



Central Jersey Bicycle Club, Inc.

Over 40 Years and Still Rolling

Established 1968

August 2016

Number 8

Next Meeting: Monday, September 19 at 6:30 PM, Metuchen Library

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



*Ice Cream Social & "How To" Class
Wednesday, August 3, 2016 at 6:30 PM*

**What's The Scoop
410 Main Street
Metuchen, NJ 08840**

Come & enjoy an Ice Cream along with other club members.

There will also be an information & learning session about our club's website i.e. how to post a ride or event, how to use the emailing function, ride library, etc.



CJBC Calendar & Rides



AUGUST

EVENT CALENDAR

August 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck Ice Cream Social & "How To"...Class. Weds Aug 3, 6:30 Pm	4	5	6 Cancelled (Date To Be Determined) Metuchen Bicycle Rodeo (Greenway)
7 C 4/3 16-35 One Loop or Two - Ben	8	9	10 Friday? on Wednesday C 4 30 - Ben Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	11	12	13
14 Friday? on Sunday C 4 35 Or 42 Miles - Ben	15	16	17 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	18	19 Friday? on Friday C 4 30 - Ben	20
21 C 4 42 Tacos, Crepes, Ice Cream - Ben-	22	23	24 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	25	26	27
28 C 4/3 45 Friday? on Sunrday - Ben	29	30	31 C 4/3 16-35 One Loop or Two - Ben Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck			

* The event calendar can also be viewed on the CIBC 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

Wednesday, August 3

Mid Week Sanity Break

Mark Heck, 732-970-6763

Pace: B

Terrain: 2

Distance: 25-30 miles

Time: 6:00 PM

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

Wednesday, August 10

Friday? On Wednesday

Ben, 848-667-5020

Pace: C

Terrain: 4

Distance: 30 miles

Time: 10:00 AM

Edison Municipal Complex, 100 Municipal Blvd, Edison. Call by 5pm the day before. No calls, no ride. Cue sheet Edison #1.

Sunday, August 14

Friday? On Sunday

Ben, 848-667-5020

Pace: C

Terrain: 4

Distance: 35 or 42 miles

Time: 10:00 AM

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

Friday, August 19

Friday? On Friday

Ben, 848-667-5020

Pace: C

Terrain: 4

Distance: 30 miles

Time: 10:00 AM

Edison Municipal Complex, 100 Municipal Blvd, Edison. Call by 5pm the day before. No calls, no ride. Cue sheet Edison #1.

Sunday, August 7

One Loop or Two

Ben, 848-667-5020

Pace: C

Terrain: 4/3

Distance: 16-35 miles

Time: 10:00 AM

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

Wednesday, August 10

Mid Week Sanity Break

Mark Heck, 732-970-6763

Pace: B

Terrain: 2

Distance: 25-30 miles

Time: 6:00 PM

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

Wednesday, August 17

Mid Week Sanity Break

Mark Heck, 732-970-6763

Pace: B

Terrain: 2

Distance: 25-30 miles

Time: 6:00 PM

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

Sunday, August 21

Tacos, Crepes, Ice Cream

Ben, 848-667-5020

Pace: C

Terrain: 4

Distance: 42 miles

Time: 10:00 AM

Brookdale Community College Lot 7, 765 Newman Springs Rd, Lincroft, NJ. Call by 5pm the day before. No calls, no ride. Cue sheet Brookdale #3.

Wednesday, August 24

Mid Week Sanity Break

Mark Heck, 732-970-6763

Pace: B

Terrain: 2

Distance: 25-30 miles

Time: 6:00 PM

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

Wednesday, August 31

One Loop or Two

Ben, 848-667-5020

Pace: C

Terrain: 4/3

Distance: 16-35 miles

Time: 10:00 AM

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

Sunday, August 28

Friday? On Sunday

Ben, 848-667-5020

Pace: C

Terrain: 4/3

Distance: 45 miles

Time: 10:00 AM

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

Wednesday, August 31

Mid Week Sanity Break

Mark Heck, 732-970-6763

Pace: B

Terrain: 2

Distance: 25-30 miles

Time: 6:00 PM

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

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

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

Ad-Hoc rides are last minute ride postings.

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

See our rides schedule on our web site: [website's Event Calendar](#) (check the rides schedule often as new rides may be listed at any time; sometimes as little as two days before the ride).

Ride Leaders

Please send all Ride Rosters to:

[Award Chair](#)

P.O. Box 10686, Brunswick, NJ 08906

Rides scheduled through Memorial Day should be sent by June 21. Rides scheduled after Memorial Day thru Columbus Day should be sent by November 1.

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

Ride Classifications

PACE CATEGORIES - Road bike recommended

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

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

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

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

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

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

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

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

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

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

EZ For leisure cyclist. Average speed is 9 mph or less.

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

CJBC has reclassified the D paced ride classification to EZ (easy) to promote short and easy leisure bicycling. The EZ pace is for riders of all abilities seeking to ride at a leisure pace (9-11 mph) on flat to rolling roads for short distances of 15-20 miles.

