



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

Established 1968

September 2016

Number 9

General/Board Meeting: Monday, September 19 at 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



SEPTEMBER EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28 C 4/3 45 Friday? on Sunday - Ben	29	30	31 C 4/3 16-35 One Loop or Two - Ben Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	1	2	3 B/C 3/4 35-40 miles. We'll take it slow but steady. Who ever shows we'll determine the pace. Sweet Smell Of Sussex, Rails/Trails Sat 9/3, C, 1 Log, 9 Am TWO PARKS 16 MILE EZ
4 CANCELLED DUE TO WEATHER CONDITIONS RIDE CANCELLED SUNDAY 9/2 Ride With Steve	5 LABOR DAY	6	7 C 4/3 16-35 One Loop or Two - Ben Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	8	9	10 11Th Annual Urban Farm Bike Ride
11 B/C 30-40 miles Ride w/Kevin C 4/3 45 Friday? on Sunday - Ben	12	13	14 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	15	16	17
18 C 4 42 Tacos, Crepes, Ice Cream - Ben-	19 GENERAL MEETING CANCELLED- Meeting Oct.	20	21 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	22 AUTUMNAL EQUINOX	23	24
25	26	27	28 C 4/3 16-35 One Loop or Two - Ben Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	29	30	

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

Ride Schedule

Saturday, September 3

Sweet Smell of Sussex

Rails / Trails

Dan Rappoport, 609-933-6258

Pace: C

Terrain: 1

Distance: 30 miles

Time: 9:00 AM

Meet at Byram Park, Route 206, Byram, NJ. Ride on the Sussex Branch Trail by Cranberry Lake in Allamuchy Mountain Park. Hybrid or MTB recommended. Must call for information.

Wednesday, September 7

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 5pm the day before. No calls, no ride.

Sunday, September 11

Ride with Kevin

Kevin Smith, 908-420-4636

Pace: B/C

Distance: 30-40 miles

Time: 9:00 AM

Colonial Park, Lot F, Mettlers Rd, Somerset, NJ. RSVP by Saturday 5pm. No call no ride! Hope to see you there!!

Wednesday, September 14

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, September 3

Two Parks 16 Miles EZ

Harold M. Finkel, 732-666-7161

Distance: 16 miles

Time: 10:00 AM

Thompson Park, Jamesburg, NJ. Jamesburg to Monroe Park – EZ Ride with Harold's EZ Team. Favorite Ride on back roads, long downs, with a no lunch stop at the Monroe Ball Park.

Wednesday, September 7

Mid Week Sanity Break

Mark Heck, 732-970-6763

Pace: B

Terrain: 2

Distance: 25-30 miles

Time: 6:00 PM

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

Sunday, September 11

Friday? On Sunday

Ben, 848-667-5020

Pace: C

Terrain: 4/3

Distance: 45 miles

Time: 10:00 AM

Milltown Rangers AC, 111 Kuhlthau Ave, Milltown, NJ. Call by 5pm the day before. No calls, no ride.

Sunday, September 18

Tacos, Crepes, Ice Cream

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, September 21](#)

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, September 28](#)

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, September 28](#)

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 5pm the day before. No calls, no ride.

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



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			MemberatLargeI@cjbc.org
Member at Large II	Harold Finkel	732-666-7161	MemberatLargeII@cjbc.org
Public Relations	Nicholas Spadavecchia	732-713-3187	PublicRelations@cjbc.org
Program Chair	Vacant		
Awards	Dan Rappoport	609-924-9417	
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

East Brunswick Department of Recreation Parks & Community Services is holding the **3rd Annual East Brunswick Day on Saturday, September 24, 2016** (rain date is Sunday 9/25). The event will take place outdoors at the Community Arts Center, 721 Cranberry Road from 12-5 pm. Exhibitors are given a 10 x 10 area for display purposes. East Brunswick Day is a really big event with a huge turnout of residents and Exhibitors.

CJBC will be exhibiting at the event. **We need volunteers at our tent.** A bike trainer and a volunteer rider(s) will demonstrate bike riding to draw attention to CJBC. Handouts will be provided.

Please contact Harold M. Finkel (CJBC member at large) at halmart2@comcast.net to volunteer your time.

