



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

**Established 1968**

**July 2016**

**Number 7**

**Next Meeting: Monday, September 19th, 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.**





# CJBC Calendar & Rides



# JULY

## EVENT CALENDAR

July 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
					CRANBURY RIDE	Ride With White Clay Bicycle Club C 4/3 45 Friday? on Saturday - Ben
3	4 INDEPENDENCE DAY	5 A 2/3 20-35 mi. 5-8pm ride w/ Kevin	6 Friday? on Wednesday C 4 30 - Ben Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	7	8	9 Friday? on Saturday C 4 45 +/- Ben
10	11	12	13 Friday? on Wednesday C 4 30 - Ben Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	14	15	16 C 4 42 Tacos, Crepes, Ice Cream - Ben-
17	18	19	20 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	21	22	23
24	25	26	27 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	28	29	30
31						

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

# Ride Schedule

## Friday, July 1

### **Cranbury Ride**

**Harold Finkel, 732-666-7161**

**Distance: 16 miles**

**Time: 10:00 AM**

Village Park, Cranbury, NJ. EZ 16 miles around Cranbury with stop at Rowland Park. No calls, no ride.

## Saturday, July 2

### **Friday? On Saturday**

**Ben, 848-667-5020**

**Pace: C**

**Terrain: 4/3**

**Distance: 45 miles**

**Time: 10:00 AM**

Milltown Rangers AC, 111 Kuhlthau Ave, Milltown, NJ. No calls, no ride.

## Wednesday, July 6

### **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, July 9

### **Friday? On Saturday**

**Ben, 848-667-5020**

**Pace: C**

**Terrain: 4**

**Distance: 45 miles**

**Time: 10:00 AM**

Thompson Park, Jamesburg, NJ. No calls, no ride. Cue sheet Jamesburg #20.

## Saturday, July 2

### **Ride with White Clay Bicycle Club**

**Dan Rappoport, 609-924-9417**

**Time: 7:30 AM**

Smyrna High School, 500 Duck Creek Pkwy, Smyrna, DE 19977. Metric Century. Very Scenic. Registration is required.

## Tuesday, July 5

### **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, July 6

### **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, July 9

### **Two States D&R Canal Towpath Ride**

**John Colasanti, 908-456-2075**

**Pace: EZ**

**Terrain: 4**

**Distance: 30 miles**

**Time: 10:00 AM**

Park, start and finish at bike trailhead on Lower Ferry Road in Ewing Township, NJ. Head north on the NJ side and south on the PA side. Lunch in New Hope, PA. Mountain bike or Hybrid bike only. Must call John Colasanti.

**Wednesday, July 13**

**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, July 16**

**Ride with Ben**

**Ben, 848-667-5020**

**Pace: C**

**Terrain: 4**

**Distance: 42 miles**

**Time: 10:00 AM**

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

**Wednesday, June 27**

**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, July 13**

**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 20**

**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.

**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 leisure cyclist. Average speed is 9 mph or less.

Speeds indicate average upon completion of ride. Speeds will vary during ride depending on terrain.

**CJBC has reclassified the D paced ride classification to EZ (easy) to promote short and easy leisure bicycling. The EZ pace is for riders of all abilities seeking to ride at a leisure pace (9-11 mph) on flat to rolling roads for short distances of 15-20 miles.**

### 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

June 2016

## AGENDA

- Karen Jenkins presented on behalf of the League of American Bicyclists.
- Farmlands total income was \$23,000 while expenses were \$13,000 before our donation to Habit to Humanity. Ridership down from last year due to weather.
- A proposal to raise dues for individuals and family was not approved by the Board.
- Steve Seigel will chair the Farmlands Tour in 2017.
- Dan Rappaport was elected by the Board to act as Awards Chair.
- Dan Rappaport and John Colasanti will put together guidelines on what needs to be achieved for getting ride leader awards and participation awards.
- Metuchen Bike Station expense of \$1,700 approved by the Board. City of Metuchen to install and maintain the station.
- "How to Class" on posting rides approved to be setup at "What's the Scoop" with pizza for everyone coming. TBD as to whom will setup.
- Ride classification description to exclude the word "novice" suggested by Harold Finkel.
- Board approved giving \$200 to Kevin and Monica Smith to reimburse some of the expenses they incurred with travel and time for the Longest Day Tour.

## OUTSTANDING ITEMS

- Who will setup the "How to Class" for posting rides.

