



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

Established 1968

May 2016

Number 5

Upcoming Meetings: Board Meeting

June 20th, 6:30 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.

SPRING MEMBER RIDE 2016





Central Jersey Bicycle Club

P.O. Box 10686

New Brunswick NJ 08906

(732) 225-4827

Letter from the 2016 Farmlands Chair

FARMLANDS 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.** 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



MAY

EVENT CALENDAR

1	2	3	4 Friday? on Wednesday C 4 30 - Ben Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	5 CINCO DE MAYO	6	7 The 32Nd Farmlands Flat Bicycle Tour
8 MOTHER'S DAY MTB 1/2 (about 2 hours) Ride w/Kevin	9	10	11 Friday? on Wednesday C 4 35 Or 42 Miles - Ben Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	12	13	14 A 3/4 100 Miles, Which Ever Way The Wind Blows
15	16	17	18 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	19	20	21 A 3/4 100 Miles, Which Ever Way The Wind Blows C 4/3 16-35 One Loop or Two - Ben
22	23	24	25 Friday? on Wednesday C 4 30 - Ben Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	26	27	28 A 3/4 120 Miles, Which Ever Way The Wind Blows C 4 42 The Start of Days - Ben-
29	30 MEMORIAL DAY	31				

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

Ride Schedule

Wednesday, May 4

Friday? On Wednesday

Ben, 848-667-5020

Pace: C

Terrain: 4

Distance: 30 miles

Time: 10:00 AM

Edison Municipal Complex, 100 Municipal Boulevard, Edison, NJ. Call by 5 PM the day before. No calls, no ride. Cue sheet Edison #1.

Wednesday, May 4

Mid Week Sanity Break

Mark Heck, 732-970-6763

Pace: B

Terrain: 2

Distance: 25-30 miles

Time: 6:00 PM

Meet at Walgreens Lot, 339 Matawan Road by Cliffwood Road, Matawan, NJ – off GSP Exit 120.

Sunday, May 8

MTB 1/2 - Ride w/Kevin

Kevin, 908-420-4636

Pace:

Terrain:

Distance:

Time: 5:00 PM

Colonial Park, Lot F, Mettlers Road, Somerset, NJ. Join me for a quick spin on the D&R Canal Path, then into Six Mile Run for a half or full loop.

Wednesday, May 11

Friday? On Wednesday

Ben, 848-667-5020

Pace: C

Terrain: 4

Distance: 35 or 42 miles

Time: 10:00 AM

Village Park, Cranbury, NJ. Call by 5 PM the day before. No calls, no ride. Cue sheet #8.

Wednesday, May 11

Mid Week Sanity Break

Mark Heck, 732-970-6763

Pace: B

Terrain: 2

Distance: 25-30 miles

Time: 6:00 PM

Meet at Walgreens Lot, 339 Matawan Road by Cliffwood Road, Matawan, NJ – off GSP Exit 120.

Saturday, May 14

Which Ever Way The Wind Blows

Neil Cherry, 732-723-0769

Pace: A

Terrain: 3/4

Distance: 100 miles

Time: 8:00 AM

Village Park, Cranbury, NJ. Call before 9 PM the day before to confirm time and starting point. Longest Day training.

Wednesday, May 18

Mid Week Sanity Break

Mark Heck, 732-970-6763

Pace: B

Terrain: 2

Distance: 25-30 miles

Time: 6:00 PM

Meet at Walgreens Lot, 339 Matawan Road by Cliffwood Road, Matawan, NJ – off GSP Exit 120.

Saturday, May 21

Which Ever Way The Wind Blows

Neil Cherry, 732-723-0769

Pace: A

Terrain: 3/4

Distance: 100 miles

Time: 8:00 AM

Village Park, Cranbury, NJ. Call before 9 PM the day before to confirm time and starting point. Longest Day training.

Saturday, May 21

One Loop or Two
Ben, 848-667-5020
Pace: C
Terrain: 4/3
Distance: 16 - 35 miles
Time: 10:00 AM

Village Park, Cranbury, NJ. Call by 5 PM the day before. No calls, no ride. The ride will consist of 2 loops, starting and ending in Village Park.

