Central Jersey Bicycle Club, Inc.

Over 40 Years and Still Rolling

Established 1968 June 2016 Number 6

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 to speak. You may be allowed time to have your concerns expressed, time permitting.

LONGEST DAY BICYCLE TOUR is JUNE 4, 2016

It will only seem like the Longest Day of your life!

Ride with us as we journey from High Point to Cape May, New Jersey. Choose between the two different rides that are offered, from 100 mile to 200 miles. This is a member only club ride, but due to length, it is unsupported. That means that riders will be responsible for providing their own SAG vehicle support and accommodations at either end of the ride. A cue sheet and GPS route will be made available as a part of your membership. This is a unique ride with challenging terrain and will occur rain or shine. Riders will start at High Point Monument and slalom down through the hills of Northern NJ to the flat lands of Southern NJ and on to the Cape May Lighthouse. Along the way, preselected vendors and rest stops will be noted on the cue sheet for riders' convenience.

*Join **www.cjbc.org** for the ride of your lifetime, from sunrise to sunset, you will see New Jersey as you never have before in just one day.*

Central Jersey Bicycle Club
P.O. Box 10686
New Brunswick NJ 08906
(732) 225-4827

Thank You

We would like to thank everyone involved with this year's Farmlands Bicycle Tour!
To everyone who helped plan and those who volunteered, prior to & the day of, and to all the riders and our sponsors. All of you helped make the Farmlands Bicycle Tour successful again this year!

The Farmlands event went well, in spite of the misty drizzle; it did partly clear up in the afternoon. Even though we had about 100 more "pre-registrants" this year, we had 200+ less "day of riders" because of the weather. Total riders were 533, down about 200 from last year.

The 500 string backpack goody bags, provided by PlanetBikeNJ, stuffed with a T-shirt, a water bottle, 20% off coupon, a raffle ticket for bicycle accessories and club literature... went over very big!

There were only compliments the day of and after, here's one sent to the CJBC board:

- Hello,

  I just wanted to send a thank you to the club for another great Farmlands ride yesterday! It's always so refreshing to see such a well-marked course with great (and always fully stocked) rest stops and to feel that you are supported was a rider! This was my third Farmlands Century and Fifth Century total and nothing really compares to the quality of this ride (why I keep returning year after year). We were able to add another friend to the 100 club yesterday and we couldn't have done it without CJBC.

  THANK YOU SO MUCH!
  Jaclyn

- Couldn't have done it without all your generous help! Thanks, again...

  John & Joe

CJBC Calendar & Rides

JUNE

EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	2	3	4 The Longest Day A 3/4 120 miles, Which Ever Way The Wind Blows Friday? on Saturday C 4 35 0r 42 Miles - Ben
5	6	7 A 2/3 20-35 mi. 5-8pm ride w/ Kevin	8 Friday? on Wednesday C 4 30 - Ben Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	9	10	11 Mike And Joe's Longest Day C 4/3 16-35 One Loop or Two - Ben
12	13	14 A 2/3 20-35 mi. 5-8pm ride w/ Kevin	15 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	16	17	18
19 FATHER'S DAY	20 SUMMER SOLSTICE	21 A 2/3 20-35 mi. 5-8pm ride w/ Kevin	22 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	23	24	25
26	27	28 A 2/3 20-35 mi. 5-8pm ride w/ Kevin	29 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	30		

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

Ride Schedule

Wednesday, June 1

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, June 4

The Longest Day

Kevin Smith, 908-420-4636

Time: 3:00 AM – 7:00 PM

Ride starts in Port Jervis, NY and ends in Cape May, NJ. It is recommended all riders have SAG vehicle as this ride is unsupported. There are many preferred vendors along the route. All riders must wear helmets.

Tuesday, June 7

Ride w/Kevin

Kevin, 908-420-4636

Pace: A

Terrain: 2/3

Distance: 20-35 miles

Time: 5:00 PM

Loantaka Brook Park, 468 South Street, Morristown, NJ. RSVP Required by Tuesday at noon. No calls, no ride! Hope to see you there!

