



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

Established 1968

June 2015

Number 6

Upcoming Meetings:

General Meeting

June 22, 2015 7:00 PM
Metuchen Library
480 Middlesex Ave, Metuchen

Board Meeting

Date 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.



JUNE EVENT CALENDAR

June 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
C 4/3 45 Friday on Sunday - Ben			Friday? On Wednesday C 4/3 40+/-			A 1 120 Whichever Way The Wind Blows! - Neil Cherry
			B+/A- 2 25-30 Mid-Week Sanity Break - Mark Heck			Pedal For Preservation
						Ride To Victory - The Ride To Conquer Cancer
7	8	9	10	11	12	13
Ride To Victory - The Ride To Conquer Cancer	Departing Duke		B+/A- 2 25-30 Mid-Week Sanity Break - Mark Heck			MAFW Revolutionary Ramble June 13
						A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry
14	15	16	17	18	19	20
			B+/A- 2 25-30 Mid-Week Sanity Break - Mark Heck			A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry
21	22	23	24	25	26	27
FATHER'S DAY	General Meeting		B+/A- 2 25-30 Mid-Week Sanity Break - Mark Heck			A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry
SUMMER SOLSTICE						
28	29	30				

*** 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

Wednesday, June 3

Friday? On Wednesday

Ben, 609-655-0979

Pace: C

Terrain: 4/3

Distance: 40+/- miles

Time: 10:00 AM

Village Park, Cranbury, NJ. Please call by 5PM Tuesday.

Wednesday, June 3

Ride with Mitch

Mitch, 908-542-9862

Pace: C+

Terrain: 3

Distance: 36 miles

Time: 10:00 AM

Colonial Park, Lot F, Mettlers Rd, Somerset, NJ. Please call by 8PM on Tuesday. Leader will supply cue sheets and sweep.

Monday, June 8

Departing Duke

Maria, 908-240-6958

Pace:

Terrain:

Distance: miles

Time: 6:00 PM

Duke Island Park, Bridgewater, NJ. Please text before 9 pm Sunday if you are planning to attend.

Wednesday, June 3

Mid-Week Sanity Break

Mark Heck, 732-970-6763

Pace: B+/A-

Terrain: 2

Distance: 25-30 miles

Time: 5:30 PM

Pizza Hut near GSP Exit 120, 343 Matawan Rd, Matawan, NJ.

Saturday, June 6

Whichever Way The Wind Blows!

Neil Cherry, 732-723-0769

Pace: A

Terrain: 1

Distance: 120 miles

Time: 8:00 AM

Village Park, Cranbury, NJ. From Main St, turn on Westminster and go one block to park. Call ride leader no later than 9PM the night before to confirm time and starting point. ncherry@linuxha.com

Wednesday, June 10

Mid-Week Sanity Break

Mark Heck, 732-970-6763

Pace: B+/A-

Terrain: 2

Distance: 25-30 miles

Time: 5:30 PM

Pizza Hut near GSP Exit 120, 343 Matawan Rd, Matawan, NJ.

Saturday, June 13

Whichever Way The Wind Blows!

Neil Cherry, 732-723-0769

Pace: A

Terrain: 1

Distance: 80-100 miles

Time: 8:00 AM

Village Park, Cranbury, NJ. From Main St, turn on Westminster and go one block to park. Call ride leader no later than 9PM the night before to confirm time and starting point.
ncherry@linuxha.com

Saturday, June 20

Whichever Way The Wind Blows!

Neil Cherry, 732-723-0769

Pace: A

Terrain: 1

Distance: 80-100 miles

Time: 8:00 AM

Village Park, Cranbury, NJ. From Main St, turn on Westminster and go one block to park. Call ride leader no later than 9PM the night before to confirm time and starting point.
ncherry@linuxha.com

Wednesday, June 17

Mid-Week Sanity Break

Mark Heck, 732-970-6763

Pace: B+/A-

Terrain: 2

Distance: 25-30 miles

Time: 5:30 PM

Pizza Hut near GSP Exit 120,
343 Matawan Rd, Matawan, NJ.

Wednesday, June 24

Mid-Week Sanity Break

Mark Heck, 732-970-6763

Pace: B+/A-

Terrain: 2

Distance: 25-30 miles

Time: 5:30 PM

Pizza Hut near GSP Exit 120,
343 Matawan Rd, Matawan, NJ.

Saturday, June 27

Whichever Way The Wind Blows!

