



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

Established 1968

September 2015

Number 9

Upcoming Meetings: Board Meeting

September 21, 7:00 PM
Metuchen Library

General Meeting

September 21, 8:00 PM
Metuchen Library

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.





CJBC Calendar & Rides



SEPTEMBER EVENT CALENDAR

| September 2015 | | | | | | |
|---------------------------------|---------------------------------|---------|---|----------|--------|---|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 30 | 31 | 1 | 2 | 3 | 4 | 5 A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry C 4/3 45 Orson and Elsie - Ben |
| 6 | 7 LABOR DAY | 8 | 9 | 10 | 11 | 12 A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry |
| 13 Tour De Chocolate Town | 14 ROSH HASHANA (1ST DAY) | 15 | 16 | 17 | 18 | 19 A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry |
| 20 | 21 | 22 | 23 AUTUMNAL EQUINOX YOM KIPPUR | 24 | 25 | 26 A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry |
| 27 | 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

Saturday, September 5

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, September 12

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, September 26

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, September 5

Orson and Elsie

Ben, 609-655-0979

Pace: C

Terrain: 4/3

Distance: 45 miles

Time: 10:00 AM

Milltown Rangers AC, 111 Kuhlthau Ave, Milltown, NJ. No calls, no ride. Confirm all by 5pm Friday (609) 655-0979.

Saturday, September 19

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.



CJBC Notes & Board Minutes



Monthly Events from Sunshine Committee

***TO OUR FRIEND
ALAN LOWICH,
WE WISH SPEEDY
RECOVERY.
BEST WISHES
CJBC***

ANDRIE

SunshineCmte@cjbc.org

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



Board Meeting Minutes

July & August 2015

Agenda

August

- Reduce meetings to one every 2 months or 6 per year. However, at this time, the board has decided to schedule board meetings during this time of transition.
- Members must submit questions to the member-at-large in writing prior to a meeting for board to answer.
- Members given 3 minutes for discussion for their question and answer at end of meeting.
- Earl ordering bike tags to give out to bike shops. Earl has since placed order and David Lewis has pick-up and has in his possession.
- David Lewis will handle ride sheet tally. Ride sheets now forwarded to David Lewis. Steve Seigel will post rides on internet.
- Agreed to give out road ID bracelets to members who go on 6 rides and to leaders for 12 rides.
- Joe looking into making a separate button on website for ride sheets since hard to locate now
- Manny will receive award for ride participation from 2014.
- Each board member will take a turn at leading board meetings.
- John will advise if he will manage Farmlands in 2016.

July

- List of items presented by Ben Blum, departing CJBC president, to be addressed; several of which are highlighted below:
- Form/spreadsheet task only setup thru September.
- 2015 Award tally rides lead on spreadsheet in document library (Misc. folder). 2016 Membership is on Active.com as of Oct 1.
- 2016 Award tally rides lead on new spreadsheet.
- 2016 Sign in sheet is in HUB and website.
- 2016 Mileage log is in HUB and website.
- Post events for other organizations with emailings with links to websites and registration sites.
- Post information/events on Other Orgs Activities custom page and delete after date has passed.

Outstanding items:

1. 2016 Farmlands on Active.com (should have farmlands reg on our website but too complicated for treasurer to keep track of). Contact REI Princeton for bike mechanic volunteer at rest stop(s). LAB website and magazine should have info as well as newspapers. Postcards and posters should be at bike shops in Feb/Mar. Why is the Greenway shown as sponsor on T-shirts?
2. **Change phone plan we're paying \$45+, should pay between \$10 and \$20.**
3. \$500 one time fee to automate membership cards - I don't know if this is for new and renewals and multi-year.
4. **Years of no treasurer's reports which should be on website not in minutes as per April HUB minutes of March board vote.** Treasurer should mark members as paid and tell membership chair to mail card.
5. Getting leaders to lead D rides. Getting leaders period. Ride leaders and potential leaders meeting (lunch/dinner).
6. Polling membership for desired rides.
7. Periodic checking of invalid email addresses when sending emails to active members.
8. Maybe contacting members opting out of emails.
9. Forums on the website and/or Facebook Getting members involved re Facebook.
10. Remind ride leaders to submit ride sheets quarterly. Also high mileage award(s).
11. Sunshine committee chair to end this year.
12. Sponsors renewals, do we have any paid this year?
13. Lab membership for all members.
14. Road-ID discounts for 'all' members.
15. Train ride leaders to post in lieu of submitting form.
16. Special meeting(s) to train the board and maybe eliminate the website and just have a google or yahoo group.