Wednesday, June 8

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, June 4

Which Ever Way The Wind Blows

Neil Cherry, 732-723-0769

Pace: A

Terrain: 3/4

Distance: 120 miles

Time: 8:00 AM

Allentown Soccer Fields, Old York Rd, Cranbury, NJ. Call before 9 PM the day before to confirm time and starting point. Longest Day training.

Saturday, June 4

Friday? On Saturday

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, June 8

Friday? On Wednesday

Ben, 848-667-5020

Pace: C

Terrain: 4

Distance: 30 miles

Time: 10:00 AM

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

Saturday, June 11

Mike and Joe's Longest Day

Michael Levengood, 410-596-0268

Time: 4:00 AM – 7:00 AM

2014 route leaving from Quality Inn (traditional start) 200 miles totally unsupported.

Saturday, June 11

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, June 15

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.

Wednesday, June 22

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.

Wednesday, June 29

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.

Tuesday, June 14

Ride w/Kevin

Kevin, 908-420-4636

Pace: A

Terrain: 2/3

Distance: 20-35 miles

Time: 5:00 PM

Loantaka Brook Park, 468 South Street, Morristown, NJ. RSVP Required by Tuesday at noon. No calls, no ride! Hope to see you there!

Tuesday, June 21

Ride w/Kevin

Kevin, 908-420-4636

Pace: A

Terrain: 2/3

Distance: 20-35 miles

Time: 5:00 PM

Loantaka Brook Park, 468 South Street, Morristown, NJ. RSVP Required by Tuesday at noon. No calls, no ride! Hope to see you there!

Tuesday, June 28

Ride w/Kevin

Kevin, 908-420-4636

Pace: A

Terrain: 2/3

Distance: 20-35 miles

Time: 5:00 PM

Loantaka Brook Park, 468 South Street, Morristown, NJ. RSVP Required by Tuesday at noon. No calls, no ride! Hope to see you there!

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.

EZ 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

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	Treasurer@cjbc.org
Membership	**Joe DeSimone**	908-229-9596	Membership@cjbc.org
Recording Secretary	**Carey Ann Kotake**		RecordingSecretary@cjbc.org
Ride Captain	**Steve Siegel**	908-405-5037	RideCaptain@cjbc.org
Member at Large I	**Earl Lapides**	732-261-2000	MemberatLargeI@cjbc.org
Member at Large II	**Harold Finkel**	732-613-6527	MemberatLargeII@cjbc.org
Public Relations	**Nicholas Spadavecchia**	732-713-3187	PublicRelations@cjbc.org
Program Chair	**Vacant**		
Awards	**Vacant**		
LAB Rep	**Vacant**		
Farmlands Chair	**John Colasanti**	908-456-2075	Seezer2@aol.com
CJBC Information	**CJBC Information**	732-225-4827	info@cjbc.org

Prospective members may join CJBC via the "Join CJBC" tab at **http://www.cjbc.org/** or via active.com at this link: **http://www.active.com/edison-nj/cycling/memberships/central-jersey-bicycle-club-2015-membership-2014**

Send content for *The HUB* to **NewsletterEditor@cjbc.org | Deadline for all content is the 24th of the month.**

The views expressed in this publication are not necessarily the views of CJBC, Inc., nor do we endorse products or services advertised. **CJBC is a club affiliate of the League of American Bicyclists. Riders must wear approved helmets on all club rides!**

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

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

CJBC Member Notes

Hello Everyone,

Karen Jenkins, Chair of the Board of Directors of the League of American Bicyclists and a member of Central Jersey Bike Club will give a talk on the programs of the League that are aimed at creating a Bicycle Friendly America. She will also offer information about new initiatives which will be aimed at the 800 bike clubs in the US which, like CJBC, are members of the League.

