



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

Established 1968

September 2014

Number 9

Upcoming:

Board Meeting

September 15, 2014 7:00 PM
Metuchen Library
480 Middlesex Ave, Metuchen

General Meeting

October 20, 2014 7:00 PM
Metuchen Library
480 Middlesex Ave, Metuchen

Please be aware that all members are welcome to attend the Board Meetings. You must notify a member at large if you would like your voice to be heard. This way, you may be allowed time to have your concerns expressed, time permitting.

September 12-14

Vermont Weekend

WEEKEND STAY AND RIDE, cost \$45.00 per person. Arrive 9/12, Saturday - Vermont ride of 20 miles c/c+ 2/3, Sunday - Lake George ride of 26 miles c+/b- 3/4. The lodge is located in Chittenden Vermont, bring bedding and toiletries, a full kitchen is available for food prep, clean-up duties are required. Directions at highlifeskiclub.org. Registration is required. For reservations, contact David Young by 9/6/14 at 609 571 5002 or youngdavid020@gmail.com.

October 9th CJBC Awards/Volunteer Dinner

Old Town Buffet in Mid-State Mall, 300-314 Route 18, East Brunswick, NJ
from 7:00 PM to 9:00 PM. All members are invited at no charge.

October 18th Tom Koenig CJBC Anniversary Ride

This is a member only ride. Thompson Park, Jamesburg, NJ – first parking lot by pond from 10:00 AM to 5:00 PM. Contact David Young at 609 571 5002. Up to 4 rides of varying abilities, volunteer leaders wanted for rides, lunch will be provided by the club at Vesuvios Pizza in Millstone. Gluten free pizza available, please order in advance.

SEPTEMBER EVENT CALENDAR

September 2014						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 LABOR DAY The 2014 Donut Derby C 4 42 Friday on Monday - Ben	2	3	4	5	6 A 3 35-60 Whichever Way The Wind Blows Longest Day Training - Neil Cherry
7 Tour De Chocolate Town	8	9	10	11	12	13 Vermont Weekend With HLSC 9/13-9/14
14 Vermont Weekend With HLSC 9/13-9/14	15 Board Meeting	16	17	18	19	20
21	22	23 AUTUMNAL EQUINOX	24	25 ROSH HASHANAH (1ST DAY)	26	27 2Nd Annual Tour De Farm NJ
28	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 1

Ride with Ben

Ben, 609-655-0979

Pace: C

Terrain: 4

Distance: 42 miles

Time: 10:00 AM

Brookdale Community College,
Lot 7, 765 Newman Springs Rd,
Lincroft, NJ 07738. Call by 5 PM
Sunday. Meet at Brookdale College
Lot 7. Don't eat a big breakfast,
there will be crepes, Korean tacos,
ice cream.

Saturday, September 6

Whichever Way the Wind Blows

Longest Day Training

Neil Cherry, 732-723-0769

Pace: A

Terrain: 3

Distance: 35 - 60 miles

Time: 9:00 AM

Village Park, Maplewood Ave at
Westminster Pl, Cranbury Directions
- From Main St., turn on
Westminster and go one block to
park. Call ride leader no later than
9PM the night before to confirm time
and starting point.
ncherry@comcast.net

We suggest you call the ride leader if you intend to join a ride. The leader does not have to ride if no calls are received and if the leader has your number you can be informed of any last minute changes.

We also encourage you to contact us regarding rides you'd like to see and if you would be interested in becoming a ride leader.

Ad-Hoc rides are last minute ride postings.

Ad hoc rides are rides that are posted at least 2 days before the ride takes place. This amount of time is necessary so the notification is published on time.

See our rides schedule on our web

site: **website's Event Calendar** (check the rides schedule often as new rides may be listed at any time; sometimes as little as two days before the ride).

Ride Leaders

Please send all Ride Rosters to:

Award Chair

P.O. Box 10686, Brunswick, NJ 08906

Rides scheduled through Memorial Day should be sent by June 21.

Rides scheduled after Memorial Day thru Columbus Day should be sent by November 1.

Rides scheduled after Columbus Day thru New Year's should be sent by January 15.

Ride Classifications

PACE CATEGORIES - Road bike recommended

AX For strong, experienced cyclist in top physical condition. Average speed is 18 mph or more.

A+ For strong, experienced cyclist. Average speed is 17 to 18 mph.

A For strong, experienced cyclist. Average speed is 16 to 17 mph.

A- For strong experienced cyclist. Average speed is 15 to 16 mph.

B+ For good, competent cyclists. Average speed is 14 to 15 mph.

B For good, competent cyclists. Average speed is 13 to 14 mph.

B- For good, competent cyclist. Average speed is 12 to 13 mph.

C+ For average cyclists. Average speed is 11 to 12 mph.

C For average cyclists. Average speed is 10 to 11 mph.

C- For average cyclists. Average speed is 9 to 10 mph.

D For novice cyclist. Average speed is 9 mph or less.

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

TERRAIN RATINGS

1 Hill Mania (multiple long and/or steep climbs)

2 Large Hills (such as Hillcrest Road in Warren or Johnston Drive in Watchung)

3 Rolling Hills (such as Valley Road in Warren Township)

4 Mostly flat (except for occasional overpasses)

ATB RATINGS- For All-terrain and hybrids. Average speed will vary with terrain and rider's experience.

1 Log Novice. Basically flat. Typically tow paths and fire roads.

2 Logs Intermediate. Rolling. Rough paths and fire roads.

3 Logs Advanced. Numerous steep hills, some technical

MTB RATINGS- For All-terrain bikes only. Speeds will vary.

1 Log Novice. Basically flat to smooth.

2 Logs Intermediate. Rolling, rugged.

3 Logs Advanced. Hilly, technical.



August 18, 2014 General Meeting Minutes (Ice Cream Social)

Attendees: Ben Blum, Earl Lapides, Manny Coelho, Joe DiSimone, David Young and Andrie Young

Vice President Ben Blum: Get well card was sent to Joan Geddis who recently had a stent put in and a get well card will be sent to Bob Geddis who had 2 stents put in. Need volunteers for nominating committee. Committee's job is to call all members to see if they want to run for a board position. There is a concern that we are paying too much for the club phone. Any suggestions to reduce cost?

Membership Joe DiSimone: Current membership stands at 206 with 36 one year family, 139 one year individual, 3 two year family, 20 two year individual, 2 three year family, 6 three year individual.