This event will outreach CJBC to the community and hopefully develop interest in club cycling and membership in CJBC.

Volunteers will not only enjoy the day but will be offered a complimentary lunch from the local food vendors.

CJBC



Rides of Interest

Rides Within This Section Provided to CJBC
From Outside Sources



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=e2hNsmXjIXs> •

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 17th) 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

Thank you kindly!

Jeff Steenblik,
Tyler Robinson Foundation

WEAVERS WAY'S 11TH ANNUAL URBAN FARM BIKE RIDE

Saturday, September 10 • 8^{AM} - 4^{PM}

presented by Lindy Communities

- 🍅 LIFE DO GROW FARM
- 🍅 EPRA - STRAWBERRY MANSION COMMUNITY GARDEN
- 🍅 GROWING TOGETHER GARDEN
- 🍅 GLENWOOD GREEN ACRES
- 🍅 SUNDAY BREAKFAST FARM
- 🍅 LA FINQUITA
- 🍅 COMMUNITY GARDEN AT RALPH BROOKS PARK
- 🍅 GROW PHILLY FARM / NOVICK FAMILY URBAN FARM



Pedal your way through Philadelphia's vibrant neighborhoods and visit many of the city's urban farms along the way.

After the ride, enjoy refreshments from Philadelphia Brewing Company, your favorite Philadelphia pizzas, and fresh salad sourced from the farms you've visited!

LIMITED SPOTS AVAILABLE! REGISTER TODAY!

Early bird tickets are only \$39.95 and available until 8/10. Regularly priced tickets are \$47 until 9/10 or \$50 the day of the ride.

For details and tickets: www.foodmoxie.org/bikeride



THANKS TO OUR SPONSORS:

<http://www.foodmoxie.org/bikeride/>



CONTACT:

Justine Zimny

Marketing & Communications Manager

Kent County Tourism Corporation

(302) 734-8309

jjimny@visitdover.com

CONTACT:

John Doerfler

Event Manager

Kent County Tourism Corporation

(800) 233-5368

jdoerfler@visitdover.com

Advance Admission Tickets Available for Delaware Amish Country Bike Tour

Dover, DE: Delaware's 30th Annual Amish Country Bike Tour, presented by WSFS Bank, will be on **Saturday Sept. 10, 2016** in Dover, Delaware. The Amish Country Bike Tour is Delaware's longest running and largest cycling event.

Advance registration prices are now available at the price of \$40 for adults before July 1 and \$20 for attendees ages 5-16. From July 1 – July 31, registration is \$50 for adults and \$25 for ages 5-16. Starting August 1 – September 9, registration costs \$60 for adults and \$30 for ages 5 – 16. Registration on the day of the event costs the same. Participants under age 5 participate for free.

The event includes a bike tour map, giveaways, and up to four food and rest stops including the famous "pie stop" at the Amish Schoolhouse and the after-tour catered picnic.

The Amish Bike Tour in 2015 included 2,300 cyclists from 19 states and England. Kent County Tourism hopes that 2016 will bring an even larger variety of visitors from across the nation to one of Delaware's biggest events of the year.

Special thanks to our sponsors for their continued support: Price Automotive Group, Bikeline, Bike Werx, Dave's Road Bikes, Jim's Bicycle Repair, Shaffer's Service, and Trolley Bikes.

For more information, contact Event Manager John Doerfler at jdoerfler@visitdover.com, Marketing and Communications Manager Justin Zimny at jjimn@visitdover.com, or visit <http://amishcountrybiketour.com/>.

**SOURLAND 2016
SPECTACULAR**

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



3 DAYS.
200 MILES.
1 PURPOSE.

YSC Tour de Pink

East Coast | September 16 - 18, 2016

Tour de Pink is an inspiring 3-day, 200-mile charity bike ride that raises funds for Young Survival Coalition, the premier organization focused on the unique needs of young women affected by breast cancer.