Karen will also cover the Bike Education program of the League and how it can help CJBC improve its programs such as ride leadership, bicycle safety, and promoting greater use of bicycles in our communities.

Please come to this very important presentation, at the next Board meeting, as it could have a very lasting impact on how we handle ourselves presently and in future. It's the desire of the Board to bring exciting cycling experiences to all of the members. We are fortunate Karen is a member of our Club and a resident of New Jersey.

Hope to see everyone,

Steve Seigel

Ride Captain, CJBC

astronomerm3132@aol.com

Provided by Ben

The fortified church at Simorre and the half-timbered houses of Tillac are two of the attractions that cyclists will see on their rides at the European Cycling Week."

Herbert Goodfriend

Rides of Interest

Rides Within This Section Provided to CJBC From Outside Sources

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

BRICK CITY BONE SHAKERS
MTCCNJ
MAJOR TAYLOR CYCLING CLUB OF NEW JERSEY

HISTORICAL SOCIETY OF RIVERTON
founded 1970

Community Ride

FRENCH CREEK IRON TOUR
cycling for open space

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.irontour.org/

5TH ANNUAL PEDAL FOR PRESERVATION
SATURDAY, JUNE 18, 2016

STARTING FROM WEST MORRIS CENTRAL HIGH SCHOOL

259 Bartley Rd, Chester, NJ

Cyclists of all ages and abilities are invited to hit the trail and help raise money to preserve and protect New Jersey's land and water resources. The Pedal for Preservation is ideal for families and outdoor enthusiasts. Participants are urged to ask friends and family to sponsor their ride.

The Land Conservancy hosts New Jersey's Premier Rail Trail Ride — an off road biking experience on a relatively flat tree-canopied trail, ideal for both avid cyclists and casual riders to explore. This acclaimed route traverses forest, farms, and parkland alongside the South Branch of the Raritan River and through small towns in Morris and Hunterdon counties. The trail surface is natural dirt and crushed stone. There are also hike/walk options for non-cyclists.

REGISTER ONLINE AT TLCNJRIDE.EVENTBRITE.COM

Registration Fee Includes:

- Complimentary bike checks
- SAG mechanical support
- Light breakfast & delicious lunch
- Well stocked rest stops with portapotties
- "Real" restrooms at the school
- Moisture-wicking Tech T-shirt (complimentary for first 250 adults registered)
- T-shirts for teen and youth participants
- Fundraising incentives
- Doorprize drawing
- Admission to the Finish Festival featuring food, entertainment & more

Schedule:

8:30am	30-mile ride begins
9:30am	20-mile ride begins
10:30am	7-mile ride begins
11:00am – 1:00pm	Finish Festival featuring live entertainment, delicious lunch, & activities

Registration for each scheduled ride begins 30 minutes prior.

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

Hi, I am reaching out on behalf of the Cancer Research Institute and the upcoming **Answer to Cancer Cycling event on June 25th in your area**. Riders traverse through the challenging and hilly terrain of the **Lower Hudson Valley**, showcasing the region's breathtaking scenery—home to some of the best cycling in the Northeast.

We would greatly appreciate your help in getting the word out about the event to your cycling club and to help us find people to volunteer for the event on June 25th. Riders in your organization can sign up as a group or as individuals. There are also many different volunteer opportunities if they want to get involved. Could you please share the event and the links below with your cycling members?

- **To Ride:** http://a2c.org/completeregistration.asp
- **To Volunteer:** http://a2c.org/volunteer.asp
- **To Donate:** http://bit.ly/1SB62Fo

Where: The event will start and finish in the Village of Highland Falls in New York's Lower Hudson Valley. Its proximity, just outside the gates of the United States Military Academy, makes it the historic gateway to West Point.

When: Saturday, June 25, 2016, 7:00 a.m.

