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

Established 1968 May 2015 Number 5

Upcoming Meetings:

Special Meeting
May 4, 2015 6:00 PM
Metuchen Library
480 Middlesex Ave, Metuchen

Board Meeting
May 18, 2015 7:00 PM
Metuchen Library
480 Middlesex Ave, Metuchen

President's Comments

- **The May Board Meeting will be Monday, May 18th.**
- **All members, please check your spam folders. Some emails from our website seem to end up there. Think of all the wonderful information you might be missing.**
- **There will be a special meeting at the Metuchen library on Monday, May 4th. This will be for board members and for both ride leaders and potential ride leaders to be trained to post rides on our event calendar. Additional topics may be covered. The meeting will start at 6PM. It would be beneficial if you could bring a laptop or a tablet. Please contact Ben so that you may be granted permission to post to the calendar.**

31st Annual FARMLANDS Tour, May 2, 2015

Brookdale Community College, Lincroft, NJ

ONLINE REGISTRATION IS CLOSED.

YOU MAY REGISTER AT THE 'DAY OF REGISTRATION' TABLES.

THE FREE WILL BE $40.00. CHECKS OR CASH ONLY.

THE FEE INCLUDES A WATER BOTTLE BUT NO T-SHIRT.

Check-in begins at 7AM. Facilities close at 6PM.

MAY EVENT CALENDAR

May 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26 C 4/3 39 or 45 Friday on Sunday - Ben	27	28 C 4/3 35+ Friday on Tuesday - Ben	29 B+/A- 2 25-30 Mid-Week Sanity Break - Mark Heck	30	1 Bicycle Club Of Philadelphia's Annual Spring-N2-Cycling Weekend	2 Bicycle Club Of Philadelphia's Annual Spring-N2-Cycling Weekend Farmlands 2015
3 Bicycle Club Of Philadelphia's Annual Spring-N2-Cycling Weekend C 4/3 44 Friday? On Sunday - Ben Montgomery in May - C-, 4, 10 Miles	4 May 4 Special Meeting	5 CINCO DE MAYO C 4/3 40+/- Friday on Tuesday - Ben	6 B+/A- 2 25-30 Mid-Week Sanity Break - Mark Heck	7	8	9 A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry
10 MOTHER'S DAY C 4/3 45 Friday on Sunday - Ben	11	12	13 B+/A- 2 25-30 Mid-Week Sanity Break - Mark Heck	14	15	16 A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry C 4/3 44 Friday? On Saturday - Ben
17	18 Board Meeting	19	20 B+/A- 2 25-30 Mid-Week Sanity Break - Mark Heck	21 C 4/3 35+/- Friday on Thursday - Ben	22 C 4/3 44 Friday? On Friday - Ben	23 A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry
24	25 MEMORIAL DAY Friday? On Monday C 4/3 45+/- Ben	26	27 B+/A- 2 25-30 Mid-Week Sanity Break - Mark Heck	28 C 4/3 35+/- Friday on Thursday - Ben	29	30 Tour De Lebanon Valley A 1 120 Whichever Way The Wind Blows! - Neil Cherry C 4/3 43 Friday? On Saturday - Ben
31 C 4/3 45 Friday on Sunday - Ben						

*** 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

Sunday, May 3
Friday? On Sunday
Ben, 609-655-0979
Pace: C
Terrain: 4/3
Distance: 44 miles
Time: 10:00 AM
Thompson Park, Jamesburg, NJ. Please call if you are planning to attend.

Tuesday, May 5
Friday? On Tuesday
Ben, 609-655-0979
Pace: C
Terrain: 4/3
Distance: 40+ miles
Time: 10:00 AM
Village Park, Cranbury, NJ. Please call if you are planning to attend.

Saturday, May 9
Whichever Way The Wind Blows!
Neil Cherry, 732-723-0769
Pace: A
Terrain: 1
Distance: 80-100 miles
Time: 8:00 AM
Village Park, Cranbury, NJ. 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@linuxha.com

Sunday, May 3
Montgomery in May
John Klimko, 908-635-8394
Pace: C
Terrain: 4
Distance: 10 miles
Time: 10:00 AM
Montgomery Veterans Park, 210 Harlingen Rd, Belle Mead, NJ. Parking lot corner of Harlingen and Mill Ponds Rd**.**

Wednesday, May 6
Mid-Week Sanity Break
Mark Heck, 732-970-6763
Pace: B+/A
Terrain: 2
Distance: 25-30 miles
Time: 5:30 PM
Pizza Hut near GSP Exit 120, 343 Matawan Rd, Matawan, NJ.

Sunday, May 10
Friday? On Sunday
Ben, 609-655-0979
Pace: C
Terrain: 4/3
Distance: 45 miles
Time: 10:00 AM
Milltown Rangers AC, 111 Kuhlthau Ave, Milltown, NJ. Please call if you are planning to attend.

Wednesday, May 13
Mid-Week Sanity Break
Mark Heck, 732-970-6763
Pace: B+/A
Terrain: 2
Distance: 25-30 miles
Time: 5:30 PM
Pizza Hut near GSP Exit 120,
343 Matawan Rd, Matawan, NJ.

Saturday, May 16
Friday? On Saturday
Ben, 609-655-0979
Pace: C
Terrain: 4/3
Distance: 44 miles
Time: 10:00 AM
Thompson Park, Jamesburg, NJ.
Please call if you are planning to attend.

Thursday, May 21
Friday? On Thursday
Ben, 609-655-0979
Pace: C
Terrain: 4/3
Distance: 35± miles
Time: 10:00 AM
Village Park, Cranbury, NJ.
Please call if you are planning to attend.