Treasurer Earl Lapides: The Treasury contains \$41,255.75 as of 8/18/2014 includes Longest Day income but not the expenses. Awards dinner will be Thursday Oct 9th at Old Town Buffet starting at 7pm. Open to all members. All ride leaders getting ride leader jerseys have been contacted for their size. Mitch Solomowitz will be getting a \$50 gift certificate for the high mileage award and he will be getting a personal plaque.

Earl's tour of Manhattan will be Sunday Oct 5th.

Members at Large Andrie and David Young: Tom Koenig Memorial Ride will be Oct 18th with no rain date. Check ride calendar day of event for cancellation. Rides will start at 10am from Thompson Park, Jamesburg and rides will be posted on the calendar. There will be 23, 34, 43, and 50 mile rides. Need ride leaders for each ride.

Sept 12, 13, 14 - CJBC will be going to Rutland, Vermont for a weekend of cycling. We will be staying in the Highlife Ski Lodge and cost is \$45 per person for the weekend for lodging, does not include food or transportation or liquid refreshments. There is a kitchen if you want to cook or you can go out and eat at local restaurants. There will be a bike ride Sat in the Rutland area and then on way home we will stop at Lake George to do a bike ride on a bike path. Contact Andrie or David if interested. Need to know soon.

NEW BUSINESS

-Sister Mary Jo suggested that the Club pay for a sports figure to speak at one of the general meetings. Board will consider this proposal to get more members at meetings.

-Mitch Solomowitz was told that the ride leader award is a ride leader jersey only. When this award was proposed last year it gave the ride leader the option of a \$60 gift certificate to the cycle shop of his or her choosing. Board corrected this misunderstanding so the ride leader can choose a jersey or gift certificate. Mitch did choose jersey.

-Mitch indicated that the HUB is too long and efforts should be done to reduce its size. Suggestion made to only include NJ events and possibly charging for posting.

-Manny brought up that CJBC should donate monies to local charities since the treasury has grown from \$25,341 in April 2012 to \$41,255 now. Operating expenses is ~\$4000. Manny recommended we donate \$5000 to the Middlesex County Greenway that is a non-profit organization that benefits cycling. This will be brought up for further discussion and a vote at the next meeting. Another suggestion is to pay membership fees to LAB for all CJBC members. There was a concern about the legality of donating large amounts of money to charities.

-It was also discussed about teaming up with a charity to run Farmlands. The charity would get all revenue from the event and it would supply much needed volunteers. Dave Lewis is looking into this.

Thanks to long time member, Bob Geddis for submitting the following article on Cycling in the 50's.

CYCLING IN THE 50'S

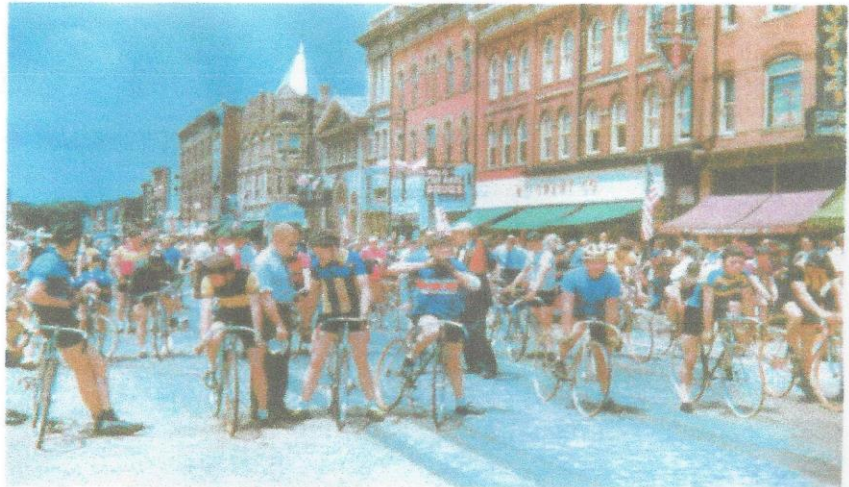
By Bob Geddis

It is the start of the Tour of Somerville bicycle race. The riders are lined up awaiting the starting gun. Athletes are in black shorts and bright jerseys. A familiar scene to all cycling enthusiasts. But on closer inspection there is something different. The bicycles have no brakes. Some have wooden rims. In place of gears they have fixed wheels with no freewheel. When the wheel turns the pedals turn. In order to slow down or stop these riders have to hold back on their pedals and they must keep the pedals turning without stop for the entire 50 miles of the race. No coasting even on the corners. The year is 1951.(see photos)

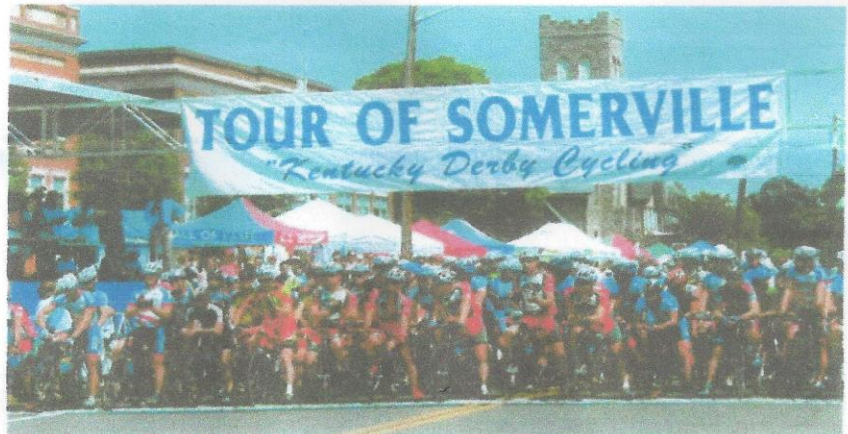
More than the equipment has changed in the last half century. I will try to give you a feel for what cycling was like in the 1950's. Not from the perspective of the racer because I am not qualified. Rather from the view point of a spectator and recreational club cyclist.

At the time most older cyclists (in my 20's that was anyone over 35) rode fixed wheels, most without even a single brake. This was a carry over from the last of the hay days of bicycle racing in the United States which ended sometime in the 1920's or early 30's when Newark with its Valesburg velodrome had been at the center of world professional bicycle racing. The changeover to geared bikes for racers and club riders was slow because the United States Cycling Federation, the sanctioning body for all racing in this country, required fixed wheels for races until sometime after 1956. This put U.S. racers at a great disadvantage in international competition because they didn't have the opportunity to learn to use gears effectively in competition. The rest of the world had been using geared road bikes for years. I remember the 1952 Olympic qualifying road trials when most of the riders were competing on geared road bikes for the first time in order to ride in the Olympics. I believe that this was a contributing factor to the failure of the U.S. to be truly competitive internationally on the road for decades. Another was, of course, the relative unpopularity of cycling as a sport or adult recreation.