[More information](#)

Tour de Pink Provides:

Hotel Accommodations and Meals

Rest Stops

Ride Marshals

Support and Gear (SAG) Vehicles

Ride Options: 3-Day and 1-Day ride

**Day 1: Bucks County, Pa.
to Princeton, N.J.**

**Day 2: Princeton, N.J. to
Atlantic City, N.J.**

**Day 3: Atlantic City, N.J. to
Cape May, N.J.**

info@ysctourdepink.org | ysctourdepink.org | 404.250.6508



<https://www.crowdrise.com/TheCenterAIDS Bike Ride>

On September 17, 2016, The Center in Asbury Park will host its first annual AIDS Bike Ride fundraiser. The Bike Ride starts and finishes at **The Center in Asbury Park**. Enjoy beautiful coastal views on flat terrain with cyclists of all ages and riding abilities to support The Center in Asbury Park. This 25 mile ride travels through the iconic seaside towns of Asbury Park, Loch Arbour, Allenhurst, Deal, Long Branch, Monmouth Beach, and Oceanport. SAG (Support And Gear) vehicles will accompany and assist the riders and crew while on the route.

We encourage each rider to raise a minimum amount of **\$100**. The Center will also fundraise in your name using a direct mail marketing campaign to our 3,500 constituents, E-mail Blast through The Center website, The Asbury Park Chamber of Commerce & The Belmar Chamber of Commerce.

If you would like information on becoming a Center AIDS Bike Ride Sponsor, please contact Patsy Vornhagen at 732-774-3416 x115. Your participation will help those who face the challenges of HIV/AIDS every day. **All registration fees, rider sponsorships, and donations go directly to The Center in Asbury Park.**

**September 17, 2016 10am
The Center in Asbury Park
806 3rd Ave Asbury Park, NJ 07712
732-774-3416 x115**

About The Cause

The Center in Asbury Park, Inc., is a volunteer based New Jersey not-for-profit service organization, providing support services for people living with HIV/AIDS and their caregivers. The Center in Asbury Park offers its clients and volunteers a safe haven in order to instill a sense of community and stability in their lives. The Center fulfills its mission by providing:

- **Housing Programs:** Center House, a permanent residence to 25 individuals living with HIV/AIDS; Emergency placement for homeless individuals; Rental and Utility subsidies to prevent homelessness
- **Nutrition Programs:** Emergency Food and Nutrition pantry; Meals to Go, frozen home-cooked meals; a daily lunch program; Monthly Sunday dinners
- **Referral Services:** Empowering clients by providing connection to other service providers and programs
- **Transportation Services:** Provide transportation for medical and other needs
- **Education:** Lecture and forums for clients, staff and volunteers

Saturday September 17, 2016

JERSEY DEVIL CENTURY

25, 50, 75, 100 Mile Routes



The Jersey Devil Century in its 38th year is a well-established fully supported bicycle ride through the scenic backroads of Cumberland, Gloucester and Salem counties New Jersey. Provided: Cue Sheets / Route Marking / Sag Services / Food Stops / Water Stops / Lunch Day of fee: \$25, Pre-registration: \$20 Ride support ends at 4pm. See web site for details.

Riders Start: 8 am to 9 am
Parvin State Park
701 Almond Rd.
Pittsgrove, NJ 08318



SOUTH JERSEY WHEELMEN

WWW.SJWHEELMEN.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!



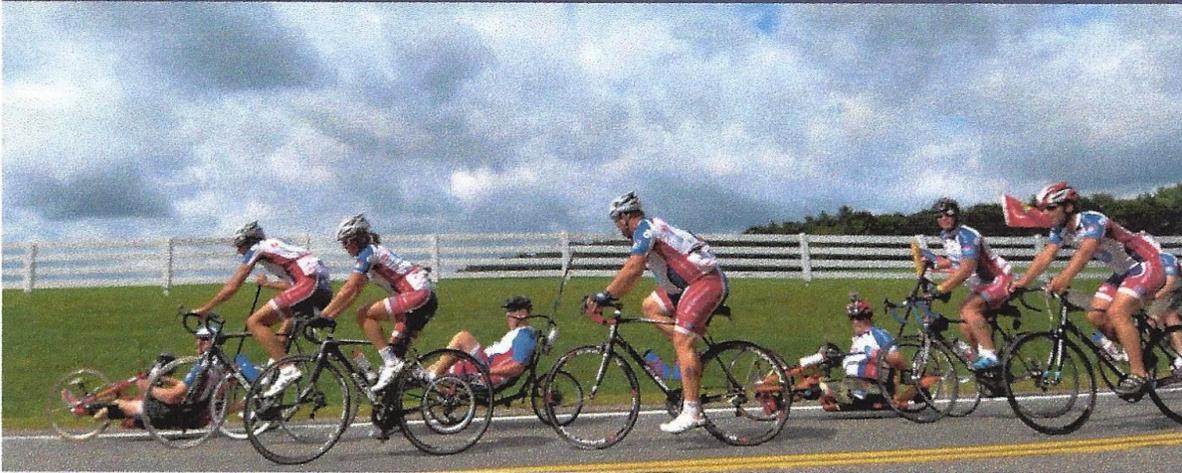
Held under USA Cycling permit #2016-1326
Helmets must be worn at all times.