Saturday, May 23
Whichever Way The Wind Blows!
Neil Cherry, 732-723-0769
Pace: A
Terrain: 1
Distance: 80-100 miles
Time: 8:00 AM
Village Park, Cranbury, NJ. 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@linuxha.com

Saturday, May 16
Whichever Way The Wind Blows!
Neil Cherry, 732-723-0769
Pace: A
Terrain: 1
Distance: 80-100 miles
Time: 8:00 AM
Village Park, Cranbury, NJ. 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@linuxha.com

Wednesday, May 20
Mid-Week Sanity Break
Mark Heck, 732-970-6763
Pace: B+/A
Terrain: 2
Distance: 25-30 miles
Time: 5:30 PM
Pizza Hut near GSP Exit 120,
343 Matawan Rd, Matawan, NJ.

Friday, May 22
Friday? On Friday
Ben, 609-655-0979
Pace: C
Terrain: 4/3
Distance: 44 miles
Time: 10:00 AM
Thompson Park, Jamesburg, NJ.
Please call if you are planning to attend.

Monday, May 25
Friday? On Monday
Ben, 609-655-0979
Pace: C
Terrain: 4/3
Distance: 45± miles
Time: 10:00 AM
Thompson Park, Jamesburg, NJ.
Please call if you are planning to attend.

Wednesday, May 27
Mid-Week Sanity Break
Mark Heck, 732-970-6763
Pace: B+/A
Terrain: 2
Distance: 25-30 miles
Time: 5:30 PM
Pizza Hut near GSP Exit 120,
343 Matawan Rd, Matawan, NJ.

Saturday, May 30
Whichever Way The Wind Blows!
Neil Cherry, 732-723-0769
Pace: A
Terrain: 1
Distance: 120 miles
Time: 8:00 AM
Village Park, Cranbury, NJ. 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@linuxha.com

Sunday, May 31
Friday? On Sunday
Ben, 609-655-0979
Pace: C
Terrain: 4/3
Distance: 45 miles
Time: 10:00 AM
Thompson Park, Jamesburg, NJ.
Please call if you are planning to attend.

Thursday, May 28
Friday? On Thursday
Ben, 609-655-0979
Pace: C
Terrain: 4/3
Distance: 35± miles
Time: 10:00 AM
Village Park, Cranbury, NJ.
Please call if you are planning to attend.

Saturday, May 30
Friday? On Saturday
Ben, 609-655-0979
Pace: C
Terrain: 4/3
Distance: 43 miles
Time: 10:00 AM
Brookdale Community College Lot 7, 765 Newman Springs Rd, Lincroft, NJ. Please call if you are planning to attend.

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.

Monthly Events from Sunshine Committee

Because you care …

Safe
Riding,

Andrie
SunshineCmte@cjbc

Comments from CJBC Members

April 18, 2015 CJBC Membership Ride:

Kudos to John Colasanti for stepping up to lead a combined B, C & D ride due to circumstances beyond his control.

And at least he had some last-minute CJBC sweeps and some CJBC photographers.

A good time and a free lunch was had by all.

Marion V.

We encourage all members to submit any articles or information that they would like to see published in the HUB.

BICYCLE CLUB
OF PHILADELPHIA

Spring-n2-Cycling Weekend

In Pennsylvania's green, scenic Susquehanna Valley

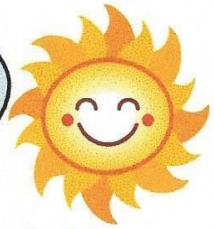
We will be staying in the quaint, historic town of Danville, which lies along the Susquehanna River. Danville is nine miles west of Bloomsburg [university town & site of an LAB cycling rally in 2000], and 16 miles east of charming Lewisburg, home of Bucknell University. Between towns, we cycle along pastoral landscapes with lots of historic covered bridges. This picturesque region of Pennsylvania is well-known for its local cycling teams and annual rides. The terrain is mostly rolling, although steep hills can be found for the challenge-seekers! There are flat roads along both sides of the river.

PACKAGE INCLUDES:

- Friday & Saturday nights at the Danville Quality Inn. All rooms non-smoking. Mini-gym at hotel
- Hotel's meeting room reserved for BCP for the whole weekend
- Complete buffet-style breakfasts Saturday & Sunday [hot dishes included]
- Friday evening Welcome Reception & Hot Dinner Buffet at hotel [6:30 to 9:30pm]
- Tour packets prepared for each guest, with cue sheets, maps, brochures, etc.
- Wide array of picturesque routes, terrains, & distances to ride. Off-road trails, also
- Featured Group Rides with a Leader on Saturday & Sunday
- Adorable country villages, college towns, museums, & an amusement park
- For cyclists with non-cyclist partners, an ABUNDANCE of fun, non-biking activities
- "Spring Fling" street festival in downtown Danville on Saturday, May 2
- A BOUNTY of "portable" cycling snacks to take along on rides [e.g., trail mix, granola bars, etc.
- Saturday afternoon Post-Ride Party [4:30ish to 6:30pm]
- *Massage therapist* at hotel on Saturday afternoon for post-ride rub-downs (~$1/minute)
- Saturday dinner at the lovely and elegant Watson Inn in Watsontown, private dining room for BCP
- Round-trip bus transportation to & from Saturday dinner in Watsontown
- Sunday afternoon "Wrap-Up & Leftovers" Party
- Two rooms held for late check-out on Sunday for showers/changing
- Music, party games, and raffle prizes!

