



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

Established 1968

February 2015

Number 2

Upcoming Meetings:

General Meeting

February 23, 2015 7:00 PM
Metuchen Library
480 Middlesex Ave, Metuchen

Board Meeting

March Date To Be Determined
Location To Be Determined

The February 23rd program will feature Emily Granacher speaking about The Ride To Conquer Cancer, benefiting Cancer Research Institute. See page 8 for more information about the ride.

Please attend this upcoming event...

Planning for the "2015 Farmlands Bike Tour " will take place at

"What's the Scoop", 410 Main St. Metuchen, Saturday

February 21 2015 1:00pm - 3:00pm.

Pizza, soft drinks and ice cream included!

Ideas, Suggestions and Volunteers needed for a successful

2015 Farmlands Tour.

Thank You,

John Colasanti, 2015 Farmlands Tour Chairman

seezer2@aol.com or 908-456-2075

FEBRUARY EVENT CALENDAR

February 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8	9	10	11	12	13	14 VALENTINE'S DAY C 4 35 Friday? On Saturday - Ben
15	16 PRESIDENT'S DAY	17	18	19	20	21
22	23 General Meeting	24	25	26	27	28 C 4 35+ Friday? On Saturday - Ben

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

Ride Schedule

Saturday, February 14

Friday? On Saturday

Ben, 609-655-0979

Pace: C

Terrain: 4

Distance: 35 miles

Time: 10:00 AM

Thompson Park, Jamesburg, NJ.

Cue sheet on our website

at Jamesburg #5 35 Miles to
Millstone.

Saturday, February 28

Friday? On Saturday

Ben, 609-655-0979

Pace: C

Terrain: 4

Distance: 35+ miles

Time: 10:00 AM

Thompson Park, Jamesburg, NJ.

Call by 5PM Thursday 609-655-0979.

If no calls, no ride. Cue sheet is in
library, Jamesburg #19.

Dining in Dayton.

We suggest you call the ride leader if you intend to join a ride. The leader does not have to ride if no calls are received and if the leader has your number you can be informed of any last minute changes.

We also encourage you to contact us regarding rides you'd like to see and if you would be interested in becoming a ride leader.

Ad-Hoc rides are last minute ride postings.

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

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

Ride Leaders

Please send all Ride Rosters to:

[Award Chair](#)

P.O. Box 10686, Brunswick, NJ 08906

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

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

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

Ride Classifications

PACE CATEGORIES - Road bike recommended

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

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

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

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

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

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

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

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

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

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

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

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

TERRAIN RATINGS

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

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

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

4 Mostly flat (except for occasional overpasses)

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

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

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

3 Logs Advanced. Numerous steep hills, some technical

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

1 Log Novice. Basically flat to smooth.

2 Logs Intermediate. Rolling, rugged.

3 Logs Advanced. Hilly, technical.

Monthly Events from Sunshine Committee



*Happy Valentine's Day
to all*

from the Sunshine

Committee



Want a treat?

You know the trick.

Let me know about your special day

Whether it's in March, April or May.

SUNSHINE COMMITTEE: Andrie Young, SunshineCmte@cjbc.org



January 17, 2015

Board Meeting

Board Members attending:

Ben Blum – President

John Colasante – Member-at-Large & Farmlands Chair

Joe De Simone – Membership

Carey Kotake – Recording Secretary

Earl Lapidès – Treasurer

David Lewis – Program Chair

James Spada – Member-at-Large

Nicholas Spadavecchia – Public Relations

Also attending:

Nancy Doran – President of the Monmouth County ‘Habitat for Humanity’

Mohammad Abbaszadeh – CJBC member, who will be supplying two volunteers at the Farmlands event.

Agenda

New Business

- All aspects of the upcoming 2015 Farmlands Tour on May 2, 2015
- General CJBC Board Issues were also addressed
- The CJBC is proud to have Monmouth County ‘Habitat for Humanity’ as the 2015 ‘Farmlands Tour’ distinguished sponsor

Treasurer – Earl Lapidès: As of January 16, 2015, the CJBC Bank of America Checking Accounts has \$38,790.74.

Scribe

Carey Ann Kotake

SUNSHINE COMMITTEE



Dear Members,

CJBC would like to acknowledge and share with you any happy occasions, such as birthdays, marriages, births, and any other special occasion in your life. Life as we know is not always pleasant, so we like to acknowledge and share with you any hard times you are going through such as illness.

