



**Central Jersey Bicycle Club, Inc.**

**Over 40 Years and Still Rolling**

**Established 1968**

**March 2016**

**Number 3**

**Upcoming Meetings: General & Board Meeting**

April 18th, 6:30 PM

To Be Decided

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.

**The CJBC's 32nd Annual**  
**"Farmlands Flat Bicycle Tour"**  
**will be on Saturday, May 7, 2016!**



the following two pages give more details about this event and you can also go to our website to [www.cjbc.org](http://www.cjbc.org) for more information.



Central Jersey Bicycle Club

P.O. Box 10686

New Brunswick NJ 08906

(732) 225-4827

### *Letter from the 2016 Farmlands Chair*

### *F A R M L A N D S Saturday May 7th, 2016.... Call for Volunteers !*

*Dear Friends and Members,*

*Your Central Jersey Bicycle Club's "Farmlands" invitational event has been a popular tri-state tradition for over 30 years and is the first major bicycle event of the season. The event takes place at Brookdale Community College in Lincroft, NJ on the first Saturday in May.*

*It is THE MAJOR FUNDRAISER for our bicycle club and we'd like everyone's help to continue to make it a success.*

*Again this year we are proud to announce that we have partnered with the Monmouth County Chapter of Habitat for Humanity, CJBC will be donating part of the net profits from the event to Habitat for Humanity and they, in turn, will support the event by providing their own volunteers.*

*We have some former sponsors & will be adding others soon.*

- 1) Gu: Pure Performance Energy Product*
- 2) RoadID: Supporting Athletic Safety*
- 3) Stone Mountain Printing*
- 4) Monogram Center*

*We need this income in order to cover internet expenses, insurance and yearly charitable donations. It can also benefit you in terms of participating in the New Member Appreciation ride, the Tom Koenig Memorial Anniversary ride, Shortest Day ride, Longest Day Ride, Holiday dinner, member awards dinner, and other social events in which a meal is include. **It can only happen with your help, dedication, and effort.** Every year we need over 75 volunteers for:*

*Painting: where you drive the routes and paint arrows by the turns. Route sheets, stencil and paint provided. 3 crews of 3 people needed.*

*Volunteer Coordinator: where you recruit and coordinate the responsibilities for the 75 people who make this event happen.*

*Food Chair: where you manage all the shopping and distribution of food, beverages and other supplies for the rest stops, including the college, prior to the ride. This also includes organizing the dinner after Farmlands for all day of volunteers, and ordering lunches for paid riders and volunteers who are there the day of the ride.*

*Day of Ride Food Attendant: where you make sure the bicyclists have snacks, bagels, fruit, trail mix, beverages, etc. ready to be self served. Food attendants needed for 2-6 hour shifts, between 6:30 AM and 6:00 PM.*

**Pre-registration Coordinator:** where you collect Active.com registration information and coordinate lunches with the Food Chair. 1 person needed.

**Day of Event Questions or Go To Person:** where you address any issues that may arise on the day of the event; such as questions from riders, T-shirt sales, etc.

**Parking Assistant:** to guide arriving cyclists to the proper the parking lots and ease their arrival at the event. 2-4 People needed.

**Rest stop workers:** where you greet the bicyclists with snacks and refreshments. The time schedules are flexible. Different locations are available. Most people needed here. 3 people per shift, per stop.

**Registration:** where you greet the bicyclists in the morning and check them in. Time schedule is from 6:00 AM to 12:00 PM.

**Sags:** where you attend the bicyclist's needs, whether it is a flat tire, or they are simply tired and need to be picked up. For this task you will need a car with a rack that can carry two or more bicycles. Time schedules are from 7:00 am to 6:00 pm. Individual shift times vary. 3 shifts of 3 people.

**Logistics:** where you rent and drive a U-Haul type truck. This task starts 1 day prior to the event and continues through the day after. It entails the pickup of food and supplies and their delivery to rest stops and to the start/finish of the event, returning our supplies to the storage shed, and then returning the truck on Sunday. 2 -4 people are needed on the day of the event to help with loading and unloading of supplies.

**Clean up:** where we load the items on the truck to be returned to the storage shed. Time schedule 4:00 PM to 6:00 PM. All hands on deck.

**Public Relations:** where you help publicize the event. A greater turnout benefits the club and its members.

**Please come out and join us in this fun event knowing your efforts will not only help your club but also will be supporting a great cause like the Habitat for Humanity.**

If you volunteer on the day of the event, CJBC will treat you to coffee, breakfast items, and lunch at the college, as well as a free event T-shirt, The volunteers at the rest stops will be reimbursed for their own purchased lunches. You will also be invited to the volunteer dinner at a later date. A volunteer is welcome to ride in the Farmlands event free of charge before or after their 4 hour shift.

