



Central Jersey Bicycle Club, Inc.

Over 40 Years and Still Rolling

Established 1968

December 2016

Number 12

CJBC Holiday Party: Sunday, December 11 (Details Pg. 2)

Next Meeting: Monday, December 12 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.



Plan on attending the CJBC Holiday Party
Sunday, December 11, at 5 pm
Girasole Italian Restaurant
502 W. Union Avenue (Route 28), Bound Brook, NJ
Girasole is a BYOB restaurant.



Free for members with \$30 deposit refunded the day of the party at Girasole.
\$15 for guests of members.

RSVP by December 2

We ask members to send one check for the \$30 refundable reservation and a separate \$15 check for a guest of members. Please mail to:

Holiday Committee
Central Jersey Bicycle Club
246 Maryland Street
Westfield, NJ 07090

Dear CJBC Member,

December's CJBC membership meeting traditionally includes two fun contests:

1. Road-find
2. Bake-off!

Road-find

- Must be inanimate (nothing that used to be alive!)
- Must be found, picked up and carried while riding your bike (does not have to be on a club ride)
- A prize of \$20 to your favorite bike shop will be awarded to the club member who submits the:

- 1. Most Unusual**
- 2. Funniest**
- 3. Most Useful**



Bake-off

- Must be home-made
- Same prize will be awarded for:
 - 1. Best Holiday Design (any holiday is acceptable)**
 - 2. Most Delicious**
 - 3. Best Decorated**



Hope to see you at the December 12th meeting, 6:30 - 8:45 p.m. in the Metuchen Library!



CJBC Calendar & Rides



DECEMBER

EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 A- 3/4 60 miles, Which Ever Way The Wind Blows
4 All You Can Eat Breakfast Ride	5	6 Tuesday Hustle A 3/4 20-25	7 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	8	9	10 A- 3/4 60 miles, Which Ever Way The Wind Blows D/D+ 4/3 16-35 One Loop or Two - Ben
C or D 4/3 31 Friday? On Sunday - Ben						
11 Holiday Party, SELECT THE MORE DETAIL BUTTON BELOW	12	13 Tuesday Hustle A 3/4 20-25	14 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	15	16	17 A- 3/4 60 miles, Which Ever Way The Wind Blows
18 Friday? on Sunday C 4 33 Miles - Ben	19	20 Tuesday Hustle A 3/4 20-25	21 WINTER SOLSTICE Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	22	23	24 A- 3/4 60 miles, Which Ever Way The Wind Blows D/D+ 4/3 16-35 One Loop or Two - Ben
25 CHRISTMAS HANUKKAH (1ST DAY)	26 KWANZAA (1ST DAY)	27 Tuesday Hustle A 3/4 20-25	28 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	29	30	31 A- 3/4 60 miles, Which Ever Way The Wind Blows

* 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, December 3

Which Ever Way The Wind Blows

Neil Cherry, 732-723-0769

Pace: B+/A

Terrain: 3/4

Distance: 60 miles

Time: 9:00 AM

Village Park, Maplewood Avenue, Cranbury, NJ.
Call ride leader before 9PM the night before to confirm time and starting point as these may differ.
Dress warm!

Sunday, December 4

Friday? On Sunday

Ben, 848-667-5020

Pace: C or D

Terrain: 4/3

Distance: 31 miles

Time: 10:00 AM

Colonial Park, Lot F, Mettlers Road, Somerset, NJ. Call by 5pm the day before. No calls, no ride.
Cue sheet in library Colonial Park #2.

Wednesday, December 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.

Saturday, December 10

One Loop or Two

Ben, 848-667-5020

Pace: D/D+

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, December 4

All You Can Eat Breakfast

**Dan Rappoport, 609-924-9417
or 609-933-6258**

Pace: C-

Distance: 20 miles

Time: 9:00 AM

Meet at the soccer field parking lot on the Allentown Bypass. Take Route 130 or Turnpike South to I-195 East. Exit at Route 539 (Allentown-Hightstown). Bear right onto Route 539 South and take first left hand turn onto the Allentown Bypass. Hybrid or Mountain Bike recommended. Must call leader.