There were few adult recreational cyclists in New Jersey and there were no organized clubs for recreational cyclists



Starting Line at the Somerville Bicycle Races - Year 1951 Above / Year 2006 Below



to my knowledge. There were some racing clubs such as the Century Road Club, Alpine Wheelmen and the Bay View Wheelmen. Some of them going back to the Gay Ninety's.(For you youngsters that refers to the carefree 1890's, not the sexual orientation of old time cyclists.) The New York Cycle Club for recreational cyclists may have been active at the time. I didn't become a member until the 60's. The American Youth Hostels (AYH) did sponsor the use of bicycles for touring between and around their hostels, but 3 speed roadsters were their bike of choice.

The result was that it was hard to find cycling companions. We had a few

traditional meeting spots in North Jersey. I believe Philadelphia and Southern Jersey had theirs too. One of my favorites was the old trolley entrance to the old Olympic Park in Irvington off Springfield Avenue. Long since gone. Anywhere from four to a dozen riders might show up on Sunday morning year around, weather permitting. It was a mix of riders and equipment.(see photo) My father and I were newcomers with geared road racing bikes. There were young racers, mature racers, former racers as well as the old timers in their sixties who rode through the Watchung mountains with their fixed wheels and no brakes. A typical ride would take us up Springfield

Ave., through Summit, sometimes as far as Pluckemin, always ending up at the Highway Diner on Route 22 at the foot of Watchung Ave. in North Plainfield. (see photo) Long gone. Another meeting spot was further north off Route 346 near the Totowa Drive In, close to Little Falls. Those were tough rides, always with some active racers out to train. One of our stops was Suffern, NY. This inevitably lead to the pun about "Suffering to Suffern".

One often had to make an effort in order to ride with a group. Every Sunday, I traveled with my wife and children from Freehold or Keyport to my parents house in Newark. My father and I then rode to

Olympic Park or drove to Route 346 to meet the guys. No girls in those days, not that they would not have been more than welcome. Upon return, we all enjoyed my mother's home cooking, and often a nap before driving home with the family. There were so few cyclists, that if I saw a rider on the road in NJ with dropped bars, the chances were nine out of ten that I knew him. If I didn't, I often chased him down to get to know him.

Things have changed, but much remains the same. The most change has been in recreational cycling clothing. It was mostly pick up and make do. (see photos) The modern bicycle of the 50's, however, would be familiar to today's

cyclists. There have been few major innovations. There have only been incremental changes in components, but there have been major changes in the materials used in construction. One innovation that does comes to mind is the aero bar, which enabled Greg LaMond to win the Tour de France, although except for time trialists, its impact on most cyclists has been minimal. Another innovation is the clipless pedal, which made the toe clip and strap with slotted metal shoe cleat obsolete. I wonder what cyclists will be riding and wearing in 2050? Perhaps some of you young guys and girls will be around then reminiscing about the good old days back in the early 2000's.



Highway Diner. North Plainfield, in the 50's



Typical Cycling Clothing in the 50's



Olympic Park Dress Code in the 50's



Somerville Races - Year 1951 Above / Year 2006 Below



We encourage other members to feel free to send any articles or information to be published on the HUB.

New to our HUB this month are charts and trivia questions provided by our CJBC member, Dan Rappoport who has compiled information about CJBC in the many years that have passed. You can find the trivia questions below after the article and the answers to the questions in the back of the HUB as well as the charts which provide detailed information.

CJBC Trivia

Answers can be found at the end of the HUB.

1. Who had the most total miles in 1 year?
2. Who had the most consecutive years with a total mileage award?
3. Who has had the most utility miles in 1 year?
4. Who has the most years with a utility mileage award?
5. Who has the most rides led within 1 year?
6. Who has the most consecutive years with a ride leadership award?
7. Who has the most years with a ride attendance award?
8. Who has the most rides attended for 1 year?
9. How many female Presidents have there been?
10. How many years was Mike Kruimer President?



Ride for or support the **CRISIS MINISTRY** in the
Battle Against Hunger Bike Tour • September 5-7, 2014

— PLEASE JOIN OR SUPPORT OUR TEAM! —

Alleviate hunger for our neighbors in need. Register to ride at

<http://battleagainsthunger.org/>

- Funds raised by our riders and supporters will support the Crisis Ministry in addressing food insecurity among low-income families
- The Crisis Ministry assists some 5,000 Mercer County individuals and families with services to prevent hunger and homelessness and promote long-term stability
- The Crisis Ministry is honored to be an organization supported by the 12th Annual Battle Against Hunger Bike Tour

Locations in Trenton: 123 E. Hanover St. & 716 S. Clinton Ave. | Princeton: 61 Nassau St.
www.thecrisisministry.org | 609-396-9355



/TheCrisisMinistry



/CrisisMinistry



/thecrisisministry

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PRESENTED BY
Capital BLUE 

**4th Annual Tour de Chocolate Town bike tour,
presented by Capital BlueCross!
Hersheypark Stadium, 100 W Hersheypark Drive,
Hershey, PA 17033**

Join us on **Sunday, September 7th** for a bicycle tour of Hershey and neighboring towns to raise funds for Children's Miracle Network at Penn State Hershey Children's Hospital. The Tour de Chocolate Town features four different bicycle routes that are designed to appeal to all riding levels. Choose from 4 courses: our beginner 17.5 mile, the intermediate 35 mile, or challenge yourself with the 65 or 100 mile century ride. All routes begin and end at *Hersheypark Stadium* and bring cyclists through *Hersheypark* near The Claw and head toward the Lightning Racer, passing several major rides including Fahrenheit, Tidal Force, Wildcat, and all of the Boardwalk attractions.

After exiting the Park near the Storm Runner roller coaster, all cyclists will pass the Milton S. Hershey's High Point Mansion, Hershey's Kisses shaped streetlights, and the Milton Hershey School before the four routes split.

Rest stops will be available throughout the courses. All participants must be 14 years and older. A portion of the net proceeds benefit Children's Miracle Network at Penn State Hershey Children's Hospital by purchasing state-of-art equipment and supporting vital programs. All dollars raised locally stay local. Throughout the route, look for our Miracle Children from the Children's Hospital as they cheer you on! The ride begins with a rolling start from 7 - 8:30 AM and registration is limited to 1,500, so sign up early to secure your spot!