## SCRIBE

Nicholas Spadavecchia



**Central Jersey Bicycle Club, Inc.**

**P. O. Box 10686**

**New Brunswick, NJ 08906**

**[info@cjbc.org](mailto:info@cjbc.org)**

**732-225-4827 or 732-225-HUBS**

## **The CJBC Board**

President	<b>Vacant</b>		
Vice President	<b>Vacant</b>		
Treasurer	<b>John Colasanti</b>	908-456-2075	<u><a href="mailto:Treasurer@cjbc.org">Treasurer@cjbc.org</a></u>
Membership	<b>Joe DeSimone</b>	908-229-9596	<u><a href="mailto:Membership@cjbc.org">Membership@cjbc.org</a></u>
Recording Secretary	<b>Carey Ann Kotake</b>		<u><a href="mailto:RecordingSecretary@cjbc.org">RecordingSecretary@cjbc.org</a></u>
Ride Captain	<b>Steve Siegel</b>	908-405-5037	<u><a href="mailto:RideCaptain@cjbc.org">RideCaptain@cjbc.org</a></u>
Member at Large I	<b>Earl Lapides</b>	732-261-2000	<u><a href="mailto:MemberatLargel@cjbc.org">MemberatLargel@cjbc.org</a></u>
Member at Large II	<b>Harold Finkel</b>	732-613-6527	<u><a href="mailto:MemberatLargell@cjbc.org">MemberatLargell@cjbc.org</a></u>
Public Relations	<b>Nicholas Spadavecchia</b>	732-713-3187	<u><a href="mailto:PublicRelations@cjbc.org">PublicRelations@cjbc.org</a></u>
Program Chair	<b>Vacant</b>		
Awards	<b>Dan Rappoport</b>	609-924-9417	
LAB Rep	<b>Vacant</b>		
Farmlands Chair	<b>John Colasanti</b>	908-456-2075	<u><a href="mailto:Seezer2@aol.com">Seezer2@aol.com</a></u>
CJBC Information	<b>CJBC Information</b>	732-225-4827	<u><a href="mailto:info@cjbc.org">info@cjbc.org</a></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](mailto:NewsletterEditor@cjbc.org) | **Deadline for all content is the 24th of the month.**

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

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

**Felicita Rosario, Newsletter Editor (732) 912-3569 or [NewsletterEditor@cjbc.org](mailto:NewsletterEditor@cjbc.org)**

# **CJBC Member Notes**

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The Central Jersey Bicycle Club announced that it is donating \$5,000.00 to Habitat for Humanity in Monmouth County, from the proceeds raised at its annual Farmlands Bicycle Tour, which took place on May 7<sup>th</sup>, 2016.

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CJBC has reclassified the D paced ride classification to EZ (easy) to promote short and easy leisure bicycling. The EZ pace is for riders of all abilities seeking to ride at a leisure pace (9-11 mph) on flat to rolling roads for short distances of 15-20 miles.

Enjoy your cycling at this friendly pace. Everyone is welcome.

Do you have a favorite short ride? Schedule a ride for the EZ team.

Harold M. Finkel  
Member at Large II



# Rides of Interest

Rides Within This Section Provided to CJBC  
From Outside Sources

Please note upcoming dates for Canal Heritage Days in  
July, August, September and  
October.

# WATERLOO

THE HISTORIC MORRIS CANAL TOWN

**FREE**  
ADMISSION  
\$5.00 Parking Fee

CANAL SOCIETY OF NEW JERSEY



## WATERLOO CANAL DAY

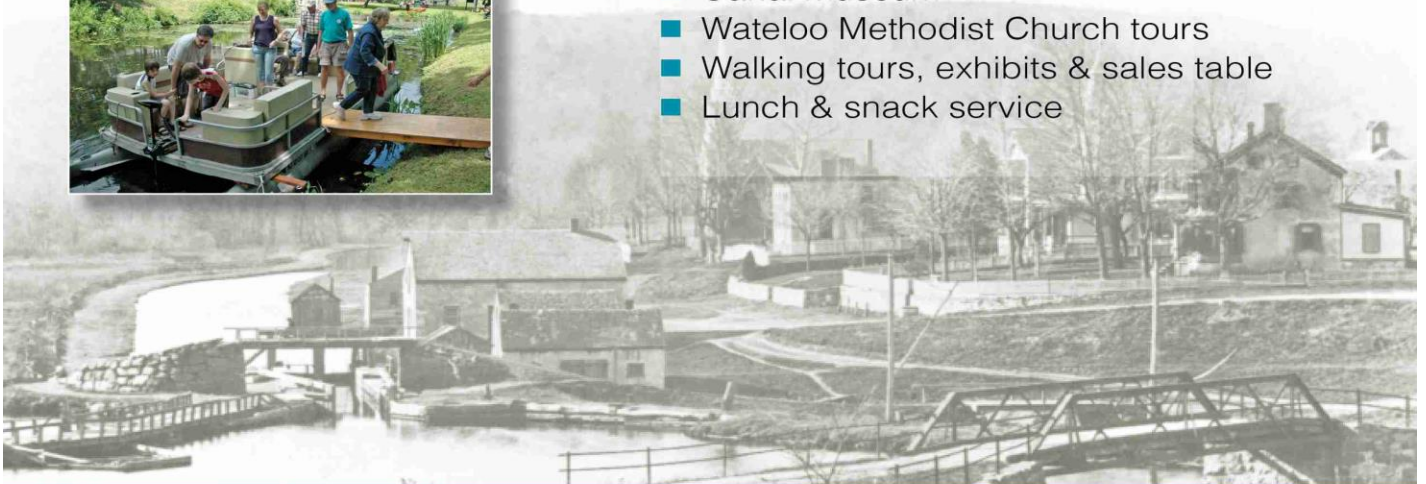
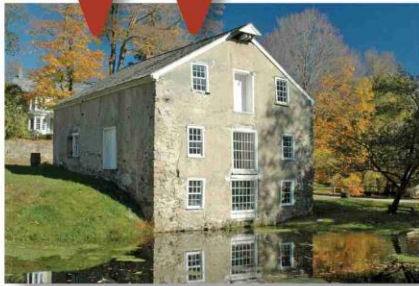
525 Waterloo Road, Stanhope, NJ – Just off I-80, Exit 25

SATURDAY JUNE 25, 2016

10 AM – 4 PM

Rain date: Sunday, June 26<sup>th</sup>

- Roy Justice – singing historian
- Water-powered gristmill
- Canal boat rides
- Blacksmithing
- Smith's canal store
- Carpenter shop
- Seamstress shop
- Canal museum
- Waterloo Methodist Church tours
- Walking tours, exhibits & sales table
- Lunch & snack service



