



**Central Jersey Bicycle Club, Inc.**

**Over 40 Years and Still Rolling**

**Established 1968**

**April 2017**

**Number 4**

**Board/General Meeting:**

**Monday, April 17<sup>th</sup> at 6:30 PM**  
**Metuchen Library, 480 Middlesex Avenue**  
**Metuchen, NJ 08840**

## **Saturday, April 8<sup>th</sup> - CJBC Annual Members Ride**

Put away the snow shovel and join in with the club members at the Spring Membership Ride. Meet at Colonial Park – Lot F. The following rides are available:

**B/B+: 37 miles leaves at 9:30 AM**

**C: 23 miles leaves at 10:00 AM**

**EZ: 16 miles leaves at 10:30 AM**

Ride leaders on all rides. Cue sheets and Ride with GPS download. Pizza style FREE lunch stop in Somerville at Alphonos Famous Pizza. Take the lane and ride with CJBC.

Ride with GPS cjbc routes and find membership rides 2017:

<https://ridewithgps.com/routes/19528950>

<https://ridewithgps.com/routes/19528987>

<https://ridewithgps.com/routes/19528976>

Coordinator: Harold M. Finkel, Member at Large

Email: [memberatlarge@cjbc.org](mailto:memberatlarge@cjbc.org)

## **AWARDS DINNER**

The *Riding, Volunteering & Spirit Awards*  
for the year of 2016 will be presented at the Awards Dinner on

**Wednesday, April 12<sup>th</sup> at 7:00 PM**

Hometown Buffet, Wick Shopping Plaza  
561 U. S. Route 1 South, Edison, NJ 08817.



**Central Jersey Bicycle Club**

P.O. Box 10686

New Brunswick NJ 08906

[www.cjbc.org](http://www.cjbc.org)

***Letter from the 2017 Farmlands Chair  
F A R M L A N D S Saturday May 6th, 2017.... Call for Volunteers!***

***Dear Friends and Members:***

***Your Central Jersey Bicycle Club's "Farmlands" invitational event has been a popular tri-state tradition for over 30 years and is the first major bicycle event of the season. The event takes place at Brookdale Community College in Lincroft, NJ on the first Saturday in May.***

***It is the ONE and ONLY FUNDRAISER for our bicycle club and we'd like everyone's help to continue to make it a success.***

***This year we will be donating part of our proceeds to the "New Jersey Bike and Walk Coalition". Their mission is to create a unified voice advocating for issues affecting the rights & needs of cyclists and pedestrians throughout the state.***

***Also...open for other ideas & suggestions, from you, the membership, as to where to donate some of the proceeds.***

***Please come to the Farmlands meeting, to voice your suggestion on February 28, 7:00 pm at "What's the Scoop" 410 Main St., Metuchen.***

***Our 2017 Sponsors...***

- 1) Gu: Pure Performance energy Product***
- 2) RoadID: supporting athletic Safety***
- 3) Stone Mountain Printing***
- 4) Monogram Center***
- 5) PlanetBike East Brunswick & Matawan***
- 6) A. Santini Storage Co., Monroe, NJ***

***We need this income in order to cover internet expenses, insurance and yearly charitable donations. It can also benefit you in terms of participating in the Member Appreciation ride, the Tom Koenig Memorial Anniversary ride, Shortest Day ride, Longest Day ride, Holiday dinner, Member Awards dinner, and the Volunteer's dinner; plus other social events in which a meal is included.***

***It can only happen with your help, dedication, and effort!***

*Every year we need over 75 volunteers for:*

*Painting:* where you drive the routes and paint arrows by the turns. route sheets, stencils and paint provided. 3 crews of 3 people needed.

*Volunteer Coordinator:* where you recruit and coordinate the responsibilities for the 75 people who make this event happen.

*Food Chair:* where you manage all the shopping and distribution of food, beverages and other supplies for the rest stops, including the college, prior to the ride. This also includes organizing the dinner after Farmlands for all day of volunteers, and ordering lunches for paid riders and volunteers who are there the day of the ride.

*Day of Ride Food Attendant:* where you make sure the bicyclists have snacks, bagels, fruit, trail mix, beverages, etc. ready to be self served. Food attendants needed for 2-6 hour shifts, between 6:30 AM and 6:00 PM.