Why: The A2C cycling event is a major community fundraising initiative for immunotherapy research put on by CRI. Whether someone rides, volunteers or donates, 100% of the dollars raised by participants will go toward lifesaving cancer immunotherapy research.

It is the signature grassroots fundraising initiative for CRI's **Cancer Immunotherapy Month** in June. Cancer Immunotherapy Month takes place on an annual basis in the month of June and is the cornerstone of the Cancer Research Institute's Campaign to White Out Cancer. During Cancer Immunotherapy Month, CRI organizes a series of educational, fundraising, and online events--all designed to raise awareness and critical funds for scientific research.

If you have any questions please let me know. I will be in Highland Falls on Friday and would love to meet with you or drop off more information.

Thank you,

Sarah Roberts

202-255-8332
sarahrroberts@gmail.com

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 the16th**. 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

HERSHEY

TOUR DE CHOCOLATE TOWN

SATURDAY, JULY 16, 2016

TO BENEFIT:

PennState Health
Children's Hospital

Children's
Miracle Network
Hospitals

TOUR DE CHOCOLATE TOWN

Ride with us through ***Hershey, The Sweetest Place On Earth®***, and surrounding towns to raise money for the Children's Miracle Network! The Tour de Chocolate Town provides participants with four course options to appeal to every rider!

2016 Tour de Chocolate Town Miracle Child **KENNEDY**

$40 ENTRY FEE

($50 after June 4, 2016)

Entry fee includes: Event water bottle and finishing snack bag.

Open to all riders ages 14 and older. Race registration will close at 1,500 entries, so sign up early to secure your spot!

JULY 16, 2016 *(Saturday)*

Registration: *6:30 AM to 10:00 AM*

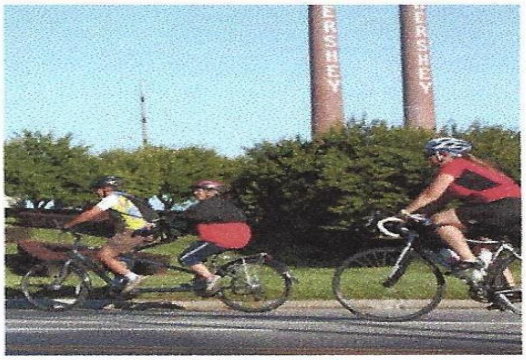
Riders must enter courses no later than:

- **75+100 mi.** *8 AM*
- **25+50 mi.** *9:30 AM*
- **15.5+25 mi.** *10 AM*

Rolling starts beginning at 7:00 AM

4 ROUTES: 15.5, 25, 25, 50 miles.

Riders can mix and match to create a tailored experience up to 100 miles.



For more information, go to:

TOURDECHOCOLATETOWN.COM

To register, go to:

BIKEREG.COM/TOURDECHOCOLATETOWN

Proceeds from the Tour de Chocolate Town benefit the Children's Miracle Network at Penn State Hershey Children's Hospital.

Thank you to the 2015 Tour de Chocolate Town sponsors

Capital BLUE · HERSHEY THE HERSHEY COMPANY · WM WASTE MANAGEMENT · HERSHEY ENTERTAINMENT & RESORTS · pepsi · utz. · Kegel's Produce · THOMAS' · KRAVE JERKY · HONEY STINGER

Have you heard of **Cycle Massachusetts**? 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
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

the Vermont CHALLENGE
are you up for the challenge?

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

- 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.

the Vermont CHALLENGE
are you up for the challenge?

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

SOURLAND SPECTACULAR 2016

SEPTEMBER 10
OTTO KAUFMAN CENTER
SKILLMAN, NJ

Sourland Spectacular bicycle rally

Saturday, September 10, 2016

Otto Kaufman Community Center

356 Skillman Road, Skillman, NJ

Routes of 25 - 65 miles are planned.

Riders may begin between 7 a.m. - 10 a.m.

To register and for more information about the scenic and hilly routes, delicious lunch and more, visit

www.sourlandspectacular.org

See you on the Sourland hills!