Friday, May 1 – Sunday, May 3, 2014

PLEASE NOTE:
This event willNOT conflict with SCU's Quad County Metric!
The QCM is the following weekend.



www.phillybikeclub.org

THE FINE PRINT

Cost for entire package: ***"EARLY-BIRD"*** **Registration** [postmarked or paid on-line by **Wednesday, April 8** Members, $170/person, double occupancy. Non-members pay $190/person, double occupancy. Single occupancy supplement $90 for members/$95 for non-members. **LATE Registration (AFTER April 8), add $20**. Registration Forms:

PDF description and mail-in sign-up form

Online sign-up and registration using PayPal

IMPORTANT—PLEASE NOTE: Rooms are filled on a **FIRST COME, FIRST SERVED** basis. Due to the popularity of BCP's weekend events, *we may sell out before April 3*, so **please register** as **early** as possible. *EVERYONE* is *warmly welcome*!

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

Each guest receives a confirmation letter with customized maps/driving directions & detailed itinerary. Danville is approximately 2 hours & 30-45 minutes drive northwest of Philadelphia.

We look forward to meeting you!

LIFE LIBERTY & THE PURSUIT OF THE RIDE

4th Annual Delaware Gran Fondo

Cycling Event & Street Festival

Friday - Sunday, May 15 -17, 2015

Start location: Delaware Art Museum, 2301 Kentmere Parkway, Wilm., DE 19806

Start time: Mass start at 8am

Description: A bucket-list ride through world-class attractions. A scenic but challenging 100-kilometer ride featuring 13 Brandywine Valley attractions. Unique opportunity to ride through the spectacular grounds of Hagley Museum and Winterthur Museum & Gardens.

Other route options include:
Medio Fondo (50k); Governor's Ride (24k)
Route options for all ability levels

Swag bag to all rides. Two timed climbs with age-group prizes
Post-ride BBQ with craft beer and giveaways.

To register: www.wilmgrandprix.com

(registration fees increase closer to ride date)
Registrations fees increase as the event approaches.

They will be bumped up on March 30.

Phone: 302/655-6483

33rd Annual Kent County Spring Fling

May 22-25, 2015 (Memorial Day Weekend) Option of 3 days - Friday to Sunday afternoon

Join the Baltimore Bicycling Club ***and enjoy four days cycling the lightly traveled roads of Maryland's Chesapeake Bay Eastern Shore. Rides of 11 to 100 miles meander along flat to rolling roads — through rural towns and along scenic rivers.***

Only 70 miles from Baltimore/DC, 85 miles from Philadelphia, and 170 miles from New York City — we stay on the campus of Washington College, located in the historic port town of Chestertown, MD. (Info on Washington College and Chestertown at www.washcoll.edu).

Award winning cuisine, dessert and cordial parties, dancing, and great music will round out your perfect bicycling experience.

Check-in: ***Friday Noon until 9 PM and Saturday 8AM until 10AM***

Check-out: ***Monday by 4 PM - Note 3 day event ends after the picnic on Sunday.***

WHAT'S INCLUDED

- **Lodging: Friday, Saturday & Sunday**
- **Breakfast: Saturday, Sunday & Monday**
- **Dinner: Saturday & Sunday**
- **Picnic on Sunday**
- **Brunch on Monday**
- **Entertainment and Socials: Fri., Sat. & Sun.**
- **Map Packets (ride with a group or on your own)**

WHAT'S OPTIONAL

- **Friday Dinner 6:00-8:00pm**
- **Lodging upgrades provide suites (see Lodging Options)**

For further information, check out:
http://www.baltobikeclub.org/index.php/component/content/article?id=219

JOIN US FOR THE 1ST ANNUAL NJ TOUR FOR HOPE on MAY 30, 2015

AFSP-NJ is very excited to announce that the
1st Annual NJ **Tour*for*Hope**
will take place on Saturday, May 30th with a start/finish at Campgaw Mountain County Park in Mahwah, NJ.

What is**Tour*for*Hope**?

This is a recreational bike ride with multiple routes to interest both casual and experienced cyclists.The ride will start and finish at Campgaw Mountain County Park while the routes will wind through the beautiful roads of Bergen County.

Why Ride?

TheTour for Hopewill generate funds needed for suicide prevention research, education, advocacy and programs for survivors of suicide loss and those with lived experience.

Who Will Ride?

Individuals and Teams are invited for a guaranteed great experience!Ordinary people, just like you, are taking the challenge to make this a world without suicide.

If you are interested in joining the planning committee and/or volunteering at the event please contact

Lorraine Mackin at LMackin@afsp.orgor 908-514-6028

Sponsorship Opportunities Are Available!

Registration Fee includes: full route support, breakfast, lunch, snacks and hydration at our rest stops, SAG, medical support, bicycle mechanics, Tour for Hope sport sack and more.
All cyclists must meet the fundraising minimum in addition to the registration fee to participate.
Raise more to qualify for exciting gifts!

Tour de Lebanon Valley

Lebanon, PA Fundraiser Bicycle Rides

Saturday, May 30, 2015

Options:

- 62 Mile Metric Century Ride
- 26 Mile Ride
- Rail Trail Family Ride

Volunteers in Medicine

LVBC
LEBANON VALLEY BICYCLE COALITION

To benefit

Volunteers in Medicine Free Health Clinic
and **Lebanon Valley Bicycle Coalition.**
(Donations are 501c3 tax deductible)

Quiet country roads

Scenic farmland *Historic sites*

18th century villages

Family Rail Trail option

The VIM Clinic provides free primary medical services to residents of Lebanon County, ages 18-64, who are uninsured or under-insured.

The LVBC is an all-volunteer organization dedicated to working with local and state authorities and businesses to assure safer bicycling roads, provide educational and recreational activities, and other bicycling-related services.