Visit Waterloo throughout the 2016 season: **CANAL HERITAGE DAYS SCHEDULE**

July 9 & 23, Aug 6 & 27

Sep 17 & 24, Oct 8 & 22



## **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](mailto: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'S**  
**TOUR DE**  
**CHOCOLATE**  
**TOWN**



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**

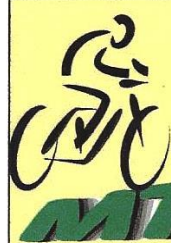
**Utz.**

**Fogel's Produce**

**THOMAS**

**KRAVE**  
PERKY

**HONEY STINGER**



SUNDAY, JULY 31, 2016

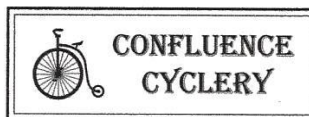
## A ROAD RACE OVER THE HIGHEST POINT IN PA

The Mt. Davis Challenge Road Race is a 40 mile race that traverses the highest point in Pennsylvania. The course is lollipop style that starts in Confluence, PA and utilizes the hilly back roads of the Mt. Davis area and climbs to an elevation of 3213ft. Once over the top it descends on the eastern side and climbs back up on Savage Road before returning to Confluence. Prolonged climbs, fast descents and some rough road surfaces make this a true challenge. This will be the fifth year for the race, which is promoted by the Confluence Tourism Association. [www.visitconfluence.info](http://www.visitconfluence.info)

For more information or questions contact race director Jim Sota at [mtdavischallenge@gmail.com](mailto:mtdavischallenge@gmail.com) or call (814) 926-2840.

Race Classes	Distance	Field Limit	Start	Early Fee	Late	Prizes
Men's Cat 1/2	40 Miles	40	11:00	\$30	\$40	\$250/ 4 Places
Men's Cat 3	40 Miles	60	11:00	\$30	\$40	\$200/ 4 Places
Men's Cat 4/5	40 Miles	100	11:05	\$30	\$40	\$150/ 4 Places
Men's Cat 5	40 Miles	75	11:06	\$30	\$40	Prizes/ 4 Places
Women's Cat 1/2/3	40 Miles	30	11:10	\$30	\$40	\$250/ 4 Places
Women's Cat 4	40 Miles	40	11:10	\$30	\$40	Prizes/ 4 Places
Women's Master 45+	40 Miles	20	11:10	\$30	\$40	Prizes/ 4 Places
Junior 18 & Under	40 Miles	20	11:10	\$15	\$25	Prizes/ 4 Places
Men's Master 35+	40 Miles	40	11:00	\$30	\$40	\$150/ 4 Places
Men's Master 45+	40 Miles	40	11:10	\$30	\$40	\$150/ 4 Places
Men's Master 55+	40 Miles	40	11:10	\$30	\$40	\$150/ 4 Places
Men's Master 65+	40 Miles	30	11:10	\$30	\$40	\$150/ 4 Places

Held Under USA Cycling Event Permit Pending # 2016-441



Register online <https://www.bikereg.com/>



Race will be held rain or shine.

Registration opens at 8:30am on race day and closes at 10:30am and will be located at Logan Place in the Community Center. No Refunds 2 weeks prior to event. **Master 45+, 55+ and 65+ events are Cat 1-5.**

**USA Cycling license required. One day license available for \$10 and allow a rider to enter a Men's Cat 5 or Women's Cat 4 event.**

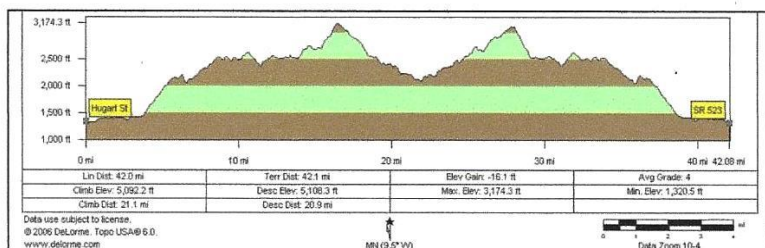


### Directions:

**From Pittsburgh:** Take the PA Turnpike to exit 91 (Donegal). Turn left onto Route 31 and head east toward Somerset. Just past Bakersville turn right at Bike Trail sign onto Trent Road. At the stop sign turn left onto Copper Kettle Highway. Turn right at the New Lexington sign and right onto Route 281 at the flashing light. Follow south to Confluence.

**From DC/Baltimore:** Take I-70 west to I-68. Take exit 14 and go to Route 40. Follow Route 40 west to Route 523 and follow north to Confluence.

**From Morgantown:** Take I-68 east to exit 23 to Bruceton Mills and follow 26 North. 26 North becomes Route 281 and follow to Confluence.



