



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

Established 1968

March 2015

Number 3

Upcoming Meetings:

Board Meeting

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

General Meeting

April Date To Be Determined
Location To Be Determined

This is the topic of the April General Meeting:

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

Dave Lewis

Ideas, Suggestions and Volunteers

needed for a successful

2015 Farmlands Tour

For more information, contact:

John Colasanti, 2015 Farmlands Tour Chairman

seezer2@aol.com or 908-456-2075

MARCH EVENT CALENDAR

March 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
8 DAYLIGHT SAVINGS TIME BEGINS	9 Friday? On Monday C 4/3 35+/-	10	11	12	13 C 4 30+ Friday on Friday - Ben	14
15	16	17 ST PATRICK'S DAY	18	19	20 VERNAL EQUINOX	21
22	23 Board Meeting	24	25	26 C 4 30+ Friday on Thursday - Ben	27	28
29	30	31 C 4 30+ Friday on Tuesday - Ben				

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

Ride Schedule

Monday, March 9

Friday? On Monday

Ben, 609-655-0979

Pace: C

Terrain: 4/3

Distance: 35± miles

Time: 10:00 AM

Village Park, Cranbury, NJ.
The ride will consist of 2 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.

Thursday, March 26

Friday? On Thursday

Ben, 609-655-0979

Pace: C

Terrain: 4

Distance: 30+ miles

Time: 10:00 AM

Village Park, Cranbury, NJ.

Friday, March 13

Friday? On Friday

Ben, 609-655-0979

Pace: C

Terrain: 4

Distance: 30+ miles

Time: 10:00 AM

Thompson Park, Jamesburg, NJ.

Tuesday, March 31

Friday? On Tuesday

Ben, 609-655-0979

Pace: C

Terrain: 4

Distance: 30+ miles

Time: 10:00 AM

Thompson Park, Jamesburg, NJ.

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 ST. PATRICK'S DAY



Want a treat?

You know the trick

Let me know soon

Whether it's in April or May or June

Safe Riding,

Andrie

SunshineCmte@cjbc.org

SUNSHINE COMMITTEE: Andrie Young, SunshineCmte@cjbc.org



February 23, 2015

General Meeting

Attendees

Board Members attending:

Ben Blum – President

John Colasante – Member-at-Large & Farmlands Chair

Joe De Simone – Membership

Earl Lapides – Treasurer

David Lewis – Program Chair

James Spada – Member-at-Large

Nicholas Spadavecchia – Public Relations

Also attending:

Sister Mary Jo

Emily Granacher

Joe Chiarell – CJBC Member

Delara Darden – Prospective Member

Scribe

Carey Ann Kotake

Agenda

Recap

- Emily Granacher talked about the Ride to Conquer Cancer. More information is on our website and also in this issue of the newsletter.
- Farmlands has 8 Sponsors/Partnerships, they are...Monmouth County Habitat for Humanity...Road-ID...GU Energy Products...Hilltop Bicycles...A.Santini Storage & Moving Co.,Woodbridge, Monroe, NJ...Monogram Center, Perth Amboy...Stone Mountain Printing, Woodbridge, NJ...The East Coast Greenway Alliance.
- Earl presented finances as of February 23, 2015. Club's Bank of America checking account balance is \$38,182.65
- Nick followed-up on Farmlands press release for approval of the board. Ben advised Nick to advise Habitat of the Club's donation of \$3,000 plus a percent of the Farmland's profits

New Business

- We have a total of 46 volunteers for Farmlands Tour. Phone calls for volunteers are still being made from our membership list.
- Nick to followup with Habitat on approval and distribution of the Farmlands press release in March.
- Ben to discuss at next board meeting the maintenance of the website and Facebook pages. Nick to provide possible outside source to update as solution for the Facebook page.

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



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>
PARADIGM SHIFTS	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
SKILL BUILDING	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!
LEADERSHIP DEVELOPMENT	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.
BIG IDEAS FOR BIKING	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)



OCEAN TO BAY BIKE TOUR

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

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

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

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

BIKE TOUR QUICK INFO

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

RIDE SCHEDULES & ROUTES

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

Suggested Start Time & Cue Sheet:

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

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

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

33rd Annual Kent County Spring Fling

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

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

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

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

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

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

WHAT'S INCLUDED

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

WHAT'S OPTIONAL

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

For further information, check out:

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

TOUR de LEBANON VALLEY

Lebanon, PA Fundraiser Bicycle Rides

Saturday, May 30, 2015

Options:

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



To benefit



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

(Donations are 501c3 tax deductible)



Quiet country roads

Scenic farmland Historic sites

18th century villages

Family Rail Trail option



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

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

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

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

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



THE LAND CONSERVANCY
OF NEW JERSEY

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

Pedal for Preservation

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

Registration opens March 1st!

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

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

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

When: Saturday, June 6, 2015

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

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

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

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



2 DAYS. 150+ MILES. 1 EPIC RIDE.

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

Our Event:

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

You will learn the following during the information session:

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

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

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

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

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

www.ridetovictory.org/ny

Emily Granacher

Corporate & Community Outreach Specialist

The Ride To Conquer Cancer, NYC

www.ridetovictory.org

(718) 749-9406

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



JUNE 13, 2015

Drew University, Madison, NJ

SEVENTH ANNUAL!!!

Revolutionary Rambles

Bicycle Tour

Saturday, June 13, 2015

Drew University, Madison, NJ



Rides for all abilities.

Choice of six routes through scenic and historic areas:

12 • 25 • 35 • 50 • 65 • 100 miles

Fully supported. Great rest stops. Photo ops.

All-you-can-eat lunch.

Post-ride fun and Bike Expo.

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

PLAN TO VISIT THE RAMBLE EXPO

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

Bicycle tours in Russia



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

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

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

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

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



Vermont Challenge 2015

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

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

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

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

Challenge Options:

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

Route Overview by Day

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



UPCOMING 2015 BIKE TOURS

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

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

New Epic Tours

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

New Self Contained & Inn to Inn Tours

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

New Fully Supported & Van Supported Tours

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

New Educational Courses

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

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

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

Scottsdale Arizona Desert Self Guided Cycling Tour

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

US - Yosemite to San Francisco SSD Bicycling Tour

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

Death Valley Bicycling Discovery SSD Tour

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

Bryce Canyon & Zion SSD Cycling & Hiking Tour

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

US - Napa & Sonoma Wine Country SSD Bicycle Tour

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

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

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

For more tours and further information, check out their website at
<http://pure-adventures.com/list-tours/country-USA/activity-cycling#.VFU2DMt0w-g>

Buckeye Country Roads Bicycle Tours

Erie Shores and Islands Tour

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

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

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

Amish Country Adventure

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

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

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

Grand Rivers Tour

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

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

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

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



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 dinning 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



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/>



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



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!

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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

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

732-985-1770

1354 Stelton Road, Piscataway, NJ 08854

HALTERS 609-924-7433 (RIDE)

1325 Route 206N

Skillman, NJ 08558

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including bifocals
and progressives

Eyes on First Ave
Atlantic Highlands, NJ



89 First Avenue
Atlantic Highlands, NJ 07716
732-291-EYES(3937)
www.eyesonfirstave.com/

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

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

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

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

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

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

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

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

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