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**

Wounded veterans ride for FREE

Contact us at honorrideinfo@ride2recovery.com

REGISTRATION:

www.ride2recovery.com/honorRide.php

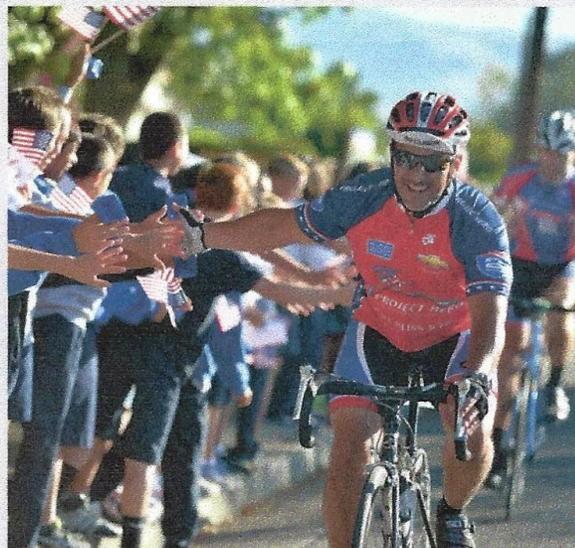
Registration includes custom Ride 2 Recovery socks, fully stocked rest stops, SAG support, lunch and more!

ADDITIONAL INFORMATION:

www.ride2recovery.com/honorRide.php

1-818-888-7091 Ext. 106

honorrideinfo@ride2recovery.com



Register before **September 19th** and be entered into a drawing to win **PRIZES!** Drawing set for **September 20th** results will be posted on our Facebook page. Prizes include gift cards, local experiences, bike gear and more (over \$2000 in prizes).



Register for Lake Loop

Crowdrise.com/lakeloop2016

October 9, 2016

20 • 40 • 62 Mile Cycling Routes

1.5 or 5k Adventure Trail Run/Walk

2.5 Mile Paddle

1.5 or 5k Dog Walk

Choose your challenge!



About the event... Come enjoy breathtaking views of Lake Hopatcong on a 20, 40 or 62 mile scenic bike ride, and/or 1.5 mile or 5K adventure trail run/walk and/or a beautiful paddle on the lake itself. NEW this year we have added a dog walk option for participants that will follow our adventure trail run/walk path. Participate in one, two or three events to discover and celebrate some of the many ways to enjoy Lake Hopatcong. This event will NOT be timed, come challenge yourself and GET FIT for Lake Hopatcong. Starting times have been staggered to allow participants to participate in multiple events. Have fun, challenge yourself, and help raise money to support projects for this spectacular lake. All events will begin and end at the beautiful, historic Hopatcong State Park in Landing, NJ. We will be collecting pet food and supplies to donate to a local animal shelter. Pre-register and get a Lake Loop t-shirt while supplies last. #LHFL2016

CYCLE • RUN • PADDLE • DOG WALK • FOOD • LIVE MUSIC • FUN





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

Thank you and Happy Cycling,

Linda Salkovitz, CBBC



הסוכנות היהודית
 JEWISH AGENCY
 FOR ISRAEL
 ישראל



PARTNERSHIP
 2GETHER
 WESTERN GALILEE
 CENTRAL AREA
 CONSORTIUM

TOUR ISRAEL: A 7 Day Israel Bike Journey FOR AMATEUR BIKE ENTHUSIASTS!

