



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

Established 1968

July 2015

Number 7

Upcoming Meetings:

Board Meeting

July 20, 2015 7:00 PM
Metuchen Library
480 Middlesex Ave, Metuchen

General 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.



JULY EVENT CALENDAR

July 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 B+/A- 2 25-30 Mid-Week Sanity Break - Mark Heck C- 3,4 18 Improved Cranbury: To Dayton For WAWA - Steve Seigel	2 C 4/3 38+/- Friday? on Thursday - Ben	3	4 INDEPENDENCE DAY A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry
5	6	7	8 B+/A- 2 25-30 Mid-Week Sanity Break - Mark Heck C- 3,4 18 Improved Cranbury: To Dayton For WAWA - Steve Seigel	9	10	11 A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry
12	13	14	15 B+/A- 2 25-30 Mid-Week Sanity Break - Mark Heck C- 3,4 18 Improved Cranbury: To Dayton For WAWA - Steve Seigel	16	17	18 A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry
19	20 Board Meeting	21	22 B+/A- 2 25-30 Mid-Week Sanity Break - Mark Heck C- 3,4 18 Improved Cranbury: To Dayton For WAWA - Steve Seigel	23	24	25 A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry
26	27	28	29 B+/A- 2 25-30 Mid-Week Sanity Break - Mark Heck C- 3,4 18 Improved Cranbury: To Dayton For WAWA - Steve Seigel	30	31	

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

Ride Schedule

Wednesday, July 1

Mid-Week Sanity Break

Mark Heck, 732-970-6763

Pace: B+/A-

Terrain: 2

Distance: 25-30 miles

Time: 5:30 PM

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

Thursday, July 2

Friday? On Thursday

Ben, 609-655-0979

Pace: C

Terrain: 4/3

Distance: 38+/- miles

Time: 9:00 AM

Village Park, Cranbury, NJ.

Wednesday, July 8

Mid-Week Sanity Break

Mark Heck, 732-970-6763

Pace: B+/A-

Terrain: 2

Distance: 25-30 miles

Time: 5:30 PM

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

Wednesday, July 8

Improved Cranbury:

To Daytona For WAWA

Steven Seigel, 908-405-5037

Pace: C-

Terrain: 3, 4

Distance: 18 miles

Time: 6:00 PM

Village Park, Cranbury, NJ.

Wednesday, July 1

Improved Cranbury:

To Daytona For WAWA

Steven Seigel, 908-405-5037

Pace: C-

Terrain: 3, 4

Distance: 18 miles

Time: 6:00 PM

Village Park, Cranbury, NJ.

Saturday, July 4

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 11

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, July 15

**Improved Cranbury:
To Daytona For WAWA
Steven Seigel, 908-405-5037
Pace: C-
Terrain: 3, 4
Distance: 18 miles
Time: 6:00 PM
Village Park, Cranbury, NJ.**

Saturday, July 18

**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, July 22

**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, July 29

**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, July 15

**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, July 22

**Improved Cranbury:
To Daytona For WAWA
Steven Seigel, 908-405-5037
Pace: C-
Terrain: 3, 4
Distance: 18 miles
Time: 6:00 PM
Village Park, Cranbury, NJ.**

Saturday, July 25

**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, July 29

**Improved Cranbury:
To Daytona For WAWA
Steven Seigel, 908-405-5037
Pace: C-
Terrain: 3, 4
Distance: 18 miles
Time: 6:00 PM
Village Park, Cranbury, 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

*Because you
care*

Best Wishes,

Andrie

CJBC Sunshine Committee

SunshineCmte@cjbc

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



June 22, 2015

General Meeting

Ben Blum, President:

- Next meeting third Monday on July 20.
- Guy dropped from a Princeton ride.
- Harold Finkle short D rides.
- Leaving board after next month's meeting.

John Colasanti, Member at Large I:

- Volunteer dinner at the buffet place.
- Date? During the week at night 6 or 7.
- Giving out awards—suggesting certificates to bike shops.

Earl Lapidés, Treasurer:

- \$43,000.00 dollars in treasury.

Nick Spadavecchia, Public Relations:

- Press release about Farmlands.
- 706 sign ups.
- 52 volunteers excluding habitats.

David Lewis, Program Chair:

- Ride down Hiawatha trail.
- Looking for ideas for October program.
- Going into the fall, safety?

Holiday Party:

- Who will handle arrangements?
- Critical calendar indicates now is the time to start planning.
- Prior parties club paid and 5 or 6 showed up.
- Nick will plan the party.

