Meeting Minutes

President Ben Blum:

1. The December meeting will be Metuchen library. The library will not allow us to book for next year in advance, so each month we will schedule the meeting and notify members via email and posting on the calendar.
2. The shortest day ride is scheduled for December 6 at 10:30. As of this writing, it will be 6 or 8.8 miles depending on the logistics of parking, riding and dining after the ride at a location TBD.
3. We thank the 2014 board for volunteering and are grateful to those returning for 2015. The emails sent in October and November requesting participation for 2015 has resulted in at least 2 new volunteers. There will also be a new sunshine committee. Check the Contact Us page on the website after the December meeting for updated information.

Minutes - since only four members were present, not enough for a quorum, no official business was conducted.

We had a nominating committee and based on the responses,
this will be the board for 2015:

2015 CJBC Board

President	Ben Blum
Vice President	Vacant*
Treasurer	Earl Lapides
Membership	Joe DeSimone
Recording Secretary	Carey Ann Kotake
Ride Captain	Vacant*
Member at Large	John Colasanti
Member at Large	Jim Spada
Public Relations	Nicholas Spadavecchia
Program Chair	David Lewis
Awards	Vacant*
LAB Rep	Mike Kruimer

Non-Voting Board Positions

Hub Editor	Felicita Rosario
Sunshine Committee	Andrie Young

***Volunteers needed for these positions**

Notes and Events from CJBC Members

Camino de Santiago

PHOTO: Randy Wheating's Pocket Llama on the Camino de Santiago.

"From May 16th to June 9th of this year I cycled the Camino de Santiago (The Way of Saint James) on my trusty Bike Friday Pocket Llama.

"This is an ancient pilgrimage route across northern Spain that is still followed by thousands of walkers and cyclists every year.

"I started my pilgrimage in Pamplona and completed it at Santiago and then pushed on a little further to Finisterre on the Atlantic coast.



"This was the fourth trip for my Bike Friday to Europe and this particular trip would have been very difficult without the flexibility of the folder.

"I transported the Bike Friday in the suitcase from Vancouver to Madrid where I assembled the bike and stored the case at the airport hotel for the return leg.

"The next morning I quick folded the BF into the soft case to allow me to taxi to a rail station and onto the fast train to Pamplona. At Pamplona I unfolded the bike, attached panniers and rolled up travel bag which stowed on rack.

"Three weeks (and approx. 1000 km) later at the Santiago train station I quick folded and bagged the BF for overnight train to Madrid where I retrieved my travel case at the hotel and packed up the bike for flights home.

"These transitions would have been difficult or impossible with a full sized bike. Unlike the 'good old days' I did incur costs (about \$160) for having a second check bag but this was far less than the cost of renting a bike for three weeks.

"Also, like a lot of cyclists I just like to ride my own bike.

"I cycled about 25% of the Camino on the walkers' route which is typically gravel farm roads or wide trails. If the trail was too rough or paralleled the road I would just ride the road, which was very good.

"The Pocket Llama attracted the usual attention with the usual curious inquiries about how difficult and slow it must be and the small wheels. It also attracted attention when I passed other riders on the up hills and down!

"Bueno Camino Bike Friday!"

Randy Wheating

<http://bikeguy32.blogspot.ca/search?updated-max=2014-05-18T16:47:00-07:00&max-results=7&start=14&by-date=false>



Earl Lapides, Mindy Newman and Cort Kalita enjoyed a beautiful day's ride at the Tom Koenig Memorial Anniversary Ride.

This is excerpted from an article in the Wheels section of Friday Princeton Packet:

How to Improve Winter Fuel Economy

Remove the roof rack. Summer adventurers who love tying their mountain bike or kayak to their vehicles' roof rack before heading off to explore parts unknown, should remove those roof racks when the temperatures dip. Roof racks increase wind resistance and decrease fuel economy, so remove them during the off-seasons.

Submitted by Dan Rappoport

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

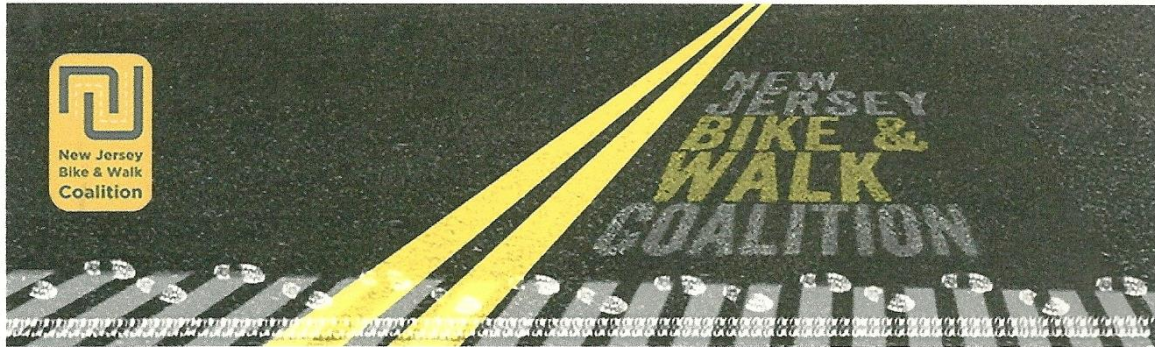
***We encourage other members to feel free to send any articles or information to be published on the HUB.**

CJBC Trivia

Answers can be found on page 17 of the HUB.