Oct. 25 - Nov. 1, 2016

(not including travel time)

THE TOUR (SEE BACK FOR DETAILS)

PARTNERSHIP2GETHER is offering a once-in-a-lifetime experience to discover Israel by bike. You'll partake in rides from the Western Galilee northern border with Lebanon, to the eastern border with Syria along the Golan Heights, and in the southern Jordan Valley to Eilat.

TOUR ISRAEL is a 7 day cycling journey that will combine biking and tours of Israel's unique characteristics, populations and sites. The tour is organized by Gran Fondo Travel and is catered to amateur cyclists. Participants will cross the country from Rosh Ha'Nikra and the Druze village of Majdal Shams in the North, to the city of Eilat, which borders Egypt in the South. The riders will bike through central areas along the way, getting the opportunity to explore and connect to the scenery, landmarks and cultural sites.

TOUR ISRAEL focuses on areas of great geographical significance. Together we will begin to understand the complexity of life in Israel and enjoy the great abundance of it's history, culinary treats and scenic treasures.

Option: If you are unable to join for the full 7 day journey, it is possible to come for a part of it—contact us for more information.

TRANSPORTATION, SUPPORT & STAFF

- Transportation for participants and gear will be provided from the start of the trip until the end.
- Support vehicles will accompany the cyclists throughout each ride for logistics, security and evacuation if necessary.
- A large vehicle (bus or minibus) with a trailer for equipment and bicycles will be provided and it will transport gear to the hotel at the end of each day.
- Staff includes Event Organizer, Project Manager, a qualified cycling coach to lead the ride, and a tour guide for site visits.



CONNECT & MAKE A DIFFERENCE



ACCOMMODATIONS

Tuesday, Oct. 25, 2016: Shtarkman Erna Hotel, Nahariyya

Wednesday, Oct. 26, 2016: Accommodations by local Druze hosts.

Thursday, Oct. 27, 2016: Nahara Hotel, Kibbutz Ashdot Yaakov Ichud

Friday, Oct. 28, 2016: Leonardo Inn Hotel Dead Sea

Saturday, Oct. 29, 2016: Ibex Hotel, Mitzpe Ramon

Sunday, Oct. 30, 2016: Prima Music, Eilat

Monday, Oct. 31, 2016: Jerusalem Hotel, Jerusalem

COST:

Regular registration until September 1, 2016: \$2500

Late registration until October 15, 2016: \$2,650

The price is based on a shared double room for all nights, if you are interested in a single room, there is an additional charge of \$390.00 to your package. All breakfasts and dinners are also included. If you have special dietary needs (allergies, vegetarian, etc.), please notify the organizers upon registration. **The price above does NOT include airfare and private health insurance.** This trip is managed by 'Mishlachot', headed by Harel Nachmani and the Gran Fondo Israel office is the support office for the trip.

WHAT IS PARTNERSHIP2GETHER?

PARTNERSHIP2GETHER, a program of The Jewish Agency for Israel and The Jewish Federations of North America, promotes people-to-people relationships through cultural, social, medical, educational and economic programs. This Partnership is between the 14 communities of the U.S. Central Area Consortium, Budapest, and Israel's Western Galilee.

FOR MORE INFORMATION

Harel Nahmani at transalp.israel@gmail.com

or Heidi Benish, P2G Resource Dev. Coordinator, HeidiB@jafi.org

Join us on Facebook: [facebook.com/p2gwgail](https://www.facebook.com/p2gwgail)
www.westerngalilee.org.il

'TOUR ISRAEL' BIKE TRIP ITINERARY:

- Oct. 25 At 4 pm convene at the Sharkman Erna Hotel in Nahariya, check in, meet each other, assemble bicycles then go to dinner with Israeli participants and P2G staff
- Oct. 26 Breakfast and depart for Rosh Hanikra, briefing and final preparations, group photo and start of ride (see map for details). Tour and lunch in Safed, load bikes and drive to Majdal Shams in the Golan for a special Druze dinner and then drinks in a local pub.
- Oct. 27 Breakfast and depart for ride (see map for details). Lunch will be at Katzrin then a visit the famous Golan Heights Winery. Drive along the eastern shore of the Sea of Galilee to Kibbutz Ashdot Ya'akov where we end our day with dinner and a guest speaker. Overnight in Ashdot Ya'akov.
- Oct. 28 Breakfast and depart for ride (see map for details). Following the ride we'll cool off and have lunch by the river stream at Kibbutz Nir David. After we'll drive to Ein Bokek by the Dead Sea, stopping at Dragot Cliffs for an incredible lookout of the red Moab Mountains in Jordanian territory running alongside the eastern shore of the Dead Sea. Overnight at the Leonardo Inn, Ein Bokek, Dead Sea.
- Oct. 29 Breakfast and enjoy a free morning at the Dead Sea beaches and spa. Then partake in an optional short bike ride along the Dead Sea salt ponds. Depart hotel towards Masada for a guided tour then back to the hotel to check out. Begin driving to Mitzpe Ramon (Option to leave earlier for Shabbat observers). Shabbat Dinner and a night tour in the area. Overnight at the IBEX.
- Oct. 30 Breakfast then drive out to Kibbutz Neot Smadar to tour the kibbutz and have a light lunch at Neot Smadar Tavern. After lunch depart for ride (see map for details). Dinner and overnight at the Prima Music Hotel, Eilat.
- Oct. 31 After breakfast visit the underwater observatory in Eilat. Depart to Jerusalem, get settled and then go to dinner in the Jerusalem Market. Overnight at the Jerusalem Hotel.
- Nov. 1 Breakfast then a tour of the Old City of Jerusalem. At 1 pm we'll return back to hotel to pack and leave for the airport.



DAY 1 RIDE:

60 km ride starting in Rosh Hanikra to Ramat Admit from where we'll enjoy the beautiful views of the Western Galilee and the Haifa Bay. Continue to the Upper Galilee, ride passed Mt. Miron to the Old City of Safed.

DAY 2 RIDE:

50 km ride beginning at Majdal Shams with an explanation about the Israel/Syria border. Ride through the towns of Mas'ade and Buq'ata and pass El Rom and Marom Golan kibbutzim. Climb Mt. Bental to a lookout and enjoy a drink at the coffee shop on the mountain.

DAY 3 RIDE:

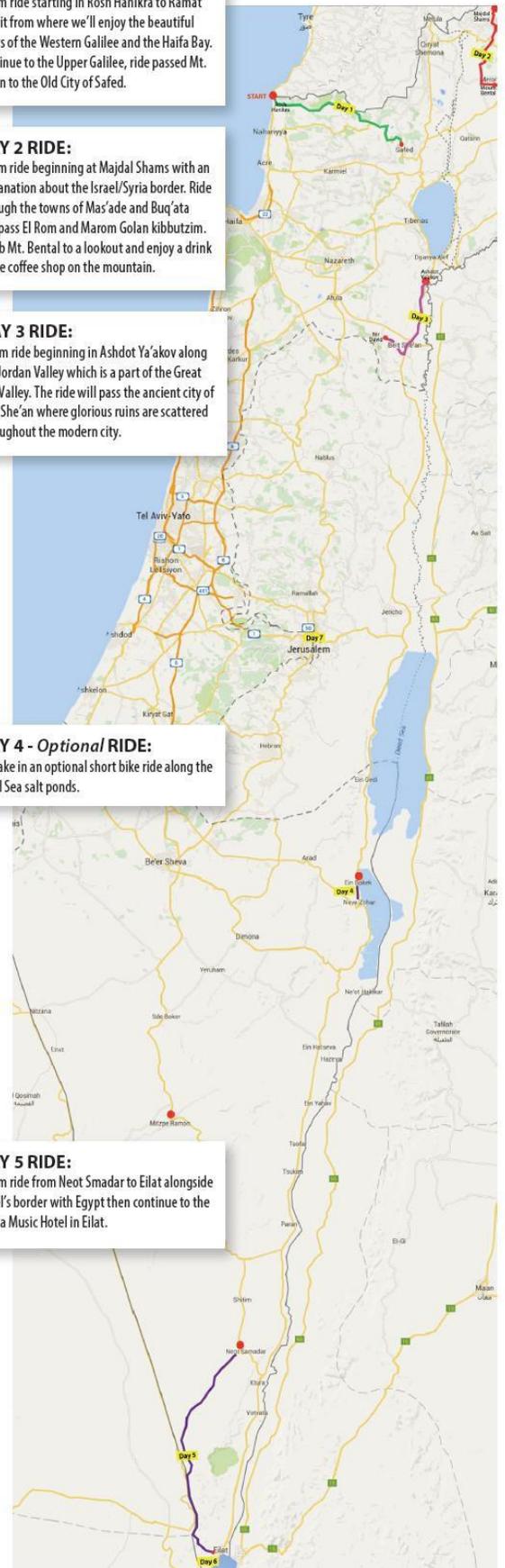
50 km ride beginning in Ashdot Ya'akov along the Jordan Valley which is a part of the Great Rift Valley. The ride will pass the ancient city of Beit She'an where glorious ruins are scattered throughout the modern city.