TERRAIN RATINGS

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

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

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

4 Mostly flat (except for occasional overpasses)

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

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

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

3 Logs Advanced. Numerous steep hills, some technical

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

1 Log Novice. Basically flat to smooth.

2 Logs Intermediate. Rolling, rugged.

3 Logs Advanced. Hilly, technical.



CJBC Board & Member Notes



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

The CJBC Board

President	Vacant		
Vice President	Vacant		
Treasurer	John Colasanti	908-456-2075	Treasurer@cjbc.org
Membership	Joe DeSimone	908-229-9596	Membership@cjbc.org
Recording Secretary	Carey Ann Kotake		RecordingSecretary@cjbc.org
Ride Captain	Steve Siegel	908-405-5037	RideCaptain@cjbc.org
Member at Large I			MemberatLargeI@cjbc.org
Member at Large II	Harold Finkel	732-666-7161	MemberatLargeII@cjbc.org
Public Relations	Nicholas Spadavecchia	732-713-3187	PublicRelations@cjbc.org
Program Chair	Vacant		
Awards	Dan Rappoport	609-924-9417	
LAB Rep	Vacant		
Farmlands Chair	John Colasanti	908-456-2075	Seezer2@aol.com
CJBC Information	CJBC Information	732-225-4827	info@cjbc.org

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

Send content for *The HUB* to NewsletterEditor@cjbc.org | **Deadline for all content is the 24th of the month.**

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

For any inquiries or questions regarding the HUB, please contact:

Felicita Rosario, Newsletter Editor (732) 912-3569 or NewsletterEditor@cjbc.org

CJBC Member Notes

Cyclists cross Susquehanna, close gap in 2,900-mile East Coast Greenway



Cyclists cross Susquehanna, close gap in
2,900-mile East ...

www.baltimoresun.com

Thomas J. Hatem Memorial Bridge opens to bicycle traffic.
When Dan Rappoport took a bicycle trip from New Jersey
to central Virginia in 2014, he was ...

[Check out the rest of the article here](http://www.baltimoresun.com/news/maryland/bs-md-hatem-bridge-bicycle-lane-20160701-story.html)

<http://www.baltimoresun.com/news/maryland/bs-md-hatem-bridge-bicycle-lane-20160701-story.html>

Submitted by Dan Rappoport



Rides of Interest

Rides Within This Section Provided to CJBC
From Outside Sources



Have you heard of [Cycle Massachusetts](http://cyclema.com/)?

<http://cyclema.com/>

The name may have changed, but we're still proud to be the Friendliest Ride in the East, and we're delighted to welcome cyclists for a weekend or a whole week depending on their schedules. We have some great new features in 2016:

- **Cycle Club Discount** – 6 or more riders registering from your club will receive a discounted entry fee: contact [Bruce](#) for more details
- **One ride – four states!** Not only do we explore Massachusetts, but we'll ride the quiet roads of Rhode Island, Connecticut, and New York as well.
- **Family riding weekend!** Our opening weekend is especially family-friendly complete with shorter rides to kid-approved destinations, an ice cream social, and an all-ages outdoor movie!
- **Back to the Berkshires!** We'll explore the quiet roads of this legendary region. We even have an "Alice's Restaurant" ride to celebrate the scenes of this famous song.

We're excited to welcome riders to our fantastic start/finish location at Nichols College in Dudley, Massachusetts. With two nights on their lovely campus, two nights in the cultural mecca of Great Barrington, and a night each in Agawam and Suffield, CT, you'll have time to explore the most scenic vistas, visit local landmarks, and savor each experience with new friends. Cycle Massachusetts is from **July 30th through August 5th** (2, 4, 5, and 7 day options available) and all proceeds support the [Massachusetts Bicycle Coalition](#). **Sign up today:** The registration deadline is July 15th, and Cycle Massachusetts is limited to 150 riders!

Tweet: Bring your friends to Cycle Mass, the Friendliest Ride in the East – groups of 6 or more get a club discount: www.cyclema.com **Facebook post:** Take a look at Cycle Massachusetts, from the friendly folks who brought you the Mass BikePike Tour. Bring your friends (there's a group discount!) and ride for a week; bring your kids to our special family-friendly weekend. Conveniently located just an hour from Boston! All proceeds benefit Massbike - make 2016 your year to explore the Bay State by bike. www.cyclema.com

Karin Turer - Tugboat 23

617-599-8509

www.tugboat23.com

karin@tugboat23.com

www.facebook.com/tugboat23consulting

Fundraising and Events for Grassroots Nonprofits

UPCOMING EVENTS IN 2016

- [National Bike Travel Weekend](#) – June – 3rd – 5th. Cycle Massachusetts will be organizing a trip
- [2016 State Bike Tour](#) – July 30th – August 5th
- [Paris to London on the Avenue Verte](#) – September 10th – 17th
- [Basque Country Coast and Rural](#) – September 24th – 30th



The
36th Annual
Princeton
Bicycling
Event
Saturday
August 6th, 2016

START LOCATION:

**Mercer County
Community College
1200 Old Trenton Road
West Windsor, NJ**

*Tour beautiful countryside
around Central New Jersey
with cyclists from all over
the eastern U.S. Tours
range from an easy 16-mile
ride to a scenic century,
from flats to rolling hills.*

**DIRECTIONS TO
START LOCATION**

From North or South via US-1

Exit onto Quakerbridge Road, South 533S
After two miles, left onto Hughes Drive.
Follow Hughes Dr. past Mercer County Park
Entrance and south entrance to Mercer County
Community College. Left onto 535 (Edinburg Road)
to campus entrance (jughandle right).