Neil Cherry, 732-723-0769

Pace: A

Terrain: 1

Distance: 80-100 miles

Time: 8:00 AM

Village Park, Cranbury, NJ. From Main St, turn on Westminster and go one block to park. Call ride leader no later than 9PM the night before to confirm time and starting point.
ncherry@linuxha.com

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

June Birthdays:

HAPPY BIRTHDAY TO ..
Dan Rappaport born June 11th 🎉

Dan also would like to say:

"I am no longer a disabled cyclist. I turn 65 on June 11; thus I am no longer eligible to receive SSD."

CONGRATULATIONS DAN!!!

Best Wishes,

CJBC

Sunshine Committee

Andrie

SunshineCmte@cjbc

We encourage all members to submit any articles or information that they would like to see published in the HUB.



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



*Help children & adults with disabilities
from our community!*

27th ANNUAL BIKE and WALK-A-THON
SATURDAY, JUNE 13, 2015 at 8 am - RAIN or SHINE
Bobby's Run School, 30 Dimsdale Road, Lumberton, NJ



Family Fun! Ride or Walk! Free T-Shirts!*
Lunch & Refreshments Included

** Free T-Shirts are available to the first 150 participants.*

Early Bird Registration - Online or Mail by 5/25/15	Regular & On-Site Registration - After 5/25/15
Family Rate.....\$50	Family Rate.....\$65
Adult Rate.....\$35	Adult Rate.....\$45
Team Rate (4 max.)\$85	Team Rate (4 max.)\$95
Additional Team Members.....\$20	Additional Team Members.....\$20

Waive your registration fee by raising at least \$100!

Cycling Events
 10 mile | 25 mile | 35 mile | 50 mile | 100 mile

Walking Events
 1 mile | 3 mile | 5 mile

On-Site Registration 8:00 am - 9:45 am
 100 Mile & 50 Mile Rides 8:30 am
 35 Mile Ride 8:30 am
 25 Mile & 10 Mile Rides..... 10:00 am
 1 Mile & 3 Mile & 5 Mile Walks..... 10:00 am

Need more information? 📶 www.githenscenter.dojiggy.com 📞 (609) 261-1667 📧 joleary@githenscp.org

Githens Center (Burlington County Cerebral Palsy Association)
 40 Cedar Street Mount Holly, NJ 08060 (609) 261-1667 Fax: (609) 261-1844 GithensCenter.org
 A United Way Partner Agency

Morris Area New Jersey, USA
Freewheelers
Foundation



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/>



SUPPORT DISABLED SPORTS!

SAVE THE DATE - Saturday, June 27, 2015!

Choose from 100-, 60- or 20-mile routes.

**In 2014 YOU raised more than \$125,000 for adaptive sports and recreation!
Help us meet our goal for 2015: \$200,000!**

The annual Long Trail Century Ride to benefit Vermont Adaptive Ski and Sports is a recreational century ride that starts and ends at Long Trail Brewery on Route 4 in Bridgewater Corners, Vermont. All participants who register will receive a lift ticket voucher to ski or ride Killington Resort during the 2015-2016 season!

Two shorter rides of 60- and 20-miles allow participants to cycle through the towns of Killington, Pittsfield, Bethel, Barnard, Woodstock, Ludlow, Bridgewater, and Plymouth, Vermont. Quaint villages, the scenery of Route 100 and U.S. Route 4, the Crossroad of Vermont Byway, the seventh of its kind recently designated by the Vermont Transportation Board, are incorporated into the routes.

Come check in Friday night at the Roaring Brook Umbrella Bars at Killington Resort and enjoy the evening, then set out Saturday morning with friends and family on the route of your choice. After the ride, Long Trail Brewery will be your host for a ride celebration, complete with a full plate of food, live music and entertainment, flowing beverages, and other festivities. For questions about the race, [email the Ride Director](#).

**Join us for the Apres-Ride Party in the field at Long Trail! Great BBQ,
live music, kids games and a magician, and more!**

Bring your family and friends to relax in the countryside of the Green Mountains of Vermont!

<http://www.longtrailcenturyride.com/>

Bicycle tours in Russia



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

July 1-12 and July 19-30

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](#).

PRINCETON

FREE WHEELERS



35th ANNUAL EVENT

SATURDAY AUG. 1st, 2015

Tour the beautiful countryside around central New Jersey with cyclists from all over the U.S. Tours range from a kid friendly 16 mile ride to a scenic century, from flats to rolling hills. If you pre-register by July 23rd, 2015, you will get faster check-in and a FREE Event T-Shirt. All Registrants enjoy a post ride lunch!

