



**Central Jersey Bicycle Club, Inc.**

**Over 40 Years and Still Rolling**

**Established 1968**

**October 2015**

**Number 10**

**Upcoming Meetings: General Meeting**

October 26, 7:00 PM

Metuchen Library

**Board Meeting**

October 26, 8:00 PM

Metuchen Library

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



# **Plan on Attending CJBC Holiday Party**

**Sunday, December 13, at 1:30 PM**

## **Spain 92**

**1116 Route 202, Raritan, NJ**



**Free For Members**

**With \$30 Deposit Refunded The Day of Party at Spain 92**

**\$15 Fee For Guests of Members**

### To RSVP

If You Are Attending, Please Mail Your Check to:

*Attn: Holiday Committee*

*Central Jersey Bicycle Club*

*PO Box 10686, New Brunswick, NJ 08906*

**By November 30, 2015**

Or Bring Payment to Next Meeting on 10/26 or 11/16

For Questions, Contact Holiday Committee (Nick Spadavecchia or Earl Lapides)



# CJBC Calendar & Rides

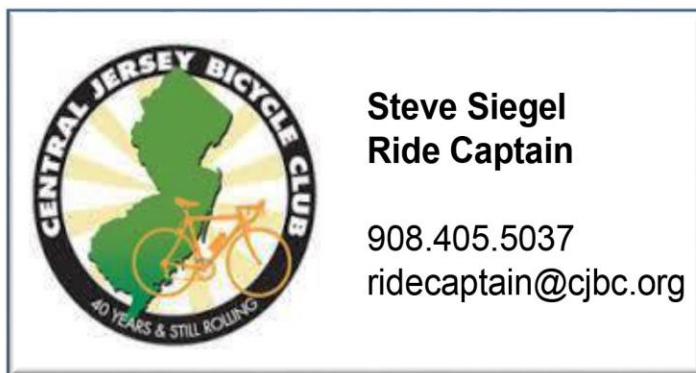


# CJBC Has a New Ride Captain Steve Seigel!



Contact Steve If You Would Like to Post a Ride!

Contact Info:



# OCTOBER EVENT CALENDAR

October						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry
4	5	6	7	8	9	10 A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry C 4 40+ The End Of Day's - Ben
11	12 COLUMBUS DAY	13	14	15	16	17 A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry Animal Protection League Bike Ride Rundraiser
18 Central Bucks Bicycle Club Covered Bridges Ride	19	20	21	22	23	24 A 1 80-100 Whichever Way The Wind Blows! - Neil Cherry
25	26 General Meeting	27	28	29	30	31 HALLOWEEN

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

# Ride Schedule

## Saturday, October 3

***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, October 10

***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, October 10

***The End of Days***

***Ben, 609-655-0979***

***Pace: C***

***Terrain: 4***

***Distance: 40+ miles***

***Time: 10:00 AM***

Brookdale Community College Lot 7.  
Call by 5PM Friday.

## Saturday, October 17

***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](mailto:ncherry@linuxha.com)

## Saturday, October 24

***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, October 31

***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

**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.



# **CJBC Notes & Board Minutes**





# *Monthly Events from Sunshine Committee*

*Because  
you  
care . . . . .*

**ANDRIE**

***SunshineCmte@cjbc.org***

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



## **Bike Club Board Meeting Minutes**

**September 21, 2015**

### **ATTENDEES**

---

#### **Board Members Attending:**

John Colasanti – Member-at-Large & Farmlands Chair

Earl Lapides – Treasurer

David Lewis – Program Chair

James Spada – Member-at-Large

Steven Seigel – Ride Captain

#### **Also Attending:**

**Ben Blum**

### **SCRIBE**

---

Carey Ann Kotake

## AGENDA

### OLD BUSINESS

- Holiday Party
  - December 13, 2015, 1:30 pm
  - Spain 92, 1116 Rt. 202, South Raritan, NJ 08869
  - Deposit \$30. Check to be returned upon attendance
  - Guest \$15
- Ride Submission Tab on Home Page
  - Currently under construction
  - Ride submissions sent directly to Ride Captain
- Correction to August Board Meeting Minutes
  - Road ID eligibility
    - Ride Leaders: 3 rides
    - Participants: 6 rides