<http://www.chocolatetownchallenges.com/tour-de-chocolatetown/index.php>

Hello Bike Maryland cordially invites you to our biggest bicycling celebrations of the year!



[Larry's Ride on Sunday September 14, 2014](#)

Larry's Ride, a fully supported bicycle tour out of Camp Milldale in Baltimore County returns as the ride for those who are up for a rewarding challenge. Keeping the existing 22, 35 and 60 mile routes, this year we are turning it up a notch with Larry's Rural Ruckus: a **new 75 mile route** through the beautiful countryside. Early bird registration with special student pricing and a "sleep-in" option is open now.

Come hungry! Coffee and bagels will be provided at registration, rest stops will be fully stocked with fruit and treats and everyone is welcome to enjoy fresh bar-be-que at Camp Milldale after the tour.

Early bird registration: \$35

Larry's Ride and Tour du Port joint registration: \$60

[Tour du Port on Sunday September 21, 2014](#)

The 21st Annual Tour du Port returns to Canton Waterfront Park with new and improved routes, SAG vehicles and bike mechanics set up strategically along the route, and exciting new partnerships that will allow us to make this year's event the freshest yet. The 2014 Tour du Port features the ever popular Aquarium rest stop for the 14 mile tour, the scenic North Point State Park Rest Stop on the 30 mile route and a **new** route, The Raven Challenge: a 50 mile route that heads north, taking riders through Loch Raven Reservoir for a unique perspective of Baltimore's watershed.

You won't want to miss this ride! Special features of the event will be announced in the weeks to come...stay tuned!

Early bird registration: \$40 Larry's Ride and Tour du Port joint registration: \$60

[Take advantage of joint registration and early bird prices, they jump August 15th!](#)

Volunteer! Earn your ride or your Bike Maryland membership!!

Volunteers who donate 4 hours of their time and energy at either Larry's Ride or Tour du Port will qualify for FREE registration at the Bike Maryland ride of their choice, will receive free lunch and a volunteer tshirt or will earn their annual Bike Maryland membership. Volunteer roles range from helping with registration, course marshalling, parking, lunch, and various other roles. Don't hesitate, these positions will fill up! Email [Mary](#) with your information and volunteer interest.

Support Maryland bicycling initiatives. Ride with us. [Join us.](#)

photo credit: Alliance for Biking and Walking

14th Annual Water Wheels Bicycle Tour of the Lawrence Brook Watershed

A fun, informative 26-mile ride with optional add-on loops
to Plainsboro Preserve through rural areas
See the natural and historical features of the area

Sunday, September 21, 2014

8:30 AM Registration

9:00 AM Ride starts

Start: Lawrence Brook Watershed Partnership Headquarters
at 85 Washington Ave, Milltown, NJ 08850
The red brick building next to Ice Cream Depot

Leader-led or Own Pace Cue sheet, Map

SAG Wagon Helmets Required Snacks Rain or Shine

Fee: Pre-registration (by Mon, Sept 15) \$5 per person \$10 Day-of ride
\$2 off for: •Students •Seniors •LBWP Members

TO PRE-REGISTER OR FOR MORE INFO CONTACT

MICHAEL

(732) 828 - 3275

Mshakar@aol.com

WWW.LBWP.ORG



Sponsored by

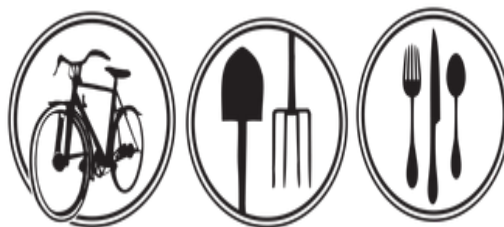
The Lawrence Brook Watershed Partnership

"Responsible Stewardship of the Lawrence Brook Watershed"

A 501(c)(3) Charitable Organization

TOUR *de* FARM

NEW JERSEY



Saturday, September 27, 2014

**A CYCLING & CULINARY EXPERIENCE
LIKE NO OTHER.**

WHO: Farm Supporters, Nature Lovers,
Locavores, Cyclists, Weekend Warriors,
Families & More!

WHAT: A Cycling and Tasting Tour of NJ farms
- Gourmet Farmer's Breakfast
- Tastings at Each Farm
- Healthy Post-Ride Hors d'Oeuvres
Farm-to-Fork Celebration
(prepared by NJ's Top Chefs!)

WHERE: [Race Farm](#)
87 Belcher Road
Blairstown, NJ 07825

WHEN: **Saturday, September 27, 2014**
(Rain date: Sunday, September 28th)

WHY:

- To bicycle through gorgeous NJ farm country
- To sample farm-fresh food at each farm stop
- To savor a gourmet, farm-to-table meal
prepared by New Jersey's top chefs
- To support our farmers and buy local

Register at <https://www.eventbrite.com/e/tour-de-farm-nj-farm-to-fork-celebration-tickets-10844757963>

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

*Mayor Rob Greenbaum would like to cordially invite your club to ride
with him in the 3rd Annual*



Sunday, September 28th, 2014

The *tour de mount olive* is a 40 mile recreational ride that combines scenic routes, challenging climbs and a chance to see the beauty of Mount Olive Township. Official maps are posted on the bikereg.com link. Detailed cue sheets will be posted and emailed to all pre-registrants one week prior to the event date and available in hard copy on event day. The ride is open to riders of all skill levels, age 14+. T-shirts are guaranteed to all who pre-register before September 9th and as supplies last after that date. For registration links and additional ride information please visit: <https://www.bikereg.com/2014-tour-de-mount-olive>

ALL REGISTRATION IS ONLINE!

The *tour de mount olive* is a rain or shine event. Registration fees are considered donations to the Mount Olive Recreation Department and are not refundable or transferable.

***tour de mount olive* TEAM CHALLENGE!**

Teams of 10 cyclists or more receive a 10% discount on their total registration. To receive this discount you MUST call Recreation 973-691-0900 x7264 or x7263.

The largest team participating in the Tour de Mount Olive will not only receive their team discount and bragging rights but also a \$25 gift card for the team captain and \$10 gift cards for each participating member to a local Mt Olive business.