Information & Registration www.tourdelebanonvalley.org or www.active.com
For more information on the VIM clinic: www.vimleb.org
For more information on bicycling advocacy: www.bikelebanon.org

THE LAND CONSERVANCY OF NEW JERSEY

Working to preserve New Jersey's open space, farmland, and water resources to make the Garden State a better place to live, work, and raise a family

Pedal for Preservation

Come Ride with Us on New Jersey's Premier Organized Rail Trail Ride!

Registration opens March 1st!

The weather outside may be frightful but in June the Columbia Trail is delightful.

Please mark your calendar for Saturday, June 6, 2015 for the 4th Annual Pedal for Preservation. The event begins and ends at West Morris Central High School in Chester.

Four years ago The Land Conservancy of New Jersey began this family-friendly FLAT off road cycling event through picturesque small towns in Morris and Hunterdon counties. Pedal for Preservation highlights the scenic Columbia Trail and land preservation. The rail trail travels on PRESERVED land through forest, farms, and parkland alongside the South Branch of the Raritan River. The event is not a race and is suitable for families, recreational riders, and avid cyclists. New this year we will offer a guided hike for non-cyclists. Please plan to join us! Pedal for Preservation is one of The Land Conservancy's biggest fundraisers and is fundamental to our efforts to preserve natural land and water resources.

When: Saturday, June 6, 2015

Where: The Columbia Trail, Morris and Hunterdon Counties. Registration and pre and post festivities will be held at West Morris Central High School 259 Bartley Road, Chester NJ

Who: Anyone interested in discovering the Columbia Trail and connecting with the outdoors. Serious riders can use this as a training ride. The flat shaded path is suitable for more casual riders too. The entire length of the trail is 30 miles round-trip but there are a number of shorter options available perfect for participants of all ages.

Why: New Jersey's valuable undeveloped lands are disappearing at an alarming pace and open space funding is limited, so the work of The Land Conservancy of New Jersey is more important than ever. The Land Conservancy provides creative solutions to concerned individuals, landowners, communities, businesses, and government entities who are committed to take action now to preserve New Jersey's land and drinking water resources, protect wildlife, and care for our parkland, farmland and open spaces. By working together, we are making New Jersey a better place to live, work, and raise a family.

http://tlc-nj.org/index.php/events/pedal-for-preservation

2 DAYS. 150+ MILES. 1 EPIC RIDE.

Everything you need to know about The Ride to Conquer Cancer.

Our Event:

The Ride to Conquer Cancer® is a unique cycling journey through New York's picturesque countryside on June 6th and 7th, 2015 and a unique opportunity to join forces and conquer cancer. This event benefiting the Cancer Research Institute directly supports ground-breaking laboratory and clinical research, bringing innovative immune-based cancer treatments (immunotherapy) to patients and offering them new hope. Step one of your journey begins by attending an orientation that will tell you everything you need to know about this life-changing event.

You will learn the following during the information session:

1. About the Cancer Research Institute and the impact of the fundraising dollars
2. Event logistics what you can expect during the weekend of The Ride
3. Training tips and tricks to prepare you to cycle 150+ miles throughout New York's countryside.
4. Fundraising resources we offer to help you reach and exceed your goals

This is your opportunity to have all your questions answered and to REGISTER for the event!

Here is the link to a heartfelt video to show what the session is all about:
http://youtu.be/mmmt-cYv9T8

Please find attached a link to the website for more information:
www.ridetovictory.org/ny

Emily Granacher
Corporate & Community Outreach Specialist
The Ride To Conquer Cancer, NYC
www.ridetovictory.org
(718) 749-9406

http://ny15.ridetovictory.org/site/PageServer?pagename=ny15_aboutevent

GITHENS CENTER

Special people serving people with special needs.

Help children & adults with disabilities from our community!

27th ANNUAL BIKE and WALK-A-THON

SATURDAY, JUNE 13, 2015 at 8 am - RAIN or SHINE

Bobby's Run School, 30 Dimsdale Road, Lumberton, NJ

Family Fun! Ride or Walk! Free T-Shirts!*

Lunch & Refreshments Included

** Free T-Shirts are available to the first 150 participants.*

Early Bird Registration - Online or Mail by 5/25/15		Regular & On-Site Registration - After 5/25/15	
Family Rate	$50	Family Rate	$65
Adult Rate	$35	Adult Rate	$45
Team Rate (4 max.)	$85	Team Rate (4 max.)	$95
Additional Team Members	$20	Additional Team Members	$20

Waive your registration fee by raising at least $100!

Cycling Events

10 mile | 25 mile | 35 mile | 50 mile | 100 mile

Walking Events

1 mile | 3 mile | 5 mile

On-Site Registration	8:00 am - 9:45 am
100 Mile & 50 Mile Rides	8:30 am
35 Mile Ride	8:30 am
25 Mile & 10 Mile Rides	10:00 am
1 Mile & 3 Mile & 5 Mile Walks	10:00 am

Need more information? www.githenscenter.dojiggy.com (609) 261-1667 joleary@githenscp.org

Githens Center (Burlington County Cerebral Palsy Association)

40 Cedar Street Mount Holly, NJ 08060 (609) 261-1667 Fax: (609) 261-1844 GithensCenter.org

A United Way Partner Agency

Morris Area Freewheelers Foundation
New Jersey, USA

REVOLUTIONARY RAMBLE
JUNE 13, 2015
Drew University, Madison, NJ

SEVENTH ANNUAL!!!

Revolutionary Ramble

Bicycle Tour
Saturday, June 13, 2015
Drew University, Madison, NJ

Rides for all abilities.
Choice of six routes through scenic and historic areas:
12 • 25 • 35 • 50 • 65 • 100 miles
Fully supported. Great rest stops. Photo ops.
All-you-can-eat lunch.
Post-ride fun and Bike Expo.