“Farmlands” is a fun, social event where you can make new cycling friends while helping the club, and supporting a charitable cause. **If you are interested in volunteering or want to get more information, please contact John Colasanti [farmlands@cjbc.org](mailto:farmlands@cjbc.org).** Phone number provided in response to your email. Thank you. See you at the college and on the road.

Regards,

John Colasanti  
Farmlands Chair



# CJBC Calendar & Rides



# MARCH EVENT CALENDAR

March 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4	5 A- 3/4 (30-35mi.) Ride W/Kevin
6	7	8	9	10	11	12
13 DAYLIGHT SAVINGS TIME BEGINS	14	15	16	17 ST PATRICK'S DAY	18	19
20 VERNAL EQUINOX	21	22	23	24	25 GOOD FRIDAY	26
27 EASTER SUNDAY	28	29	30	31		

\* The event calendar can also be viewed on the CIBC website at [www.cjbc.org](http://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, March 5

*Ride with Kevin*

*Kevin, 908-420-4636*

*Pace: A-*

*Terrain: 3/4*

*Distance: 30-35 miles*

*Time: 8:00 AM*

Colonial Park, Lot F, Mettlers Road, Somerset, NJ. Call by 6PM the day before. No calls, no ride. This ride is weather permitting.

**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 Board & Member Notes







# Board Meeting Minutes

February 2016

## AGENDA

- Treasurer John Colasanti is using Mint.com for financial reporting going forward; he reported the amount in the club's checking account.
- Financial items discussed were: should we have an accountant; should we invest a portion of the income; the benefits of moving from Quicken and backing up to the cloud with Mint.com.
- Peter from High Gear Cycling made a presentation about the restoration of Steve Seigel's bicycle.
- It was discussed if we should give out our membership list to club members; it was decided by a board vote that a member must make a request to the board for the membership list and only upon board approval will the list be given out to the member but without the member's email or physical address.
- Kevin Smith joined as a new member and ride leader.
- It was confirmed that board and member meetings will only be held every other month and one followed by the other; based on this, the next board and general meeting will be in April.
- Harold Finkel will investigate the use of the East Brunswick library for one of the next meetings.
- John Colasanti purchased board and officer insurance and the membership insurance was renewed.
- John Colasanti is having the club phone service converted to a go-phone in order to save money and preserve our club phone number.
- Nick Spadavecchia handed out a trifold club brochure and postcard draft for review to all present; he suggested the postcard be mail to all attendees who are not club members but attend the Farmlands and Longest Day events.

## OUTSTANDING ITEMS

- Nick Spadavecchia is seeking approval of the trifold brochure and postcards.
- We need to address the article "Where have all the riders gone" written by Harold Finkel if the board is going to approve its publication in the Hub.

## SCRIBE

Nicholas Spadavecchia

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

## The CJBC Board

President	Vacant		
Vice President	Vacant		
Treasurer	John Colasanti	908-456-2075	<a href="mailto:Treasurer@cjbc.org">Treasurer@cjbc.org</a>
Membership	Joe DeSimone	908-229-9596	<a href="mailto:Membership@cjbc.org">Membership@cjbc.org</a>
Recording Secretary	Carey Ann Kotake		<a href="mailto:RecordingSecretary@cjbc.org">RecordingSecretary@cjbc.org</a>
Ride Captain	Steve Siegel	908-405-5037	<a href="mailto:RideCaptain@cjbc.org">RideCaptain@cjbc.org</a>
Member at Large I	Earl Lapides	732-261-2000	<a href="mailto:MemberatLargeI@cjbc.org">MemberatLargeI@cjbc.org</a>
Member at Large II	Harold Finkel	732-613-6527	<a href="mailto:MemberatLargeII@cjbc.org">MemberatLargeII@cjbc.org</a>
Public Relations	Nicholas Spadavecchia	732-713-3187	<a href="mailto:PublicRelations@cjbc.org">PublicRelations@cjbc.org</a>
Program Chair	David Lewis	732-381-8692	<a href="mailto:Drlewis140@gmail.com">Drlewis140@gmail.com</a>
Awards	Vacant		
LAB Rep	Mike Kruimer	732-586-3981	<a href="mailto:Kliner54@optonline.com">Kliner54@optonline.com</a>
Farmlands Chair	John Colasanti	908-456-2075	<a href="mailto:Seezer2@aol.com">Seezer2@aol.com</a>
CJBC Information	CJBC Information	732-225-4827	<a href="mailto:info@cjbc.org">info@cjbc.org</a>

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](mailto: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](mailto:NewsletterEditor@cjbc.org)**



# Rides of Interest

Rides Within This Section Provided to CJBC  
From Outside Sources



## 2016 WCBC Events

### ***Icicle Century***

**Saturday, April 2**

Winter is over! Come get those legs spring-ready with 35-, 50- and 100-K routes.