1. Who has had the most years led in total mileage?
2. Who has had the most years with a total mileage award?
3. Who has had the most consecutive years with 3,000 or more utility mileage?
4. Who has had the most consecutive years with 2,000 or more utility mileage?
5. Who has had the most consecutive years with 100 or more rides led?
6. Who has the most consecutive years with 10 or more rides led?
7. Who has the most consecutive years with a ride attendance award?
8. What are the most award recipients within 1 year for club?
9. Who has had the most rides led in 1 year and never won a ride leadership award before or since?
10. Who has the most rides attended within 1 year who has never won a ride attendance award before or since?

Researched by Dan Rappoport, 1980-2013



Register for the 2015 NJ Bike & Walk SUMMIT!

November 2014

2015 NJ Bike & Walk Summit

NJBWC is thrilled to announce the 2015 New Jersey Bike & Walk Summit! This event will be held on Saturday, February 21, 2015 in collaboration with the Alan M. Voorhees Transportation Center at the Edward J. Bloustein School of Rutgers University in New Brunswick.

The NJ Bike & Walk Summit is New Jersey's statewide meeting bringing together all who are interested in exploring the ways bicycle and pedestrian initiatives can make our state a better place to live.

Cycling and pedestrian advocates, elected officials and other township leaders, transportation and urban planners, bike shop owners and managers, cycling, walking, fitness and health enthusiasts and experts, recreation, trails and club leaders and others are among the many individuals who make this such a special event.

As a participant in the summit, you have the opportunity to learn more about current state and federal legal and policy issues affecting your community, become aware of various public funding sources, network, and identify and develop mutually beneficial relationships that can help your community become more bike and pedestrian friendly and therefore, more livable.

SPEAKERS



Albio Sires
US Congressman, NJ District 8, ardent supporter of improved transportation and commuting options, including bicycle and pedestrian infrastructure.

Join us on February 21st for an engaging, enlightening, and enjoyable day!

Registration

Registration includes access to all of the day's events, breakfast and lunch. On-line pre-registration is available for \$50 per attendee. Registration will also be available at the event for \$65. Pre-registration price of \$50 ends on Wednesday, February 18, 2015 at midnight. Day-of registration and check-in will begin at 8 am on Saturday morning, February 21. Opening remarks and the plenary will begin promptly at 8:45 am.

Payment may also be made by check; please make checks payable to:

New Jersey Bike & Walk Coalition

and send to:

NJBWC
Suite 140
551 Valley Road
Montclair, NJ 07043

Checks must be received by Wednesday, February 18, 2015.

Registration to the NJ Bike & Walk Summit is non-refundable.

[Register Here](#)

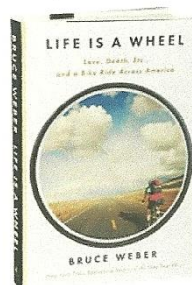
Become a member of the NJBWC!

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. Join or donate [here](#).

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

Sincerely,

Cyndi Steiner
Executive Director



Susi Wunsch

Avid cyclist and advocate, contributor to *Bicycling* and *Momentum* magazines; founder, VeloJoy.



Jon Orcutt

Former Policy Director, NYC DOT, Innovator and leader in transportation policy in New York City and the Tri-State area.

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](mailto: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

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					
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 run more than once.

*******ANSWERS TO CJBC TRIVIA QUESTIONS*******

1: Miko Blake with 9 years; 2: Al Drabnis and Dan Rappoport; 3: Michael Sasso with 3 years (1994-1996);
4: Cal Wheeler with 4 years (1992-1995); 5: Ed Miller with 2 year (1994-1995); 6: Al Drabnis with 19 years
(1993-2012); 7: Mark Heck with 14 years (1998-2012) and Max Fine with 14 years (1997-2011); 8: 136 rides
(1994); 9: Nabil Hitti with 42 rides (1992); 10: Jason George with 34 rides (1983)

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.

Bound Brook

Efinger Sporting Goods

513 West Union Ave.

Bound Brook, NJ 08805

(732) 356-0604

Dept. Manager: Marc Cianfrone

Mechanics: Dustin Farnum

& Chris Scappino

Specialized, Raleigh,

Haro & more!

Expert Repairs, Wheel

building on site

M-F 9:30-9, Sat 9-5:30,

Sun 10-5

e-mail: marcc@efingersports.com

Perth Amboy

Jerry & Stan's Bicycle Shop

442 Amboy Ave.

Perth Amboy, NJ 08861

(732) 442-4370

Ask for Howie!

Expert Repairs

Hand-Built Wheels

Basic Tune-Ups thru Complete
Overhauls

Tires & Tubes-Gameau

Helmets-Camelback

e-mail: info@jerryandstans.com

<http://www.jerryandstans.com>

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>

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

 <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

Old Bridge
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

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