Wednesday, May 25

Friday? On Wednesday
Ben, 848-667-5020
Pace: C
Terrain: 4
Distance: 30 miles
Time: 10:00 AM

Edison Municipal Complex, 100 Municipal Boulevard, Edison, NJ. Call by 5 PM the day before. No calls, no ride. Cue sheet Edison #1.

Wednesday, May 25

Mid Week Sanity Break
Mark Heck, 732-970-6763
Pace: B
Terrain: 2
Distance: 25-30 miles
Time: 6:00 PM

Meet at Walgreens Lot, 339 Matawan Road by Cliffwood Road, Matawan, NJ – off GSP Exit 120.

Saturday, May 28

Which Ever Way The Wind Blows
Neil Cherry, 732-723-0769
Pace: A
Terrain: 3/4
Distance: 120 miles
Time: 8:00 AM

Village Park, Cranbury, NJ. Call before 9 PM the day before to confirm time and starting point. Longest Day training.

Saturday, May 28

The Start Of Days
Ben, 848-667-5020
Pace: C
Terrain: 4
Distance: 42 miles
Time: 10:00 AM

Brookdale Community College, Lot 7, 765 Newman Springs Road, Lincroft, NJ. Call by 5 PM the day before. No calls, no ride. Cue sheet Brookdale #3.

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

April 2016

AGENDA

- New meeting time start at 6:30 pm started at this meeting in order to complete by 8:45 pm.
- Treasurer will continue to use Quicken for the club's accounting.
- For Farmlands, pre-registration is by 4/20 and registration is closed 4/24.
- 441 riders have already pre-registered for Farmlands (as of 4/18).
- For Farmlands raffle, no additional raffle for volunteers. Planet Bike to provide bike raffle, accessories at no cost. Signs will be made to advertise raffle at registration desks and Planet Bike tent.
- Nick Spadavecchia worked with Habit for Humanity in writing and distributing the Farmlands press announcement to the media in April. Habit for Humanity Monmouth County Chapter has put Farmlands info on their website.
- Nick Spadavecchia handed out a trifold Longest Day Ride brochure for review to all present; the brochure was approved for printing and distribution.
- It was decided to eliminate board members who no longer active.
- It was decided that the club is seriously considering purchasing the fix it station to be located by the Metuchen train station. Steve Siegel will followup with the town about this. The town will install the station. If we were to purchase, the town would hold a publicity event and we get much PR from this.
- It was decided that we will renew Bike-N-Walk membership.
- It was decided not to hold future meetings at East Brunswick library due to the \$30 cost.
- It was decided to extend a \$5 membership discount to those members of the Woodbridge Bike Club who join if 5 or more members join at once.

OUTSTANDING ITEMS

- Steve Siegel to get back pictures and picture of location for the fix it station to present to the board.

SCRIBE

Nicholas Spadavecchia

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	John Colasanti	908-456-2075	<u>Treasurer@cjbc.org</u>
Membership	Joe DeSimone	908-229-9596	<u>Membership@cjbc.org</u>
Recording Secretary	Carey Ann Kotake		<u>RecordingSecretary@cjbc.org</u>
Ride Captain	Steve Siegel	908-405-5037	<u>RideCaptain@cjbc.org</u>
Member at Large I	Earl Lapides	732-261-2000	<u>MemberatLargeI@cjbc.org</u>
Member at Large II	Harold Finkel	732-613-6527	<u>MemberatLargeII@cjbc.org</u>
Public Relations	Nicholas Spadavecchia	732-713-3187	<u>PublicRelations@cjbc.org</u>
Program Chair	Vacant		
Awards	Vacant		
LAB Rep	Vacant		
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!**

For any inquiries or questions regarding the HUB, please contact:

Felicita Rosario, Newsletter Editor (732) 912-3569 or NewsletterEditor@cjbc.org

CJBC Member Notes

Hello Everyone,

We are doing the **Longest Day** on **June 4th** (rain or shine) from a location to be determined to Cape May (Capri Motor Lodge). Kevin Smith is leading the 200-mile one day and Dan Rappoport is leading the 100-mile ride. You would be responsible for sag and room bookings. Kevin Smith and Dan Rappoport are the main contacts and I am an alternative contact.