Garmin Course Map Strava Course Map  
Google Earth Map 2015 Pictures  
2015 Pictures/2 2015 Video  
Lodging/Local Info [www.visitconfluence.info](http://www.visitconfluence.info)



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

<http://cyclema.com/>

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

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

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

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

Karin Turer - Tugboat 23

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

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

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

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

*Fundraising and Events for Grassroots Nonprofits*

#### UPCOMING EVENTS IN 2016

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



The  
36th Annual  
Princeton  
Bicycling  
Event  
Saturday  
August 6th, 2016

**START LOCATION:**

**Mercer County  
Community College  
1200 Old Trenton Road  
West Windsor, NJ**

*Tour beautiful countryside  
around Central New Jersey  
with cyclists from all over  
the eastern U.S. Tours  
range from an easy 16-mile  
ride to a scenic century,  
from flats to rolling hills.*

**DIRECTIONS TO  
START LOCATION**

**From North or South via US-1**

Exit onto Quakerbridge Road, South 533S  
After two miles, left onto Hughes Drive.  
Follow Hughes Dr. past Mercer County Park  
Entrance and south entrance to Mercer County  
Community College. Left onto 535 (Edinburg Road)  
to campus entrance (jughandle right).

**From North or South via Interstate  
95/295**

Take Interstate 95 (becomes Interstate 295) to  
exit 65A, Sloan Avenue East. East on Sloan Avenue  
(becomes Flock Road) to Edinburg Road. Left onto  
Edinburg Road to campus entrance (jughandle right).

**From North via NJ Turnpike**

NJ Turnpike Exit 8 at Hightstown onto 33 West.  
West on 33 to 571 in downtown Hightstown.  
Right onto 571. Continue on 571 to 535.  
Left onto 535 (Old Trenton Road) five miles to  
campus entrance on right, after Mercer County Park.

**From South via NJ Turnpike**

Turnpike Exit 7A (Interstate 195).  
West on I-195 to exit 5B (first exit off I-195).  
North on US-130 to second light (526).  
Left onto 526 to first light. Bear left at light then take  
immediate right (still 526) to 535 (Old Trenton Road).  
Left onto 535, two miles to campus entrance on right,  
after Mercer County Park.

**From East**

Take Rt. 33 West until you see signs for Rt. 133 West.  
Turn right on 133 West.  
Take 133 to the end, exiting onto 571 West.  
Move to left and turn left on 535/Old Trenton Road.  
Follow Old Trenton Road approximately 5 miles.  
MCCC is on the right.

# The 36th Annual Princeton Bicycling Event Saturday August 6, 2016

## REGISTRATION AND PAYMENT

Please complete one form per person, but ok to photocopy and give to friends. *Don't forget to sign the release.*

**Register Online by July 24<sup>th</sup>  
and get a T-Shirt.:**

**www.Princetonfreewheelers.com**

## Registration Fees By Mail:

**Adults... ..... \$35.00**

**Age 16 and under ..... \$10.00**

In order to receive a Free T-Shirt your mail in registration must be postmarked by **July 15.**

All others will be considered Day-of-Event registrations and will not be eligible for a Free T-Shirt. Fees are not refundable.

**You may also register the day of the Event**  
Day-of-Event registration for adults is \$35.00,  
\$10.00 for ages 16 and under - **NO T-SHIRT.**

**Your Registration Fee includes lunch following  
your ride - served starting at 11:30 am**

**Make checks payable to:**

**"Princeton Free Wheelers, Inc."**

**Do not staple or attach your form and check together.**

**Mail Completed Form, Release, and Payment to:**

**Princeton Free Wheelers, Inc.**

**P.O. Box 1204**

**Princeton, NJ 08542-1204**

**"Bicycle Helmets must be worn when riding!"**

**Contacts For More Information:**

**www.princetonfreewheelers.com**

**infoguy@princetonfreewheelers.com**

**Voice: (609) 882-4PFW (4739)**

## T-Shirt (men's):

☐ S ☐ M ☐ L ☐ XL ☐ XXL

**RELEASE:** In consideration of my participation in this 33rd Annual Princeton Event of the Princeton Free Wheelers, Inc. (PFW) I, the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors, administrators and assigns, waive, release and forever discharge any and all claims I may now or in the future have against the PFW, the League of American Bicyclists (LAB), or their officers, members, and sponsors, and any other persons connected with this ride, for any liability for personal injury, illness, death, or property damage sustained by me resulting from my participation in this ride sponsored by the PFW, except to the extent that it is caused by gross negligence. In the event that such injury, illness, death or damage is caused by gross negligence, this release remains operative as to any released person or entity which was not grossly negligent. Further, as a participant on this PFW sponsored ride, I assure the following to the PFW, the LAB, and the other persons participating on this ride: 1. I am in good health and able to complete any ride in which I participate, and I am sufficiently prepared and experienced to undertake this ride. 2. My bicycle equipment is in good working order, and has the proper safety equipment. 3. I will wear an approved helmet while riding. 4. I will obey the following PFW ride practices during this ride: - Be alert—Signal my intentions—Know my limits—I will not ride too close. 5. I understand that participants under the age of 18 must be closely supervised by an adult at all times during the ride. 6. If injured or disabled on any ride, or if I cause any injury, loss, or damage, I will promptly alert the PFW. 7. I recognize the hazards inherent in the activity of bicycling, including the risks of serious bodily injury and death, and I nevertheless undertake this activity voluntarily. 8. I understand that this Release is in addition to any agreement which I may have signed to join or renew my membership in the PFW, and that this agreement does not in any way limit or impair the waivers or releases contained in that agreement. 9. I have read and understood all of the above rules and ride practices.

Signature \_\_\_\_\_ Date \_\_\_\_\_  
(Applicant or Parent/Guardian if under 18)

**FAMILY RIDE ☐ YOUTHS —**  
**[MUST PRE-REGISTER]**

Name: (Please print legibly) \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_

Zip: \_\_\_\_\_

## Emergency Contact:

Name

Number

## CHOICE OF ROUTES

Flat/rolling: 16, 23, 35, 50, 65, or 100 miles

Almost hilly: 65

## WATER, SNACKS, & FOOD

**WATER & SNACKS:** Provided at start and at rest stops along each route, and at the end of each ride. Bring water bottles. Rest stops with snacks are noted on cue sheets.