**From North or South via Interstate
95/295**

Take Interstate 95 (becomes Interstate 295) to
exit 65A, Sloan Avenue East. East on Sloan Avenue
(becomes Flock Road) to Edinburg Road. Left onto
Edinburg Road to campus entrance (jughandle right).

From North via NJ Turnpike

NJ Turnpike Exit 8 at Hightstown onto 33 West.
West on 33 to 571 in downtown Hightstown.
Right onto 571. Continue on 571 to 535.
Left onto 535 (Old Trenton Road) five miles to
campus entrance on right, after Mercer County Park.

From South via NJ Turnpike

Turnpike Exit 7A (Interstate 195).
West on I-195 to exit 5B (first exit off I-195).
North on US-130 to second light (526).
Left onto 526 to first light. Bear left at light then take
immediate right (still 526) to 535 (Old Trenton Road).
Left onto 535, two miles to campus entrance on right,
after Mercer County Park.

From East

Take Rt. 33 West until you see signs for Rt. 133 West.
Turn right on 133 West.
Take 133 to the end, exiting onto 571 West.
Move to left and turn left on 535/Old Trenton Road.
Follow Old Trenton Road approximately 5 miles.
MCCC is on the right.

The 36th Annual Princeton Bicycling Event Saturday August 6, 2016

REGISTRATION AND PAYMENT

Please complete one form per person, but ok to photocopy and give to friends. *Don't forget to sign the release.*

**Register Online by July 24th
and get a T-Shirt.:**

www.Princetonfreewheelers.com

Registration Fees By Mail:

Adults... \$35.00

Age 16 and under \$10.00

In order to receive a Free T-Shirt your mail in registration must be postmarked by **July 15.**

All others will be considered Day-of-Event registrations and will not be eligible for a Free T-Shirt. Fees are not refundable.

You may also register the day of the Event
Day-of-Event registration for adults is \$35.00,
\$10.00 for ages 16 and under - **NO T-SHIRT.**

**Your Registration Fee includes lunch following
your ride - served starting at 11:30 am**

Make checks payable to:

"Princeton Free Wheelers, Inc."

Do not staple or attach your form and check together.

Mail Completed Form, Release, and Payment to:

Princeton Free Wheelers, Inc.

P.O. Box 1204

Princeton, NJ 08542-1204

"Bicycle Helmets must be worn when riding!"

Contacts For More Information:

www.princetonfreewheelers.com

infoguy@princetonfreewheelers.com

Voice: (609) 882-4PFW (4739)

T-Shirt (men's):

☐ S ☐ M ☐ L ☐ XL ☐ XXL

RELEASE: In consideration of my participation in this 33rd Annual Princeton Event of the Princeton Free Wheelers, Inc. (PFW) I, the undersigned, intending to be legally bound, do hereby for myself, my heirs, executors, administrators and assigns, waive, release and forever discharge any and all claims I may now or in the future have against the PFW, the League of American Bicyclists (LAB), or their officers, members, and sponsors, and any other persons connected with this ride, for any liability for personal injury, illness, death, or property damage sustained by me resulting from my participation in this ride sponsored by the PFW, except to the extent that it is caused by gross negligence. In the event that such injury, illness, death or damage is caused by gross negligence, this release remains operative as to any released person or entity which was not grossly negligent. Further, as a participant on this PFW sponsored ride, I assure the following to the PFW, the LAB, and the other persons participating on this ride: 1. I am in good health and able to complete any ride in which I participate, and I am sufficiently prepared and experienced to undertake this ride. 2. My bicycle equipment is in good working order, and has the proper safety equipment. 3. I will wear an approved helmet while riding. 4. I will obey the following PFW ride practices during this ride: - Be alert—Signal my intentions—Know my limits—I will not ride too close. 5. I understand that participants under the age of 18 must be closely supervised by an adult at all times during the ride. 6. If injured or disabled on any ride, or if I cause any injury, loss, or damage, I will promptly alert the PFW. 7. I recognize the hazards inherent in the activity of bicycling, including the risks of serious bodily injury and death, and I nevertheless undertake this activity voluntarily. 8. I understand that this Release is in addition to any agreement which I may have signed to join or renew my membership in the PFW, and that this agreement does not in any way limit or impair the waivers or releases contained in that agreement. 9. I have read and understood all of the above rules and ride practices.

Signature _____ Date _____
(Applicant or Parent/Guardian if under 18)

FAMILY RIDE ☐ YOUTHS

[MUST PRE-REGISTER]

Name: (Please print legibly) _____

Address: _____

City: _____

State: _____

Zip: _____

Emergency Contact:

Name

Number

CHOICE OF ROUTES

Flat/rolling: 16, 23, 35, 50, 65, or 100 miles

Almost hilly: 65

WATER, SNACKS, & FOOD

WATER & SNACKS: Provided at start and at rest stops along each route, and at the end of each ride. Bring water bottles. Rest stops with snacks are noted on cue sheets.