### New Business

- Membership Survey
  - Conducted by Steven Seigel
  - Survey to poll membership on preferred ride type
    - Distance
    - Terrain
    - Starting Point
    - Day of Week
    - Time of Day
- Changing “D” ride type to “EZ”
  - Motion made by John Colasanti
  - Motion passed
  - “D” should be changed to “EZ” in the HUB and the home page of the club website.
- Membership Materials
  - Sponsor tags have arrived and distribution to sponsors will begin.
  - Brochure holders should be ordered
- Facebook—administrator requests board members post photographs
- October Program Meeting—David Lewis to present program: Easy flat tire repair
- Phone—Less expensive phone plan needed
- Autumn Wounded Warrior Ride
  - Proposed by David Lewis
  - Autumn 2016

**Central Jersey Bicycle Club, Inc.**  
**P. O. Box 10686**  
**New Brunswick, NJ 08906**  
[info@cjbc.org](mailto:info@cjbc.org)  
**732-225-4827 or 732-225-HUBS**

## The CJBC Board

President	<b>Vacant</b>		
Vice President	<b>Vacant</b>		
Treasurer	<b>Earl Lapidès</b>	732-261-2000	<u><a href="mailto:Treasurer@cjbc.org">Treasurer@cjbc.org</a></u>
Membership	<b>Joe DeSimone</b>	732-225-4827	<u><a href="mailto:Membership@cjbc.org">Membership@cjbc.org</a></u>
Recording Secretary	<b>Carey Ann Kotake</b>		<u><a href="mailto:RecordingSecretary@cjbc.org">RecordingSecretary@cjbc.org</a></u>
Ride Captain	<b>Steve Siegel</b>		<u><a href="mailto:RideCaptain@cjbc.org">RideCaptain@cjbc.org</a></u>
Member at Large I	<b>John Colasanti</b>	908-456-2075	<u><a href="mailto:MemberatLargeI@cjbc.org">MemberatLargeI@cjbc.org</a></u>
Member at Large II	<b>Jim Spada</b>	201-317-0007	<u><a href="mailto:MemberatLargeII@cjbc.org">MemberatLargeII@cjbc.org</a></u>
Public Relations	<b>Nicholas Spadavecchia</b>	732-713-3187	<u><a href="mailto:PublicRelations@cjbc.org">PublicRelations@cjbc.org</a></u>
Program Chair	<b>David Lewis</b>	732-381-8692	<u><a href="mailto:Drlewis140@gmail.com">Drlewis140@gmail.com</a></u>
Awards	<b>Vacant</b>		
LAB Rep	<b>Mike Kruimer</b>	732-586-3981	<u><a href="mailto:Kliner54@optonline.com">Kliner54@optonline.com</a></u>
Farmlands Chair	<b>John Colasanti</b>	908-456-2075	<u><a href="mailto:Seezer2@aol.com">Seezer2@aol.com</a></u>
CJBC Information	<b>CJBC Information</b>	732-225-4827	<u><a href="mailto:info@cjbc.org">info@cjbc.org</a></u>

Prospective members may join CJBC via the "Join CJBC" tab at <http://www.cjbc.org/> or via active.com at this link: <http://www.active.com/edison-nj/cycling/memberships/central-jersey-bicycle-club-2015-membership-2014>

Send content for *The HUB* to [NewsletterEditor@cjbc.org](mailto:NewsletterEditor@cjbc.org) | **Deadline for all content is the 24th of the month.**

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



# Rides of Interest

Rides Within This Section Provided to CJBC  
From Outside Sources



Saturday, October 17, 2015

Start Time: 9 AM

Allaire State Park, 4265 Atlantic Avenue, Wall Township, NJ

We've brought back our highly successful and fun Ride for the Animals. Celebrate Halloween early! Come dressed as your favorite animal! Dogs, cats, cows, pigs... all animals welcome. Be creative... decorate your bike, decorate yourself, decorate your helmet. Prizes awarded for Cutest, Funniest, Most Creative, Scariest, and Most Eco-Friendly. All registered children get a FREE "treat" bag. This is a fun, safe ride that is perfect for the whole family!

The bike path is the [Edgar Felix Memorial Bikeway](#), also described [here](#). It is 5½ miles each way, starting in Allaire State Park and ending in Manasquan with a 1½ mile extension to the Wall Sports Complex. You can bike the entire path which totals 14 miles or just do a few miles and turn around. You will go through beautiful wooded areas, past a golf course, a small pond and meadow, a farm, residential areas and quaint scenic towns. This is not a race so ride at your own pace.