Tuesday, December 6

Tuesday Hustle

Kevin Smith, 908-420-4636

Pace: A

Terrain: 3/4

Distance: 20-25 miles

Time: 4:30 PM

Johnson Park Zoo, off of River Road West of Highland Park, Piscataway, NJ. Meet at the parking lot between River Road and Rose Drive. Come out this Tuesday for an afternoon workout. Looking to blast out a non-stop 1½ hour ride. Please call by noon day of ride or leave a message. Lights are suggested. Hope to see you there!

Saturday, December 10

Which Ever Way The Wind Blows

Neil Cherry, 732-723-0769

Pace: B+/A

Terrain: 3/4

Distance: 60 miles

Time: 9:00 AM

Village Park, Maplewood Avenue, Cranbury, NJ. Call ride leader before 9PM the night before to confirm time and starting point as these may differ. Dress warm!

Tuesday, December 13

Tuesday Hustle

Kevin Smith, 908-420-4636

Pace: A

Terrain: 3/4

Distance: 20-25 miles

Time: 4:30 PM

Johnson Park Zoo, off of River Road West of Highland Park, Piscataway, NJ. Meet at the parking lot between River Road and Rose Drive. Come out this Tuesday for an afternoon workout. Looking to blast out a non-stop 1½ hour ride. Please call by noon day of ride or leave a message. Lights are suggested. Hope to see you there!

Saturday, December 17

Which Ever Way The Wind Blows

Neil Cherry, 732-723-0769

Pace: B+/A

Terrain: 3/4

Distance: 60 miles

Time: 9:00 AM

Village Park, Maplewood Avenue, Cranbury, NJ. Call ride leader before 9PM the night before to confirm time and starting point as these may differ. Dress warm!

Tuesday, December 20

Tuesday Hustle

Kevin Smith, 908-420-4636

Pace: A

Terrain: 3/4

Distance: 20-25 miles

Time: 4:30 PM

Johnson Park Zoo, off of River Road West of Highland Park, Piscataway, NJ. Meet at the parking lot between River Road and Rose Drive. Come out this Tuesday for an afternoon workout. Looking to blast out a non-stop 1½ hour ride. Please call by noon day of ride or leave a message. Lights are suggested. Hope to see you there!

Wednesday, December 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.

Sunday, December 18

Friday? On Sunday

Ben, 848-667-5020

Pace: C

Terrain: 4

Distance: 33 miles

Time: 10:00 AM

Village Park, Cranbury, NJ. Call by 5pm the day before. No calls, no ride. Cue sheet Cranbury #17.

Wednesday, December 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.

Saturday, December 24

One Loop or Two

Ben, 848-667-5020

Pace: D/D+

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.

Saturday, December 24

Which Ever Way The Wind Blows

Neil Cherry, 732-723-0769

Pace: B+/A

Terrain: 3/4

Distance: 60 miles

Time: 9:00 AM

Village Park, Maplewood Avenue, Cranbury, NJ.
Call ride leader before 9PM the night before to confirm time and starting point as these may differ.
Dress warm!

Wednesday, December 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.

Tuesday, December 27

Tuesday Hustle

Kevin Smith, 908-420-4636

Pace: A

Terrain: 3/4

Distance: 20-25 miles

Time: 4:30 PM

Johnson Park Zoo, off of River Road West of
Highland Park, Piscataway, NJ. Meet at the
parking lot between River Road and Rose
Drive. Come out this Tuesday for an
afternoon workout. Looking to blast out a
non-stop 1½ hour ride. Please call by noon
day of ride or leave a message. Lights are
suggested. Hope to see you there!

Saturday, December 31

Which Ever Way The Wind Blows

Neil Cherry, 732-723-0769

Pace: B+/A

Terrain: 3/4

Distance: 60 miles

Time: 9:00 AM

Village Park, Maplewood Avenue, Cranbury,
NJ. Call ride leader before 9PM the night
before to confirm time and starting point as
these may differ. Dress warm!

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

Ethel Autorino, a former member of CJBC, passed away on Nov. 8 at the age of 87. She battled cancer for 7 years with the same strength, courage and tenacity she displayed in winning the Ironman Triathlon in Hawaii. At the age of 70, she broke the time record for her age group by more than 30 minutes. This feat, along with her other accomplishments, resulted in her election into the Triathlete Hall of Fame in San Diego several years ago. This gentle and modest lady will be missed by everyone who knew her.