POST-EVENT FOOD: A post-Event meal with drinks and dessert is included in your registration fee — served from 11:00 am.

SUPPORT SERVICES

FACILITIES: Telephones, Rest rooms, Parking and Bike Store Vendors who will make free adjustments, and safety inspections. **SAG SERVICE:** Mobile phone sag service to assist riders throughout the day.

DATE: Saturday, August 6, 2016

There is no rain date!

Start times are on your own, but suggested times follow:

Start Time	Latest Time	Route
7:00am	9:00am	100 miles
7:00am	10:00am	50, 65 miles
8:00am	11:00am	35 miles
8:30am	11:00am	16, 25 miles
10:30am - FAMILY RIDE***		

The Event ends at 4:30 pm.

**No services or personnel will
be available after that time!**



4 Great Tours
www.vtchallenge.com

Ride Vermont's Premier multi-day Challenge

The Vermont Challenge, www.vtchallenge.com, FB: Vermont Challenge, offers you up to 4 glorious days of riding through picturesque countryside's, covered bridges, river valleys and historic villages of southern and central Vermont for 1/4 of the price of packaged tours. Join hundreds of riders from across the U.S. & Canada.

Choose from 3 daily routes for all abilities. Fully supported, plus farm to table lunches, a kick-off dinner, handsome jersey, tech-t, water bottle and so much more.

August 11-14, 2016

Choose any combination from 4-days to just 1. Consider riding all four days for the best experience. To learn more go to: vtchallenge.com or Facebook: Vermont Challenge.



Challenge Options

Ride any combination from four days to just one. Most riders choose to ride for all four days but you can create the tour that works best for you.

Route Overview by Day

- **Thursday, August 11:** Southern routes out of Manchester – 65, 45 or 30 miles
- **Friday, August 12:** Routes to/from the Vermont Country Store plus BBQ – 53, 35 or 25 miles
- **Saturday, August 13:** Gran, Medio, Gran Piccolo & Piccolo out of Stratton Mountain Resort – 105, 76.5, 45.8 or 26.5 miles respectively
- **Sunday, August 14:** Northern routes out of Manchester – 58, 40 or 24 miles

What's included in your registration fee:

- Vermont Challenge stylish jersey
- Vermont Challenge tech t-shirt



4 Great Tours
www.vtchallenge.com

- Water Bottle
- Fully stocked Goodie Bag: "The Vermont Challenge Goodie bag blows away all other rides I've ridden by far"
- All Farm to Table lunches each day plus group dinners that are associated with the tour you selected
- Fully-supported rest stops
- Tech and sag support
- Bike tech support each morning
- \$30 of your registration goes to our 6 benefactors: 4 food banks, Stratton Mountain Urgent Care & Grace Cottage Hospital



Pricing

We donate \$30.00 of your registration fee, which is an increased amount over prior years, to our Benefactors through the Stratton Foundation. You will receive a letter thanking you and acknowledging your contribution. You are most welcome to make an additional contribution.

The 4-day Grand Challenge – August 11-14

- \$399 before 2/28
- \$429 before 4/24
- \$459 after 6/5
- \$499 after 7/24
- Voted by last year's riders as the best experience and value. Includes the one-day Gran Fondo on Saturday, August 13 and kick-off meet and greet dinner at the Manchester Country Club.



4 Great Tours
www.vtchallenge.com

The 3-day Challenge – any 3-days from August 11-14

- \$299 before 2/28
- \$329 before 4/24
- \$359 after 6/5
- \$399 after 7/24

Includes the one-day Gran Fondo Saturday, August 13

The 2-day Challenge – any 2-days from August 11-14

- \$199 before 2/28
- \$229 before 4/24
- \$259 after 6/5
- \$299 after 7/24

The 1-day Challenge – choose the Fondo (Saturday, August 13: The Gran, Medio, Gran Piccolo or Piccolo) or choose another day of your choice to ride

- \$159 before 2/28
- \$169 after 4/24
- \$179 after 6/5
- \$199 after 7/24

Please note: Ride registration excludes 6% Vermont sales tax and Bike Reg service fees, which will be added to your total at time of check out.



From your bike... see something new discover the Brandywine Valley

Located between Baltimore and Princeton lies the beautiful Brandywine Valley... a great place for a [weekend bike trip](#)!

Along the way, enjoy some great rest stops. Pictured below is our first stop on Saturday, *Auburn Heights Estate and Steam Car Museum* nestled in a beautiful and peaceful spot in the Brandywine Valley.

Later we'll stop at Northbrook Orchards, a terrific farmers' market with locally grown fruits and vegetables as well as cider donuts, ice cream and other treats.

Later, (or if we get rain), tour DuPont Estates and Gardens (*Winterthur* and *Nemours*), The *Brandywine River Art Museum*, *Longwood Gardens*, the *Delaware Art Museum*, wineries and historic sites. Or just enjoy our home for the weekend, the exclusive Fairville Inn, in its historic and comfortable setting.