With your permission, we would like to announce your event in the HUB as well. For example, if your birthday is in May and you would like it to be announced, please let me know by April 20th so it will be in time for the May HUB. The deadline for all announced events is the 20th of each month.

Please get in touch with Andrie Young at SunshineCmte@cjbc.org

Your club is here for you, so please if you can, be there for your club.

Safe Riding,

Andrie





2 DAYS. 150+ MILES. 1 EPIC RIDE.

Riding 150+ miles through New York in two days. Sure, it sounds like a lot — and it's meant to be. But make no mistake, this event on June 6-7, 2015 isn't just for athletes or cycling enthusiasts.

The 2015 Ride to Conquer Cancer benefiting Cancer Research Institute is for anyone who wants to challenge themselves for a great cause. All you need is motivation, a bike and a helmet. Your participation in The Ride to Conquer Cancer® benefiting Cancer Research Institute (CRI) will support groundbreaking laboratory and clinical research, bringing innovative immune-based cancer treatments (immunotherapy) to patients and offering them new hope.

Your 2-day cycling adventure begins as you gather with fellow Riders for an inspiring Opening Ceremony, where we'll remember those lost to cancer and honor those continuing the fight. After an energizing sendoff, you'll Ride out with a renewed sense of purpose, as you follow the route through some of New York's most dynamic scenery.

We'll explore and escape to the countryside. We'll cross into Connecticut where you'll be surrounded by scenes lifted straight from a holiday postcard. You'll pass storied stone walls and green pastures, colonial houses and quaint gift shops. You'll be rejuvenated in a way that can only be achieved by a long ride along the coast and open air of picturesque New England. Lining the route every 10-20 miles, you'll find Pit Stops fully stocked with all the snacks and hydration you'll need to keep going. Day One culminates with arrival at Camp, where you can enjoy a cold beer, a hot shower, and a well-deserved massage before a fun evening of entertainment and socializing.

After camping overnight, Day Two will lead you further through the inspiring landscape, as you make your way toward the Finish Line — a high-energy celebration of your epic Ride and the amazing impact you've made in the quest to conquer cancer.

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

2015 National Bike Summit and National Forum on Women & Bicycling

Washington, D.C., **March 10-12**

We didn't choose this year's theme --**Bikes+**-- lightly. We believe it's time to change the equation for bicycle advocacy. To build a bicycle-friendly America for everyone, we can't stop at bicycling as an end in itself. We must consider how bikes can add value to other movements and how our movement can expand to serve broader interests.

It's been months in the making, and we couldn't be more excited to reveal the **full agenda for the Summit and Forum**. What's in it for you? How is this year different than the past? See our handy graphic below...

	<h2>WHAT WILL YOU GAIN</h2> <p>from the 2015 National Bike Summit and National Forum on Women & Bicycling?</p>
<h3>PARADIGM SHIFTS</h3>	Get engaged in the leading-edge campaigns and game-changing trends that are transforming bicycle advocacy and growing the movement in exponential ways, including thought leaders in TRANSPORTATION EQUITY, VISION ZERO and RETROFITTING THE SUBURBS
<h3>SKILL BUILDING</h3>	Gain new knowledge and tools to build your political power for better biking at the local, state and national level, with workshops on LOBBYING, CREATING A CANDIDATE PIPELINE, VOTER MOBILIZATION, EFFECTIVE FUNDRAISING, EMPOWERING SKILLED ADVOCATES, ENGAGING WITH ENGINEERS... and more!
<h3>LEADERSHIP DEVELOPMENT</h3>	Tap into your own unique leadership qualities to bring your ideas to life; learn how to empower more diverse leaders in your work; and explore new systems of leadership to invite more CREATIVITY & INNOVATION into the bike movement.
<h3>BIG IDEAS FOR BIKING</h3>	Get inspired by the most exciting and innovative ideas from advocates in communities nationwide, including PROTECTED BIKE LANES FOR THE SUBURBS, LOW-STRESS BIKE NETWORKS, THE POWER OF LAUGHTER, CREATING POWERFUL HUMAN INFRASTRUCTURE, CROWDFUNDING... and more!
SEE THE FULL AGENDA: BIKELEAGUE.ORG/SUMMIT	

[Register for the Summit today!](http://BIKELEAGUE.ORG/SUMMIT)



PRESENTS
A WINTER WONDERLAND TOUR
in the **BRITISH VIRGIN ISLANDS**



Why spend your entire February shoveling snow, battling the elements when you could be cycling the shores of the beautiful British Virgin Islands and sailing the clear blue sea on our exclusive 50.5' sailboat.