*Pre-registration Coordinator:* where you collect Active.com registration information and coordinate lunches with the Food Chair. 1 person needed.

*Day of Event Questions or GoTo Person:* where you address any issues that may arise on the day of the event; such as questions from riders, T-shirt sales, etc.

*Parking Assistant:* to guide arriving cyclists to the proper the parking lots and ease their arrival at the event. 2-4 People needed.

*Rest stop workers:* where you greet the bicyclists with snacks and refreshments. The time schedules are flexible. Different locations are available. Most people needed here. 3 people per shift, per stop.

*Registration:* where you greet the bicyclists in the morning and check them in. Time schedule is from 6:00 AM to 12:00 PM.

*Sags:* where you attend the bicyclist's needs, whether it is a flat tire, or they are simply tired and need to be picked up. For this task you will need a car with a rack, or a pick-up truck, that can carry two or more bicycles. Time schedules are from 7:00 am to 6:00 pm. Individual shift times vary. 3 shifts of 3 people.

*Logistics:* This task starts 1 day prior to the event and continues the day of, and the day after. It entails the pickup of food and supplies and their delivery to rest stops and to the start/finish of the event, returning our supplies to the storage unit, and then returning the truck on Sunday. 2 - 4 people are needed on the day of the event to help with loading and unloading of supplies.

*Clean up:* where we load the items on the truck to be returned to the storage unit. Time schedule 4:00 PM to 6:00 PM. All hands on deck.

*Public Relations:* where you help publicize the event. A greater turnout benefits the club and its members.

***Please come out and join us in this fun event knowing your efforts will not only help your club but also will be supporting the mission of the New Jersey Bike and Walk Coalition.***

***If you volunteer on the day of the event, CJBC will treat you to coffee, breakfast items, and lunch at the college, as well as a free event T-shirt. The volunteers at the rest stops will be reimbursed for their own purchased lunches. You will also be invited to the volunteer dinner at a later date. A volunteer is welcome to ride in the Farmlands event free of charge before or after their 4 hour shift.***

***“Farmlands” is a fun, social event where you can make new cycling friends while helping the club, and supporting a charitable cause.***

***If you are interested in volunteering or want to get more information please contact Steve Seigel at [farmlands@cjbc.org](mailto:farmlands@cjbc.org).***

***Thank you. See you at the college and on the road.***

***Regards,***

***Steve Seigel...Farmlands Chair***



# CJBC Calendar & Rides



# APRIL

## EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1  A- 3/4 60 miles, Which Ever Way The Wind Blows  Farmlands Training Ride B+ 3/4 50 miles
2  D/D+ 4/3 17-35 Are 3 Wheels Slower?- Bianca	3	4  Tuesday Hustle A 3/4 20-25	5	6	7	8  Longest Day Training Ride  Membership Ride
9  Farmlands Training Ride B+ 3/4 38 or 50 miles	10	11  PASSOVER (1ST DAY)  Tuesday Hustle A 3/4 20-25	12  Awards Dinner	13	14  GOOD FRIDAY  Farmlands Training Ride A- 3/4 50 or 63 miles	15  Longest Day Training Ride
16  EASTER SUNDAY  D/D+ 4/3 17-35 Are 3 Wheels Slower?- Bianca	17  Board/General Membership Meeting	18  Tuesday Hustle A 3/4 20-25	19	20	21	22  Longest Day Training Ride  4/22 - 10 am C,3/4,18, Basking Ridge "Great White Oak"
23  D+ 4 33 Miles Friday? on Sunday - Ben	24	25  Tuesday Hustle A 3/4 20-25	26	27	28	29  Longest Day Training Ride
30  Tour De Franklin 2017  D/D+ 4/3 17-35 Are 3 Wheels Slower?- Bianca						

\* The event calendar can also be viewed on the CJB 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, April 1