Benefits Local Volunteer Emergency Squads
& Promotes Safe Cycling

PLAN TO VISIT THE RAMBLE EXPO

http://www.rambleride.org/

Long Trail CENTURY RIDE

VERMONT ADAPTIVE Ski & Sports

SUPPORT DISABLED SPORTS!

SAVE THE DATE - **Saturday, June 27, 2015**!

Choose from 100-, 60- or 20-mile routes.

In 2014 YOU raised more than $125,000 for adaptive sports and recreation!
Help us meet our goal for 2015: $200,000!

The annual Long Trail Century Ride to benefit Vermont Adaptive Ski and Sports is a recreational century ride that starts and ends at Long Trail Brewery on Route 4 in Bridgewater Corners, Vermont. All participants who register will receive a lift ticket voucher to ski or ride Killington Resort during the 2015-2016 season!

Two shorter rides of 60- and 20-miles allow participants to cycle through the towns of Killington, Pittsfield, Bethel, Barnard, Woodstock, Ludlow, Bridgewater, and Plymouth, Vermont. Quaint villages, the scenery of Route 100 and U.S. Route 4, the Crossroad of Vermont Byway, the seventh of its kind recently designated by the Vermont Transportation Board, are incorporated into the routes.

Come check in Friday night at the Roaring Brook Umbrella Bars at Killington Resort and enjoy the evening, then set out Saturday morning with friends and family on the route of your choice. After the ride, Long Trail Brewery will be your host for a ride celebration, complete with a full plate of food, live music and entertainment, flowing beverages, and other festivities. **For questions about the race, email the Ride Director.**

Join us for the Apres-Ride Party in the field at Long Trail! Great BBQ, live music, kids games and a magician, and more!

Bring your family and friends to relax in the countryside of the Green Mountains of Vermont!

http://www.longtrailcenturyride.com/

We invite your members to take part in our annual international bicycle tours in 2015.

Golden ring of Russia www.rctc.ru/gring.html

The **bike tour** is designed for international cyclists, and it will introduce you to the real Russia! Bicycling is an ideal way to explore this fascinating country. Our informal tour is comfortably paced and you will enjoy biking in the quiet Russian countryside. You are not our customers – you are the guests of our club. In addition to cycling, we offer a special culture program. We visit a lot of museums and exhibitions (some of them are little known). You will meet friendly village dwellers and see how Russians really live. The menu promises to give you the opportunity to taste authentic Russian food that is unlike anything you've tasted before!

Karelia (new route) www.rctc.ru/karelia.html

Our new tour is in the pearl of Russian north nature - Karelia. The route goes from lake Onego (Onezhskoe) to lake Ladoga (Ladozhskoe), the biggest lake in Europe. You will visit the world famous Kizhi (UNESCO World Heritage) and Valaam islands, Kivach waterfall, Martsialnye Vody spa resort, marble quarry in Ruskeala, Sortavala, Korela fortress in Priozersk. Cycling part starts in Petrozavodsk, capital of Karelia and ends in Sortavala. We will cycle along the "Blue Highway" tourist route, which runs from Atlantic coast to Kargopol (Arkhangelsk region). You will see famous Vuoksi river in the Karelian isthmus.

PRINCETON
FREE WHEELERS

35th ANNUAL EVENT

SATURDAY AUG. 1st, 2015

Tour the beautiful countryside around central New Jersey with cyclists from all over the U.S. Tours range from a kid friendly 16 mile ride to a scenic century, from flats to rolling hills. If you pre-register by July 23rd, 2015, you will get faster check-in and a FREE Event T-Shirt. All Registrants enjoy a post ride lunch!

RETURNING AGAIN THIS YEAR: Family Ride! Leader available for pre-registered adults with young children! See Website for details. We are continuing the recent tradition of great rest stops with a variety of snack choices.

Great Reviews on the last few year's BBQ style Lunch means it will be repeated. Check the website for details.

http://princetonfreewheelers.com/35th-princeton-bicycling-event/

Vermont Challenge 2015

The 4th annual Vermont Challenge is a premier bicycle tour that offers both challenging routes for elite recreational cyclist plus tamer routes for all bike club members. The routes traverse Southern & Central Vermont over 2, 3 or 4 days including the signature Saturday 1-day Gran, Medio & Piccolo Fondo for all riders, presented by our title sponsor Stratton Mountain Resort on Saturday 8/15.

The Gran Fondo is only mountain resort-top Gran Fondo finish east of the Continental Divide. On Saturday we've created The "Ride Up" Bike Festival that's designed to show you how to take your riding to the next level with exhibitors focusing on: training advice & equipment, nutrition, hydration and more

When: The Vermont Challenge: August 12-16, 2015

Vtchalllenge.com and like us on Facebook for updates: Vermont Challenge

Challenge Options:

- The 4-day Grand Challenge: 8/13-16
- The 3-day Challenge: Any three day combination between 8/13-16
- The 2-day Challenge: Any two day combination between 8/13-16
- The 1-day Gran, Medio and Piccolo Fondo: 8/15
- ALL MULTI-DAY OPTIONS ALSO INCLUDE THE SATURDAY FONDO RIDES