Reserve your room at: Capri Motor Lodge, 1033 Beach Ave, Cape May, NJ 08204
Phone: [\(609\) 884-4727](tel:6098844727)

Anyone interested in volunteering for sags and rest stops, please let me know.

Contact: Steve Seigel

Ride Captain, CJBC

astronomerm3132@aol.com

908-405-5037

CJBC AWARDS DINNER:

On April 12 the CJBC awards dinner presentations were held at the HOA BUFFET in East Brunswick . Road ID awards gift cards and Planet Bike gift certificates were awarded to members that achieved: lead 6 or more rides, riders that participated in 6 or more rides, most milage of the year by an individual rider, and special Awards presented to the Farmlands Chair for 2015 and the Contributing Member of the Year 2015 that contributed the most to the mission of the club.

The following members received awards:

RIDERS 6/MORE

Neil Cherry	15
Bob Geddis	17
David Czech	12
Joan Geddis	17
Michael Kolber	7
Mildred Mortillo	7
Maria Schwerdtger	19
Steven Seigel	8
Mario Venturu	8
Marion Vurture	30

LEADERS 6/MORE

Ben Blum	42
John Colasanti	6
Harold Finkel	6
Mark Heck	16
Mitchell Solomowitz	22

MILEAGE: Ben Blum 1,542 MILES

FARMLANDS CHAIR 2015: John Colasanti

CONTRIBUTING MEMBER OF THE YEAR 2015: Steven Segal

CONGRATULATIONS TO ALL MEMBERS THAT CONTRIBUTED TO THE SUCCESS OF THE CJBC.

LETS MAKE 2016 THE BEST YEAR FOR PARTICIPATION, RIDERSHIP AND VOLUNTEERING.

Harold M. Finkel - Member -at- Large II



Rides of Interest

Rides Within This Section Provided to CJBC
From Outside Sources



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.

1st 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

METUCHEN RECREATION DEPARTMENT

Nancy Goldberg, Director 732-632-8502

Email: 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

1ST 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

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

Saturday June 11, 2016



Historic Riverton Century Ride

When: 8 am start
Where: High Gear Cyclery
20 Main St. Millburn, NJ
What: 100 mile ride to Riverton

When: 5 pm start
Where: CVS Parking Lot
Riverton, NJ
What: 3.5 mile ride in Riverton

Registration: <http://2016rivertoncentury.eventbrite.com>



Community Ride



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/>



HARBOR HOUSE 400

20th anniversary 

RIDE FOR NEW BEGINNINGS

20th Annual Bike Ride to Support Homeless and Runaway Youth

JUNE 21-26
2016

HARBOR HOUSE

A SAFE HAVEN FOR YOUTH

THE RIDE

Harbor House offers riders two options.

1) Riders can choose from the following: a five-day, 400-mile ride beginning in Chincoteague, VA and ending in Toms River, NJ, or 2) a three-day, 250-mile ride option is available. A bike mechanic accompanies the riders on the entire trip ensuring a safe ride experience for all.

5-Day Ride Option:

Starts Tuesday, June 21, 2016 (travel day), Bike Ride begins on Day 2 (June 22), and ends on Sunday, June 26. Three-Day Ride Option Available.

Five-day riders are required to pay a \$100 registration fee; for three-day riders its \$75. ALL riders are required to raise a minimum of \$750 in support of Harbor House.



Day One: (TRAVEL DAY)

Riders will begin their journey departing from Middletown, NJ and traveling in a motor coach. The motor coach will continue to Jackson to pick up the Central and Southern NJ riders. The riders will continue on to Chincoteague, VA for an overnight. Riders will have the evening to enjoy the beautiful town of Chincoteague, renowned for its scenic islands and roaming wild ponies.

Day Two: (RIDE BEGINS)

Riders will travel along the beautiful rural roads of the Virginia low country, returning to Chincoteague for another evening to soak up the beauty and charm of the town.