### ***Which Ever Way The Wind Blows***

***Neil Cherry, 732-723-0769***

***Pace: A-***

***Terrain: 3/4***

***Distance: 60 miles***

***Time: 9:00 AM***

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

## Sunday, April 2

### ***Are Three Wheels Slower?***

***Bianca, 848-667-5020***

***Pace: D/D+***

***Terrain: 4/3***

***Distance: 17-35 miles***

***Time: 10:15 AM***

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

## Saturday, April 8

### ***Longest Day Training Ride***

***Neil Cherry, 732-723-0769***

***Pace: B+/A***

***Distance: 60-80 miles***

***Time: 8:00 AM***

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

## Saturday, April 1

### ***Farmlands Training Ride***

***Kevin Smith, 908-420-4636***

***Pace: B+***

***Terrain: 3/4***

***Distance: 50 miles***

***Time: 9:00 AM***

Brookdale Community College, Lot 2 off Campus Drive, 765 Newman Springs Road, Lincroft, NJ. Spring is here and the 33<sup>rd</sup> Annual Farmlands Flat Tour is getting closer every day. Come out for a good pace and stretch those legs. This ride is weather permitting. No RSVP needed.

## Tuesday, April 4

### ***Tuesday Hustle***

***Kevin Smith, 908-420-4636***

***Pace: A***

***Terrain: 3/4***

***Distance: 20-25 miles***

***Time: 4:30 PM***

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

## Sunday, April 9

### ***Farmlands Training Ride***

***Kevin Smith, 908-420-4636***

***Pace: B+***

***Terrain: 3/4***

***Distance: 38 or 50 miles***

***Time: 8:00 AM***

Brookdale Community College, Lot 7 on Arena Drive, 765 Newman Springs Road, Lincroft, NJ. Spring is here and the 33<sup>rd</sup> Annual Farmlands Flat Tour is less than a month away. Come out for a brisk pace and stretch those legs. This ride is weather pending. Please call the ride leader by 6 pm before the ride to RSVP.

**Tuesday, April 11**

***Tuesday Hustle***

**Kevin Smith, 908-420-4636**

**Pace: A**

**Terrain: 3/4**

**Distance: 20-25 miles**

**Time: 4:30 PM**

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

**Saturday, April 15**

***Longest Day Training Ride***

**Neil Cherry, 732-723-0769**

**Pace: B+/A**

**Distance: 60-80 miles**

**Time: 8:00 AM**

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

**Tuesday, April 18**

***Tuesday Hustle***

**Kevin Smith, 908-420-4636**

**Pace: A**

**Terrain: 3/4**

**Distance: 20-25 miles**

**Time: 4:30 PM**

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

**Friday, April 14**

***Farmlands Training Ride***

**Kevin Smith, 908-420-4636**

**Pace: B+**

**Terrain: 3/4**

**Distance: 38 or 50 miles**

**Time: 8:00 AM**

Brookdale Community College, Lot 7 on Arena Drive, 765 Newman Springs Road, Lincroft, NJ. The 33<sup>rd</sup> Annual Farmlands Flat Tour is right around the corner. Challenge yourself for a quick paced ride to see the longer routes. This ride is weather pending. Please call the ride leader by 6 pm before the ride to RSVP.

**Sunday, April 16**

***Are Three Wheels Slower?***

**Bianca, 848-667-5020**

**Pace: D/D+**

**Terrain: 4/3**

**Distance: 17-35 miles**

**Time: 10:15 AM**

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

**Saturday, April 22**

***Longest Day Training Ride***

**Neil Cherry, 732-723-0769**

**Pace: B+/A**

**Distance: 60-80 miles**

**Time: 8:00 AM**

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

**Saturday, April 22**

**Basking Ridge "Great White Oak"**

**John Colasanti, 908-456-2075**

**Pace: C**

**Terrain: 3/4**

**Distance: 19 miles**

**Time: 10:00 AM**

Start at Liberty Cycles, Basking Ridge, Lording Sterling Park, Great Swamp, New Vernon, Basking Ridge to the 600 year old "Great White Oak Tree".