The Fairville Inn is just a 20 minute drive from Rt. 95 and downtown Wilmington. We'll open our weekend with dinner there and on Saturday we'll visit a restaurant/tavern that dates back to 1817.

[Brandywine Valley Bike Tours](#) **August 12** weekend is filling. Reserve by July 15 to guarantee your spot. To learn more, contact your tour leader at EdWeirauch@comcast.net, 302-778-5418

visit www.BrandywineValleyBikeTours.com



AUGUST 12-14, 2016

RIDE DESCRIPTIONS

Friday

History Ride: 10 miles

A 2014 Maryland Municipal League award winner, this popular ride has been offered every year in the Tour de Frederick. This is an eight mile loop of historic downtown area of Frederick with stops at the Francis Scott Key Memorial, the Barbara Fritchie House, Hood College, the Community Bridge Mural and 17 other historic points of interest. Led by a Cycling historian, allow two hours for completion.

Saturday

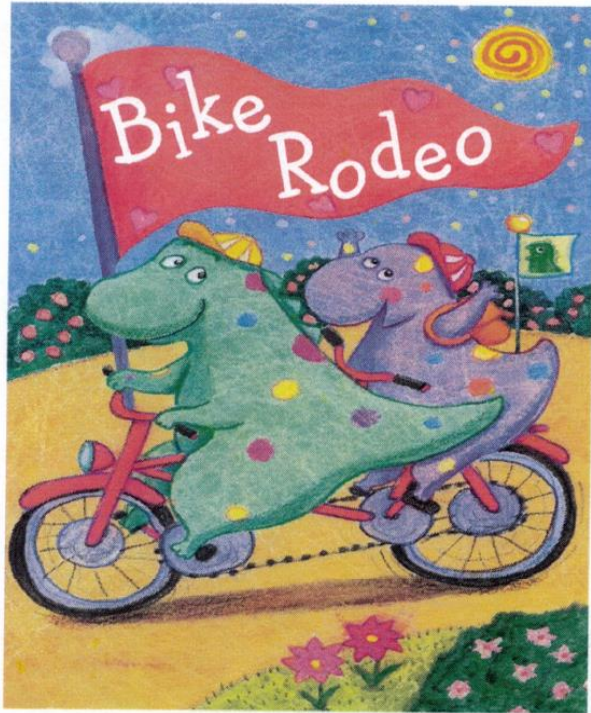
Heine & Light Families Century Ride: 102 miles

The century ride heads out of town into the gently rolling terrain north of Frederick. Riders will cross four covered bridges (three in Maryland and one in Pennsylvania), a stone arch bridge and a couple of old wooden bridges, as well as pass through the Gettysburg National Battlefield Park. Most roads are very lightly traveled and the hill climbs are mostly gentle (as are the descents). Several miles are spent on a road that used to be an old Native American trail. The route also takes in the beautiful vistas of northern Frederick County where one can see the mountains in the distance to the west beyond lovely farmland. *Elevation 3984 feet*

**Online Registration closes August 7
Walk-ins August 12 & 13**

Must register by July 31 to receive event T shirt.

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



Please Join
in the Fun
at my
**EAGLE
SCOUT
BIKE RODEO!**

DATE: Saturday, August 20, 2016

TIME: 11am - 3pm

**PLACE: Monroe Twp Rec Center
Hockey Rink (rain or shine)**

COORDINATOR: Austin Aitken

Bring your bicycle and helmet to participate in bike safety inspections, fun stations and a bicycle obstacle course.

*For more info contact 732-656-3129
or email kallona@comcast.net



Austin Aitken
2 Hampton Road
Monroe Township, NJ 08831
(609)598-1880 cell
(732)656-3129
saitken2@comcast.net



RE: BSA Eagle Scout Bike Rodeo
Saturday, August 20, 2016 11am – 3pm
Monroe Rec Center

Dear Sir/Madam:

I am currently a Life Scout with Boy Scout Troop 60 and organizing a Bike Rodeo this summer for my Eagle Project. The rank of Eagle Scout is the highest rank offered by the Boy Scouts of America. I am hoping that you would be willing to assist in my endeavors to achieve the rank of Eagle Scout.

I have been planning and developing areas for the Bike Rodeo to promote bike safety, learn about its health and environmental benefits and educate young cyclist. It will take place on August 20, 2016 at the Monroe Township Rec Center, 120 Monmouth Road, Monroe Twp., NJ from 11am to 3pm. There will be educational stations as well as fun stations. I am dependent on the support of clubs and organizations in our community to host a table at my bike rodeo to showcase their organization and its mission as it relates to bicycling. Would you be willing to support my Eagle project by hosting a table for your organization? It is a win-win situation when we benefit from your presence and you receive the goodwill and publicity which comes as a result.

I would be happy speak with your and share information about my Eagle Project. If you are interested in hosting a table or have any questions, I can be reached at the contact info above.

Thank you for considering my request.