Day Three:

The riders will move on to the next leg of the journey to Lewes, DE. Riders will cross the Delaware Bay on the Cape May Ferry to Cape May, NJ, located at the Southern tip of Cape May Peninsula, where the Delaware Bay meets the Atlantic Ocean. It is known as the "Nation's Oldest Seashore Resort" and a National Historic Landmark due to its concentration of Victorian buildings.

Day Four:

Riders will continue on to Absecon, NJ home of the Smithville Peanut Butter Company. Here you will find everything you ever wanted to buy made of peanut butter. Absecon is close to Atlantic City, within easy reach for a nice dinner and to try your luck!

Day Five:

Departing from Absecon, the ride continues through New Jersey's heartland, through the New Jersey suburbs of Philadelphia, ending the day in Voorhees, NJ.

Day Six:

The Ride concludes on Sunday, June 26, 2016 at the Harbor House Transitional Living Program located in Toms River, NJ. We will conclude with our 20th Year Ride Celebration. All participants from the early rides to the present will be recognized for their contributions that made the Ride for New Beginnings the great success that it is. A welcome home celebration for the riders and their family and friends will greet the riders.

All interested candidates for the 5-day riders are required to pay a non-refundable \$100 registration fee; for three-day riders its \$75.

DAY 1  TRAVEL DAY

Chincoteague, VA

DAY 2 Chincoteague, VA

DAY 3 Cape May, NJ

DAY 4 Absecon, NJ

DAY 5 Mount Laurel, NJ

DAY 6 Toms River, NJ

Not a long distance rider?

Consider joining our excellent support team who assist all riders with food, water and rest stops along the entire route.



HARBOR HOUSE

Harbor House is a non-profit agency dedicated to assisting homeless, abused, neglected and abandoned youth, ages 10-21, throughout Central New Jersey. Our mission is to provide a safe haven and caring environment for vulnerable, at-risk youth to enable them to unlock their potential and learn skills that will empower them to build healthier lives, relationships and futures.

Harbor House is the only agency of its kind serving homeless youth throughout Central New Jersey that is voluntary and open 24 hours a day, 365 days a year.

All services are provided free of charge.



OUR PROGRAMS

Emergency Youth Shelter

12-bed facility accessible 24 hours a day
7 days a week for youth between the ages of 18 to 19

Transitional Living Program (TLP)

12-bed group home and supportive services for older youth
between the ages of 16-21

Street Outreach Program (SOP)

brings the message of safety and hope directly
to youth on the streets by providing food, clothing,
resource information and assistance,
as well as transportation to the shelter when needed



HARBOR HOUSE
RIDE FOR NEW BEGINNINGS 2016

REGISTER TODAY

at www.oceansharborhouse.org

Questions?

Please call 732.929.0096, ext. 205



Like a seven-day Farmlands, except...

...it's in France.

Two thousand cyclists will assemble in Auch, France for twelfth annual Semaine Européenne de Cyclotourisme (European Cyclotourism Week) a rally that runs from **July 9th to the 16th**. Auch is situated in the southwest, about 80km (50 miles) west of Toulouse.

The event is held in a different European country each year. Each day, riders have a choice of three routes with distances ranging from 50km (32 miles) to 150km (96 miles). All routes are mapped by the local cycling clubs to maximize scenic, architectural and cultural interest; almost entirely on quiet back roads.

Accommodations range from a large official campground to bed-and-breakfast type rooms in local homes to luxury hotels. Meals (optional) are provided on site. Prices are very reasonable.

Non-cyclists (or cyclists who want a day off) can enjoy bus tours and guided hikes. Each evening will offer an activity, including local musicians and “course landaise”, a bull “fight” where the goal is to avoid the charging bull with acrobatic moves—they don’t kill the bull.

This event allows you to explore a fascinating region (the home of d’Artagnan) in depth, while meeting cyclists from all over Europe. I attended the 2011 edition in Belgium and, if you want more information, you can contact me at bonami@mailforce.net or (908)558-1359.

The event website is <http://www.auch-cyclo-2016.fr>. It is in French, but there is a “Translate” button that instantly translates the page (fairly well) into English. The downloadable registration form is available in English.