### ***National Ride of Silence***

See Club Website

This 10-mile silent ride honors injured and fallen cyclists and reminds us all to "Share the Road."

### ***Delaware DoubleCross***

**Saturday, July 2**

The fireworks were great, but now for the main event: ride the entire width of Delaware and back, on mostly flat terrain. 31- and 62- mile routes.

### ***Shorefire Century***

**Saturday, August 20**

Ride beautiful, flat to gently rolling farmland in Central DE. 35-, 65- and 100-mile routes.

### ***Savage Century***

**Saturday, October 15**

Are you savage? Prove it! A scenic, hilly ride with 40-, 60-, 75- & 100-mile routes.



Link to the WCBC  
Website & Ride  
Calendar

[www.whiteclaybicycleclub.org](http://www.whiteclaybicycleclub.org)



### **White Clay Bicycle Club**

% JW Haupt, Icicle Metric Century

613 Garron Point Pass

Bear, DE 19701-1985

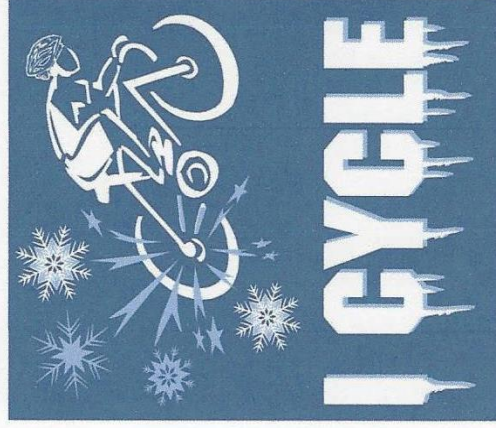
# ICICLE CENTURY

**Routes ranging from 14-100 miles**

*"Enjoy the first major bicycle ride in the Northeast.  
Ride through Delaware, Pennsylvania and Maryland.  
One of the most beautiful routes you'll ride all year. So  
make it your first one for 2016!"*

**Saturday, April 2, 2016**

Rain or Shine



Sponsored by  
**White Clay Bicycle Club**  
Celebrating Over 40 Years  
1973 - 2016



## WCBC Icicle Century

### PRE-REGISTRATION FORM

One form per person, may be copied

You may pre-register by Mail or Online.  
By Mail:

Postmark By February 15, 2016).....\$20 ☐  
Postmark By March 15, 2016).....\$25 ☐  
Postmark By March 29, 2016).....\$30 ☐

Online: Active.com registration until March 29, 2016.  
Minors (under 18) ride for free when accompanied by an adult!

**New This Year!**  
Check active.com for Multi-Ride Discount.

#### MAKE CHECKS PAYABLE TO: White Clay Bicycle Club (WCBC)

Return form and entry fee to:

JW Haupt  
613 Garron Point Pass  
Bear, DE 19701-1985

#### PARTICIPANT MUST SIGN RELEASE BELOW:

By signing this waiver, I do hereby release and hold harmless and covenant not to sue White Clay Bicycle Club, its officers, sponsors, administrators, insurance carrier, directors, members or volunteers, owners and lessors of premises on which any activity takes place from all liability, claims, demands, losses or damages that may result from an accident, injury or inconvenience on this ride. I acknowledge that this activity will be conducted over public roads or trails and facilities open to the public and hazards are to be expected. I further agree that I will ride in a safe, prudent and courteous manner, stop for all traffic signals, ride to the right side of the roadway, and obey all traffic laws. I also agree to wear a protective helmet while participating on this ride and to refrain from wearing one earplug, a pair of earplugs, or headsets for entertainment. I fully understand that bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death, and voluntarily participate in this activity. I agree that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. I further attest that I am age 18 or older. (Note: If under age 18, parental permission must be given before beginning this ride.)

Signature of rider \_\_\_\_\_ Date \_\_\_\_\_ Signature of adult supervising minor on ride \_\_\_\_\_

PRINT NAME \_\_\_\_\_ EMER. TEL. ( ) \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_  
WCBC use only, Required to send route GPS file

☐ WCBC Member Register Online with Active.com or WCBC website  
☐ Non-member [www.whiteclaybicyclub.org](http://www.whiteclaybicyclub.org)

## White Clay Bicycle Club's Icicle Century

Routes ranging from 14 - 100 miles

**Saturday, April 2, 2016**

Rain or Shine

**Registration from**

7:30am to 9:30am

Ride starts at 8:00am. No mass start.

Route closes at 3:00pm

*Fee includes event souvenir, fully marked routes,  
cue sheets, food stops, use of tools and pumps  
SAG support until 3:00pm*

**Event location:** Cherry Hill Middle School  
2535 Singlery Road, Elton, MD 21921  
(Parking at W.L. Gore 2401 Singlery Rd.)