Regards,

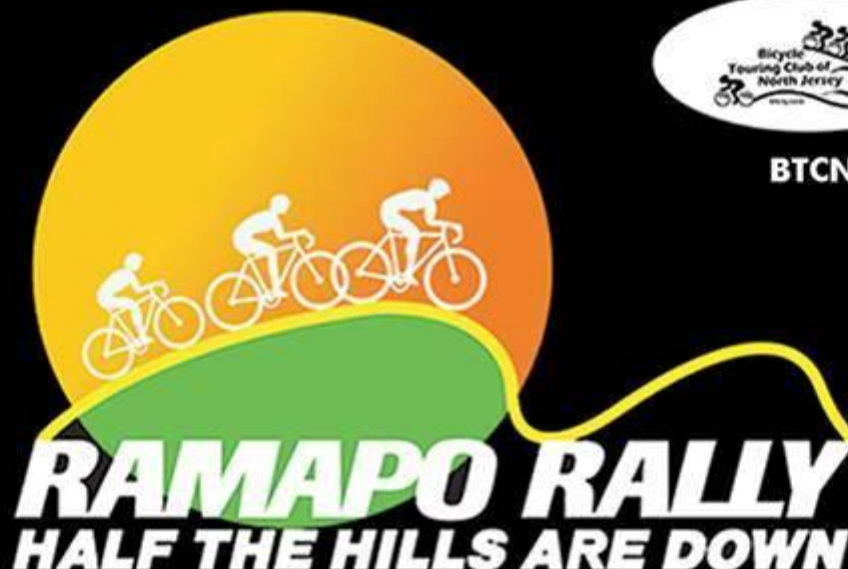
Austin Aitken

Austin Aitken
Life Scout
BSA Troop 60

Presented by:



BTCNJ.COM



SUNDAY, AUGUST 21, 2016

Campgaw Mountain County Reservation, Mahwah, NJ

RAMAPORALLY.COM

SIX SCENIC RIDES FOR FAMILIES TO FANATICS

12 • 25 • 50 • 62 • 100 • 125 mile rides



Pre-register by July 31, 2016, for reduced pricing.
Register on-line now at active.com or by mail.



Proceeds from the Ramapo Rally go to a variety of locally based non-profit organizations, including Camp Sunshine in Ridgewood, the NJ Bike & Walk Coalition, and volunteer EMS units.

**POST-RIDE HOT MEAL • S.A.G. SUPPORT • FULLY STOCKED REST STOPS
MARKETPLACE AND POST-RIDE RAFFLE • FREE 3-MONTH BTCNJ MEMBERSHIP**



The 38th annual Covered Bridge Metric Century, presented by Lancaster Bicycle Club, will be held Sunday, August 21, 2016 in Lancaster, PA.

Ride options include rolling 100k, 50k, and 25k routes.

Registration is only \$40.

Proceeds benefit the club's grant program.

Registration will open in early 2016. www.lancasterbikeclub.net



Dear Central Jersey Bicycle Club!

Last September, Tyler Robinson Foundation staff member Jesse Robinson and volunteer Jeff Steenblik biked from CANADA to MEXICO (CanCo) on a journey to change the lives of 10 families. Along the route they surprised 10 pre-selected pediatric cancer families, who were financially struggling, with a \$10,000 Grant from the TRF.

- watch the impactful video from last years 10 families surprised: <https://www.youtube.com/watch?v=e2nNsmXjIXs> •

This September, we are doing it again! We are moving from the West Coast, to the East Coast - Niagara Falls, CANADA to Key West, FL surprising another 10 deserving families each with a \$10,000 grant from TRF. Additionally, on the last day of the ride (Sept 17th) we will be surprising "10 bonus" families in 10 different cities across the country. These surprises will be carried out by TRF Volunteers and associated Sponsors.

TRF's mission is to rescue families from the emotional and financial struggles that each family faces with diagnosis of pediatric cancer. Founded by Grammy Award winning band Imagine Dragons and the Robinson Family in 2013, we have served hundreds of pediatric cancer families with our granting program with grants ranging from \$10,000 to \$50,000.

TRF would like to extend **The Central Jersey Bicycling Club** the opportunity to be a sponsor for our CanCo East Coast event this year. On the page below you will see the outline of the sponsorship needs, as well as the associated marketing projected value.

[TRF.org/bikeCANCO](https://www.trf.org/bikeCANCO)

Thank you kindly!

Jeff Steenblik,
Tyler Robinson Foundation



CONTACT:

Justine Zimny

Marketing & Communications Manager

Kent County Tourism Corporation

(302) 734-8309

jzimny@visitdover.com

CONTACT:

John Doerfler

Event Manager

Kent County Tourism Corporation

(800) 233-5368

jdoerfler@visitdover.com

Advance Admission Tickets Available for Delaware Amish Country Bike Tour

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

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

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

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

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

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



Sourland Spectacular bicycle rally

Saturday, September 10, 2016

Otto Kaufman Community Center

356 Skillman Road, Skillman, NJ

Routes of 25 - 65 miles are planned.

Riders may begin between 7 a.m. - 10 a.m.

To register and for more information about the scenic and hilly routes, delicious lunch and more, visit

www.sourlandspectacular.org



See you on the Sourland hills!