Mitchell Solomowitz

bicyclemitch@aol.com



2017 CJBC ELECTIONS

December 12th is the Election Meeting for the 2017 CJBC Executive Board. Nominations for all Board positions are open to all CJBC members for 2017. We encourage members to consider candidacy for the position that you wish to serve.

Executive Board Positions, which are open for candidates, are listed on the following page. Send your replies to info@cjbc.org before December 1, 2016 with your candidacy.

CJBC is becoming a new bike club promoting social and recreational bicycle riding with a fellowship among members. We are encouraging more rides at every level, promoting community events, assisting with educational and outreach programs for the cycling community. The club offers many benefits that makes membership a rewarding experience. Bring your new ideas and enthusiasm to the club and become a Board member.

***It is your support and participation
that makes our club successful!***

You can make a difference.....Become a Board member!

Article V: Executive Board

It shall be the purpose of the board to implement policy of the Club and to make recommendations to the membership about policy.

A. The following executive board shall be elected by the membership:

- (1) President
- (2) Vice President
- (3) Treasurer
- (4) Recording Secretary
- (5) Ride Captain
- (6) Membership Chair
- (7) Awards Chair
- (8) Bulletin Editor
- (9) Advocacy/LAB Chair
- (10) Program Chair
- (11) Member-at-Large
- (12) Member-at-Large
- (13) Public Relations Chair

B. The duties of the executive board shall be as follows:

- (1) President: presides at all meetings, appoints committees, acts as chairperson of board meetings; in general is responsible for and to the Club in all matters.
- (2) Vice President: assumes the president's office and powers in the absence of the president. Responsible for reconciling the financial reports/books separately from the Treasurer. May head some specific phase of Club activity to lessen the president's work.
- (3) Treasurer: is responsible for Club finances. Maintains budget for the Club. Receives collected dues from the membership chairperson. Prepares reports of receipts and expenditures and communicates relevant information to the membership chairperson. The Treasurer shall be bonded.
- (4) Recording Secretary: takes minutes of membership and executive board meetings. Sends a summary of highlights of all meetings to the bulletin editor. Prepares a typewritten record of meetings for the entire year and maintains a record of Club policies separate from the Club minutes.
- (5) Ride Captain: coordinate the monthly ride schedule.
- (6) Membership Chairperson: promotes Club membership, maintains accurate membership records, and collects dues.
- (7) Awards Chairperson: maintains records of ride participation for the year and makes appropriate awards at an annual ceremony.
- (8) Bulletin Editor: publishes the monthly newsletter, including the ride schedule.
- (9) Advocacy/LAB Chairperson: informs the membership of cycling-related legislation and/or regulations and advocates appropriate action.
- (10) Program Chairperson: coordinates a program of entertainment and education for the membership at the monthly meeting.
- (11) Member at Large: represent Club members at board meetings and volunteer their services as needed.
- (12) Member at Large: represent Club members at board meetings and volunteer their services as needed.
- (13) Public Relations Chairperson: Disseminates all club information to appropriate public forums, i.e. radio stations, newspapers, magazines, etc.

CJBC goes back to the Classroom... **the re-cap...**

***“Cyclists fare best when they act as
and are treated as drivers of vehicles.”***

....And so began "The League of American Bicyclists", 'Traffic Safety 101' class, for the 12 CJBC members in attendance, on Saturday 11/19, in Metuchen.

The League of American Bicyclists uses this approach as the basis of their cycling education programs. Their course, TS101, provides instruction and guidance in the basic principles of bicycling with traffic. The course includes 8 hours of classroom discussion and parking lot activities, combined with an 8 mile on-road practice of the principles of vehicular bicycling. Course instructors are certified by the League of American Bicyclists who have years of cycling experience and specific training.

The course was divided into varying information, instruction, activities, and demonstrations; all focusing on teaching bicycling skills, and building confidence to ride safely.

Some specifics were...

Choosing an appropriate bicycle, how your bike works, and the basics of maintaining it

- Skills to ride and control your bike, especially focused on hazard avoidance maneuvers
- Cycling clothing and accessories, and the importance of helmets
- Obeying and following rules of the road and traffic principles
- Importance of practicing road etiquette on the ride, and to motorists.

And of course...Enjoying the ride!