BOOK THE TOUR

ASSEMBLY POINT: The Moorings- Road Town, Tortola, British Virgin Islands- This trip includes all lodging on the boat , breakfasts and picnic lunches, Skipper James Creasy , 2 cycling guides, snorkel and fins rental bike in 4 ports of call, maps and narratives- dinners are in port at restaurants of choice and are covered by the tour guests)Travel notes: Tortola is a short flight from Puerto Rico or an easy ferry ride from St. Thomas.

ACCOMMODATIONS: We will spend 7 days and nights aboard a 54 foot monohull with 4 double berths and space for our skipper. Enjoy breakfasts and lunch prepared aboard the boat. Then sail the warm trade winds on the bluest water you could ever imagine. We set anchor at great snorkel spots, beaches for walking or sun basking and a game or two of beach croquet.. Snorkel and fins are included for each person. Bikes are available in 4 of the ports to explore these beautiful islands We will spend the late afternoon sailing to a delightful cove then dining at the beachfront restaurants with the sand between our toes and dancing under the stars. You are invited to participate in sailing the boat as much as you would like under the guidance of the Skipper.



MORE INFORMATION CAN BE FOUND IF YOU CLICK ON THE WEBSITE BELOW

BOOK YOUR TOUR TODAY
www.cycleoflifeadventures.com

33rd Annual Kent County Spring Fling

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

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

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

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

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

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

WHAT'S INCLUDED

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

WHAT'S OPTIONAL

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

For further information, check out:

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



Vermont Challenge 2015

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

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

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

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

Challenge Options:

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

Route Overview by Day

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



UPCOMING 2015 BIKE TOURS

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

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

New Epic Tours

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

New Self Contained & Inn to Inn Tours

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

New Fully Supported & Van Supported Tours

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

New Educational Courses

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

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

Tours Matching: **USA Cycling** All USA located tours below

[Scottsdale Arizona Desert Self Guided Cycling Tour](#)

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

[US - Yosemite to San Francisco SSD Bicycling Tour](#)

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

[Death Valley Bicycling Discovery SSD Tour](#)

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

[Bryce Canyon & Zion SSD Cycling & Hiking Tour](#)

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

[US - Napa & Sonoma Wine Country SSD Bicycle Tour](#)

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

[US - Epic Climbs of Arizona's Sky Islands SSD Cycling Tour](#)

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

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

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

Buckeye Country Roads Bicycle Tours

Erie Shores and Islands Tour

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

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

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

Amish Country Adventure

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

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

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

Grand Rivers Tour

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

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

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

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



When?

Tuesdays¹ and Thursdays²

Where?

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

Time?

10:00 AM² Sharp

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

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

Temperatures below 30^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/>



NJ BIKE TOURS

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

March 14 - Princeton Pi Day Farm to Table tour

April 11 - Sourland Cycles Grand opening tour

May 30 - Farm to Table (Farm Roll) tour

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

I look forward to meeting folks from your club!

Thanks!

Jake Herway

801-548-2285

jakeherway@gmail.com

www.njbiketours.com

CHECK OUT



Good use for old bicycle





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.

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

RELEASE

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

Signature _____ Date _____

Signature _____ Date _____

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

Name _____

Name _____

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

Street _____

City _____

State _____ Zip _____

Phone (____) _____

E-mail address _____

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

2 Yr \$30 \$40

3 Yr \$45 \$60

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



FAMILY MEMBERSHIPS

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

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

CJBC FEATURED RIDES

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

CJBC SOCIAL GATHERINGS

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

PLEASE CHECK AREAS OF INTEREST

Event Volunteer

Ride Leadership

Serving on Board

Optional:

Age _____

Birthdate _____

Gender: Female Male

Where did you hear about the Club?

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

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

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

CJBC SPONSORS

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

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

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

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

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