DAY 4 - Optional RIDE:

Partake in an optional short bike ride along the Dead Sea salt ponds.

DAY 5 RIDE:

80 km ride from Neot Smadar to Eilat alongside Israel's border with Egypt then continue to the Prima Music Hotel in Eilat.



FOR MORE INFORMATION

Harel Nahmani at transalp.israel@gmail.com
or Heidi Benish, P2G Resource Dev. Coordinator, HeidiB@jafi.org

BICYCLE CLUB OF PHILADELPHIA'S

WWW.PHILLYBIKECLUB.ORG

ANNUAL FALL FOLIAGE WEEKEND FRIDAY, OCT. 28 TO SUNDAY, OCT. 30, 2016 IN SCENIC, HISTORIC HANOVER/GETTYSBURG, PA

Hanover is southwest of Harrisburg, west of York, and approximately 14 miles east of Gettysburg. The surrounding countryside is filled with peaceful landscapes, horse farms, and historic Civil War landmarks. The cities of York and Gettysburg also offer a vast assortment of museums & galleries, farmers' markets, cafes, shopping, wineries, etc. History & photography buffs alike will enjoy and savor all there is to see & do in the blazing autumn colors!

Cost for entire package: "EARLY-BIRD" registration: (postmarked or paid on-line by Wed., Sept. 28)

Members: \$175/person, double occupancy. Non-members pay \$195/person, double occupancy.

Single occupancy supplement is \$90 members/\$95 non-members [s-p-a-c-i-o-u-s rooms].

AFTER Sept. 28, add \$20 to the fare above.

EVERYONE is warmly welcome

! IMPORTANT-- PLEASE NOTE: Rooms are filled on a **first come, first served basis**. Last year's Fall event was filled before the early-bird deadline, so please do not delay!

For any questions or special needs (e.g., triple occupancy fares, food/diet issues, etc.), please contact **Linda McGrane, at: 267-251-7862, or lindabcpevents@yahoo.com**.

Every guest receives a confirmation letter with customized maps/driving directions and detailed itinerary. Hanover is at the western edge of York County, approximately 2-1/2 hours' drive west of Philadelphia, very close to the Maryland state line. We look forward to meeting you there!

You may register for the event either on-line using Paypal or use the mail-in registration form and enclose a check.

CLICK [HERE](#) TO READ THE IMPORTANT REGISTRATION NOTES AND TO COMPLETE YOUR REGISTRATION.

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

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

April

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

May/June/July/August

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

September / October

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

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

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

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

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

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

Hi Central Jersey Bike Friday Club,

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

CYCLE INDONESIA

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

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

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

Lake Poso Cycle Tour

9 days - 486 km - elevation 4147 m
04 - 13 September 2015 - AUD 2,189

Central Sulawesi Cycle Tour - 1 PLACE LEFT

16 days-879 km-elevation 7,193 m-51 hours ride time
04 - 19 September 2015 - AUD 3,190

Bali Cycle Tour - 6 PLACES LEFT

8 days - 283 km - elevation 3,543 m
24 hours ride time
20 - 27 November 2015 - AUD 1,869