Route Overview by Day

- Thursday 8/13: Southern routes out of Manchester – 65, 45 or 30 miles
- Friday 8/14: Routes to/from the Vermont Country Store plus BBQ! – 53, 35 or 25 miles
- Saturday 8/15: Gran, Medio & Piccolo – 97, 68 or 26 miles respectively all departing and ending. "Ride-up" Bike Festival from 11-6 pm Stratton Base.
  at Stratton Mountain or Bondville. Two Strava timed segments: KOM & Sprint
- Sunday 8/16: Northern routes out of Manchester – 58, 40 or 24 miles

the Vermont
CHALLENGE™
FONDO & RIDE-UP
BIKE FESTIVAL
presented by
STRATTON

UPCOMING 2015 BIKE TOURS

Already dreaming of next year's bicycle tour? Adventure Cycling wants to help you dream, ride, and explore in 2015! We have 102 tours this year with 25 new and revised itineraries. With tours ranging in length from six days to three months, and styles like epic adventures, mountain-bike trips, fully supported tours, and classic self-contained expeditions, we have a tour you'll love. Be sure to check out our Best Tours for Beginners, Epic Adventures, and Mountain Bike Tours.

Find your tour now. Don't hesitate — a few of our 2015 tours have already sold out!

New Epic Tours

- Pacific Coast, September 8 – October 22
- Atlantic Coast, Van, April 30 – July 1
- Western Express – TransAm, Van, June 7 – August 22

New Self Contained & Inn to Inn Tours

- Great Lakes, June 7 – 17
- Alaskan Golden Circle, July 19 – 31
- Upstate New York Adirondack Loop, July 19 – 28
- Puerto Rico, Inn-to-Inn, January 11 – 22, December 6 – 17
- Crater Lake, Inn-to-Inn, July 26 – August 3
- Utah Parks Loop, Inn-to-Inn, September 6 – 12

New Fully Supported & Van Supported Tours

- Southern Arizona Road Adventure, March 7 – 13
- Minnesota/Wisconsin Rivers and Trails, June 13 – 20
- Southern Ohio Relaxed, July 11 – 17
- Southern California Vistas, Van, March 15 – 21
- Natchez Trace, Van, April 11 – 18, April 19 – 26
- Tetons – Yellowstone, Van, July 25 – August 1
- Utah San Rafael Swell MTB, Van, October 3 – 10, October 11 – 18
- Mid-Atlantic Countryside, Van, October 10 – 18

New Educational Courses

- Introduction to Dirt Touring, Maine, June 14 – 19
- Leadership Training Course, Indiana, June 1 – 4
- Under 30 Intro to Road Touring, Florida, March 15 – 20, Texas, March 22 – 27
- Women's Intro to Road Touring, Virginia, May 10 – 15, Oregon, July 19 – 24

http://www.adventurecycling.org/guided-tours/?email=20141008

Tours Matching: USA Cycling All USA located tours below

Scottsdale Arizona Desert Self Guided Cycling Tour
The Arizona deserts are a mecca for cyclists in the winter season! The weather makes it perfect for riding throughout the daylight hours and pro athletes, from tri-athletes to professional cycling teams come to the dessert to train. So, train like a pro, or at least get out of your cold northerly weather and come warm up on a bike ride; enjoy the western spirit of Arizona as well as the nightlife and ambiance of the sun! Road Cycling 6 Days Self Guided Difficulty: Fit from $ 1295

US - Yosemite to San Francisco SSD Bicycling Tour
Not for the faint of heart, this adventure begins in the awe-inspiring Yosemite National Park and ends at the foot of one of the world's most recognizable structures, San Francisco's iconic Golden Gate Bridge. We pedal the hallowed vales of the Sierra Nevada in the shadow of such magnificent monoliths as El Capitan and Half Dome. Road Cycling 5 Nights / 6 Days Supported Self Directed Difficulty: Challenging from $ 1499

Death Valley Bicycling Discovery SSD Tour
Bicycling on Death Valley's smooth winding roads that oscillate above and even below sea level take us over a land born of fire, rich in minerals and steeped in a curious history. This 3.4 million acre national park is the largest in the United States and known the world over as a geographic rogue; holds the honor of being the eighth lowest elevation location on the globe at -282 feet. Road Cycling 6 Days Supported Self Directed Difficulty: Fit from $ 1495

Bryce Canyon & Zion SSD Cycling & Hiking Tour
Cycling and hiking in Bryce Canyon and then on to Zion National Park; available on specific departure dates for 2014 in our unique and new Supported Self Directed travel concept! Cycling & Hiking 5 Days Supported Self Directed Difficulty: Fit from $ 1369

US - Napa & Sonoma Wine Country SSD Bicycle Tour
The old-world landscape of Napa and Sonoma counties may sit on the movie-magic producing coast of the world, but these California miles open up to nothing less than the ideal setting for a classic adventure story. From the seats of our bicycles, we immerse ourselves in a land stitched together by stubborn farmers and captured by storytelling giants like Jack London and Robert Louis Stevenson. 3 Nights / 4 Days Difficulty: Fit from $ 1275

US - Epic Climbs of Arizona's Sky Islands SSD Cycling Tour
Experienced cyclists often consider their greatest moments on the bike as the instances of suffering high in the mountains, panting hard, legs on fire, and reaching the top! Powering around switchbacks, hoping you didn't go out too hard, and so on. There are few moments in life that clear the mind like an epic hill climb. On this trip we include 4 famous climbs, 2 of which are considered among the top 10 hardest hill climbs in the USA. Road Cycling 4 Days Supported Self Directed Difficulty: Challenging from $ 995

For more tours and further information, check out their website at
http://pure-adventures.com/list-tours/country-USA/activity-cycling#.VFU2DMt0w-g

Buckeye Country Roads Bicycle Tours

Erie Shores and Islands Tour

7 days, 6 nights: June 7-13, 2015

Difficulty (see below): 2 Daily distance options: 30-60 miles

Designed for the beachcomber in all of us, this tour explores Ohio's boating playground on Lake Erie. The islands, lighthouses, beaches and lakeside resorts provide the backdrop for this wonderful week on a bike. Come with us and explore Marblehead Peninsula, Catawba Island, Kelleys Island, Put-in-Bay, and the south shore of Lake Erie from Sandusky to Lorain. Visit Ohio's iconic lighthouses and maritime treasures, and ride where Commodore Perry refused to 'Give up the ship'! Extravagant lodgings, sumptuous meals, and lakeside vistas galore make this a trip you'll never forget!