SCRIBE

Carey Ann Kotake

Notes from CJBC Members

Short Bike Rides or EZ Rides

On the homepage of our Club, it describes the CJBC as having rides for bicyclists of all abilities. True.

Recently, rides of shorter distances: Short rides or EZ rides, have an increasing appeal to the membership.

A few have been posted and ridden already, with good results. They include: the 15 mile route of the Farmlands Tour in Lincroft, Thompson Park in Jamesburg and the Greenway in Metuchen, to name a few.

The CJBC wants to encourage and support these shorter rides but realizes nothing happens by itself and new ideas need member participation. Getting out on rides, leading a ride and attending club meetings or functions, all help to build a better club.

So let's all brainstorm our ideas to get CJBC back in the saddle and on the road again for these rides and other rides also.

Thank You,

Harold Finkel

halmart2@comcast.net

732-613-9527

(c) 732-666-7161

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

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!**



Rides of Interest

Rides Within This Section Provided to CJBC
From Outside Sources



Sourland Spectacular
Saturday, September 12, 2015
356 Skillman Road, Skillman, NJ 08558

The Sourland Conservancy will hold its 4th Annual Sourland Spectacular bicycle rally on Saturday, September 12, 2015.

The event will offer challenging routes for serious cyclists, as well as a shorter alternatives for more casual bikers. Routes of 24 to 64 miles are planned, all of which include climbing, as the Sourland Mountain is beautiful, but not flat. The routes begin and end at the Otto Kaufman Community Center on Skillman Road in Skillman. All parking will be across the street at Montgomery High School.

Coffee and snacks will be provided at registration. The designated rest stops along the routes will offer beverages, snacks, and bathroom facilities. SAG services also will be provided.

Riders may start between 7:00 am and and 10:00 am, and should plan their start time so that they can finish the route in time for lunch at the Otto Kaufman Center. Those taking the 64-mile route should plan to start between 7:00 am and 8:00 am. Those taking the 48-mile ride should start no later than 8:30 am, and those taking the shorter routes should get started before 10:00 am. Registration will remain open until 10:00 am.

Following the morning rides, bikers will join up for a gourmet picnic lunch, with brownie sundaes for dessert. All participants who register by August 28 will receive an insulated water bottle.

Proceeds will benefit the Sourland Conservancy, a non-profit organization working to protect the ecological integrity, historical resources and special character of the Sourland Mountain region.

The registration fee is \$45 per person online and \$50 on the day of the event. The fee for children ages 12 to 16 is \$25. Children under the age of 18 must be accompanied by a parent or guardian.

The 90-square-mile Sourland region is home to the largest contiguous forest in Central New Jersey. The sparsely populated area is home to an incredibly rich diversity of animal and plant.

www.sourlandspectacular.com

15th Annual Water Wheels Bicycle Tour of the Lawrence Brook Watershed

A fun, informative 26-mile ride with optional add-on loops
to Plainsboro Preserve through rural areas
See the natural and historical features of the area

SUNDAY, SEPTEMBER 13, 2015

8:30 AM Registration

9:00 AM Ride starts

Start: Lawrence Brook Watershed Partnership Headquarters
at 85 Washington Ave, Milltown, NJ 08850
The red brick building next to Ice Cream Depot
Leader-led or Own Pace Cue sheet, Map

SAG WAGON HELMETS REQUIRED SNACKS RAIN OR SHINE

Fee: Pre-registration (by Mon, Sept 7) \$5 per person \$10 Day-of ride

\$2 off for: •Students •Seniors •LBWP Members

TO PRE-REGISTER OR FOR MORE INFO CONTACT

MICHAEL (732) 828 - 3275

MSHAKAR@AOL.COM

WWW.LBWP.ORG

Sponsored by

The Lawrence Brook Watershed Partnership

"Responsible Stewardship of the Lawrence Brook Watershed"

A 501(c)(3) Charitable Organization

WATERSHED





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 HERSHEY PARK STADIUM and bring cyclists through HERSHEY PARK 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 HERSHEY PARK and post-ride refreshments. <http://www.chocolatetownchallenges.com/tour-de-chocolatetown/index.php>

Don't just ride, Bike MS

NEW NAME. SAME GREAT RIDE!