Our Instructors were ...*Cyndi Steiner, Executive Director of The New Jersey Bike & Walk Coalition; & Paul Mickiewicz, League Certified Instructor of the League of American Bicyclists.*

Guest commentator... *Karen Jenkins, Chair, Board of Directors of the LAB*

Our Appreciation & Thanks to our instructors, commentators, and to all in attendance, for an enjoyable & educational class on safety and helpful techniques, while bicycling on the road & trail!

John Colasanti

BIKE CLINIC

CJBC held a Bike Clinic at the Planet Bike Shop in East Brunswick on November 7th. A hands-on demo was given to attending CJBC members to show how to change a flat tire on the road. Each step was carefully demonstrated by Planet Bike's lead mechanic, Joe Santana with the Planet Bike Manager and our members all following on their own tires. We learned how to remove the wheel, remove the tube, replace and remount the wheel. The rear wheel was demonstrated as it can be tricky. Road tires can be difficult to remove and reinstall but knowing the tricks makes it all easy. The clinic is the place to learn.

Join the next Bike Clinic. Registration will be required as very few CJBC members attended this first clinic.

Contact info@cjbc.org to register your interest. Participation will determine scheduling.

Harold M. Finkel
Member at Large



Rides of Interest

Rides Within This Section Provided to CJBC
From Outside Sources

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

NJ Bike & Walk Summit

February 25, 2017

Register now for the **8th annual NJ Bike & Walk Summit**, which will be held on Saturday, February 25, 2017 at Princeton University!

New sessions just added!

- Advocacy Forum
- Getting bikeshare started in your community
- Making bike and pedestrian plans a reality
- Tools for better outreach, mapping
- Creating Parklets in your community
- Walking Audits - join us!

Princeton Mayor Liz Lempert will welcome attendees to this exciting conference geared towards community advocates, bike and walk enthusiasts, health, safety, and environmental experts, planners, engineers, consultants, and anyone else who is interested in making their cities and towns more livable places through biking and walking improvements.



Also addressing the audience will be **Paul Steely White, Executive Alternatives** in New York City. TA behind the transformation of New city, and now the advocacy Vision Zero movement.



Director of Transportation has been a powerful force York City into a walkable, rideable organization leads the city's

The Summit will be held at the **Friend Center of Princeton University**, on **Saturday, February 25, 2017 from 8:30 am to 5 pm.**



THE BICYCLE CLUB OF PHILADELPHIA
Spring-n2-Cycling Weekend
Friday, May 5 - Sunday, May 7, 2017

In Pennsylvania's green, scenic Susquehanna Valley

All-inclusive, 3-day tour package in quaint Danville, PA along the Susquehanna River. Danville lies between the charming college towns of Bloomsburg and Lewisburg. Cycle along the peaceful countryside with green landscapes and covered bridges. There is mostly rolling terrain with some challenging climbs as well as flat roads along the river. We offer a wide variety of riding distances from 15 to 65+ miles.

Fares as low as \$175/person
please visit: <http://phillybikeclub.org>



LIFE, LIBERTY & THE PURSUIT OF THE RIDE

THE BICYCLE CLUB OF PHILADELPHIA
Spring-n2-Cycling Weekend

Our Tour Package includes:

- Friday & Saturday nights at the Danville Quality Inn. All rooms non-smoking.
- Friday evening Welcome Reception & Hot Dinner Buffet.
- Complete buffet-style breakfasts Saturday & Sunday (hot dishes included).
- Tour packets prepared for each guest, with cue sheets, maps, brochures, etc.
- Featured Group Rides with Leaders on Saturday & Sunday.
- A BOUNTY of "portable" cycling snacks to take along on rides.
- Saturday afternoon Post-Ride Party.
- Massage therapist on Saturday afternoon for post-ride massages.
- For cyclists with non-cyclist partners, an ABUNDANCE of fun, non-biking activities.
- Saturday dinner at the The Hotel Edison in Sunbury.
- Round-trip bus transportation to Saturday dinner.
- Sunday afternoon "Wrap-Up & Leftovers" Party.

Music, party games, and raffle prizes



Visit us at **<http://phillybikeclub.org>** for info or to register.