Proceeds from the Sourland Spectacular bicycle rally support the Sourland Conservancy's work to protect, promote and preserve the unique character of the Sourland Mountain region. Visit us at

www.sourland.org.

SUPPORT A VETERAN

HONOR RIDE PHILADELPHIA

SUNDAY SEPTEMBER 18 2016

LOCATION:
Horsham Air Guard Station
Easton Road
Horsham, PA 19044

ROUTES:
Several route options available for all cycling levels!

Ride Start Times: 8:00 am

PURPOSE:
To raise funds for vital programs that support America's healing heroes.

About Ride 2 Recovery:
Ride 2 Recovery is a nonprofit dedicated to providing FREE recovery, rehabilitation and reintegration programs for injured veterans. Our groundbreaking, cycling-based programs have proven results improving the mental and physical health and wellness of our healing heroes and saving lives by restoring hope and purpose.

REGISTER TODAY:
www.ride2recovery.com/honorRide.php

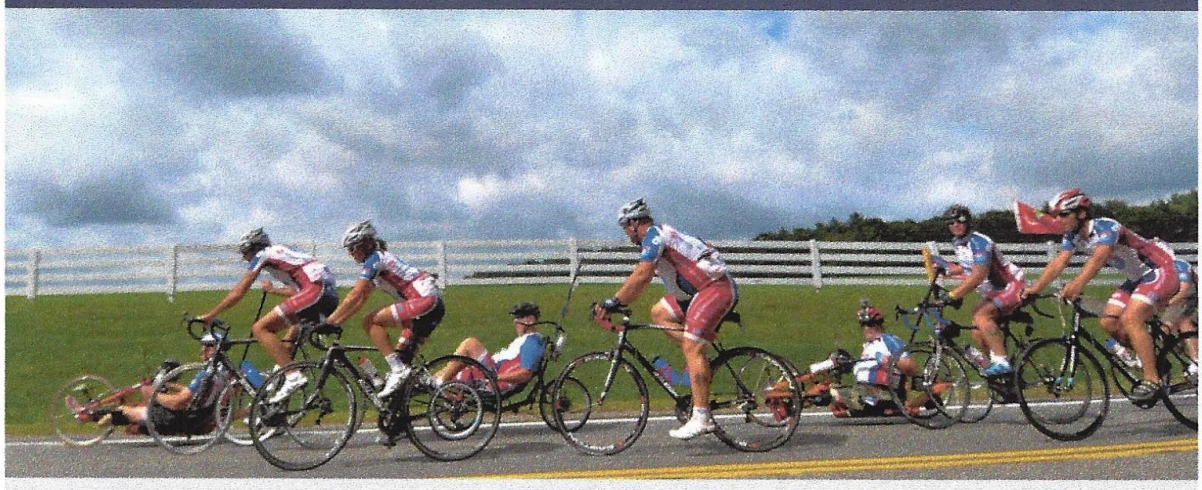
RIDE 2 RECOVERY HONOR RIDE

Ride 2 Recovery Saves Lives!

UnitedHealthcare · GE · USO · SCOTT · UNITED · U-HAUL · macy's

This event and its sponsors are not endorsed by the Department of Defense, United States Air Force, Pennsylvania Air National Guard and/or the Commonwealth of Pennsylvania.

RIDE ALONGSIDE
AMERICA'S HEALING HEROES!



We ride because...

There are **22 million veterans** nationwide

Since 2010, there have been **hundreds of thousands** post-traumatic stress disorder (PTSD), traumatic brain injury and wounded in action cases

Veterans have a **50% higher** suicide rate than those who didn't serve

These men and women gave everything for our country and deserve the opportunity to recover, which is why Ride 2 Recovery...