BIKE MS: BARRELS & BREWS »
SEPTEMBER 13, 2015 »
40 OR 62 MILES »



bike
~~MS~~

Barrels & Brews
2015

Register
Today

BIKEMSBARRELSANDBREWS.ORG
732.660.1005



www.facebook.com/NMSSnjm



@NMSSnjm



newjerseymetro

BIKE MS: BARRELS & BREWS
(FORMERLY BIKE MS: HOPS TO HOPS)
SEPTEMBER 13, 2015 » 40 OR 62 MILE ROUTE

Come be a part of Bike MS and get ready for the ride of your life. Whether it's your first or your 13th, together we will raise money, have fun and make a difference in the lives of people living with MS. This scenic ride through the beautiful Amwell Valley will challenge you. You'll feel a great sense of accomplishment as you begin and end your ride with a big celebration.

Choose your ride length of 40 or 62 miles. The ride is fully supported including well-planned and marked routes, stocked rest stops every 10-12 miles, bike mechanics, medical staff, SAG wagons and motorcycle support. Each registered cyclist will receive a commemorative T-shirt, medal, wine glass and lunch including wine and beer tastings. Cyclists must be 12 years or older to participate.

The ride starts and ends at Unionville Vineyards in Ringoes, NJ.

Register at: bikemsbarrelsandbrews.org

START LOCATION:
 Sunday, September 13th
 Unionville Winery, Ringoes NJ

| Route Length | Fundraising Minimum | Registration Fee Through 8/31 | Registration Fee 9/1-9/10 | Walk-On Registration* |
|---------------|---------------------|-------------------------------|---------------------------|-----------------------|
| 40-MILE ROUTE | \$150 | \$45 | \$50 | \$50 |
| 62-MILE ROUTE | \$200 | \$55 | \$60 | \$60 |

* Online registration closes on Thursday, September 10th at midnight. Day of walk-ons welcome along with full pledge minimum.

Incentive prizes are available for those raising \$500 or more including bike shop gift certificates. Details available online: BIKEMSBARRELSANDBREWS.ORG

THANK YOU TO OUR SPONSORS:



Thank You to our National Sponsors:





Bike MS: Country Challenge top fundraisers Mike Gibney (left) and Ken Hoexter (right).

Don't just ride, Bike MS

BIKE MS: COUNTRY CHALLENGE
SEPTEMBER 19-20, 2015 » 2 DAYS »
25, 50, 62 OR 100 MILES

A world free of multiple sclerosis

Early and ongoing treatment with FDA-approved therapy can make a difference for people with multiple sclerosis.

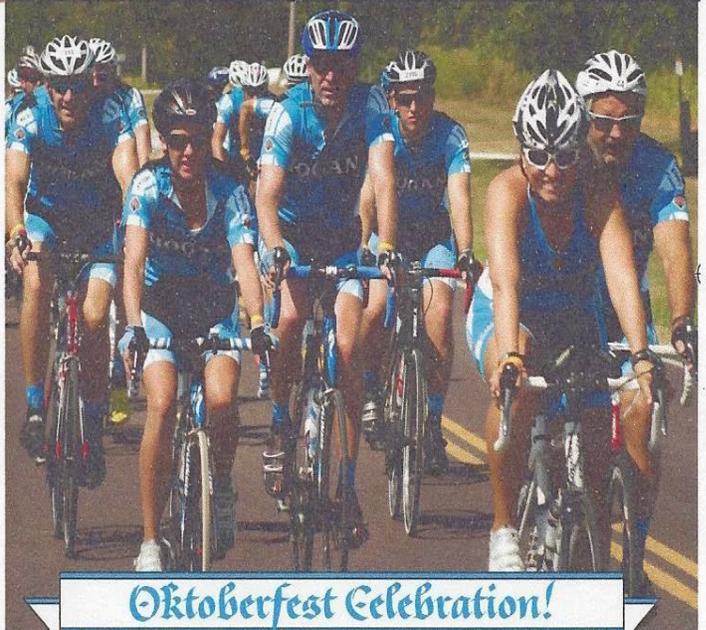
Learn about your options by talking to your healthcare professional and contacting the National MS Society at www.nationalMSSociety.org or 1-800-344-4867.

THANK YOU TO OUR SPONSORS:

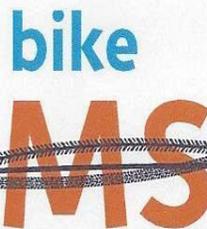


Atlantic Health System

Thank You to our National Sponsors:



Oktoberfest Celebration!