Questions? LindaBCPEvents@yahoo.com - 267-251-7862



**Baltimore Bicycling Club
35th Annual Kent County Spring Fling
Memorial Day Weekend, May 26-29, 2017**

4 days of cycling on Maryland's Eastern Shore with rides of 11-100 miles

Stay at historic Washington College, Chestertown, MD

(70 miles from Balto/DC; 85 miles from PA; 170 miles from NY)

Check in: Fri noon-9pm; Sat 8-10am Check out: Mon by 4pm (or 3-day option; Sun check out by 4pm)

HIGHLIGHTS

- **Great cycling on low-traffic, scenic roads, flat to rolling terrain**
- **Chesapeake Bay & its scenic byways with rides to Betterton Beach, Rock Hall and lunch on the pier, Centreville, Galena, and more!**
- **Bird sanctuary at Eastern Neck Wildlife Refuge and the soaring osprey!**
- **Historic Chestertown & the Tea Party Festival with 3 days of activities & music, local artisans, living history, & all the charm of this 18th century town**
- **Award winning Washington College Dining—7 meals/wine with dinner, dessert/cordial party, ice cream social, vegan, vegetarian, gluten-free options**
- **Off-site catered picnic lunch at spacious and pastoral Worton Park**
- **Live music, dancing on Saturday night; DJ music, dancing on Sunday night**

Weekend includes:

- *Lodging: Friday, Saturday & Sunday**
- *Breakfast: Saturday, Sunday & Monday**
- *Dinner: Saturday & Sunday; wine with dinner**
- *Picnic lunch on Sunday at Worton Park**
- *Brunch on Monday**
- *Entertainment and Socials: Friday, Saturday, & Sunday**
- *Map Packets (ride with a group or on your own)**
- *Yoga, indoor pool, game room**
- *Snacks, drinks all day at Hodson Hall**

Weekend options:

- *Friday dinner 6-8pm**
- *Lodging upgrades include suites ideal for groups/families**
- *Massage services on Saturday and Sunday**

**SUPER EARLY BIRD SPECIAL!! \$20 discount per person
Apply by JANUARY 25, 2017(mail in only) to receive this price!**

Questions: email kentcountyspringfling@gmail.com

Registration opens on January 1, 2017; check website: www.baltobikeclub.com

BICYCLE TOURS IN RUSSIA

Our cycle season 2016 has successfully passed. We had double amount of tour participants comparing with 2015! You can find some beautiful photos from our bike tours at www.rctc.ru/report.html

Now we started the application period for our 2017 tours. Check out our schedule at www.rctc.ru/tour.html

We announce 7 tours next summer! For the first time we suggest a guided tour outside Russia. The Mosel tour in Germany is going to be in May. In June, we prepare a completely new route combined from the best parts of Golding Ring and Moscow-St.Petersburg tours including 10 jubilee bike festival in Uglich. We end this tour in St. Petersburg just on time of White Nights. That is the most popular time for visiting this inimitable city. <http://www.rctc.ru/msspwn.html>

Our classic Golden Ring of Russia tours (adventure and comfort) and Moscow - St. Petersburg tours (new route) are as usual on. Plus Karelia tour (updated route). All tours are easily combined, so people may take two or more tours together with a good discount for following tours.

We expect more participants from Russia and abroad next summer. Now Rouble is not strong and we may suggest good price for international visitors.

Vladimir Filippov
Russian Cycle Touring Club

www.rctc.ru



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



Laff

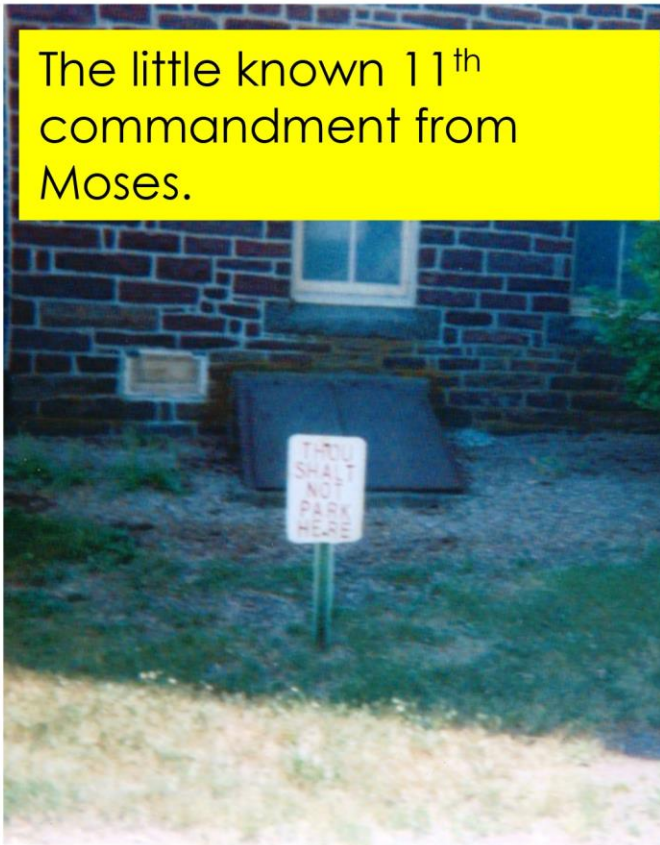
YOU KNOW YOU WANT TO.