The fee is \$30 per person (\$20 until February 15,  
\$25 until March 15 by mail or online registration.)  
[www.whiteclaybicyclub.org](http://www.whiteclaybicyclub.org) or Active.com.

Contact: Dave Anderson  
[icicle@whiteclaybicyclub.org](mailto:icicle@whiteclaybicyclub.org)

**The "Icicle" may be your first chance to stretch your legs on a long ride after the cold winter. You can choose a combination of routes ranging in total distances from 14 - 100 miles that cover moderately hilly terrain in the area West and North of Newark, DE. Snacks are provided at the start, and the traditional well-stocked, indoor food stops will add to the camaraderie of the day. Note: You don't have to decide to do the 100 mile route until after you've tested those legs on the earlier part of the ride.**

\*mileage is approximate and may differ do to last-minute route changes.





# RIDEfortheREPUBLIC

**Join us this year for the Democracy Spring!**

From April 11-16th, thousands will gather in our nation's capitol for a Week of Action. Together we will put an end to the corrupting influence of big money in politics and restore democracy to America.

[www.democracyspring.org](http://www.democracyspring.org)

## **Ride with Us!**

On April 4th, we will set out from NYC to join our fellow citizens in Washington DC, arriving 5 days and 264 miles later. Now is the time. Stand up for future generations.

[www.ride4therepublic.org](http://www.ride4therepublic.org)



Supreme Court Justice Louis Brandeis,  
"You can have large amounts of money concentrated in the hands of a very few, or you can have democracy. You cannot have both."





Spring is coming, and the **Franklin Food Bank's Annual Tour de Franklin** is **April 24, 2016**. Come join us for a day of cycling, walking, and fun to fight local hunger. This year we will be at the Franklin High School for a little more space. The routes will be different because of the new location, but the day still includes 62-mile, 40-mile, 25-mile, and 10-mile bike rides, as well as a 1-5 mile neighborhood ride or walk and 1-10 mile rides and walks along the scenic D&R Canal path. There is a **free bike drawing**, lunch for all attendees, and everyone who registers prior to April 1 is guaranteed a t-shirt.

Become a **Silver Rider** by raising \$150.00 or a **Gold Rider** by raising \$300.00 for this year's Tour de Franklin. All Silver and Gold Riders will receive a special t-shirt as a sign of our appreciation for their fundraising efforts. The registration fee is included in the total amount to reach this level, so it's not that much more, but means so much to the Food Bank and the people we serve.

Thank you for your support in previous Tour de Franklins, and for making it the Food Bank's biggest fundraiser of the year. Unfortunately, hunger still persists. In 2015 the Food Bank provided nearly 12,000 food packages, a 9% increase over 2014. We couldn't do it without your help and events like the Tour de Franklin.

For details and to register, go to [Tour de Franklin](#) - Pre-registrants can avoid event-day lines. We are using **new registration software** this year and we think you'll find the process much simpler than in previous years! Like us on [Facebook](#) to get all the latest developments.

We hope to see you there!

*For details and to register, go to <http://franklinfoodbank.org/events/tour-de-franklin/>*

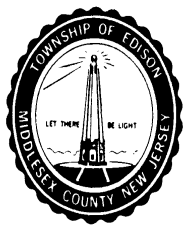
*Pre-registrants can avoid event-day lines.*

*We hope to see you there!*

*The Franklin Township Food Bank*

*[www.franklinfoodbank.org](http://www.franklinfoodbank.org)*





**2016**



**“EXPERIENCE EDISON/METUCHEN”**

**MAYOR’S BICYCLE TOUR**

**SUNDAY, MAY 15, 2016 – RAIN OR SHINE**

**BEGINS AND ENDS AT THE:**

**Edison Municipal Complex, 100 Municipal Boulevard, Edison, NJ 08817**

**\$10.00 REGISTRATION FEE**

**INCLUDES: 2016 Bike Tour T-Shirt & Free Snacks**

**“Day Of” Registration Begins at: 8:00 a.m.**

**Tour Begins at: 9:00 a.m.**

**Tour ends approximately: 1:00 p.m.**

**1<sup>st</sup> 150 RIDERS TO PRE-REGISTER WILL RECEIVE AN OFFICIAL 2016 “BIKE TOUR” T-SHIRT**

**PRE-REGISTRATION IS AVAILABLE**

**NOW**

**FAMILIES CAN EXIT THE TOUR AT ANY TIME.**

**For any A.D.A. concerns or more information, please call:**

**EDISON RECREATION DEPARTMENT**

**Denise C. Halliwell-De Santis, Director 732-248-7309**

**Email: [dhalliwell@edisonnj.org](mailto:dhalliwell@edisonnj.org)**

**METUCHEN RECREATION DEPARTMENT**

**Nancy Goldberg, Director 732-632-8502**

**Email: [ngoldberg@metuchen.com](mailto:ngoldberg@metuchen.com)**



ALL PARTICIPANTS MUST WEAR A BICYCLE HELMET.