—Herb Goodfriend



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 30th through August 5th** (2, 4, 5, and 7 day options available) and all proceeds support the [Massachusetts Bicycle Coalition](#). **Sign up today:** The registration deadline is July 15th, 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 **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

Karin Turer - Tugboat 23

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

www.tugboat23.com

karin@tugboat23.com

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



4 Great Tours
www.vtchallenge.com

Ride Vermont's Premier multi-day Challenge

The Vermont Challenge, www.vtchallenge.com, FB: Vermont Challenge, offers you up to 4 glorious days of riding through picturesque countryside's, covered bridges, river valleys and historic villages of southern and central Vermont for 1/4 of the price of packaged tours. Join hundreds of riders from across the U.S. & Canada.

Choose from 3 daily routes for all abilities. Fully supported, plus farm to table lunches, a kick-off dinner, handsome jersey, tech-t, water bottle and so much more.

August 11-14, 2016

Choose any combination from 4-days to just 1. Consider riding all four days for the best experience. To learn more go to: vtchallenge.com or Facebook: Vermont Challenge.



Challenge Options

Ride any combination from four days to just one. Most riders choose to ride for all four days but you can create the tour that works best for you.

Route Overview by Day

- **Thursday, August 11:** Southern routes out of Manchester – 65, 45 or 30 miles
- **Friday, August 12:** Routes to/from the Vermont Country Store plus BBQ – 53, 35 or 25 miles
- **Saturday, August 13:** Gran, Medio, Gran Piccolo & Piccolo out of Stratton Mountain Resort – 105, 76.5, 45.8 or 26.5 miles respectively
- **Sunday, August 14:** Northern routes out of Manchester – 58, 40 or 24 miles

What's included in your registration fee:

- Vermont Challenge stylish jersey
- Vermont Challenge tech t-shirt



4 Great Tours
www.vtchallenge.com

- Water Bottle
- Fully stocked Goodie Bag: "The Vermont Challenge Goodie bag blows away all other rides I've ridden by far"
- All Farm to Table lunches each day plus group dinners that are associated with the tour you selected
- Fully-supported rest stops
- Tech and sag support
- Bike tech support each morning
- \$30 of your registration goes to our 6 benefactors: 4 food banks, Stratton Mountain Urgent Care & Grace Cottage Hospital



Pricing

We donate \$30.00 of your registration fee, which is an increased amount over prior years, to our Benefactors through the Stratton Foundation. You will receive a letter thanking you and acknowledging your contribution. You are most welcome to make an additional contribution.

The 4-day Grand Challenge – August 11-14

- \$399 before 2/28
- \$429 before 4/24
- \$459 after 6/5
- \$499 after 7/24
- Voted by last year's riders as the best experience and value. Includes the one-day Gran Fondo on Saturday, August 13 and kick-off meet and greet dinner at the Manchester Country Club.



4 Great Tours
www.vtchallenge.com

The 3-day Challenge – any 3-days from August 11-14

- \$299 before 2/28
- \$329 before 4/24
- \$359 after 6/5
- \$399 after 7/24

Includes the one-day Gran Fondo Saturday, August 13

The 2-day Challenge – any 2-days from August 11-14

- \$199 before 2/28
- \$229 before 4/24
- \$259 after 6/5
- \$299 after 7/24

The 1-day Challenge – choose the Fondo (Saturday, August 13: The Gran, Medio, Gran Piccolo or Piccolo) or choose another day of your choice to ride

- \$159 before 2/28
- \$169 after 4/24
- \$179 after 6/5
- \$199 after 7/24

Please note: Ride registration excludes 6% Vermont sales tax and Bike Reg service fees, which will be added to your total at time of check out.



AUGUST 12-14, 2016

RIDE DESCRIPTIONS

Friday

History Ride: 10 miles

A 2014 Maryland Municipal League award winner, this popular ride has been offered every year in the Tour de Frederick. This is an eight mile loop of historic downtown area of Frederick with stops at the Francis Scott Key Memorial, the Barbara Fritchie House, Hood College, the Community Bridge Mural and 17 other historic points of interest. Led by a Cycling historian, allow two hours for completion.