Amish Country Adventure

7 days, 6 nights: July 12-18, 2015

Difficulty (see below): 4 Daily distance options: 30-50 miles

For the third year our flagship tour is back to revel in Ohio's scenic Amish countryside. For hill and scenery enthusiasts who want the challenge of Ohio's beautiful rolling hills, this tour has it all: the finest accommodations, catered dinners, and vistas that inspire. Ohio's Holmes County boasts the largest population of Amish in the country. Journey through time with us as we sample the daily life and history of Ohio's Amish communities—but bring your climbing gears and your thirst for adventure. And bring an appetite for "Amish bakeries day" - we shall say no more. This one is a classic among bicycle tours anywhere!

Grand Rivers Tour

7 days, 6 nights: Sept. 13-19, 2015

Difficulty (see below): 3 Daily distance options: 35-65 miles

Somewhere between the busy family vacation season and the busy fall color season, we sandwich in some quiet time to celebrate the final days of summer sunshine on our bicycles by exploring the many faces of northeast Ohio. With 3 wonderful resort inns to pamper us daily, we'll pedal lovely country roads to visit Ohio's largest wine producing region, the woodlands of Ohio maple syrup country, a myriad of historic covered bridges, a quaint college town, a very quirky amusement district perched along Lake Erie, a castle in the woods, picturesque ravines carved from sandstone and shale, several Amish communities, and all while playing peek-a-boo with the "grand rivers" of this grand area of Ohio.

For further information, click here.

The Weekday Cyclists in NYC

"GROUP RIDES during the week"

When?
Tuesdays[1] and Thursdays[2]

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

Time?
10:00 AM[2] Sharp

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

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

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

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

http://weekdaycyclists.org/

NJ BIKE TOURS

We do private tours. We'd be happy to entertain a group discount if members of your club would like to explore this area, get the insider tips on best places to stop, the history, etc with local cyclists and guides. We also do public events. 2015 events are as follows:

March 14 - Princeton Pi Day Farm to Table tour

April 11 - Sourland Cycles Grand opening tour

May 30 - Farm to Table (Farm Roll) tour

June 20, 17 - Princeton Adult School Farm to Table tours (sign up on PAS site)

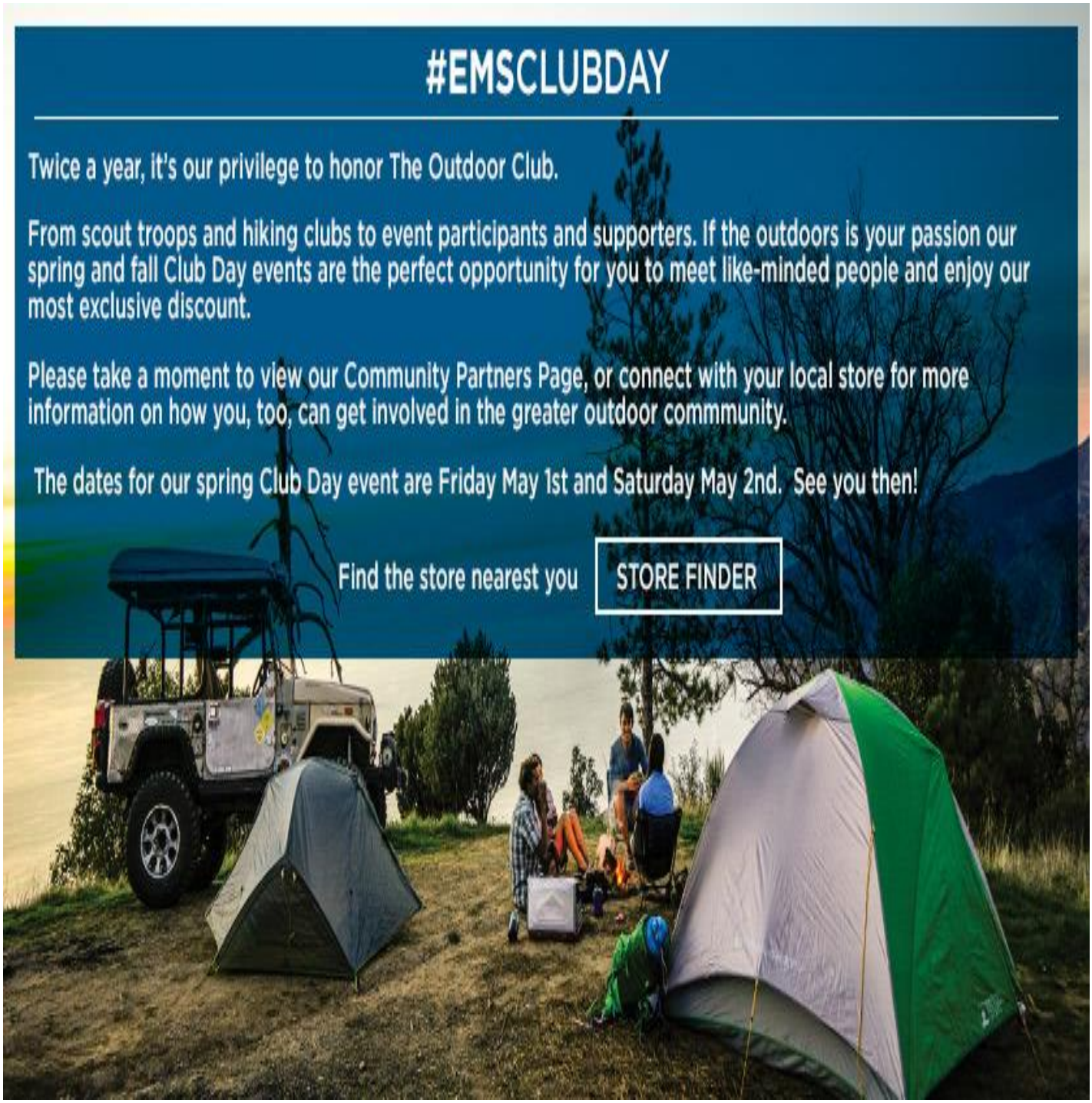
I look forward to meeting folks from your club!