**Tuesday, April 25**

**Tuesday Hustle**

**Kevin Smith, 908-420-4636**

**Pace: A**

**Terrain: 3/4**

**Distance: 20-25 miles**

**Time: 4:30 PM**

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

**Sunday, April 23**

**Friday? On Sunday**

**Ben Blum, 848-667-5020**

**Pace: D+**

**Terrain: 4**

**Distance: 33 miles**

**Time: 10:00 AM**

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

**Saturday, April 29**

**Longest Day Training Ride**

**Neil Cherry, 732-723-0769**

**Pace: B+/A**

**Distance: 60-80 miles**

**Time: 8:00 AM**

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

**Sunday, April 30**

**Are Three Wheels Slower?**

**Bianca, 848-667-5020**

**Pace: D/D+**

**Terrain: 4/3**

**Distance: 17-35 miles**

**Time: 10:15 AM**

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

**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](mailto:info@cjbc.org)**

<b>The CJBC Board</b>			
President	<b>Steven Seigel</b>	908-405-5037	<a href="mailto:President@cjbc.org">President@cjbc.org</a>
Treasurer	<b>John Colasanti</b>	908-456-2075	<a href="mailto:Treasurer@cjbc.org">Treasurer@cjbc.org</a>
Membership	<b>Joe DeSimone</b>	908-229-9596	<a href="mailto:Membership@cjbc.org">Membership@cjbc.org</a>
Recording Secretary	<b>Vacant</b>		
Member at Large	<b>Harold Finkel</b>	732-666-7161	<a href="mailto:MemberatLarge@cjbc.org">MemberatLarge@cjbc.org</a>
Member at Large	<b>Vacant</b>		
Public Relations	<b>Nicholas Spadavecchia</b>	732-713-3187	<a href="mailto:PublicRelations@cjbc.org">PublicRelations@cjbc.org</a>
Program Chair	<b>Mary Jane Walsh</b>	908-238-9649	<a href="mailto:maryjane_walsh@yahoo.com">maryjane_walsh@yahoo.com</a>
Ride Captain	<b>Kevin Smith</b>	908-420-4636	<a href="mailto:RideCaptain@cjbc.org">RideCaptain@cjbc.org</a>
Awards Chair	<b>Dan Rappoport</b>	609-924-9417	<a href="mailto:bikefar@hotmail.com">bikefar@hotmail.com</a>
LAB Rep	<b>Vacant</b>		
Farmlands Chair	<b>Steven Seigel</b>	908-405-5037	<a href="mailto:farmlands@cjbc.org">farmlands@cjbc.org</a>
CJBC Information	<b>CJBC Information</b>		<a href="mailto:info@cjbc.org">info@cjbc.org</a>

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!**

For any inquiries or questions regarding the HUB, please contact:  
**Felicita Rosario, Newsletter Editor (732) 912-3569 or [NewsletterEditor@cjbc.org](mailto:NewsletterEditor@cjbc.org)**

# CJBC Member Notes

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## WANTED: EXECUTIVE BOARD POSITION

Vacancies have developed on the executive board that need to be filled.

Executive Board positions are open to all CJBC members.

### BOARD POSITIONS OPEN

MEMBER AT LARGE - Represent club members at board meetings and volunteer their services as needed. Attend board meetings.

RECORDING SECRETARY - Takes minutes of membership and executive board meetings. Sends a summary of highlights of all meetings to the bulletin editor. Prepares a typewritten record of meetings for the entire year and maintains a record of Club policies separate from the Club minutes.

Reply to this at [info@cjbc.org](mailto:info@cjbc.org) your candidacy.

CJBC is becoming a new bike club promoting social and recreational bicycling riding with a fellowship among members. We are encouraging more rides at every level, promoting community events.

Educational programs and outreach programs to the cycling community. The club offers many benefits that make membership a rewarding experience. Bring your new ideas and enthusiasm to the club and become a Board member.

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

## ***"Design the new CJBC's '50th Anniversary' Jersey Contest"***

In celebration of our club's '**50th anniversary**' (1968 - 2018), we're holding a contest for all our members, to design the next cycling Jersey. The Jersey can be designed with the CJBC colors in mind: white, yellow, green, black but can also be in other colors. Our traditional CJBC Logo will be displayed on the Jersey.

The design that receives the most votes will be the design for our next Jersey...best of all... the member that designed that Jersey will get one free of charge!

*Primalwear.com*, manufacturers & designers of cycling clothing, will be the vendor we will be working with and ordering thru. They feature all jersey types, sizes, cuts, for men and women. They also have helpful templates to drawn on and basic design ideas to achieve the custom Jersey we want, as ours to wear.