Provides **FREE services** for wounded veterans

Has more than **60 local rehabilitation programs** established throughout the country

Builds **adaptive bikes** so even the most severely injured veterans can still participate

Is committed to restoring **hope** and **purpose** for these healing heroes

COST:	
All Routes	$75
Day of Event	$85

Wounded veterans ride for FREE

Contact us at honorrideinfo@ride2recovery.com

REGISTRATION:

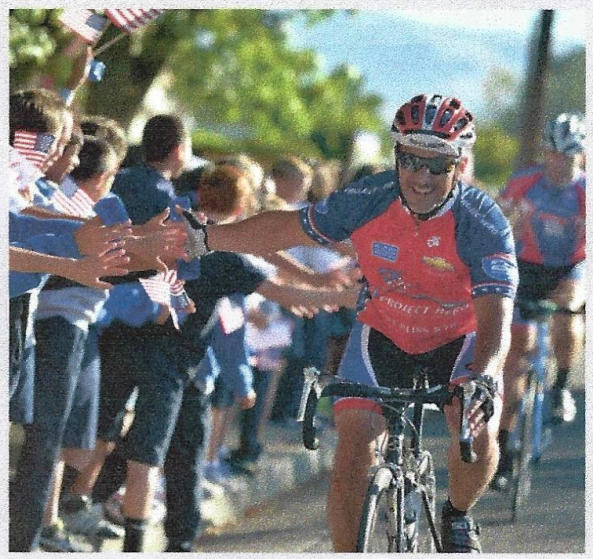
www.ride2recovery.com/honorRide.php

Registration includes custom Ride 2 Recovery socks, fully stocked rest stops, SAG support, lunch and more!

ADDITIONAL INFORMATION:

www.ride2recovery.com/honorRide.php

1-818-888-7091 Ext. 106
honorRideinfo@ride2recovery.com



Discover the Brandywine Valley

on your bike

Located between Baltimore and Princeton lies the beautiful Brandywine Valley... a great place for a weekend bike trip!

Spend your days riding along isolated country roads, through heavily wooded areas and miles of preserved open space. Throughout your ride, you'll drift past the Brandywine River, its creeks and streams.

Later, you can relax at our elegant and comfortable inn or visit DuPont Estates and Gardens (Winterthur and Nemours), The Brandywine River Art Museum, Longwood Gardens, the Delaware Art Museum, wineries and historic sites.

Our home will be the Fairville Inn, located just 20 minutes from Rt. 95 and downtown Wilmington, DE. We'll open our weekend with dinner there and on Saturday we'll visit a restaurant/tavern that dates back to 1817.

Brandywine Valley Bike Tours are planned for August and September or can be arranged on a weekend of your group's choice.

To learn more, contact your tour leader at EdWeirauch@comcast.net, 302-778-5418 and visit www.BrandywineValleyBikeTours.com

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 Sulawes, 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

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
09 - 15 January 2016

South South Sulawesi Cycle Tour
9 days - 524 km
06 - 13 May 2016

Trans Flores Cycle Tour
16 days - 670 km - elevation 10,184 m
01 - 16 July 2016

Lake Poso Cycle Tour
10 days - 486 km
09 - 18 September 2016

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

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

Toraja Land Cycle Tour for Expats
7 days - 279 km

05 - 11 December 2015 - $ TBA

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

Toraja Land Cycle Tour for Expats
7 days - 279 km
14 - 20 May 2016

South South Sulawesi Cycle Tour
9 days - 524 km
18 - 26 August 2016

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

The Weekday Cyclists in NYC

"GROUP RIDES during the week"

When?
Tuesdays[1] and Thursdays[2]

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[2] 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.

[2]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

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 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.

Handmade Japan 18 speed, very good shape. May need tires, black frame. Located in Ford's, NJ. Contact: Dennis Vaeth, Email - nowhereman144@yahoo.com.

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

Cycle Craft! 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

PLANET BIKE

www.planetbikenj.com

HIGH GEAR CYCLERY	**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

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 June 2016 Number 6

Happy Bicycling!