Saturday

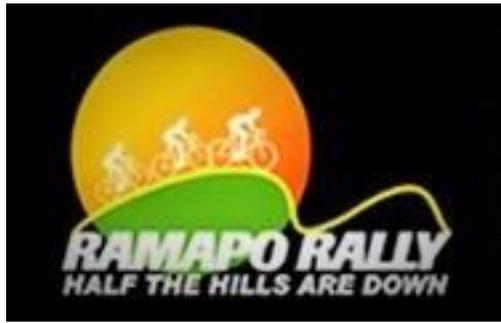
Heine & Light Families Century Ride: 102 miles

The century ride heads out of town into the gently rolling terrain north of Frederick. Riders will cross four covered bridges (three in Maryland and one in Pennsylvania), a stone arch bridge and a couple of old wooden bridges, as well as pass through the Gettysburg National Battlefield Park. Most roads are very lightly traveled and the hill climbs are mostly gentle (as are the descents). Several miles are spent on a road that used to be an old Native American trail. The route also takes in the beautiful vistas of northern Frederick County where one can see the mountains in the distance to the west beyond lovely farmland. *Elevation 3984 feet*

**Online Registration closes August 7
Walk-ins August 12 & 13**

Must register by July 31 to receive event T shirt.

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



Sunday, August 21, 2016

Save the date! It'll be summer and bike shorts before you know it!

BTCNJ's (Bicycle Touring Club of North Jersey) Annual Ramapo Rally is the premier club-sponsored bicycling event in northern New Jersey. In 2014, about 1,400 riders and volunteers participated in our annual signature event.

The Rally starts and finishes at the Campgaw Mountain Reservation in Mahwah, NJ, a beautiful part of the Bergen County parks system.

Our six routes range from one of the most challenging (hilliest and longest) routes of any area club rally of 125 miles, all the way down to a 12-mile route suitable for families and novice riders - and everything in between. Well-stocked rest stops along the way offer nourishment, sanitary facilities, and even mechanical support. Roving SAG wagons provide help to riders with problems. At the end of the ride, participants return to the start site for a hot/grilled lunch, massage, and the opportunity to browse and shop the Rally Marketplace for cycling-related merchandise and information from our sponsors.

A significant portion of the proceeds from the Rally is given back to the community, supporting the local community charities and volunteer organizations.

Karen Rose

BTCNJ Publicity

pr@btcnj.com



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

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

Death Valley Bicycling Discovery	Open Dates	Level 3+	Road/Hybrid Cycling
Sonoran Desert Single Track	Open Dates	Level 3+	Mountain Biking
San Diego Surf & Turf Cycling Tour	Open Dates	Level 3+	Road/Hybrid Cycling
Epic Climbs of Arizona's Sky Islands	Open Dates	Level 4	Road Cycling

April

San Diego Surf & Turf Cycling Tour	Open Dates	Level 3+	Road/Hybrid Cycling
Epic Climbs of Arizona's Sky Islands	Open Dates	Level 4	Road Cycling

May/June/July/August

Zion to Bryce Cycling & Hiking	Open Dates	Level 3	Road/Hybrid Cycling
San Francisco to Los Angeles	Open Dates	Level 4	Road Cycling
Bryce and Zion Trekking Tour	Open Dates	Level 4	Trekking/Hiking
Ireland Cork and Kerry Cycling Tour	Open Dates	Level 4	Road Cycling

September / October

San Francisco to Los Angeles Cycling	Open Dates	Level 4	Road Cycling
Zion to Bryce Cycling & Hiking	Open Dates	Level 3	Road/Hybrid Cycling
San Diego Surf & Turf Cycling Tour	Open Dates	Level 3+	Road/Hybrid Cycling
Epic Climbs of Arizona's Sky Islands	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?

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



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.

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. Please contact the editor if you want your ad to run more than once.

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, 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

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

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

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



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

HIGH PERFORMANCE EYEWEAR

Rx available
including bifocals
and progressives

Eyes on First Ave
Atlantic Highlands, NJ



89 FIRST AVENUE
ATLANTIC HIGHLANDS, NJ
07716
732-291-EYES(3937)

www.eyesonfirstave.com/



Central Jersey Bicycle Club, Inc.

Over 40 Years and Still Rolling

Established 1968

May 2016

Number 5

Happy Bicycling!