Non-board members: Efrain Raices, Steven Seigel

Notes from CJBC Members

Hello,

I became a new member when I attended the meeting on Monday June 22nd. At the meeting I became one of the ride leaders and decided to do an "Outreach" program also. Here is the event:

Metuchen Greenway Event **(Proposed)**

Saturday August 1 or Sunday August 2nd (Rain Date)

Start time Saturday August 1: 10AM

Where: Greenway Park Entrance

Required: Helmet with Smiling Faces

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I have set up a meeting at What's the Scoop, 410 Main Street Metuchen, on Thursday, July 9th at 7PM. I need as many members as possible to attend.

I have been in contact with NJ 101.5 so they can have their Big Yellow Van (prize truck) present. In addition, I have reached out to Mike from Scoops to provide free ice cream to the kids who show up with their helmets and plan to put an ad in the Star Ledger once everything is secured and try to get them to write a story. The real purpose is to increase membership and build awareness of our club that it's for all types of riders. I will need membership forms, someone to host the table(s) that the Recreation Dept. will provide, and any ideas that will help make this event a great success!

Please note that I was a member many years ago.

Steve Seigel
908-405-5037

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](#).

State Bike Tour

Cycle Massachusetts – State Bike Tour

“The Friendliest Ride In The East”

August 1-7, 2015

Northampton, Hardwick, Greenfield

2 nights in each location

Are you dreaming of an affordable summer adventure? It's not too late to sign up for [Cycle Massachusetts](#), the new tour from the folks who ran the Mass BikePike Tour for 8 years!

It's during the first week of August, and you can ride anywhere from 2 to 7 days – it's up to you! We explore a different part of Massachusetts each year. For 2015, we've identified three picturesque and unique Massachusetts destinations: colorful Northampton, quaint Hardwick (at the unbelievable [Eagle Hill School](#)), and the exquisite [Stoneleigh-Burnham School](#) in Greenfield. With two nights at each, you'll have time to explore the most scenic vistas, visit local landmarks, and savor each experience with new friends.

We are the Friendliest Ride in the East and we welcome everyone from super-mellow cyclists to hardcore cyclists. We do notice that most of our riders feel like a day of riding isn't complete without an ice cream stop or a post-ride beer.

All our proceeds go to [Massbike](#) and we are their number one donor each year – check us out at www.cyclema.com! Don't delay - registration closes on July 15th!

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 Blairstown



Tour de Blairstown, 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 Blairstown 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://tourdeblairstown.com/>

For Women Only

presented by Hilltop Bicycles



Cycletta[™]
Fondo

Sunday, August 9th
Madison, New Jersey
www.cyclettafondo.com

HB Women Cyclists is planning its 2nd annual women's only fondo, Cycletta Fondo, on August 9th from Madison, NJ. This is a fully-supported event with 4 ride distances (25, 50, 75, 100). All proceeds benefit HbW, which is NJ's only free cycling club for women of all cycling abilities. Please help HbW get the word out by sharing information with your club members. Also, here is a coupon code for your members/friends - NJ2015 for \$10 off through June 30th. If anyone would be interested in volunteering at the event, there is a sign-up on our bikereg registration page. Thank you! <http://cyclettafondo.com/#home>



AUGUST 14 – 16, 2015 2:00 PM 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



Central Vermont Tour
August 16-21, 2015

This tour explores a wide cross-section of Vermont, with good scenery and generally quiet roads. We stay in White River Junction on Sunday night, with an afternoon warm-up ride for those interested. Monday we ride south along the Connecticut River and have lunch in Springfield, before heading NW to the excellent Castle Hill Resort for the night - deluxe dinner included. Tuesday we pass through West Rutland, with lunch in the sculpture garden at the Carving Studio and Sculpture Center <http://carvingstudio.org/about-us/>

with some fine riding from there to Brandon, and spending two nights at the Middlebury Inn. I have many routes planned for our free day, including two that cross the lake to N.Y. Thursday we climb over App Gap (flat option available) on our way to Montpelier - where we stay in the Capitol Plaza, across from the State House. Friday brings a highly scenic day of following the White River and a tributary as we return to W.R.J.
Three mileage options daily - usually ~60-80 miles.

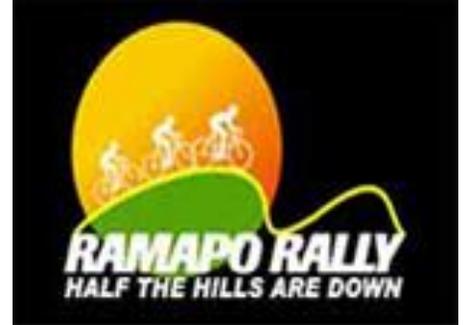
View route overview map here: <http://ridewithgps.com/routes/3680512>

The \$710 tour fee includes five nights lodging (double occupancy), four breakfasts, four lunches, one dinner, two happy hours, quality maps and cue sheets (digital copies, including RWGPS links), and sag support. Maximum of 19 riders. This is a Rogue Riders Bike Club trip, designed for club cyclists who want a real day's ride (vs. say, VBT).