**Contest closes April 16th, 2017...So start designing now!**

**How to access the "Primal Idea Machine" (templates for designing the Jersey):**

**Go to...[primalwear.com](http://primalwear.com)**

**click...Custom**

**click...Design Now**

**click...Start Now**

**click...Select Sport Collection**

**click...Select Men's Jerseys or Select Women's Jerseys**

**pick the template you like and click...Customize**

**click...Save To My Designs (to work on later or if finished) you then must sign in to create your own account so you can 'save your design' or 'download your design' to your computer for it to be sent by email to enter it into the contest.**

**Free-hand designs drawn on a sample Jersey are OK to enter into the contest, just please be neat.**

**Send your entry to [treasurer@cjbc.org](mailto:treasurer@cjbc.org)**

***Good Luck!***



# Rides of Interest

Rides Within This Section Provided to CJBC  
From Outside Sources



60 Millstone Road • PO Box 333 • Somerset, NJ 08875-0333

(732) 246-0009

*Neighbors Helping Neighbors*

**Helping Our Neighbors in Need Since 1975**

## **SUNDAY, APRIL 30, 2017**

The Franklin Food Bank's annual Tour de Franklin Charity Bike Ride is traditionally held in April and is one of the first bike rides of the season. This year is no exception, with the Tour scheduled for Sunday, April 30, 2017, in Somerset, NJ. This year is the Tour de Franklin's 28<sup>th</sup> year, and it has grown into a community tradition. Every April, the event kicks off the riding season for many avid cyclists, signals Spring for the Franklin community, and provides an opportunity for everyone to help neighbors and fight local hunger.

For the second year in a row, the Tour de Franklin will be held at the Franklin High School at 500 Elizabeth Ave in Somerset. The day will consist of seven different rides, including the 62-mile, 40-mile, 25-mile, 10-mile, 1-to-5-mile walk or ride, and a 5-mile and 10-mile ride along Somerset's scenic canal, offering something for everyone. Ride start times are staggered throughout the morning, with riders returning to the High School for a community lunch at the end of their ride. T-shirts are guaranteed for all participants who register by April 7, and special T-shirts will be awarded to Silver Riders who raise over \$150 and Gold Riders who raise over \$300.

The Tour de Franklin is the Franklin Food Bank's largest fundraiser and a critical part of the Food Bank's financial support. 2016 was a record year, with 775 riders coming together in one day to raise over \$78,000 for the Food Bank. This is a substantial increase from the Tour's humble beginnings in 1989 when 30 riders banded together to raise \$1,500. However, the Food Bank's needs are also far greater than in 1989, with almost 10,000 food packages provided to the community in 2016. While the \$78,000 raised by the Tour de Franklin sounds like a lot, it is a small part of the Food Bank's annual budget.

<http://franklinfoodbank.org/28th-annual-tour-de-franklin/>

## THE BICYCLE CLUB OF PHILADELPHIA **Spring-n2-Cycling Weekend**

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### **Our Tour Package includes:**

Friday & Saturday nights at the Danville Quality Inn. All rooms non-smoking.

Friday evening Welcome Reception & Hot Dinner Buffet.

Complete buffet-style breakfasts Saturday & Sunday (hot dishes included).

Tour packets prepared for each guest, with cue sheets, maps, brochures, etc.

Featured Group Rides with Leaders on Saturday & Sunday.

A BOUNTY of "portable" cycling snacks to take along on rides.

Saturday afternoon Post-Ride Party.

Massage therapist on Saturday afternoon for post-ride massages.

For cyclists with non-cyclist partners, an ABUNDANCE of fun, non-biking activities.

Saturday dinner at the The Hotel Edison in Sunbury.

Round-trip bus transportation to Saturday dinner.

Sunday afternoon "Wrap-Up & Leftovers" Party.