To register by mail, print out our [registration form](#). Click [here](#) to register online.

\$25 until September 17, \$5 Children under 15

\$35 September 18 up until day of event, \$5 Children under 15

Just want to walk? \$10 registration any time.

T-Shirts to riders 15 years of age and up who register by September 17

Halloween goodie bags to all under 15 years of age

<http://www.aplnj.org/theride>





# **Central Bucks Bicycle Club**

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

## **Central Bucks Bicycle Club's Annual Covered Bridges Ride**

**Sunday, October 18, 2015 (rain or shine)**

**Tinicum Park, 974 River Rd, Erwinna, PA 18920**

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

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

Enjoy our hearty Grand Finale lunch at the end.

More details and registration information at [www.cbbikeclub.org](http://www.cbbikeclub.org)



### Organizing Committee

Leogane Cycling Club (LCC), Haiti

Mr. Jonas Roland

+509 3779-7085

[lcc2111@yahoo.fr](mailto:lcc2111@yahoo.fr)

### **CDi – Community Development International**

Mr. Matthias Resch

+1 718 916-9391

[matthias@cd-international.org](mailto:matthias@cd-international.org)

### **Team Henry**

Mr. Pierre Rouzier

+1 413-531-3568

[pierre.rouz@gmail.com](mailto:pierre.rouz@gmail.com)

### **Arizona Sports Medicine Center**

Mr. Chuck Peterson

+1 480 558-3744

[cpeterson@azsportsmedicine.com](mailto:cpeterson@azsportsmedicine.com)

### **HELP- Haitian Enlightenment & Literacy Project**

Mr. Greg Durandis

+1 917 319-6773

[gregdurandx@yahoo.com](mailto:gregdurandx@yahoo.com)

### **Konpay**

Mr. Joe Duplan

+509 3844-9923

[joekonpay@gmail.com](mailto:joekonpay@gmail.com)

### **Mr. Yves Pierre-Louis**

+509 3775-6647

[pielou10@yahoo.fr](mailto:pielou10@yahoo.fr)



July 23, 2015

### **FOR IMMEDIATE RELEASE**

The Léogâne Cycling Club (LCC) and partners in the Organizing Committee are in the process of opening registration to the inaugural **"Tour de Quisqueya"**, a road-cycling Tour to be held in Haiti from January 9 to 18, 2016.

During ten days, including international arrival and departure days, the Tour will offer six days of cycling for a total of up to 266 miles or 428 kilometers throughout Haiti, various volunteer opportunities, time for beach and relaxation, as well as optional cultural excursions.

The Tour combines athleticism with tourism and is subject to capacity limitations. Registration will end by November 1 or when capacity has been reached. Non-cyclists are welcome to register but will be on a stand-by basis until close of registration to maximize active participation of cyclists.

Overnight stops of the **"Tour de Quisqueya"** include Port Salut, Léogâne, Port-au-Prince, Montrouis, Gonaïves / Ennery, and Cap-Haitien. The itinerary also includes Les Cayes, Fonds-des-Nègres, St. Marc, Mirebalais, and Milot.

Registration fees of international cyclists will subsidize the participation of local athletes, and includes all local logistics, transfers and accommodation, most meals, vehicle support and a dedicated Tour staff.

### **SEEKING THE EXTRAORDINARY – SEEKING YOU!**

**Experience Haiti like never before.** Sign up, learn more, or become a sponsor at [www.cyclequisqueya.org](http://www.cyclequisqueya.org). This inaugural Tour will feature a large-scale tree-planting event on the January 12 anniversary of the Earthquake, and it will provide a lens through which to explore culture and natural beauty of an island destination too often overlooked.

Visit [www.cyclequisqueya.org](http://www.cyclequisqueya.org) today and become part of history.