CHILDREN UNDER 10 MUST BE ACCOMPANIED BY AN ADULT.

ALL BICYCLES MUST HAVE 20" TIRES OR LARGER.

SAG VEHICLE AVAILABLE.

**BIKE SAFE.....BE SAFE**

EDISON MAYOR THOMAS LANKEY ~ METUCHEN MAYOR PETER CAMMARANO

Edison Township Council

S:bike tour 2016/2-17-16/dch

**1<sup>ST</sup> 150 riders to pre-register will receive an official 2016 "Bike Tour" T-Shirt**

- - - - -

***Office Use Only***

Date Received: \_\_\_\_\_ Emp. Initials \_\_\_\_\_

**2016 "BIKE TOUR" APPLICATION - \$10.00 Each**

I hereby give permission for myself/my child to participate in this activity and assume the risk thereof and I do agree for myself/my child at all times to keep the said Recreation Departments, Personnel and the Township of Edison/Metuchen free, harmless and indemnified from any and all liability for any injury I/my child might sustain as the result of said participation. Photographs, videotapes and audio recordings of the participant, while participating in an Edison/Metuchen Recreation Department Program may be made. I hereby permit, consent and authorize such materials of myself/my son/daughter as an individual or part of a group with or without text, to be used for Edison/Metuchen Township Recreation activities. It is further understood and agreed that Edison/Metuchen Township does not provide any insurance coverage for the participant or organization.

Name \_\_\_\_\_ Age \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-Mail Address \_\_\_\_\_

Bike Club Name (If applicable) \_\_\_\_\_

Bike Club Address (If applicable) \_\_\_\_\_

Home Telephone \_\_\_\_\_ Work Telephone \_\_\_\_\_

E-mail Address \_\_\_\_\_

**Please fill out the above application and return with \$10.00 per rider to:**

**Edison Recreation, 100 Municipal Boulevard, Edison, NJ.**

**“While this is a recreational tour, it does include some hills and the length is a substantial distance that may not be appropriate for very new riders or young children. The police cannot hold the traffic back indefinitely so cyclists need to maintain an average pace of at least 8–10 miles per hour in order to complete the tour in the allotted time. Young children, ages 8 or younger, must be on a tandem bike or on a third–wheel attachment with an adult. All riders should carry a spare inner tube in case of a flat. Ride Marshalls with tools will be available to help change a flat at one of the rest stops.**

**WomanTours** is looking for women who may have suffered a loss, overcome an obstacle, or are in desperate need of a respite, and who would not otherwise be able to afford a WomanTours trip.

We have an angel who has made a substantial donation to help us keep "doing what we do." We know how rejuvenating our bicycle tours can be, so we want to use this generous donation to pay it forward.

The fortunate women will receive a free trip to our leisurely and flat Massachusetts Island Hopper: Nantucket and Martha's Vineyard tour on June 10 – 14, 2016, including up to \$1000 in travel expenses to the tour. The trip is non-transferable and has no cash value.

To apply, fill out this form by December 25, 2015: [www.womantours.com/wtangelfund.html](http://www.womantours.com/wtangelfund.html)

You can nominate yourself or someone you know!!

The WomanTours office staff and our angel will review the responses and choose up to four lucky winners and announce them on New Year's Eve.

For more info, watch our video: <https://youtu.be/gq8lRzoGDeY>

Jennifer Thompson, WomanTours, Inc., 800-247-1444



## THE ANNUAL FRENCH CREEK IRON TOUR CYCLING FOR OPEN SPACE

**Sunday, June 12, 2016**

Join over 1,400 riders for scenic cycling through northern Chester County and celebrate the 300th anniversary of the iron and steel industry which started in Pennsylvania. No region in the nation can boast a longer history with, and connection to, the iron and steel industry. This part of America literally forged the nation. The [French and Pickering Creeks Conservation Trust](#) preserves open space where iron blast furnaces and forges served as cornerstones of industry in colonial Pennsylvania – hence “Iron Tour.”

When you ride in the French Creek Iron Tour, you have a direct impact on the preservation of the pristine countryside that surrounds you. Since 1967, the [French and Pickering Creeks Conservation Trust](#) has protected nearly 12,000 acres of open space in northern Chester County.

With courses ranging from 11 to 100 miles, there’s something for everyone – from seasoned riders looking for a challenge to families with kids in tow.