**POST-EVENT FOOD:** A post-Event meal with drinks and dessert is included in your registration fee — served from 11:00 am.

## SUPPORT SERVICES

**FACILITIES:** Telephones, Rest rooms, Parking and Bike Store Vendors who will make free adjustments, and safety inspections. **SAG SERVICE:** Mobile phone sag service to assist riders throughout the day.

**DATE: Saturday, August 6, 2016**

**There is no rain date!**

Start times are on your own, but suggested times follow:

Start Time	Latest Time	Route
7:00am	9:00am	100 miles
7:00am	10:00am	50, 65 miles
8:00am	11:00am	35 miles
8:30am	11:00am	16, 25 miles
10:30am - FAMILY RIDE***		

**The Event ends at 4:30 pm.**

**No services or personnel will  
be available after that time!**



4 Great Tours  
[www.vtchallenge.com](http://www.vtchallenge.com)

## ***Ride Vermont's Premier multi-day Challenge***

The Vermont Challenge, [www.vtchallenge.com](http://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](http://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.



4 Great Tours  
[www.vtchallenge.com](http://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.*



## *From your bike... see something new* discover the Brandywine Valley

Located between Baltimore and Princeton lies the beautiful Brandywine Valley... a great place for a [weekend bike trip](#)!

Along the way, enjoy some great rest stops. Pictured below is our first stop on Saturday, *Auburn Heights Estate and Steam Car Museum* nestled in a beautiful and peaceful spot in the Brandywine Valley.

Later we'll stop at Northbrook Orchards, a terrific farmers' market with locally grown fruits and vegetables as well as cider donuts, ice cream and other treats.

Later, (or if we get rain), tour DuPont Estates and Gardens (*Winterthur* and *Nemours*), The *Brandywine River Art Museum*, *Longwood Gardens*, the *Delaware Art Museum*, wineries and historic sites. Or just enjoy our home for the weekend, the exclusive Fairville Inn, in its historic and comfortable setting.

The Fairville Inn is just a 20 minute drive from Rt. 95 and downtown Wilmington. 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](#) **August 12** weekend is filling. Reserve by July 15 to guarantee your spot. To learn more, contact your tour leader at [EdWeirauch@comcast.net](mailto:EdWeirauch@comcast.net), 302-778-5418

visit [www.BrandywineValleyBikeTours.com](http://www.BrandywineValleyBikeTours.com)



**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**

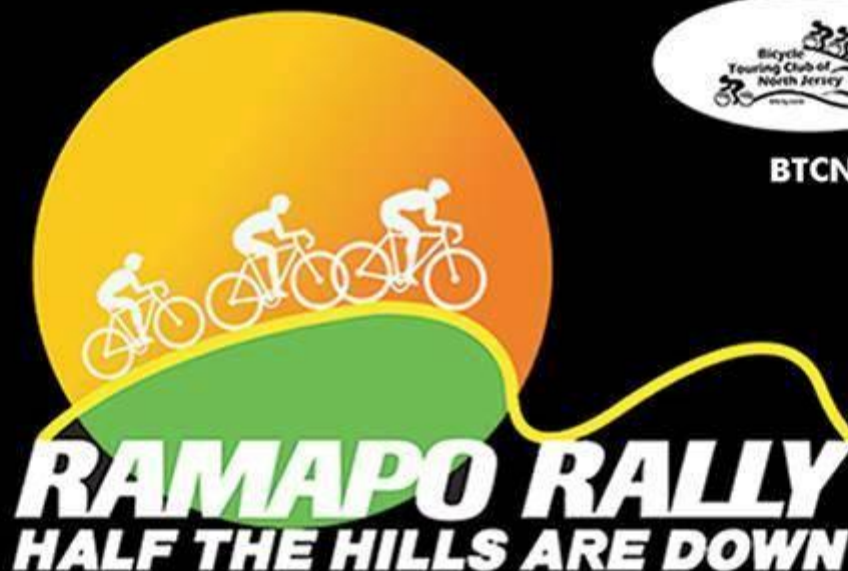
**Must register by July 31 to receive event T shirt.**

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

Presented by:



**BTCNJ.COM**



**SUNDAY, AUGUST 21, 2016**

Campgaw Mountain County Reservation, Mahwah, NJ

**RAMAPORALLY.COM**

SIX SCENIC RIDES FOR FAMILIES TO FANATICS

12 • 25 • 50 • 62 • 100 • 125 mile rides



Pre-register by July 31, 2016, for reduced pricing.  
Register on-line now at [active.com](http://active.com) or by mail.



Proceeds from the Ramapo Rally go to a variety of locally based non-profit organizations, including Camp Sunshine in Ridgewood, the NJ Bike & Walk Coalition, and volunteer EMS units.

**POST-RIDE HOT MEAL • S.A.G. SUPPORT • FULLY STOCKED REST STOPS  
MARKETPLACE AND POST-RIDE RAFFLE • FREE 3-MONTH BTCNJ MEMBERSHIP**



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

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

**Registration is only \$40.**

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

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



Dear Central Jersey Bicycle Club!