Thanks!

Jake Herway
801-548-2285
jakeherway@gmail.com

www.njbiketours.com

CHECK OUT


#EMSCLUBDAY
Twice a year, it's our privilege to honor The Outdoor Club.
From scout troops and hiking clubs to event participants and supporters. If the outdoors is your passion our spring and fall Club Day events are the perfect opportunity for you to meet like-minded people and enjoy our most exclusive discount.
Please take a moment to view our Community Partners Page, or connect with your local store for more information on how you, too, can get involved in the greater outdoor commmunity.
The dates for our spring Club Day event are Friday May 1st and Saturday May 2nd. See you then!
Find the store nearest you
STORE FINDER

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.

Central Jersey Bicycle Club, Inc.

2015 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					
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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.***

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 great condition, Original Paperwork. $1,000 or best offer. Call or email - Karen, Phone: 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

Perth Amboy

Jerry & Stan's Bicycle Shop

442 Amboy Ave.

Perth Amboy, NJ 08861

(732) 442-4370

Ask for Howie!

Expert Repairs

Hand-Built Wheels

Basic Tune-Ups thru Complete

Overhauls

Tires & Tubes-Gameau

Helmets-Camelback

e-mail: info@jerryandstans.com

http://www.jerryandstans.com

Somerset

Hightstown

Bicycle Rack

SALES & SERVICE

Route 33 & Airport Road

Hightstown, N.J. 08520

(609)-448-2928

Van Delfino, owner

bicyclerack@msn.com

http://www.njbicyclerack

Bike N Gear

1695 Amwell Road,

Somerset, N.J. 08873

(**732)-873-0212**

Prop: Gary Schnitzer

MGR: Anthony DiPaolo

Cannondale Specialized

Ellsworth

Turner Ventana Haro &Masi

Sales, Service, Trade-Ins,

e-mail: BikeNGear@aol.com

Cycle Craft! www.cyclecraft.com	**LONG VALLEY** 8 West Mill Rd Long Valley, NJ 07853 908 876-5600 E-mail this location	**PARSIPPANY** New Road & Route 46 Parsippany, NJ 07054 (973) 227-4462 Fax: (973) 227-0924 E-mail this location

East Brunswick
1020 Route 18 N
732-651-8080

Old Bridge
361 Route 34
732-290-9898

PLANET BIKE

www.planetbikenj.com

Bicycle Rack
SALES & SERVICE

(609) 448-2928

Route 33 & Airport Road
Hightstown, NJ 08520
bicyclerack@msn.com
njbicyclerack.com

VAN DELFINO
Owner

HIGH GEAR CYCLERY	**MILLBURN - High Gear Cyclery** **20 Main Street, Millburn, NJ 07041** **973-376-0001** **Prop: Rone Lewis, Gen'l Mgr: Nick Burton** **www.highgearcyclery.com** **sales@highgearcyclery.com**	**STIRLING - High Gear Cyclery** **393 Main Avenue, Stirling, NJ 07980** **(908) 647-2010** **Prop: Rone Lewis, Gen'l Mgr: Craig Ward** **www.highgearcyclery.com** **sales@highgearcyclery.com**

RUTGERS BIKE

732-985-1770

1354 Stelton Road, Piscataway, NJ 08854

HALTERS 609-924-7433 (RIDE)

1325 Route 206N

Skillman, NJ 08558

89 First Avenue
Atlantic Highlands, NJ 07716
732-291-EYES(3937)
www.eyesonfirstave.com/

Central Jersey Bicycle Club, Inc.
P. O. Box 10686
New Brunswick, NJ 08906
info@cjbc.org
732-225-4827 or 732-225-HUBS

The CJBC Board

President	**Ben Blum**	609-655-0979	President@cjbc.org
Vice President	**Vacant**		VicePresident@cjbc.org
Treasurer	**Earl Lapides**	732-261-2000	Treasurer@cjbc.org
Membership	**Joe DeSimone**	732-225-4827	Membership@cjbc.org
Recording Secretary	**Carey Ann Kotake**		RecordingSecretary@cjbc.org
Ride Captain	**Vacant**		
Member at Large I	**John Colasanti**	908-456-2075	MemberatLargeI@cjbc.org
Member at Large II	**Jim Spada**	201-317-0007	MemberatLargeII@cjbc.org
Public Relations	**Nicholas Spadavecchia**	732-713-3187	PublicRelations@cjbc.org
Program Chair	**David Lewis**	732-381-8692	Drlewis140@gmail.com
Awards	**Vacant**		
LAB Rep	**Mike Kruimer**	732-586-3981	Kliner54@optonline.com
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