Tour de Quisqueya is a joint program under the fiscal sponsorship of  
CDi – Community Development International, 501(c)(3)  
[www.cyclequisqueya.org](http://www.cyclequisqueya.org)

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 desert 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>



Hi Central Jersey Bike Friday Club,

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

### **CYCLE INDONESIA**

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

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

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

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

9 days - 486 km - elevation 4147 m

04 - 13 September 2015 - AUD 2,189

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

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

04 - 19 September 2015 - AUD 3,190

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

8 days - 283 km - elevation 3,543 m

24 hours ride time

20 - 27 November 2015 - AUD 1,869

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

7 days - 279 km

05 - 11 December 2015 - \$ TBA

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

7 days - 279 km

09 - 15 January 2016

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

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

12 - 24 March 2016

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

9 days - 524 km

06 - 13 May 2016

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

7 days - 279 km

14 - 20 May 2016

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

16 days - 670 km - elevation 10,184 m

01 - 16 July 2016

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

9 days - 524 km

18 - 26 August 2016

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

10 days - 486 km

09 - 18 September 2016

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

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

09 - 24 September 2016

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

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

17 - 30 November 2016



## When?

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

## Where?

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


## Time?

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

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

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

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

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

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





# Miscellaneous Stuff

Including Ride Sheets & Sponsor Ads



## ATTN: CJBC MEMBERS

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

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





## Central Jersey Bicycle Club, Inc.

### 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					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

### ALL RIDERS MUST WEAR HELMETS

Return completed ride sheets to: Awards Chairperson, PO Box 10686, New Brunswick, NJ 08906

Complete an Incident Report when accidents occur and send it to the address on the form  
and send a copy to the Club.

## Classified Ads

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

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

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

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

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

# RELEASE

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

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

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

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

Name \_\_\_\_\_

Name \_\_\_\_\_

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

Street \_\_\_\_\_

City \_\_\_\_\_

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

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

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

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

☐ 2 Yr \$30      ☐ \$40

☐ 3 Yr \$45      ☐ \$60

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



## FAMILY MEMBERSHIPS

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

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

\_\_\_\_\_

## CJBC FEATURED RIDES

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

## CJBC SOCIAL GATHERINGS

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

## PLEASE CHECK AREAS OF INTEREST

Event Volunteer ☐

Ride Leadership ☐

Serving on Board ☐

Optional:

Age \_\_\_\_\_

Birthdate \_\_\_\_\_

Gender: ☐ Female ☐ Male

Where did you hear about the Club?

\_\_\_\_\_

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

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

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



## **CJBC SPONSORS**

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

### **Bound Brook**

#### **Efinger Sporting Goods**

513 West Union Ave.

Bound Brook, NJ 08805

**(732) 356-0604**

Dept. Manager: Marc Cianfrone

Mechanics: Dustin Farnum

& Chris Scappino

**Specialized, Raleigh,**

**Haro & more!**

**Expert Repairs, Wheel**

**building on site**

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

Sun 10-5

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

### **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](mailto: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](mailto: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](mailto:BikeNGear@aol.com)





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

#### LONG VALLEY

8 West Mill Rd  
Long Valley, NJ  
07853

908 876-5600

[E-mail this location](#)

#### PARSIPPANY

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

Fax: (973) 227-0924

[E-mail this location](#)

East Brunswick  
1020 Route 18 N  
732-651-8080



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

Old Bridge  
361 Route 34  
732-290-9898

(609) 448-2928

## Bicycle Rack

SALES & SERVICE

Route 33 & Airport Road  
Hightstown, NJ 08520  
[bicyclerack@msn.com](mailto:bicyclerack@msn.com)  
[njbicyclerack.com](http://njbicyclerack.com)

VAN DELFINO  
Owner



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

973-376-0001

Prop: Rone Lewis,

Gen'l Mgr: Nick Burton

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

[sales@highgearcyclery.com](mailto:sales@highgearcyclery.com)

**STIRLING - High Gear Cyclery**

393 Main Avenue, Stirling,  
NJ 07980

(908) 647-2010

Prop: Rone Lewis, Gen'l  
Mgr: Craig Ward

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

[sales@highgearcyclery.com](mailto:sales@highgearcyclery.com)

**RUTGERS BIKE**

**732-985-1770**

1354 Stelton Road, Piscataway, NJ 08854

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

1325 Route 206N

Skillman, NJ 08558

**HIGH PERFORMANCE EYEWEAR**

Rx available  
including bifocals  
and progressives

**Eyes on First Ave**  
Atlantic Highlands, NJ

89 FIRST AVENUE  
ATLANTIC HIGHLANDS, NJ  
07716

732-291-EYES(3937)

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



**Central Jersey Bicycle Club, Inc.**

**Over 40 Years and Still Rolling**

**Established 1968**

**October 2015**

**Number 10**

# Happy Bicycling!