REGISTER NOW! Click here – if you are registering a team please call 973-691-0900 x7263 / x7264 Onsite registration will open at 8:00am and will remain open until 15 minutes before the start of each event. Please show up early if you intend to register onsite

ENTRY FEES INCLUDE

tour de mount olive: the ride for which you registered, cue sheets, marked courses, rider support vehicles and water/rest stops. A pre-ride breakfast courtesy of Flanders Bagel and a ticket for one FREE lunch item and cold drink during our post ride BBQ! T-shirts are provided ONLY for pre-registrants in the Tour de Mount Olive ride who register BEFORE September 9th.

If you have any questions or ideas for our ride I would love to speak with you! Feel free to email or call me at your convenience. THANKS!

Laura Catherine Rimmer, MSW, LSW

Marketing Director

Recreation Department

Office: 973-691-0900 x7263

Mobile: 862-254-0114

Pacific Atlantic Cycling Tour

Fall 2014

Check out www.pactour.com for upcoming 2015 events that are open for register already!

Ridge of the Rockies

Monday September 1 to Friday September 19

Kalispell, Montana to Albuquerque, NM

1,900 miles, 18 days, 2 rest days

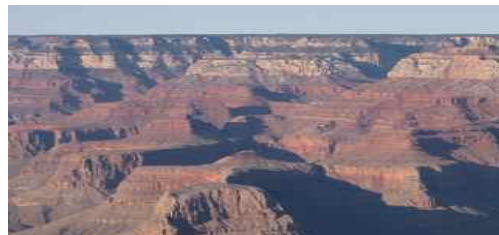
Our route will zigzag across the Continental Divide several times on our way across, Montana, Wyoming, Utah, Colorado and New Mexico. This is a tour with lots of climbing while viewing the best scenery of the Rocky Mountains. We will have a stay over day near Yellowstone National Park and near the Grand Teton National Park where riders can make a loop tour on their own or rest near those interesting areas.

Tour of the Canyons

Sunday, Sept. 21 to Sunday, Oct. 5

Albuquerque Loop

1,100 miles, 11 riding days, 2 hiking days



Beginning in Albuquerque, NM we will ride 500 miles to the Grand Canyon in 5 days. We have a stay over day hiking at the Canyon. Our return trip will include one day of hiking at Canyon de Chelly before returning to Albuquerque. This is a popular tour encompasses plenty of southwest culture with a good mix of cycling and hiking in beautiful areas of Arizona. You can combine these tours for a month long adventure with PAC Tour!

Tour of Ghana, Africa

A new tour for late October will be a combination road and mountain bike tour in Ghana, Africa. We will ride about 40-65 miles per day around the semi mountainous region of southeast Ghana along the Atlantic coast of Africa. The tour will be about 12 days including travel days and visits to the slave trader forts. We will be staying in nicer resort hotels and eating in restaurants. Lon will be going to Ghana to scout this route in April and we will have complete tour details ready sometime this summer.

www.pactour.com | (262) 736-2453 | info@pactour.com



New Holland Bicycle Race

The New Holland Bicycle Race is a 50+ mile open road course starting and ending at the Community Memorial Park in the Borough of New Holland.

The race is open to anyone 21 years of age or older. The race is held three times a year. The third Saturday of April, the third Saturday of July and the second Saturday of October. Each race is a variation that is designed to challenge the best but also allows intermediate cyclists a fun time.

Please look at the links on <http://newhollandbicyclerace.com/> for directions to the start. The Course button shows the turn by turn course directions of the most current race which is needed by all participants. Also, you can find a Waiver button for liability which must be signed by each participant and sent in with their check or money order for \$40.00 per person for the upcoming race.

New Holland Bicycle Race, LLC

P.O. Box 332

New Holland, PA 17557

Please have your check and signed waiver submitted 10 days before the start of the race date. Each race starts at 8:00 A.M. The race will be cancelled if there is a torrential rain and will be rescheduled the next morning.

Email: Marketing@NewHollandBicycleRace.Com



Central Bucks Bicycle Club

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

34th Annual COVERED BRIDGES RIDE

Sunday, October 19, 2014 8am - 3pm

TIN - Tinicum Park

Greetings Area Bike Clubs! Registration is now open for the CBBC Annual Covered Bridges Bike Ride. Here are the details....and thank you for your support!

The Central Bucks Bicycle Club's Annual Covered Bridges Ride will be held Sunday, October 19, 2014 (rain or shine). Choose from five gorgeous rides: flat, family-friendly 20 and 30 mile rides or challenging, hilly 33, 50 or 63 mile rides. Enjoy Bucks County's beautiful fall colors, scenic roads and historic bridges. Rides start and end at Tinicum Park along the Delaware River. Rides are well-marked and fully supported. Great rest stops feature food, baked goods, and fresh fruit and drinks. Savor our Grand Finale lunch at the end. For more information and to register: www.cbbikeclub.org.

Regards,

Linda Salkovitz

President

Central Bucks Bicycle Club

pres@cbbikeclub.org



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

¹Tuesday's rides are all year round

²Thursdays 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](mailto: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/>



AT A GLANCE

NJDOT releases new shore bike guides

Looking for a new place to ride during your summer vacation? Want to pedal further at the shore than you have before? NJDOT has released its newest bicycle tour route, "Explore the Jersey Shore by Bicycle." This fantastic new set of guides, which provides routing from Cape May to Sandy Hook, is broken up into four segments: Cape May to Somers Point (42 miles), Somers Point to Tuckerton (45 miles), Tuckerton to Brick (45 miles) and Brick to Sandy Hook (36 miles).



The guides extend the NJDOT's Biking in NJ Tour Guides collection and give visitors a chance to preview great bike rides across New Jersey, decide where they'd like to ride, and then offers those with smart phones or mobile GPS devices the resources to guide them along their way on the road. Instructions on how to use these guides can be found [here](#).

Hopewell TWP 100th municipality to adopt Complete Streets policy

NJBWC congratulates Hopewell Township, which became the state's 100th municipality to adopt a Complete Streets policy (and the first to adopt the policy as an ordinance).

Complete Streets are designed to accommodate all users, including pedestrians, bicyclists, motorists and transit riders. They allow everyone to easily and efficiently travel along the street. The state boasts 104 municipal policies and 7 county policies,

[NJDOT releases new shore bike guides](#)

[100th municipality adopts Complete Streets policy](#)

[Central Bergen Bike & Walk Plan - your input needed!](#)

[Federal Policy update](#)

[Four-foot Safe Passing Bill - how you can help](#)

[National Bike Challenge- June and July Local Challenge winners announced!](#)

[Ride in the Ramapo Rally and earn free trial membership in BTCNJ](#)

[NJBWC in the News](#)

[Upcoming Events](#)

[Member Clubs](#)

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NJBWC IN THE NEWS

[Riding with World Bicycle Relief](#)

[Does Montclair's bike and walk friendliness end at Bloomfield Avenue?](#)

[Merchants, seniors proponents of Master Plan for Montclair Center](#)

[The Outspoken Cyclist, Guest: Cyndi Steiner, NJBWC Executive Director](#)

UPCOMING EVENTS

making the state a leader among policies across the country.