***Music, party games, and raffle prizes***



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

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



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

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### **In Pennsylvania's green, scenic Susquehanna Valley**

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

***Fares as low as \$175/person***

***please visit: <http://phillybikeclub.org>***



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**LIFE, LIBERTY & THE PURSUIT OF THE RIDE**



# COAST THE COAST

PRESENTED LOCALLY BY  
MAY 20-21, 2017



# IT'S MORE *than a ride*

BIKEMS.ORG  
732-660-1005

*Don't just ride, Bike MS*

THANK YOU TO  
OUR PREMIER  
NATIONAL SPONSORS:

**Bicycling** PRIMAL

COAST THE COAST  
PRESENTED  
LOCALLY BY:



THANK YOU TO OUR  
LOCAL SPONSOR:



THANK YOU TO  
OUR BIKE SHOP  
PARTNERS:





## 6th Annual Delaware Gran Fondo & Governor's Ride

Sunday, May 21, 2017

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

Start time: Mass start at 8am

### **Description:**

Delaware's premier ride features a scenic but challenging 100-kilometer ride through world-class tourist attractions, including a once-a-year opportunity to cycle through the spectacular grounds of Winterthur Museum & Gardens and Hagley Museum & Gardens. Two timed climbs with age-group prizes. Medals to all Gran Fondo finishers. Last year riders from 15 states and three countries participated. Part of Wilmington Grand Prix Weekend.

### **Other route options include:**

Medio Fondo (50k); Governor's Ride (24k)

Route options for all ability levels

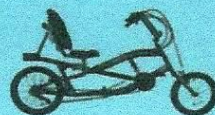
Swag bag to all rides. Police escorted mass start. Police supported intersections.

Souvenir T-shirt. Medals to all Gran Fondo finishers. Post-ride BBQ with craft beer and giveaways.

*To register:*

[www.wilmgrandprix.com](http://www.wilmgrandprix.com) (registration fees increase closer to ride date)

Phone: [302/655-6483](tel:3026556483)



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

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

**Stay at historic Washington College, Chestertown, MD**

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

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

**HIGHLIGHTS**

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

**Weekend includes:**

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

**Weekend options:**

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

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

**Questions: email [kentcountyspringfling@gmail.com](mailto:kentcountyspringfling@gmail.com)**

**Registration opens on January 1, 2017; check website: [www.baltobikeclub.com](http://www.baltobikeclub.com)**



10th Annual Bike Ride for Amy – June 4, 2017

South Brunswick High School

“Saving Lives – One Pedal at a Time”

10 Years Strong!

*Got the winter blues? Sign up for the refreshing spring Bike Ride for Amy that is 10 years strong! This year marks the 10th anniversary of the Bike Ride for Amy! It's not a race – it's a fun-filled and enjoyable bike ride to raise support for a wonderful cause – to make early detection of breast cancer accessible to all women in central NJ.*

The Bike Ride for Amy offers four separate routes:

- a challenging 50-mile ride through the Sourlands (2017 route changes);
  - a hilly 35-mile ride;
  - a comfortable; flat 25-mile ride (2017 route changes); and
- a short, flat 15-mile course (great for beginners – YOU CAN DO IT!)

<http://amyfoundation.org/the-bike-ride-for-amy/>



**Morris Area Freewheelers Foundation**  
**presents the**  
**9th Annual Revolutionary Ramble**  
**June 10, 2017.**

**Our start point for 2017 is Drew University, Madison, NJ!**

**Rides for all abilities.**

**Fully supported with SAGs, rest stops, and buffet lunch.**

**Choose from a 10, 25, 35, 50, 65 or 100 mile tour. The 10-mile novice and family tour and the 100 mile tour are redesigned. Lots of newly paved roads.**

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

# The 15th Annual French Creek Iron Tour

*Cycling for Open Space*

*Sunday, June 11, 2017*



FRENCH & PICKERING CREEKS  
CONSERVATION TRUST

## IRON TOUR

*cycling for open space*



**SECOND SUNDAY IN JUNE**  
**SCENIC COURSES FOR ALL LEVELS**

10 20 34 50 64 75 100  
mile courses

**IN NORTHERN  
CHESTER COUNTY, PA**

Visit [www.irontour.org](http://www.irontour.org)  
for more information and to sign up.



FRENCH & PICKERING CREEKS  
CONSERVATION TRUST

## IRON TOUR

*cycling for open space*

This was my 4th year riding the 30 mile route. Great support, outstanding scenery, fantastic ride, and super volunteers!

It was our first family bike tour, and we had a GREAT time!

We were so glad to see the sign posted on "Preserved Forever" properties. We passed many farms and fields we have long admired and are so glad to know they will remain as they are now. We are so fortunate to live in this beautiful place. Thank you for your efforts to keep it that way!