RETURNING AGAIN THIS YEAR: Family Ride! Leader available for pre-registered adults with young children! See Website for details. We are continuing the recent tradition of great rest stops with a variety of snack choices.

Great Reviews on the last few year's BBQ style Lunch means it will be repeated. Check the website for details.

<http://princetonfreewheelers.com/35th-princeton-bicycling-event/>



Tour de Blaiirstown



Tour de Blaiirstown, Saturday August 8, 2015

The tour consists of three great ride options: a ten mile trail ride on the Paulinskill Valley Rail Trail, a 22 mile road ride on some of the best rural roads in Western New Jersey and a 40 mile road ride through even more spectacular countryside with sweeping vistas, (watch for the Delaware Water Gap) rich farmland and quaint villages. There will be well stocked rest stops. All rides leave and finish at Sycamore Park, breakfast and lunch with locally sourced food, live music, a great expo featuring the best of Blaiirstown and more.

Please note that there is a discount being offered. It makes the entry fee only \$45.00. Discount code available-enter blair614 in promo code.

<http://tourdeblaiirstown.com/>



AUGUST 14 – 16, 2015 Frederick, MD

The Tour de Frederick was created in 2010 by the founder and publisher of Spokes Magazine, Neil Sandler, to bring the cycling community together for camaraderie and to showcase the beauty of Frederick County through scenic bicycle rides. As part of his philanthropic spirit, Neil invited The Boys & Girls Club of Frederick County (BGCFC) to participate through volunteer assistance and as the beneficiary of the event proceeds. Tour de Frederick is a three-day cycling weekend with ride routes from eight to 100 miles for all abilities. You can also watch the Clustered Spires High Wheel Race with Penny Farthing bicycles, the only race of its kind in the U.S. This is the largest fundraiser for the BGCFC, the premier youth development organization providing children with the highest quality programs and opportunities for success. The mission of the BGCFC is to enable all youth, especially those who need us most, to reach their full potential as responsible, productive, caring citizens.

All Friday and Saturday rides start and end adjacent to the Delaplaine Center, 40 South Carroll Street, in downtown Frederick, MD. The Sunday Covered Bridges Ride starts and ends at Utica District Park, 10200-B Old Frederick Road, Frederick, MD

<http://www.tourdefrederick.com/>



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 Lined segments: KOM & Sprint
- Sunday 8/16: Northern routes out of Manchester – 58, 40 or 24 miles





5th Annual Tour de Chocolate Town presented by Capital Blue Cross will take place on Sunday, September 13, 2015.

The *Tour de Chocolate Town* bike tour takes cyclists through Hershey and neighboring towns to raise funds for Children's Miracle Network at Penn State Hershey Children's Hospital. The *Tour de Chocolate Town* features four different bicycle routes that are designed to appeal to all riding levels. Choose from 4 courses: our beginner 17.5 mile, the intermediate 35 mile, or challenge yourself with the 65 or 100 mile century ride. All routes begin and end at *Hersheypark Stadium* and bring cyclists through *Hersheypark* near The Claw and head toward the Lightning Racer, passing several major rides including Fahrenheit, Tidal Force, Wildcat, and all of the Boardwalk attractions. After exiting the Park near the Storm Runner roller coaster, all cyclists will pass the Milton S. Hershey's High Point Mansion, Hershey's Kisses shaped streetlights, and the Milton Hershey School before the four routes split.

Rest stops will be available throughout the courses, excluding the 17.5 mile course. All participants must be 14 years and older. A portion of the net proceeds benefit Children's Miracle Network at Penn State Hershey Children's Hospital by purchasing state-of-art equipment and supporting vital programs. All dollars raised locally stay local. Throughout the route, look for our Miracle Children from the Children's Hospital as they cheer you on!

Event Registration Fee

- Through July 10, 2015: \$40
- July 11 - September 13, 2015: \$50

Day-of registration will be available unless event sells out in advance. Please check the website or [visit us on Facebook](#) the week of the event to have the most up-to-date information. We highly encourage you to sign up in advance to secure a spot as we are limited to 1,500 riders.

Registration fee includes: event registration, Tour de Chocolate Town water bottle, finishing snack bag, discounted admission coupon to *Hersheypark* and post-ride refreshments.

<http://www.chocolatetownchallenges.com/tour-de-chocolatetown/index.php>

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. 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

My name is Amanda and I work for Touring Catalonia in the region of Catalonia (Spain) and the lovely and well-known Costa Brava. We are a small company dedicated to active tourism, **mainly bike routes**. We're local people willing to offer the best holidays ever. Located in the Catalan region of Girona, a privileged territory with the Costa Brava and the Pyrenees. We organize cycling and hiking routes to discover a world of nature, gastronomy, leisure and peace.