To find out if your community or county has adopted a Complete Streets policy, check out the NJ Complete Streets Atlas and compilation [here](#). You can also review all of the state's municipal and county policies.

Bergen County residents and visitors: tell us where you bike and walk

Bergen County is developing a Bicycle & Pedestrian Plan for eight municipalities in Central Bergen County -

Elmwood Park, Fair Lawn, Glen Rock, Maywood, Paramus,

Ridgewood, Rochelle Park, and Saddle Brook.

The plan will identify the infrastructure needed to encourage more walking and bicycling in these towns, and create connections to the Saddle River County Bike Path. The project leaders are interested in input from residents and visitors to these towns and to the bike path. **NJBWC encourages you to visit the [project website](#) and [interactive map](#) and let the project leaders know where you bike and walk.** The success of this project will determine the next steps the county takes in making county roads more bike and pedestrian friendly.



Federal Policy

Congress continues to debate a fix for the Highway Trust Fund; last evening the Senate passed the House's original transportation bill, which extends funding and policy authorization through May 31, 2015. As Congress is on recess until September, nothing further will happen on the HTF and the re-authorization of the transportation bill until then. Stay updated at the League of American Bicyclist's [blog](#). Throughout the summer's debate, New Jersey and NJBWC have been playing our part to make sure our voices are heard.

NJBWC letter to Rep. Bill Pascrell

US Representative Bill Pascrell (D-9th district) sits on the House Ways and Means Committee, the committee responsible for the vote that moved the Highway Trust Fund debate onto the House floor. NJBWC sent a letter to Rep. Pascrell urging continued support of the Transportation Alternatives

Ramapo Rally, Aug. 17

Gran Fondo NJ, Sept 7

Jersey Devil Century, Sept 20

NJ Tour De Farm, Sept 27

Twin Lights Ride, Sept 28

2015 NJ Bike & Walk

Summit, Feb 21, 2015

MEMBER CLUBS

Bicycle Touring Club of North Jersey

Bike & Walk Montclair

Bike and Walk Morristown

Central Jersey Bicycle Club

Jersey Shore Touring Society

Major Taylor Cycling Club of New Jersey

Montclair Cyclists

Morris Area Freewheelers Foundation

South Jersey Wheelmen

Like us on Facebook 

[NJBWC Newsletter Archive](#)

YOU SHOP...AMAZON GIVES TO NJBWC! NJBWC has registered with Amazon Smile, a program where Amazon.com donates 0.5% of the purchase price of eligible products to the charitable organization selected by customers.

When you shop on Amazon, please use the following link...

Shop at AmazonSmile
and Amazon will make a donation to:

[Get started](#)

Program (TAP) and not have it become a casualty of the HTF debate. The TAP provides federal transportation funds that municipalities and counties can access for bicycle and pedestrian infrastructure project. Read the full text of the letter [here](#).

NJ Mayors support Transportation Alternatives Program (TAP)

Four NJ mayors, two council people and one trustee joined 371 mayors nationwide in a sign-on letter to Senator Barbara Boxer in support of the Transportation Alternatives Program (TAP). The letter, organized by the US Conference of Mayors and the National League of Cities urged Senator Boxer, as chair of the Senate to maintain local control of TAP funds; these are federal transportation funds that municipalities and counties can access for bicycle and pedestrian infrastructure project. The NJ communities represented in the letter are: **Fair Lawn, Montclair, Piscataway, Princeton, South Orange and Trenton**. If you live in one of these towns, please consider sending your mayor and town council a thank-you note for their support. Read the full text of the letter [here](#).

NJBWC joins Pennsylvania coalition in opposing Toomey Amendment

Senator Patrick Toomey of Pennsylvania introduced an amendment into the Highway Trust Fund debate that would have stripped all funding for the TAP program from the federal transportation budget. NJBWC joined with groups from PA in a sign-on letter voicing opposition to this amendment. Due to this strong showing, the amendment was never introduced. More importantly, this action shows how important it is that we remain vigilant in supporting bike and pedestrian transportation dollars, as they tend to be the first to go when the transportation budget comes under fire. Read the letter [here](#).

Four-foot safe passing bill - how you can help

As we [reported last month](#), a four-foot safe passing bill was posted by Assemblywoman Grace Spencer and approved by the Assembly Transportation and Independent Authorities Committee in May. NJBWC is working to get a similar bill posted by the Senate Transportation Committee in this session. As this effort moves through the NJ legislature, NJBWC will need to know how many readers we have in each of the state's legislative districts. To assist us, please [give us your zip code](#) so that we may identify your district. Rest assured that we do not share information about our readers and members on an individual basis; your information will remain confidential.

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Baker



National Bike Challenge - June and July winners announced



Congratulations to Local Challenge winners for June and July!

The riders with the most number of days pedaled each rode all 30 days in June and all 31 days in July. Incredible! We had to break the tie by using total miles pedaled. Click [here](#) for the June and July winners.



For the month of June, 434 riders pedaled 50,829 miles. They also:

- pedaled a total of 2,409 days
- burned 2,630,233 calories
- saved \$45,746 in transportation costs
- prevented 28,719 tons of CO2 emissions



In July, 451 riders pedaled 53,706 miles, and:

- rode 2,284 days
- burned 2,778,678 calories
- saved \$48,335 in transportation costs
- prevented 30,344 tons of CO2 emissions



[Sign up today](#) and become eligible for some terrific prizes from NiteRider, Power Bar, Wald Baskets and more. Grand prize: a commuter bicycle from Jamis Bicycles!



Gran Fondo NJ names NJBWC Executive Director as Grand Marshal for 2014

The [Gran Fondo NJ](#), organized by NJBWC board member Marty Epstein, has asked yours truly to serve as the Grand Marshal for this September's annual ride. NJBWC was chosen as one of the four beneficiaries of the Gran Fondo NJ. The GFNJ charity ride was named by the editors of Bicycling Magazine to their list of "The 50 Best Rides in America." Choose from four fantastic routes that

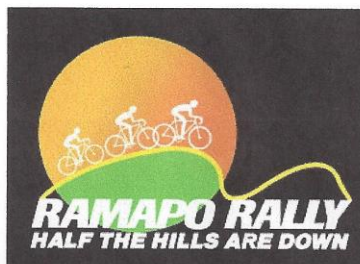


take you through some of the most beautiful and challenging terrain in the east. Enjoy spectacular food and other surprises at the 6 well stocked rest stops. [Register](#) before Aug 23 to avoid a price increase and to be eligible for \$20,000 in raffle prizes!