Proceeds from the Sourland Spectacular bicycle rally support the Sourland Conservancy's work to protect, promote and preserve the unique character of the Sourland Mountain region. Visit us at

www.sourland.org



YSC Tour de Pink

East Coast | September 16 - 18, 2016

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

[More information](#)

Tour de Pink Provides:

Hotel Accommodations and Meals

Rest Stops

Ride Marshals

Support and Gear (SAG) Vehicles

Ride Options: 3-Day and 1-Day ride

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

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

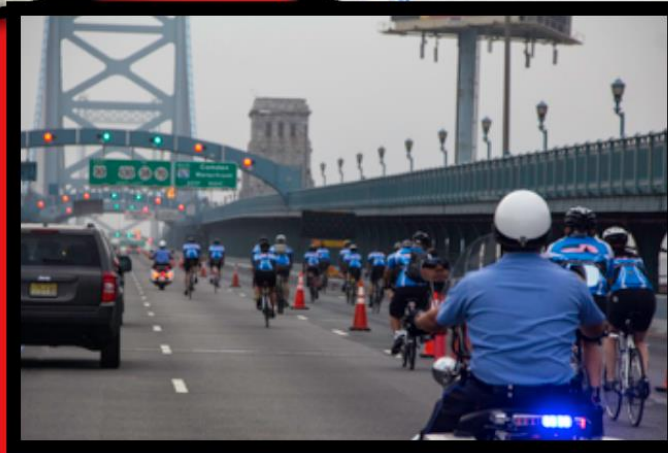
**Day 3: Atlantic City, N.J. to
Cape May, N.J.**

info@ysctourdepink.org | ysctourdepink.org | 404.250.6508



THE FOSTER

September 17
100 miles
From Philadelphia
to Cape May



The Foster 100 honors
Captain Erick Foster.
Proceeds go to partnering
service dogs with
wounded veterans



No Hero Left Behind

TeamFoster.org

SUPPORT A VETERAN



HONOR RIDE PHILADELPHIA

SUNDAY SEPTEMBER 18 2016

LOCATION:

Horsham Air Guard Station
Easton Road
Horsham, PA 19044

ROUTES:

Several route options available
for all cycling levels!

Ride Start Times: 8:00 am

PURPOSE:

To raise funds for vital programs that
support America's healing heroes.

About Ride 2 Recovery:

Ride 2 Recovery is a nonprofit dedicated to
providing FREE recovery, rehabilitation and
reintegration programs for injured veterans.
Our groundbreaking, cycling-based programs
have proven results improving the mental and
physical health and wellness of our healing
heroes and saving lives by restoring hope and
purpose.

REGISTER TODAY:

[www.ride2recovery.com/
honorRide.php](http://www.ride2recovery.com/honorRide.php)



Ride 2 Recovery Saves Lives!



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



This event and its sponsors are not endorsed by the Department of Defense, United States Air Force, Pennsylvania Air National Guard and/or the Commonwealth of Pennsylvania.



RIDE ALONGSIDE AMERICA'S HEALING HEROES!



We ride because...

There are **22 million veterans** nationwide

Since 2010, there have been **hundreds of thousands** post-traumatic stress disorder (PTSD), traumatic brain injury and wounded in action cases

Veterans have a **50% higher** suicide rate than those who didn't serve

These men and women gave everything for our country and deserve the opportunity to recover, which is why Ride 2 Recovery...

Provides **FREE services** for wounded veterans

Has more than **60 local rehabilitation programs** established throughout the country

Builds **adaptive bikes** so even the most severely injured veterans can still participate

Is committed to restoring **hope and purpose** for these healing heroes

COST:

All Routes	\$75
Day of Event	\$85

Wounded veterans ride for FREE

Contact us at honorrideinfo@ride2recovery.com

REGISTRATION:

www.ride2recovery.com/honorRide.php

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

ADDITIONAL INFORMATION:

www.ride2recovery.com/honorRide.php

1-818-888-7091 Ext. 106

honorrideinfo@ride2recovery.com





Central Bucks Bicycle Club

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

Central Bucks Bicycle Club's Annual Covered Bridges Ride
Sunday, October 23, 2016 (rain or shine)
Tinicum Park, 974 River Rd, Erwinna, PA 18920
Time: 8:00 a.m – 3:00 p.m.

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

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

More details and registration information at

www.cbbikeclub.org.

Thank you and Happy Cycling,

Linda Salkovitz, CBBC

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

Oct. 25 - Nov. 1, 2016

(not including travel time)

THE TOUR (SEE BACK FOR DETAILS)

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

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

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

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

TRANSPORTATION, SUPPORT & STAFF

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



CONNECT & MAKE A DIFFERENCE



ACCOMMODATIONS

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

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

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

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

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

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

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

COST:

Regular registration until September 1, 2016: \$2500

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

The price is based on a shared double room for all nights, if you are interested in a single room, there is an additional charge of \$390.00 to your package. All breakfasts and dinners are also included. If you have special dietary needs (allergies, vegetarian, etc.), please notify the organizers upon registration.

The price above does NOT include airfare and private health insurance. This trip is managed by 'Mishlachot', headed by Harel Nachmani and the Gran Fondo Israel office is the support office for the trip.

WHAT IS PARTNERSHIP2GETHER?