Please visit our webpage: <http://touringcatalonia.com>

What we could offer to your bike club?

- Active Tours in Barcelona and the beautiful Costa Brava.
- Flexibility Tours for your bikers regarding they needs.
- Customized Tours regarding your biker's expectations.

- A local guides who know very good our territory.

And the most important ... People who will work for the satisfaction of our clients.

They only concern should be to enjoy yourself; we will take care of everything else!

For more information: http://issuu.com/dsink/docs/touring_catalonia2015

Yours Faithfully,

Amanda Lloret

USA & Canada Product Manager

Touring Catalonia

(704)641-0197

aloret@touringcatalonia.com

www.touringcatalonia.com

www.facebook.com/TouringCatalonia

Also check out this video, Potential Ride Leader:

<http://snip.ly/2cuG#http://www.pinkbike.com/video/147106/>

Hi Central Jersey Bike Friday Club,

I'm a BF rider, have been for 14 years. I lead multi day trips on the Indonesian islands of Sulawesi, Bali and Flores. Be thankful if you could pass this on to your members. Colin Freestone

CYCLE INDONESIA

Beginning 2009 we have led 18 trips on the Indonesian islands of Sulawesi, Bali and Flores. We provide riders with an authentic intercultural experience in the areas we cycle through covering food, language and customs. Our routes are on quiet country roads and we stop often enough to try local fruits and delicacies, to yarn with locals or to cool off under waterfalls. Accommodation is 'best available' which usually means, at the very least, AC, hot water and sit down toilets. The reality is a wide range from luxurious beach resorts to rustic village family guest houses. The groups are led by an Indonesian speaking Australian guide assisted by English speaking Indonesian drivers in support vehicles. Riders go at their own pace and can jump on a van at any time.

RIDES GUIDE 2015-2016 <http://www.cycleindonesia.com.au/trips.htm>

The next trip is in September 2015, it is to Central Sulawesi and there is ONE place available for a gentlemen cyclist.

Lake Poso Cycle Tour

9 days - 486 km - elevation 4147 m
04 - 13 September 2015 - AUD 2,189

Central Sulawesi Cycle Tour - 1 PLACE LEFT

16 days-879 km-elevation 7,193 m-51 hours ride time
04 - 19 September 2015 - AUD 3,190

Bali Cycle Tour - 6 PLACES LEFT

8 days - 283 km - elevation 3,543 m
24 hours ride time
20 - 27 November 2015 - AUD 1,869

Toraja Land Cycle Tour for Expats

7 days - 279 km
05 - 11 December 2015 - \$ TBA

Toraja Land Cycle Tour for Expats

7 days - 279 km
09 - 15 January 2016

North Sulawesi Cycle Tour

13 days-715 km - elevation 8,180 m - 36 hours ride time
12 - 24 March 2016

South South Sulawesi Cycle Tour

9 days - 524 km
06 - 13 May 2016

Toraja Land Cycle Tour for Expats

7 days - 279 km
14 - 20 May 2016

Trans Flores Cycle Tour

16 days - 670 km - elevation 10,184 m
01 - 16 July 2016

South South Sulawesi Cycle Tour

9 days - 524 km
18 - 26 August 2016

Lake Poso Cycle Tour

10 days - 486 km
09 - 18 September 2016

Central Sulawesi Cycle Tour

16 Days-879 km - elevation 7,193 m - 51 hours ride time
09 - 24 September 2016

Toraja Land Cycle Tour

14 days - 648 km - Elevation 4,200m - 47 hours ride time
17 - 30 November 2016

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.

Offering three new un-ridden **2013 Raleigh Carbon bikes** - cash prices at major discounts. A white 55 Militis-1 with 105 and internal cables, orig \$2500 for \$1500. Same T-800 frameset as their \$7000 bike. And two Grey Revenio Carbon-1's, a 56 and 59 with Tiagra, orig \$1850 for \$1000. Also with Internal cabling. Look them up. They are very well rated. Bikes are in Oceanport. Contact Dennis Fahey at faheybike@verizon.net

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

I have a class 3 hitch bike rack that I don't want. I am not selling it. I just want to give it to someone who could use it. I live in Long Branch. Thanks, Joe Connor
joeluke55@hotmail.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,
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building on site**

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Sun 10-5

e-mail: marcc@efingersports.com

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Perth Amboy, NJ 08861

(732) 442-4370

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Expert Repairs

Hand-Built Wheels

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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>

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>

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



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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