Country Challenge
2015

Register Today

BIKEMSCOUNTRYCHALLENGE.ORG

732.660.1005

USE PROMO CODE:
BIKEMS2015
FOR A \$5 DISCOUNT

Don't just ride, Bike MS

BIKE MS: COUNTRY CHALLENGE
SEPTEMBER 19-20, 2015 » 2 DAYS »
25, 50, 62 OR 100 MILES
NOW CELEBRATING OKTOBERFEST!

Bike MS will take you farther than you've ever gone before. It's not just the miles that matter — it's the unforgettable journey. Join us for an event that's more than a ride — it's anticipation, camaraderie, personal accomplishment, and the knowledge that you're changing lives...making every mile that much sweeter. Don't just ride, Bike MS.

Join the Bike MS: Country Challenge and experience the best of Morris County's hills with your favorite riding friends! Several ride lengths are available to accommodate the novice to experienced cyclists. This ride offers a challenge as you'll climb over 5,000 feet for those who choose the 2-day 100 mile ride! This event features superior route support including well-stocked rest stops every 10-15 miles, safety and mechanical support and beautiful views of farmlands, back roads and The Great Swamp.

New for 2015, we are celebrating Oktoberfest! Traditional fare including sausage, chicken, soft pretzels and beer will be served. Participate in a beer hoist, yodeling and other Oktoberfest favorites!

It's more than a ride

Come be a part of Bike MS and get ready for the ride of your life. Whether it's your first year or your 28th year, together we will raise money, have fun and make a difference in the lives of people living with MS.

Register

START LOCATIONS:
SATURDAY, SEPTEMBER 19TH
445 South Street, Morristown, NJ

SUNDAY, SEPTEMBER 20TH
Hanover Marriott, Whippany, NJ

ROUTE OPTIONS:
25, 50, 62 OR TWO-DAY 100 MILES:

| Ride Length | Day | Pledge Min. | Reg. Fees 6/21 - 8/31 | Last Chance Reg. Fees 9/1 - 9/16 | Walk On Reg. Fees 9/19 - 9/20 |
|-------------|-----------------------|-------------|--------------------------|--|-------------------------------------|
| 100 | Saturday & Sunday | \$350 | \$50 | \$70 | \$80 |
| 62 | Saturday | \$300 | \$50 | \$55 | \$65 |
| 50 | Saturday or Sunday | \$250 | \$45 | \$50 | \$60 |
| 25 | Saturday | \$150 | \$35 | \$45 | \$55 |
| Virtual | N/A | \$0 | \$30 | \$30 | \$30 |

Online registration closes on Wednesday, September 16th at midnight.* Day of walk-ons welcome along with full pledge minimum.

Overnight accommodations are available at the Hanover Marriott. Rooms can be booked in event block for \$96 a night through September 3rd by calling 973-538-8811.

Incentive prizes available for those raising \$500 or more including bike shop gift certificates. Details available online. "I Ride with MS" jersey given to all those who register and indicate that they live with MS at the time of registration.

Those riding one day only will be provided bus service back to start line.

Join us to ride as an individual, with your favorite friends & family or as a corporate team. Teams receive special perks!

REGISTER TO RIDE OR VOLUNTEER:
BIKEMSCOUNTRYCHALLENGE.ORG
732-660-1005 (OPTION 2)



Central Bucks Bicycle Club

The Best Road and Off-Road Cycling in
Bucks County, PA!

Central Bucks Bicycle Club's Annual Covered Bridges Ride

Sunday, October 18, 2015 (rain or shine)

Tinicum Park, 974 River Rd, Erwinna, PA 18920

Choose from five gorgeous rides: flat, family-friendly 20 and 30 mile rides (suitable for wider-tire bikes) and challenging, hilly 33, 50 or 63 mile rides (road bikes recommended).

Enjoy the gorgeous fall colors, scenic roads and historic bridges of Upper Bucks County. Rides are marked and fully supported. Well-stocked rest stops offer snacks, baked goods, and fresh fruit.

Enjoy our hearty Grand Finale lunch at the end.

More details and registration information at www.cbbikeclub.org



Organizing Committee

Leogane Cycling Club (LCC), Haiti

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pielou10@yahoo.fr



July 23, 2015

FOR IMMEDIATE RELEASE

The Léogâne Cycling Club (LCC) and partners in the Organizing Committee are in the process of opening registration to the inaugural **"Tour de Quisqueya"**, a road-cycling Tour to be held in Haiti from January 9 to 18, 2016.