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

FOR MORE INFORMATION

Harel Nahmani at transalp.israel@gmail.com

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

Join us on Facebook: [facebook.com/p2gwgilil](https://www.facebook.com/p2gwgilil)
www.westerngalilee.org.il

'TOUR ISRAEL' BIKE TRIP ITINERARY:

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



DAY 1 RIDE:

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

DAY 2 RIDE:

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

DAY 3 RIDE:

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

DAY 4 - Optional RIDE:

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

DAY 5 RIDE:

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



FOR MORE INFORMATION

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

BICYCLE CLUB OF PHILADELPHIA'S

WWW.PHILLYBIKECLUB.ORG

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

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

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

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

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

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

EVERYONE is warmly welcome

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

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

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

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

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

TITAN TROPIC CUBA by Gaes

**In the Tropic's Hell!!!
Accept the challenge?**



Titan Tropic CUBA is a long distance MTB race open to all fans of cycling, sports, big challenges and self-sacrifice. [Click here to watch a real video of the last edition of Titan Tropic CUBA...](#)

/ Towards the unknown...



The outer limits... race, dust, competition, hardness, strength, humidity, mud, effort, mountains, rivers, challenge, jungle, beach, adventure, new friends...

Join us in this madness!!!

Visit: <https://www.facebook.com/titantropic/> or
<http://www.titantropic.com/>

December 3 – 8, 2016

Tours Matching: USA Cycling

All USA located tours below

2016 SUPPORTED & GUIDED CYCLING TOUR CALENDAR

Pure Adventures operates custom departures in our unique bicycle tour formula: **SSD - Supported Self Directed!** Groups of 6 or more can have custom dates - [contact us](#) for availability! Note, trips listed by month are suggested departure times, but in fact a trip may be available in other months as well. Other Calendars: [Self Guided Tours](#) | [Hiking Tours](#).

January/February/March

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

April

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

May/June/July/August

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

September / October

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

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

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

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

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

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

Hi Central Jersey Bike Friday Club,

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

CYCLE INDONESIA

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

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

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

Lake Poso Cycle Tour

9 days - 486 km - elevation 4147 m

04 - 13 September 2015 - AUD 2,189

Central Sulawesi Cycle Tour - 1 PLACE LEFT

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

04 - 19 September 2015 - AUD 3,190

Bali Cycle Tour - 6 PLACES LEFT

8 days - 283 km - elevation 3,543 m

24 hours ride time

20 - 27 November 2015 - AUD 1,869

Toraja Land Cycle Tour for Expats

7 days - 279 km

05 - 11 December 2015 - \$ TBA

Toraja Land Cycle Tour for Expats

7 days - 279 km

09 - 15 January 2016

North Sulawesi Cycle Tour

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

12 - 24 March 2016

South South Sulawesi Cycle Tour

9 days - 524 km

06 - 13 May 2016

Toraja Land Cycle Tour for Expats

7 days - 279 km

14 - 20 May 2016

Trans Flores Cycle Tour

16 days - 670 km - elevation 10,184 m

01 - 16 July 2016

South South Sulawesi Cycle Tour

9 days - 524 km

18 - 26 August 2016

Lake Poso Cycle Tour

10 days - 486 km

09 - 18 September 2016

Central Sulawesi Cycle Tour

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

09 - 24 September 2016

Toraja Land Cycle Tour

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

17 - 30 November 2016



When?

Tuesdays¹ and Thursdays²

Where?

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


Time?

10:00 AM² Sharp

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

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

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

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

<http://weekdaycyclists.org/>



Miscellaneous Stuff

Including Ride Sheets & Sponsor Ads



ATTN: CJBC MEMBERS

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

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





Central Jersey Bicycle Club, Inc.

2016 Ride Sheet

Ride Name as Published in HUB _____ Date _____

Ride Leader _____ Mileage Listed _____ Actual Miles _____

Leader's Additional Comments: _____

CJBC MEMBERSHIP RELEASE

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

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

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

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

ALL RIDERS MUST WEAR HELMETS

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

Classified Ads

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

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

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

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

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

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

RELEASE

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

Signature _____ Date _____

Signature _____ Date _____

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

Name _____

Name _____

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

Street _____

City _____

State _____ Zip _____

Phone (____) _____

E-mail address _____

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

☐ 2 Yr \$30 ☐ \$40

☐ 3 Yr \$45 ☐ \$60

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



FAMILY MEMBERSHIPS

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

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

CJBC FEATURED RIDES

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

CJBC SOCIAL GATHERINGS

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

PLEASE CHECK AREAS OF INTEREST

Event Volunteer ☐

Ride Leadership ☐

Serving on Board ☐

Optional:

Age _____

Birthdate _____

Gender: ☐ Female ☐ Male

Where did you hear about the Club?

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

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

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

CJBC SPONSORS

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

Bound Brook

Efinger Sporting Goods

513 West Union Ave.

Bound Brook, NJ 08805

(732) 356-0604

Dept. Manager: Marc Cianfrone

Mechanics: Dustin Farnum

& Chris Scappino

Specialized, Raleigh,

Haro & more!

Expert Repairs, Wheel

building on site

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

Sun 10-5

e-mail: marcc@efingersports.com

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,

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