**Registration will close at 1800 riders or at 5 p.m., June 9, whichever comes first. There will be no day-of-event registration. Registration is non-refundable, and the ride takes place rain or shine.**

**<http://www.iron tour.org/>**



Have you heard of [Cycle Massachusetts](http://cyclema.com/)?

<http://cyclema.com/>

The name may have changed, but we're still proud to be the Friendliest Ride in the East, and we're delighted to welcome cyclists for a weekend or a whole week depending on their schedules. We have some great new features in 2016:

- **Cycle Club Discount** – 6 or more riders registering from your club will receive a discounted entry fee: contact [Bruce](#) for more details
- **One ride – four states!** Not only do we explore Massachusetts, but we'll ride the quiet roads of Rhode Island, Connecticut, and New York as well.
- **Family riding weekend!** Our opening weekend is especially family-friendly complete with shorter rides to kid-approved destinations, an ice cream social, and an all-ages outdoor movie!
- **Back to the Berkshires!** We'll explore the quiet roads of this legendary region. We even have an "Alice's Restaurant" ride to celebrate the scenes of this famous song.

We're excited to welcome riders to our fantastic start/finish location at Nichols College in Dudley, Massachusetts. With two nights on their lovely campus, two nights in the cultural mecca of Great Barrington, and a night each in Agawam and Suffield, CT, you'll have time to explore the most scenic vistas, visit local landmarks, and savor each experience with new friends. Cycle Massachusetts is from July 30<sup>th</sup> through August 5<sup>th</sup> (2, 4, 5, and 7 day options available) and all proceeds support the [Massachusetts Bicycle Coalition](#). **Sign up today:** The registration deadline is July 15<sup>th</sup>, and Cycle Massachusetts is limited to 150 riders!

**Tweet:** Bring your friends to Cycle Mass, the Friendliest Ride in the East – groups of 6 or more get a club discount: [www.cyclema.com](http://www.cyclema.com) **Facebook post:** Take a look at Cycle Massachusetts, from the friendly folks who brought you the Mass BikePike Tour. Bring your friends (there's a group discount!) and ride for a week; bring your kids to our special family-friendly weekend. Conveniently located just an hour from Boston! All proceeds benefit Massbike - make 2016 your year to explore the Bay State by bike. [www.cyclema.com](http://www.cyclema.com)

Karin Turer - Tugboat 23

[617-599-8509](tel:617-599-8509)

[www.tugboat23.com](http://www.tugboat23.com)

[karin@tugboat23.com](mailto:karin@tugboat23.com)

[www.facebook.com/tugboat23consulting](https://www.facebook.com/tugboat23consulting)

*Fundraising and Events for Grassroots Nonprofits*

#### UPCOMING EVENTS IN 2016

- [National Bike Travel Weekend](#) – June – 3rd – 5th. Cycle Massachusetts will be organizing a trip
- [2016 State Bike Tour](#) – July 30th – August 5th
- [Paris to London on the Avenue Verte](#) – September 10th – 17th
- [Basque Country Coast and Rural](#) – September 24th – 30th



**The 38th annual Covered Bridge Metric Century, presented by Lancaster Bicycle Club, will be held Sunday, August 21, 2016 in Lancaster, PA.**

**Ride options include rolling 100k, 50k, and 25k routes.**

**Registration is only \$40.**

**Proceeds benefit the club's grant program.**

**Registration will open in early 2016. [www.lancasterbikeclub.net](http://www.lancasterbikeclub.net)**



## Lakes of Northern Italy Bike Tours



Good morning,

**2016 our overall offering:** <http://www.gpsvarese.it/>

**Lake Maggiore - Lake Como - Lake Varese - Lake Lugano – Madonna del Ghisallo**

We have something for everyone, from the casual rider to the “well seasoned” rider, and for non-rider too.

No matter what your fitness level is, every day the ride can be designed to challenge you or alternately give you an easier day, if needed.

All daily rides start from our **Eco Bike Hotel Ungheria** located in the town of Varese. The hotel is family owned and operated for three generations. All the family works here.

**Eco Bike Hotel Ungheria** and **GPSVarese** are composed by **the same team that works together.**

**Shrine of Madonna del Ghisallo the Patroness of cyclists.**(right side)  
The small Chapel is at Magreglio (CO) between the two branches of **Lake Como**.

It is venerated by international cycling as patroness of cycling and the place has become the focus of many riders' pilgrimages.