Last September, Tyler Robinson Foundation staff member Jesse Robinson and volunteer Jeff Steenblik biked from CANADA to MEXICO (CanCo) on a journey to change the lives of 10 families. Along the route they surprised 10 pre-selected pediatric cancer families, who were financially struggling, with a \$10,000 Grant from the TRF.

- watch the impactful video from last years 10 families surprised: <https://www.youtube.com/watch?v=e2nNsmXjIXs> •

This September, we are doing it again! We are moving from the West Coast, to the East Coast - Niagara Falls, CANADA to Key West, FL surprising another 10 deserving families each with a \$10,000 grant from TRF. Additionally, on the last day of the ride (Sept 17<sup>th</sup>) we will be surprising "10 bonus" families in 10 different cities across the country. These surprises will be carried out by TRF Volunteers and associated Sponsors.

TRF's mission is to rescue families from the emotional and financial struggles that each family faces with diagnosis of pediatric cancer. Founded by Grammy Award winning band Imagine Dragons and the Robinson Family in 2013, we have served hundreds of pediatric cancer families with our granting program with grants ranging from \$10,000 to \$50,000.

TRF would like to extend **The Central Jersey Bicycling Club** the opportunity to be a sponsor for our CanCo East Coast event this year. On the page below you will see the outline of the sponsorship needs, as well as the associated marketing projected value.

[TRF.org/bikeCANCO](https://www.trf.org/bikeCANCO)

Thank you kindly!

Jeff Steenblik,  
Tyler Robinson Foundation



## **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](http://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](http://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](http://www.ride2recovery.com/honorRide.php)



Ride 2 Recovery Saves Lives!



Held under USA Cycling permit #2016-1326.  
Helmets must be worn at all times.



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
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**Wounded veterans ride for FREE**

Contact us at [honorrideinfo@ride2recovery.com](mailto:honorrideinfo@ride2recovery.com)

## REGISTRATION:

[www.ride2recovery.com/honorRide.php](http://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](http://www.ride2recovery.com/honorRide.php)

1-818-888-7091 Ext. 106

[honorrideinfo@ride2recovery.com](mailto:honorrideinfo@ride2recovery.com)





# Central Bucks Bicycle Club

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

**Central Bucks Bicycle Club's Annual Covered Bridges Ride**  
**Sunday, October 23, 2016 (rain or shine)**  
**Tinicum Park, 974 River Rd, Erwinna, PA 18920**  
**Time: 8:00 a.m – 3:00 p.m.**

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

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

More details and registration information at

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

Thank you and Happy Cycling,

Linda Salkovitz, CBBC

# TITAN TROPIC CUBA by Gaes

**In the Tropic's Hell!!!  
Accept the challenge?**



Titan Tropic CUBA is a long distance MTB race open to all fans of cycling, sports, big challenges and self-sacrifice. [Click here to watch a real video of the last edition of Titan Tropic CUBA...](#)

/ Towards the unknown...



The outer limits... race, dust, competition, hardness, strength, humidity, mud, effort, mountains, rivers, challenge, jungle, beach, adventure, new friends...

Join us in this madness!!!

**Visit:** <https://www.facebook.com/titantropic/> or  
<http://www.titantropic.com/>

***December 3 – 8, 2016***

# Tours Matching: USA Cycling

All USA located tours below

## 2016 SUPPORTED & GUIDED CYCLING TOUR CALENDAR

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

### January/February/March

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

### April

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

### May/June/July/August

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

### September / October

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

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

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

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

For more tours and further information, check out their website at

<http://pure-adventures.com/list-tours/country-USA/activity-cycling#.VFU2DMt0w-g>

Hi Central Jersey Bike Friday Club,

I'm a BF rider, have been for 14 years. I lead multi day trips on the Indonesian islands of Sulawesi, Bali and Flores. Be thankful if you could pass this on to your members. Colin Freestone

### **CYCLE INDONESIA**

Beginning 2009 we have led 18 trips on the Indonesian islands of Sulawesi, Bali and Flores. We provide riders with an authentic intercultural experience in the areas we cycle through covering food, language and customs. Our routes are on quiet country roads and we stop often enough to try local fruits and delicacies, to yarn with locals or to cool off under waterfalls. Accommodation is 'best available' which usually means, at the very least, AC, hot water and sit down toilets. The reality is a wide range from luxurious beach resorts to rustic village family guest houses. The groups are led by an Indonesian speaking Australian guide assisted by English speaking Indonesian drivers in support vehicles. Riders go at their own pace and can jump on a van at any time.

**RIDES GUIDE 2015-2016** <http://www.cycleindonesia.com.au/trips.htm>

The next trip is in September 2015, it is to Central Sulawesi and there is ONE place available for a gentlemen cyclist.