Ride in the Ramapo Rally and get a free trial membership in BTCNJ!

NJBWC sponsor and member club [Bicycle Touring Club of North Jersey](#) will host the Ramapo Rally on August 17. The Rally offers a full slate of bicycle rides, from an ultra



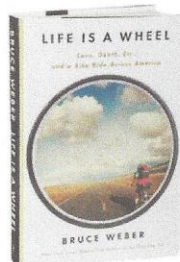
century 125-mile trek designed for more seasoned cyclists, to a modest 12-mile cruise geared to novice and beginning riders. Other routes of varying lengths, speed and difficulty of terrain are also available for recreational cyclists whose riding skills are at different levels. In August 2013, the Record billed the 2013 Ramapo Rally as the number one way to have fun before Labor Day.

In addition, **all non-BTCNJ members will receive a free 4-month trial membership to BTCNJ, beginning August 1st.** As this club hosts beginner rides, this is an excellent way for you to get started as a bicycle rider. Additional details and registration information are [here](#).

Support NJBWC!

The advocacy work of NJBWC needs your support to keep moving forward. When you join, you contribute to making our roads in New Jersey safer for everyone. Join or donate [here](#).

When you join at the Gold level, we will send you a signed copy of Bruce Weber's new book, Life Is a Wheel.



Sincerely,

Cyndi Steiner
Executive Director

New Jersey Bike & Walk Coalition | info@njbwc.org | <http://www.njbwc.org>
Box 140
551 Valley Road
Upper Montclair, NJ 07043

CJBC Tenure in Office

I. Frequency of Number of Board Members, 1980-2013

# of Board Members	Frequency
15	3
14	8
13	10
12	4
11	5
10	2
8	1
6	1
Total	34

II. People Serving the Board in One Position, Longest Tenure

Office	# of Years Title Held	# of People Holding Office	Average Length of Tenure
President	34	20	1.700
Vice President	30	19	1.579
Treasurer	34	16	2.125
Recording Secretary	33	18	1.834
Corresponding Secretary	16	8	2.000
Editor	33	12	2.750
Ride Captain	30	21	1.429
L.A.B. Rep.	31	15	2.067
Membership	33	8	4.125
Awards	32	14	2.286
Legislative	14	9	1.556
Program	28	14	2.000
Member at Large	30	17	1.765
Member at Large	29	21	1.381
PR	17	7	2.429
Totals	424	219	1.936

III. Frequency Distribution of Officers by Number of Years Served – Part I

# of Years Served	# of Males	# of Females	Total
27	1		1
18	1		1
17	1		1
12		1	1
11		1	1
8	1	1	2
7	1		1
6	5	2	7
5	7	6	13
4	9	6	15
3	11	5	16
2	16	10	26
1	30	19	49
Total	83	51	134

*The average board member serves less than two (2) years in that title. Ride captain serves less than 1.5 years in that title. All officers serve an average of more than three (3) years including multiple offices held.

IV. Frequency Distribution of Officers by Number of Years Served – Part 2*

# of Years Served	% Male	% Female	% Total
27	1.2		0.7
18	1.2		0.7
17	1.2		0.7
12		2.0	0.7
11		2.0	0.7
8	1.2	2.0	1.5
7	1.2		0.7
6	6.0	3.9	5.2
5	8.4	11.8	9.7
4	10.8	11.8	11.2
3	13.3	9.8	11.9
2	19.3	19.6	19.4
1	36.1	37.3	36.6
Total	99.6	100.2	99.7

*6.0% of all male board members served for exactly six (6) years. 9.8% of all female board members served for exactly three (3) years.

Researched by Dan Rappoport, 1980-2013

The following is information that has been gathered from Dan Rappoport regarding the Central Jersey Bike Club from 1980-2013.

Total Mileage 50,000 and Over

First	Last	Mileage	Years	Av. Mileage
Mike	Blake	164,975	13	12,690
Hal	Volz	120,282	18	6,682
Al	Lowich	118,174	18	6,565
Al	Drabnis	114,930	20	5,746
Kay	Buinis	104,854	9	11,650
Sue	Miller	81,850	16	5,116
Muriel	Mota	78,179	10	7,818
Lilli	Munsky	76,162	8	9,520
Dan	Rappoport	67,861	19	3,572
Dan	Keefe	59,136	7	8,448
Phil	Apruzzese	54,274	11	4,934
Mitch	Solomowitz	50,429	7	7,204
Frank	Lotito	50,135	6	8,356

Most Utility Miles Within 1 Year 3,000 + Miles

First	Last	Years	Miles
Michael	Sasso	1995	6,533
Michael	Sasso	1993	3,319
Cal	Wheeler	1993	3,174
Leslie	Tiersten	1991	3,156
Greg	Januska	1992	3,023
Michael	Sasso	1996	3,000

Total Utility Mileage (5,000+)

First	Last	Miles	Years	Avg. Miles Per Year
Michael	Sasso	12,852	3	4,284
Cal	Wheeler	10,801	4	2,700
Phil	Apruzzese	10,588	11	963
Dan	Rappoport	9,667	13	744
Jerry	Glick	8,078	6	1,346
John	Hartigan	7,840	5	1,568
Bernie	Schaffer	6,000	4	1,500
Greg	Januska	5,101	4	1,275

**Most Rides Attended in 1 Year
100 or More**

First	Last	Year	# of Rides
Ed	Miller	1994	180
Kay	Buinis	1994	177
Ed	Miller	1995	165
Ed	Miller	1991	160
Kay	Buinis	1995	158
Ed	Miller	1993	130
Ed	Miller	1992	121
Mike	Blake	1984	100
Richard	Ginsburg	1995	100

Total Rides Attended (400+)