During ten days, including international arrival and departure days, the Tour will offer six days of cycling for a total of up to 266 miles or 428 kilometers throughout Haiti, various volunteer opportunities, time for beach and relaxation, as well as optional cultural excursions.

The Tour combines athleticism with tourism and is subject to capacity limitations. Registration will end by November 1 or when capacity has been reached. Non-cyclists are welcome to register but will be on a stand-by basis until close of registration to maximize active participation of cyclists.

Overnight stops of the **"Tour de Quisqueya"** include Port Salut, Léogâne, Port-au-Prince, Montrouis, Gonaïves / Ennery, and Cap-Haitien. The itinerary also includes Les Cayes, Fonds-des-Nègres, St. Marc, Mirebalais, and Milot.

Registration fees of international cyclists will subsidize the participation of local athletes, and includes all local logistics, transfers and accommodation, most meals, vehicle support and a dedicated Tour staff.

SEEKING THE EXTRAORDINARY – SEEKING YOU!

Experience Haiti like never before. Sign up, learn more, or become a sponsor at www.cyclequisqueya.org. This inaugural Tour will feature a large-scale tree-planting event on the January 12 anniversary of the Earthquake, and it will provide a lens through which to explore culture and natural beauty of an island destination too often overlooked.

Visit www.cyclequisqueya.org today and become part of history.

Tour de Quisqueya is a joint program under the fiscal sponsorship of
CDi – Community Development International, 501(c)(3)
www.cyclequisqueya.org

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 dessert 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>

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



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/>



Miscellaneous Stuff

Including Ride Sheets & Sponsor Ads



CHECK OUT



Photo Submitted by Ben Blum

ATTN: CJBC MEMBERS

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 KRUIER @ 732-586-3981
EMAIL: KLINER54@OPTONLINE.NET FOR MORE





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 |
|----|-----------|------------|-------------|-----------------|------------|
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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!

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Hand-Built Wheels

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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



www.cyclecraft.com

LONG VALLEY

8 West Mill Rd
Long Valley, NJ
07853
908 876-5600

[E-mail this location](#)

PARSIPPANY

New Road & Route 46
Parsippany, NJ 07054
(973) 227-4462
Fax: (973) 227-0924

[E-mail this location](#)

East Brunswick
1020 Route 18 N
732-651-8080

Old Bridge
361 Route 34
732-290-9898



www.planetbikenj.com

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Rack**
SALES & SERVICE

(609) 448-2928



Route 33 & Airport Road
Hightstown, NJ 08520
bicyclerack@msn.com
njbicyclerack.com

VAN DELFINO
Owner



**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

**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

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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and progressives

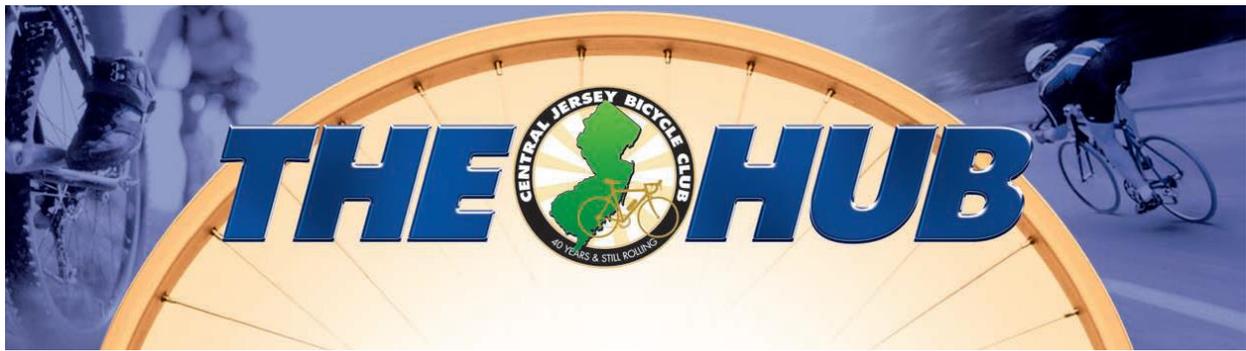
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Atlantic Highlands, NJ



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Central Jersey Bicycle Club, Inc.

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Established 1968

September 2015

Number 9

Happy Bicycling!