#### **Lake Poso Cycle Tour**

9 days - 486 km - elevation 4147 m

04 - 13 September 2015 - AUD 2,189

#### **Central Sulawesi Cycle Tour - 1 PLACE LEFT**

16 days-879 km-elevation 7,193 m-51 hours ride time

04 - 19 September 2015 - AUD 3,190

#### **Bali Cycle Tour - 6 PLACES LEFT**

8 days - 283 km - elevation 3,543 m

24 hours ride time

20 - 27 November 2015 - AUD 1,869

#### **Toraja Land Cycle Tour for Expats**

7 days - 279 km

05 - 11 December 2015 - \$ TBA

#### **Toraja Land Cycle Tour for Expats**

7 days - 279 km

09 - 15 January 2016

#### **North Sulawesi Cycle Tour**

13 days-715 km - elevation 8,180 m - 36 hours ride time

12 - 24 March 2016

#### **South South Sulawesi Cycle Tour**

9 days - 524 km

06 - 13 May 2016

#### **Toraja Land Cycle Tour for Expats**

7 days - 279 km

14 - 20 May 2016

#### **Trans Flores Cycle Tour**

16 days - 670 km - elevation 10,184 m

01 - 16 July 2016

#### **South South Sulawesi Cycle Tour**

9 days - 524 km

18 - 26 August 2016

#### **Lake Poso Cycle Tour**

10 days - 486 km

09 - 18 September 2016

#### **Central Sulawesi Cycle Tour**

16 Days-879 km - elevation 7,193 m - 51 hours ride time

09 - 24 September 2016

#### **Toraja Land Cycle Tour**

14 days - 648 km - Elevation 4,200m - 47 hours ride time

17 - 30 November 2016



## **When?**

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

## **Where?**

**Meet at the Loeb Boathouse in New York City's Central Park, located on the left-hand side of the East Drive, North of the 5th Ave. and 72nd St. entrance to the park.**


## **Time?**

**10:00 AM<sup>2</sup> Sharp**

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

<sup>2</sup>**Thursdays** rides sometimes meet at a different location or earlier time. Be sure to check the email for the meeting time and place. Also, we usually do not meet on Thursdays in November, December, January, February, or March

Temperatures below 30° or above 90° usually cancels a ride.

<sup>2</sup>Get on **The Weekday Cyclists email list** and receive advance notices of the Thursday ride destinations and other special bicycle related announcements. Send an email to  **TWCinNYC @ aol.com**. Write "Add to TWC email list" in the subject line and give your full name and telephone number in the body of your email.

**<http://weekdaycyclists.org/>**



# Miscellaneous Stuff

Including Ride Sheets & Sponsor Ads



## ATTN: CJBC MEMBERS

HAVE NEW CJBC JERSEYS IN STOCK FOR SALE. THEY ARE THE BLACK AND YELLOW TIGER STRIPES. THEY ALSO NOW HAVE OUR CLUB WEBSITE ON THE BACK AND THE YEAR THE CLUB WAS ESTABLISHED WHICH IS 1968. WE HAVE MED, LG, XL, XXL, AND XXXL IN STOCK. THE PRICE IS \$55.00 EACH.

IF YOU WANT TO PURCHASE A JERSEY, PLEASE CONTACT  
MIKE KRUIMER @ 732-586-3981  
EMAIL: [KLINER54@OPTONLINE.NET](mailto:KLINER54@OPTONLINE.NET) FOR MORE





## Central Jersey Bicycle Club, Inc.

### 2016 Ride Sheet

Ride Name as Published in HUB \_\_\_\_\_ Date \_\_\_\_\_

Ride Leader \_\_\_\_\_ Mileage Listed \_\_\_\_\_ Actual Miles \_\_\_\_\_

Leader's Additional Comments: \_\_\_\_\_

#### CJBC MEMBERSHIP RELEASE

In consideration of being permitted in any way in Central Jersey Bicycle Club sponsored bicycling activities I do hereby, for myself, for my heirs, executors and administrators waive, release and forever discharge any and all right and claims for property damage and/or personal injury which I may have or which may occur to me, against the Central Jersey Bicycle Club, or any of their officers, members, sponsors, agents or representatives, arising out of traveling to, participation in, or returning from the sponsored event.

Signature of adult responsible for minor (under 18 years old) rider: \_\_\_\_\_

Signature of adult responsible for minor (under 18 years old) rider: \_\_\_\_\_

	Signature	Print Name	CJBC Member	Emergency Phone	Cell Phone
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					

### ALL RIDERS MUST WEAR HELMETS

Return completed ride sheets to: Awards Chairperson, PO Box 10686, New Brunswick, NJ 08906  
Complete an Incident Report when accidents occur and send it to the address on the form  
and send a copy to the Club.

## Classified Ads

*There is no charge for member's classified ads. To place an ad, send it by email to the HUB editor at [HubEditor@cjbc.org](mailto:HubEditor@cjbc.org). Please contact the editor if you want your ad to run more than once.*

Handmade Japan 18 speed, very good shape. May need tires, black frame. Located in Ford's, NJ.  
Contact: Dennis Vaeth, Email - [nowhereman144@yahoo.com](mailto: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](mailto:halmart2@comcast.net), 732-613-6527, (c) 732-666-7161.

Offering three new un-ridden **2013 Raleigh Carbon bikes** - cash prices at major discounts.

A white 55 Militis-1 with 105 and internal cables, orig \$2500 for \$1500. Same T-800 frameset as their \$7000 bike. And two Grey Revenio Carbon-1's, a 56 and 59 with Tiagra, orig \$1850 for \$1000. Also with Internal cabling. Look them up. They are very well rated. Bikes are in Oceanport. Contact Dennis Fahey at [faheybike@verizon.net](mailto:faheybike@verizon.net)

**TREK - Model 2200 Women's Specific Design** Red, Top of the Line, OCLV Carbon Frame, All High End components, Shimano, Bontrager Tires, 27 Gears, Ultra Light Weight Racer Bike. Purchased 2002, Kept in excellent condition, Original Paperwork. \$800 or best offer. Call or email - Karen 732-521-0301 email: [kdc0825@gmail.com](mailto:kdc0825@gmail.com)

I have a class 3 hitch bike rack that I don't want. I am not selling it. I just want to give it to someone who could use it. I live in Long Branch. Thanks, Joe Connor  
[joeluke55@hotmail.com](mailto:joeluke55@hotmail.com)

# RELEASE

In consideration of being permitted to participate in any way in Central Jersey Bicycle Club, Inc. sponsored bicycling activities. I do hereby, for myself, for my heirs, executors, and administrators waive, release, and forever discharge any and all rights and claims for property damage and/or personal injury which I may have or which may occur to me, against the Central Jersey Bicycle Club, League of American Bicyclists or any of their officers, members, sponsors, agents or representatives, arising out of traveling to, participating in, or returning from any of these activities.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Members must be at least 18 years of age. BOTH adults must sign if there are two adults being covered by the Family Membership.