Please look at: [http://www.gpsvarese.it/news\\_dettaglio.asp?ID=106](http://www.gpsvarese.it/news_dettaglio.asp?ID=106)

**For any information and reservation,**

please contact directly **Eco Bike Hotel Ungheria** at Varese, your cycling base in Italian Lake District:

Viale Borri 98 - 21100 Varese VA (Italy) - Phone +39 0332 264 325

[bike@hotelungheria.com](mailto:bike@hotelungheria.com)

<http://www.hotelungheria.it/en/bike-hotel-in-varese/>

**For cycling tips,** please get in touch with **GPSVarese:** [info@gpsvarese.it](mailto:info@gpsvarese.it)

We look forward to having you on tour ! Best regards,  
**GPSVarese** and **Eco Bike Hotel Ungheria**

<http://www.gpsvarese.it/>

<http://www.hotelungheria.it/en/bike-hotel-in-varese/>

**Adventure Cycling** has been putting them together for years. Not just bike tours, but epic experiences. Sunrise near a covered bridge in Vermont's Green Mountains. Laughing around a campfire in Big Sky country. Conquering the biggest, toughest hill in your cycling career. Seeing new places with cyclists who share your love of the pure joy of riding a bike.

Adventure Cycling is celebrating 40 years of bicycle travel; bringing people together to ride in great places. In 2016, we have 102 tours which will visit 40 different states, taking in some of the most spectacular scenery in North America; covering ground from Alaska to Hawaii, California to Maine, Canada to Puerto Rico. Our leaders and staff work hard to facilitate an enjoyable, unique adventure for you.

Read through our tour descriptions, detailed itineraries, and testimonials on our website to find the adventure that inspires you. If you have questions, our Adventure Cycling staff will be glad to discuss your options and help your dream cycling tour become reality, call us at 800-755-2453 x3.

#### NEW 2016 TOURS

##### January 2016

[Puerto Rico I](#) | Jan 10-21 | \$2,899.00 | [Inn to Inn](#) | **SOLD OUT**

[Florida Keys I](#) | Jan 16-26 | \$1,729.00 | [Self Contained](#)

[Leadership Training, FL](#) | Jan 28-31 | \$559.00 | [Education](#) | **SOLD OUT**

##### March 2016

[Death Valley Loop I](#) | Mar 05-12 | \$1,229.00 | [Van Supported](#)

[Southern Tier I](#) | Mar 06-May 02 | \$5,699.00 | [Van Supported](#) | **SOLD OUT**

[Southern Arizona Road Adventure](#) | Mar 12-18 | \$1,299.00 | [Fully Supported](#)

[Florida Gulf Coast I](#) | Mar 12-19 | \$1,209.00 | [Van Supported](#) | **SOLD OUT**

[Southern Tier II](#) | Mar 13-May 09 | \$5,699.00 | [Van Supported](#) | **SOLD OUT**

[Death Valley Loop II - Van](#) | Mar 13-20 | \$1,229.00 | [Van Supported](#) | **SOLD OUT**

[Florida Gulf Coast II](#) | Mar 20-27 | \$1,209.00 | [Van Supported](#) | **SOLD OUT**

[Big Bend Loop III](#) | Mar 20-28 | \$1,299.00 | [Van Supported](#)

[Death Valley Loop III](#) | Mar 26-Apr 02 | \$1,199.00 | [Van Supported](#) | **SOLD OUT**

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



# Tours Matching: USA Cycling

All USA located tours below

## 2016 SUPPORTED & GUIDED CYCLING TOUR CALENDAR

Pure Adventures operates custom departures in our unique bicycle tour formula: **SSD - Supported Self Directed!** Groups of 6 or more can have custom dates - [contact us](#) for availability! Note, trips listed by month are suggested departure times, but in fact a trip may be available in other months as well. Other Calendars: [Self Guided Tours](#) | [Hiking Tours](#).

### January/February/March

<a href="#">Death Valley Bicycling Discovery</a>	Open Dates	Level 3+	Road/Hybrid Cycling
<a href="#">Sonoran Desert Single Track</a>	Open Dates	Level 3+	Mountain Biking
<a href="#">San Diego Surf &amp; Turf Cycling Tour</a>	Open Dates	Level 3+	Road/Hybrid Cycling
<a href="#">Epic Climbs of Arizona's Sky Islands</a>	Open Dates	Level 4	Road Cycling

### April

<a href="#">San Diego Surf &amp; Turf Cycling Tour</a>	Open Dates	Level 3+	Road/Hybrid Cycling
<a href="#">Epic Climbs of Arizona's Sky Islands</a>	Open Dates	Level 4	Road Cycling

### May/June/July/August

<a href="#">Zion to Bryce Cycling &amp; Hiking</a>	Open Dates	Level 3	Road/Hybrid Cycling
<a href="#">San Francisco to Los Angeles</a>	Open Dates	Level 4	Road Cycling
<a href="#">Bryce and Zion Trekking Tour</a>	Open Dates	Level 4	Trekking/Hiking
<a href="#">Ireland Cork and Kerry Cycling Tour</a>	Open Dates	Level 4	Road Cycling

### September / October

<a href="#">San Francisco to Los Angeles Cycling</a>	Open Dates	Level 4	Road Cycling
<a href="#">Zion to Bryce Cycling &amp; Hiking</a>	Open Dates	Level 3	Road/Hybrid Cycling
<a href="#">San Diego Surf &amp; Turf Cycling Tour</a>	Open Dates	Level 3+	Road/Hybrid Cycling
<a href="#">Epic Climbs of Arizona's Sky Islands</a>	Open Dates	Level 4	Road Cycling

### What is Supported Self Directed - what it includes and why its different:

See the [complete description](#) of this new and very affordable concept.