Contact for full info:

Leader: Charles Hansen velotrain@yahoo.com

(Preferred) H: (617) 949-9492



BTCNJ's 2015 Ramapo Rally All Set to Roll

- When:** Sunday, August 16, 2015
- Where:** Campgaw Mountain County Park, Mahwah, NJ
- Fee:** \$50 until July 18, after which the fee will be \$60 until August 10th, when registration closes.
- Rides:** 12, 25, 50, 62, 100 and 125 miles
- Amenities:** Free bike maintenance; Full SAG; Rest Stops; Market/Exhibit Area; Cue sheets/Road Arrows; Breakfast and Lunch.
- More info/
to register:** www.ramaporally.com

Staged by the Bicycle Touring Club of North Jersey (BTCNJ), the Ramapo Rally offers a full slate of bicycle rides, from an ultra century 125-mile trek designed for more seasoned cyclists, to a modest 12-mile cruise geared to novice and beginning riders. Other routes of varying lengths, speed and difficulty of terrain are also available for recreational cyclists whose riding skills are at different levels.

Cyclists can elect to ride their chosen routes on their own by using supplied cue sheets and following on-course directional arrows, or by joining an escorted tour led by seasoned BTCNJ ride leader volunteers. In addition, GPS files will be made available several days before the rally.

All registrants will receive a free bicycle-related gift at check-in. Well-stocked rest stops offering snacks and comfort facilities will be available on each route. And SAG wagons providing help to riders with mechanical or physical issues will be ready to assist.

Cyclists will return from their rides to a HOT grilled lunch, including vegetarian options. Other post-ride features include complimentary massage and the opportunity to browse and shop the Rally Marketplace for cycling-related merchandise and information from our sponsors.

Complete information on fees, registration forms, ride starting times, directions to Campgaw Mountain in Mahwah where the Rally starts, the day's agenda, etc. is available at www.ramaporally.com. A portion of the proceeds from the Rally supports the activities of Camp Sunshine, a local facility for multiply disabled children and young adults, as well as volunteer EMS squads and the local communities.



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/>

CHECK OUT

Would you and your friends like to join in on the 2015 Tour de Farm NJ? We need bicyclists, we need locavores and we need volunteers!!!

The Tour de Farm New Jersey helps promote our New Jersey Farmers and their incredible farms.

In the past three years New Jersey residents have increasingly demanded to know more about their farmers and the food they consume. How exactly do our farmers grow their produce? What exactly do they feed their animals? How do they treat their soil? How do they treat their employees?

The Tour de Farm brings us to our New Jersey farms to meet our farmers and for little ‘tastings’ at each farm. We encourage our bicyclists to bring cash and to buy from our farmers. We transport your purchases back to the end of the tour.

We are looking for Tour de Farm NJ volunteers on the following dates:

**Hunterdon County August 2, 2015
Sussex County September 6, 2015
Warren County September 19, 2015**

All details and registration are here: <http://www.tourdefarmnj.com>

**Thanks,
-Mitch**

**Mitch Morrison
The Tour de Farm NJ
mitchell.morrison5@mac.com**

CJBC Members,

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

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					
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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,
Haro & more!**

**Expert Repairs, Wheel
building on site**

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

Sun 10-5

e-mail: marcc@efingersports.com

Perth Amboy

Jerry & Stan's Bicycle Shop

442 Amboy Ave.

Perth Amboy, NJ 08861

(732) 442-4370

Ask for Howie!

Expert Repairs

Hand-Built Wheels

Basic Tune-Ups thru Complete
Overhauls

Tires & Tubes-Gameau

Helmets-Camelback

e-mail: info@jerryandstans.com

<http://www.jerryandstans.com>

Somerset

Hightstown

Bicycle Rack

SALES & SERVICE

Route 33 & Airport Road

Hightstown, N.J. 08520

(609)-448-2928

Van Delfino, owner

bicyclerack@msn.com

<http://www.njbicyclerack>

Bike N Gear

1695 Amwell Road,

Somerset, N.J. 08873

(732)-873-0212

Prop: Gary Schnitzer

MGR: Anthony DiPaolo

Cannondale Specialized

Ellsworth

Turner Ventana Haro & Masi

Sales, Service, Trade-Ins,

e-mail: BikeNGear@aol.com

 <p>www.cyclecraft.com</p>	<p><u>LONG VALLEY</u> 8 West Mill Rd Long Valley, NJ 07853 908 876-5600 E-mail this location</p>	<p><u>PARSIPPANY</u> New Road & Route 46 Parsippany, NJ 07054 (973) 227-4462 Fax: (973) 227-0924 E-mail this location</p>

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



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	Vacant		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