Name \_\_\_\_\_

Name \_\_\_\_\_

(Name & address MUST be filled out completely & printed clearly)

Street \_\_\_\_\_

City \_\_\_\_\_

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

Phone (\_\_\_\_) \_\_\_\_\_

E-mail address \_\_\_\_\_

Individual: ☐ 1 Yr \$15      Family: ☐ \$20

☐ 2 Yr \$30      ☐ \$40

☐ 3 Yr \$45      ☐ \$60

**Membership will include our monthly newsletter,  
The HUB**



## FAMILY MEMBERSHIPS

Family membership consists of one or two adults in the same household and minor children if any. All adult applicants must sign the release. Individuals under 18 must join as part of a Family Membership and a parent/guardian must sign the release for them.

Riders under 18 years of age must be accompanied by a responsible adult on a club ride. Please print all family members names below.

\_\_\_\_\_

## CJBC FEATURED RIDES

- New Member Ride - lunch provided
- Farmlands Tour - largest attendance with over 800 riders
- Longest Day Ride - distance challenge 100, double metric, 200 miles
- Hillier Than Thou - 62 or 100 of extremely hilly routes
- Tom Koenig Anniversary Ride - lunch provided
- Shortest Day Ride - 6 grueling miles and Holiday Party to celebrate

## CJBC SOCIAL GATHERINGS

- General Meetings - alternate months with guest presenters
- Awards Meeting - awards distributed to leaders and riders including Spirit of Cycling
- Volunteers Dinner - thank our volunteers for their special efforts

## PLEASE CHECK AREAS OF INTEREST

Event Volunteer ☐

Ride Leadership ☐

Serving on Board ☐

Optional:

Age \_\_\_\_\_

Birthdate \_\_\_\_\_

Gender: ☐ Female ☐ Male

Where did you hear about the Club?

\_\_\_\_\_

Our Membership List is published (for members only) once a year. If you **DO NOT** want your phone number to appear in the Membership List, check here: ☐

From time to time the CJBC Membership List may be released on a one time only basis to bicycle-related organizations. If you **DO NOT** want your name/address released in this fashion, check here: ☐

Join in January through September and your membership is good through December of the year in which you join. However, if you join the club after October 1st, your membership continues through December of the following year

## CJBC SPONSORS

Our sponsors support our club, and offer skilled sales and/or service. **Most** sponsors also offer a 10% discount to club members on many items. Discounts are at the sponsoring shop's discretion. Your CJBC Membership Card is your identification.

### **Bound Brook**

#### **Efinger Sporting Goods**

513 West Union Ave.

Bound Brook, NJ 08805

**(732) 356-0604**

Dept. Manager: Marc Cianfrone

Mechanics: Dustin Farnum

& Chris Scappino

**Specialized, Raleigh,**

**Haro & more!**

**Expert Repairs, Wheel**

**building on site**

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

Sun 10-5

e-mail: [marcc@efingersports.com](mailto:marcc@efingersports.com)

### **Bike N Gear**

1695 Amwell Road,

Somerset, N.J. 08873

**(732)-873-0212**

**Prop: Gary Schnitzer**

MGR: Anthony DiPaolo

**Cannondale Specialized**

**Ellsworth**

**Turner Ventana Haro & Masi**

Sales, Service, Trade-Ins,

e-mail: [BikeNGear@aol.com](mailto:BikeNGear@aol.com)

### **Somerset**

#### **Hightstown**

#### **Bicycle Rack**

SALES & SERVICE

**Route 33 & Airport Road**

**Hightstown, N.J. 08520**

**(609)-448-2928**

Van Delfino, owner

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

<http://www.njbicyclerack.com>





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

LONG VALLEY

8 West Mill Rd  
Long Valley, NJ  
07853

908 876-5600

[E-mail this location](#)

PARSIPPANY

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

Fax: (973) 227-0924

[E-mail this location](#)

East Brunswick  
1020 Route 18 N  
732-651-8080

Old Bridge  
361 Route 34  
732-290-9898



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



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

Prop: Rone Lewis,  
Gen'l Mgr: Nick Burton  
[www.highgearcyclery.com](http://www.highgearcyclery.com)  
[sales@highgearcyclery.com](mailto:sales@highgearcyclery.com)

**STIRLING - High Gear  
Cyclery**  
393 Main Avenue, Stirling,  
NJ 07980  
(908) 647-2010  
Prop: Rone Lewis, Gen'l  
Mgr: Craig Ward

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

**RUTGERS BIKE**

**732-985-1770**

1354 Stelton Road, Piscataway, NJ 08854

**HALTERS** 609-924-7433 (RIDE)

1325 Route 206N

Skillman, NJ 08558



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**Central Jersey Bicycle Club, Inc.**

**Over 40 Years and Still Rolling**

**Established 1968**

**July 2016**

**Number 7**

# Happy Bicycling!