Since the reindeer went on strike, Santa had to get creative. Here is Santa's new elf mobile.

We break for weddings!

The little known 11th commandment from Moses.



Who said there is no such thing as a happy hill to ride up?

*Photos courtesy of
Dashing Dan Rappaport*

ATTN: CJBC MEMBERS

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

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





Central Jersey Bicycle Club, Inc.

2016 Ride Sheet

Ride Name as Published in HUB _____ Date _____

Ride Leader _____ Mileage Listed _____ Actual Miles _____

Leader's Additional Comments: _____

CJBC MEMBERSHIP RELEASE

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

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

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

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

ALL RIDERS MUST WEAR HELMETS

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

Classified Ads

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

For Sale...Vintage 10 speed Bicycle...Raleigh "Record" made in Nottingham, England (medal crest on headset), Orange & White color, 21.5" (crank to seat post), 27" x 1 1/4 new gum wall tires, new gear shift cables, new brake pads, new seat, recently tuned, Very Good Cond. \$150.00.



Call John at 908-456-2075

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 do not 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

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

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.com>





www.cyclecraft.com

LONG VALLEY

8 West Mill Rd
Long Valley, NJ
07853

908 876-5600

[E-mail this location](#)

PARSIPPANY

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

Fax: (973) 227-0924

[E-mail this location](#)

East Brunswick
1020 Route 18 N
732-651-8080

Old Bridge
361 Route 34
732-290-9898



www.planetbikenj.com



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

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

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

www.highgearcyclery.com
sales@highgearcyclery.com

RUTGERS BIKE

732-985-1770

1354 Stelton Road, Piscataway, NJ 08854

HALTERS 609-924-7433 (RIDE)

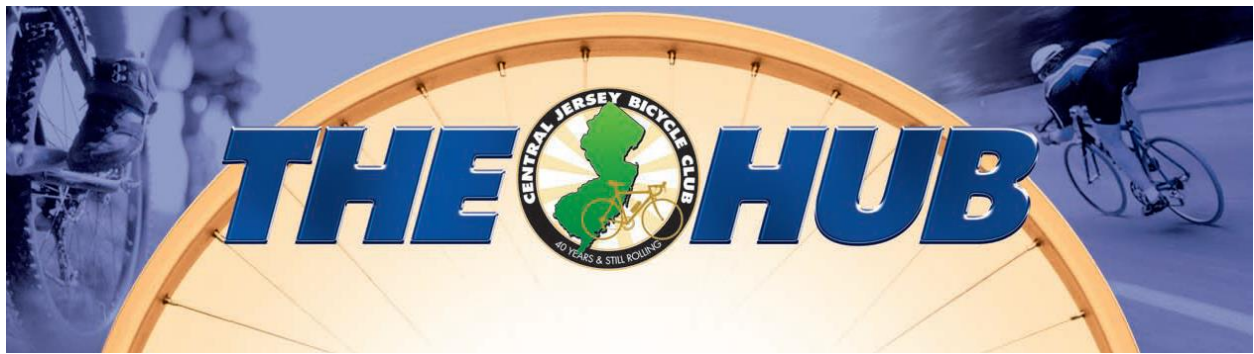
1325 Route 206N

Skillman, NJ 08558



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

www.eyesonfirstave.com/



Central Jersey Bicycle Club, Inc.

Over 40 Years and Still Rolling

Established 1968

December 2016

Number 12

Happy Bicycling!