Toraja Land Cycle Tour for Expats

7 days - 279 km
05 - 11 December 2015 - \$ TBA

Toraja Land Cycle Tour for Expats

7 days - 279 km
09 - 15 January 2016

North Sulawesi Cycle Tour

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

South South Sulawesi Cycle Tour

9 days - 524 km
06 - 13 May 2016

Toraja Land Cycle Tour for Expats

7 days - 279 km
14 - 20 May 2016

Trans Flores Cycle Tour

16 days - 670 km - elevation 10,184 m
01 - 16 July 2016

South South Sulawesi Cycle Tour

9 days - 524 km
18 - 26 August 2016

Lake Poso Cycle Tour

10 days - 486 km
09 - 18 September 2016

Central Sulawesi Cycle Tour

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

Toraja Land Cycle Tour

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



When?

Tuesdays¹ and Thursdays²

Where?

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

Time?

10:00 AM² Sharp

¹**Tuesday's** rides are all year round

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

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

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

<http://weekdaycyclists.org/>



Miscellaneous Stuff

Including Ride Sheets & Sponsor Ads



ATTN: CJBC MEMBERS

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

IF YOU WANT TO PURCHASE A JERSEY, PLEASE CONTACT
MIKE KRUIER @ 732-586-3981
EMAIL: KLINER54@OPTONLINE.NET FOR MORE





Central Jersey Bicycle Club, Inc.

2016 Ride Sheet

Ride Name as Published in HUB _____ Date _____

Ride Leader _____ Mileage Listed _____ Actual Miles _____

Leader's Additional Comments: _

CJBC MEMBERSHIP RELEASE

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

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

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

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

ALL RIDERS MUST WEAR HELMETS

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

Classified Ads

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

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

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

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

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

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

RELEASE

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

Signature _____ Date _____

Signature _____ Date _____

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

Name _____

Name _____

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

Street _____

City _____

State _____ Zip _____

Phone (____) _____

E-mail address _____

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

2 Yr \$30 \$40

3 Yr \$45 \$60

Membership will include our monthly newsletter,
The HUB



FAMILY MEMBERSHIPS

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

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

CJBC FEATURED RIDES

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

CJBC SOCIAL GATHERINGS

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

PLEASE CHECK AREAS OF INTEREST

Event Volunteer

Ride Leadership

Serving on Board

Optional:

Age _____

Birthdate _____

Gender: Female Male

Where did you hear about the Club?

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

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

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

CJBC SPONSORS

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

Bound Brook

Efinger Sporting Goods

513 West Union Ave.

Bound Brook, NJ 08805

(732) 356-0604

Dept. Manager: Marc Cianfrone

Mechanics: Dustin Farnum

& Chris Scappino

Specialized, Raleigh,

Haro & more!

Expert Repairs, Wheel

building on site

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

Sun 10-5

e-mail: marcc@efingersports.com

Somerset

Hightstown

Bicycle Rack

SALES & SERVICE

Route 33 & Airport Road

Hightstown, N.J. 08520

(609)-448-2928

Van Delfino, owner

bicyclerack@msn.com

<http://www.njbicyclerack>

Bike N Gear

1695 Amwell Road,

Somerset, N.J. 08873

(732)-873-0212

Prop: Gary Schnitzer

MGR: Anthony DiPaolo

Cannondale Specialized

Ellsworth

Turner Ventana Haro & Masi

Sales, Service, Trade-Ins,

e-mail: BikeNGear@aol.com





www.cyclecraft.com

LONG VALLEY

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

[E-mail this location](#)

PARSIPPANY

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

[E-mail this location](#)

East Brunswick
1020 Route 18 N
732-651-8080

Old Bridge
361 Route 34
732-290-9898



www.planetbikenj.com



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

Prop: Rone Lewis,
Gen'l Mgr: Nick Burton
www.highgearcyclery.com
sales@highgearcyclery.com

**STIRLING - High Gear
Cyclery**
393 Main Avenue, Stirling,
NJ 07980
(908) 647-2010

Prop: Rone Lewis, Gen'l
Mgr: Craig Ward
www.highgearcyclery.com
sales@highgearcyclery.co

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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732-291-EYES(3937)

www.eyesonfirstave.com/



Central Jersey Bicycle Club, Inc.

Over 40 Years and Still Rolling

Established 1968

September 2016

Number 9

Happy Bicycling!