First	Last	Attended	# of Years	Avg. # of Rides Per Yr
Ed	Miller	901	9	101.1
Kay	Buinis	745	11	67.7
Mike	Blake	671	13	51.6
Stan	Renick	587	24	24.5
Sue	Miller	549	18	30.5
Al	Lowich	547	23	23.8
Marty	Siegel	514	18	28.6
Frank	Lottito	505	15	33.7
Ben	Blum	473	20	23.6
Dan	Rappoport	466	23	20.3
Phil	Apruzzese	418	14	29.8
Max	Fine	417	17	24.5
Jerry	Glick	413	16	25.8
Mark	Heck	406	14	29
Al	Drabnis	405	12	33.8
Jeff	Hochbaum	404	14	28.9
Dan	Keefe	402	8	50.2

Most Rides Led in 1 Year (75+)

First	Last	Year	# of Rides Led
Ed	Miller	1994	158
Ed	Miller	1995	157
Ed	Miller	1997	142
Ed	Miller	1993	96
John	Smolenyak	2000	94
Ed	Miller	1998	88
Lillian	Munsky	1998	79
Paul	Schneider	1995	79
Ira	Feller	2000	77
Ted	Rosenberg	1998	77
Ed	Miller	1992	76

Total Rides Led (300+)

First	Last	Led	# of Years	Avg # of Rides Led Per Year
Ed	Miller	993	14	70.9
Al	Drabnis	589	19	31
Kay	Buinis	406	17	23.9
Tom	Koenig	401	14	28.6
Ira	Feller	400	9	44.4
Mike	Kruimer	400	13	30.8
Anne	Kruimer	397	13	30.5
Neil	Cherry	348	13	26.8
Mitch	Solomowitz	305	7	43.6

Most Mileage in 1 Year
10,000 or More

First	Last	Year	Mileage
Mary	Foley	2009	18,263
Lilli	Munsky	1997	17,030
Kay	Buinis	1997	16,116
Mike	Blake	1986	15,804
Kay	Buinis	1998	15,006
Kay	Buinis	1995	14,661
Mike	Blake	1991	14,444
Lillian	Munsky	1998	14,246
Mike	Blake	1984	14,067
Mike	Blake	1983	13,574
Kay	Buinis	1999	13,002
Kay	Buinis	1994	12,415
Mike	Blake	1989	12,386
Mike	Blake	1990	12,246
Mike	Blake	1993	12,239
Mike	Blake	1994	12,115
Frank	Lottito	1983	11,723
Paul	Wedeking	1983	11,711
Lilli	Felshin	1983	11,344
Al	Lowich	2012	11,241
Mark	Smith	1995	11,161
Jason	George	1983	10,930
Muriel	Mota	1992	10,606
Dan	Keefe	1984	10,205
Al	Lowich	2009	10,093

Researched by Dan Rappoport, 1980-2013

Attn: CJBC Members

We now 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 info.





2014 Ride Sheet – Central Jersey Bicycle Club, Inc.

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 to participate 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 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, 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	Leader				
2					
3					
4					
5					
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7					
8					
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15					
16					
17					
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19					
20					
21					
22					
23					

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 PO Box

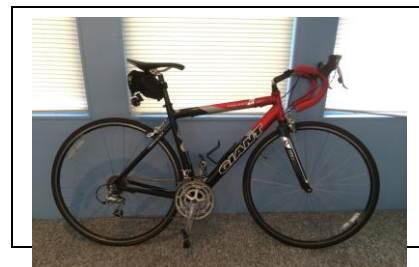
SUNSHINE COMMITTEE John Hartigan

We're ready to accept your "happenings". We send cards to Club Members for injuries, illness, and also sympathy cards - so please get in touch with John Hartigan so we support our club members. (732) 429-0152 ballyglassjohn@live.com

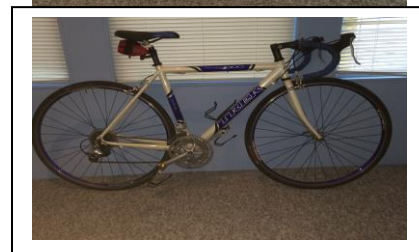
Classified Ads

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.

Giant OCR1, 50cm, Shimano 105 components. STI dual control levers, Shimano 105 Triple, 30/42/52 teeth \$425. Very good condition. (height range, 5'6" – 5'11" depending on body type - stand over height is 31.5") Contact Michael Godshall, godshall.michael@gmail.com 215 796 2346



TREK 1000 ALPHA, 50cm, Shimano Sora Components, STI Dual Control levers, Triple 52/42/30, \$300 Very good condition. (height range, 5'4" – 5'9" depending on body type - stand over height is 30") Contact Michael Godshall godshall.michael@gmail.com, 215 796 2346



Visually impaired woman looking for someone to ride tandem. Atlantic Highlands
Your bike or I will rent. Please contact Diane Doherty ddddfromnj1111@verizon.net

Looking for a used Men's 58CM entry level road bike.

Please call Ray Willer @908-380-1109 or e-mail me at SC@FederalBusinessCenters.net 1.

CycleOps Joule GPS Cycling Computer. Brand new, in the box unit. Never used. Computer lists for \$269, Amazon price \$251, my asking price \$220. If interested, call Peter at 609-466-6458 or write to pmacholdt@schererclin.com.

2 pair of brand new Performance Bike Ultra II bibs in size small. These have never been worn and still have the original tags attached. Performance sells these for \$89.99 per pair. I'd like to get \$85 for both pairs (\$42.50/pair). If interested, call Peter at 609-466-6458 or write to pmacholdt@schererclin.com.

*****ANSWERS TO CJBC TRIVIA QUESTIONS*****

1: Mary Foley with 18,263 miles (2009); 2: Hal Volz with 16 years (1981-1997); 3: Michael Sasso with 6,553 miles (1995); 4: Dan Rappoport with 12 years; 5: Ed Miller with 158 rides (1994); 6: Al Drabnis with 19 years (1993-2012); 7: Al Lowich with 23 years and Dan Rappoport with 23 years; 8: Ed Miller with 180 rides (1994); 9: 3 – Sue Miller, 1986; Muriel Mota, 1988-1989; Andre Haiken, 2011; 10: 10 years and 9 consecutive years from 1997-2005.

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.

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Van Delfino, owner

bicyclerack@msn.com

<http://www.njbicyclerack>

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bicyclerack@msn.com
njbicyclerack.com

(609) 448-2928

VAN DELFINO
Owner



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Gen'l Mgr: Nick Burton
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sales@highgearcyclery.com

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393 Main Avenue, Stirling,
NJ 07980
(908) 647-2010
Prop: Rone Lewis, Gen'l
Mgr: Craig Ward
www.highgearcyclery.com
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Felicita Rosario, CJBC HUB Editor (732) 912-3569 HubEditor@cjbc.org