Still have questions? Call us toll-free at 1-800-960-2221 and we'll be happy to help you plan the right vacation.

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?**

**Tuesdays<sup>1</sup> and Thursdays<sup>2</sup>**

## **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 AM<sup>2</sup> Sharp**

<sup>1</sup>**Tuesday's** rides are all year round

<sup>2</sup>**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.

<sup>2</sup>Get 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





Cycling Enthusiasts

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(Mention your club for 10% off)

**The Color Factory**

23 Main Street  
Waretown, NJ 08758



## 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 KRUIMER @ 732-586-3981

EMAIL: [KLINER54@OPTONLINE.NET](mailto:KLINER54@OPTONLINE.NET) FOR MORE





## Central Jersey Bicycle Club, Inc.

### 2016 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					

### 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](mailto:HubEditor@cjbc.org). Please contact the editor if you want your ad to run more than once.*

**NEW** .....A flying bicycle – a para-trike with a gasoline engine to power the three bladed propeller for an airspeed of 25 mph. It can ride in traffic when the para-wing is not deployed, although Hammacher recommends you check local ordinances. Hammacher.com, \$45,000.00 Contact Harold M. Finkel, [halmart2@comcast.net](mailto:halmart2@comcast.net), 732-613-6527, (c) 732-666-7161.

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](mailto: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 excellent condition, Original Paperwork. \$800 or best offer. Call or email - Karen 732-521-0301 email: [kdc0825@gmail.com](mailto: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](mailto: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](mailto:marcc@efingersports.com)

### **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](mailto:BikeNGear@aol.com)

### **Somerset**

#### **Hightstown**

#### **Bicycle Rack**

SALES & SERVICE

**Route 33 & Airport Road**

**Hightstown, N.J. 08520**

**(609)-448-2928**

Van Delfino, owner

[bicyclerack@msn.com](mailto:bicyclerack@msn.com)

<http://www.njbicyclerack.com>







[www.cyclecraft.com](http://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](http://www.planetbikenj.com)



**MILLBURN - High Gear  
Cyclery**  
20 Main Street, Millburn,  
NJ 07041  
973-376-0001

Prop: Rone Lewis,

Gen'l Mgr: Nick Burton

[www.highgearcyclery.com](http://www.highgearcyclery.com)

[sales@highgearcyclery.com](mailto: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](http://www.highgearcyclery.com)

[sales@highgearcyclery.com](mailto:sales@highgearcyclery.com)

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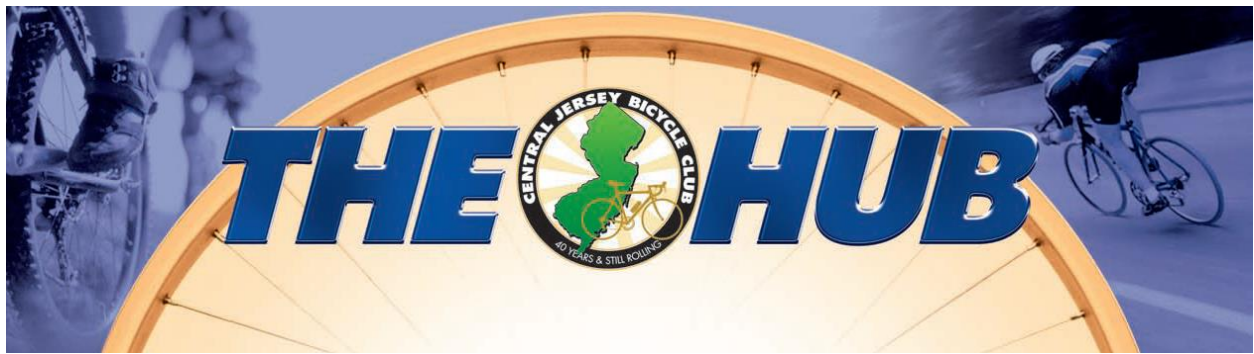
1325 Route 206N

Skillman, NJ 08558



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732-291-EYES(3937)

[www.eyesonfirstave.com/](http://www.eyesonfirstave.com/)



**Central Jersey Bicycle Club, Inc.**

**Over 40 Years and Still Rolling**

**Established 1968**

**March 2016**

**Number 3**

# Happy Bicycling!