**PRESERVED FOREVER**  
by  
French & Pickering Creeks  
Conservation Trust



Visit [www.irontour.org](http://www.irontour.org)  
for registration and information about the ride, including registration deadlines, courses, ride support, rest stops, lunch and amenities.

<http://www.irontour.org/>

**\*\* Harbor House \*\***

# **21ST ANNUAL BIKE TOUR**

## **JUNE 23-25, 2017**

Harbor House Annual Bike Tour is a 3-day ride from June 23-25, 2017 departing from Toms River, NJ, going to Princeton, NJ, through the Sourlands Mountain area, and ending back at Harbor House in Toms River on day 3. Come out and enjoy a 3-day bike tour of New Jersey, while supporting Harbor House's mission, which is to keep at-risk, homeless youth safe and off the streets. Join us on this ride!

ALL 3-Day Ride participants (Riders & SAG Team) are required to raise a minimum of \$750 in support of the kids in crisis at Harbor House.

You can also join the ride for one day (Sunday only) or two days (Saturday and Sunday only). For one day riders, the minimum fundraising amount is \$250. For two day riders, the minimum fundraising amount is \$500.

Rooming will be provided at Nassau Inn, 10 Palmer Square in Princeton (Tel# 609-921-7500).

### **DAY 1 OF THE 3-DAY BIKE TOUR**

Toms River to Princeton – part of the ride will take us up the shore coast, average per day is 75 miles.

### **DAY 2 OF THE 3-DAY BIKE TOUR**

The ride will take place around the Sourlands Mountain area, average per day is 75 miles.

### **DAY 3 OF THE 3-DAY BIKE TOUR**

Starting in Princeton and ending back at Harbor House in Toms River, average per day is 75 miles.

EVENT DATES: Friday June 23, 2017 – Sunday June 25, 2017

START TIME: 5:30am EDT

END TIME: 2:00pm EDT

PRICE: \$100.00 Ride Fee + \$6.00 SignUp Fee

REGISTRATION: Registration ends June 13, 2017 at 11:59pm EDT

For more information, please contact Jhanna at 732-929-0096 ext. 205.

**Register For The 3-Day Bike Tour Today!**

**<http://www.oceansharborhouse.org/event/annual-bike-ride/>**

## ***What's on your bucket list?***

Is it to spend a whole week cycling with friends through gorgeous scenery?

Or do you want to kick it up a notch and try skydiving?

**You can do it all** at [Cycle Massachusetts](#), the famous statewide charity tour that is also known as the Friendliest Ride in the East. We're delighted to welcome cyclists for a weekend or a whole week depending on YOUR schedule. Here's some highlights for 2017:

- Cycle Club Discount – we've made it super-convenient to join up with friends – just use our special [club signup page](#) (email [bruce@cyclema.com](mailto:bruce@cyclema.com) for details)
- Jump from a plane! That's right – you'll have the option to cycle to [Jumptown](#) in Orange, MA, and try skydiving!
- Three states in one ride – not only do we explore Massachusetts, but we'll ride the quiet roads of Vermont and New Hampshire as well.
- Family riding weekend! Our opening weekend is especially family-friendly complete with shorter rides to kid-approved destinations, a [popsicle party](#), and an all-ages outdoor movie!

We're excited to welcome riders to our fantastic start/finish location at the Stoneleigh-Burnham School in Greenfield, Massachusetts. With two nights on their lovely campus, and two nights each in Putney, VT, and Orange, MA, you'll have time to explore the most scenic vistas, visit local landmarks, and savor each experience with new friends. We promise something fun to see or do every 10 miles.

Cycle Massachusetts is from **August 5<sup>th</sup> through 11<sup>th</sup>** (2, 4, 5, and 7 day options available) and all proceeds support the [Massachusetts Bicycle Coalition](#).

**Sign up today at [www.cyclema.com](http://www.cyclema.com):** The registration deadline is July 15<sup>th</sup>, and Cycle Massachusetts is limited to 150 riders!



August 12-13, 2017

Tour de Frederick is a premier cycling weekend

in Frederick, MD

Saturday offers 10, 35, 62 and 100 mile routes

with an awesome Finish Line Party

that includes beer and live music!

Register at

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

Saturday is also the

National Clustered Spires High Wheel Race

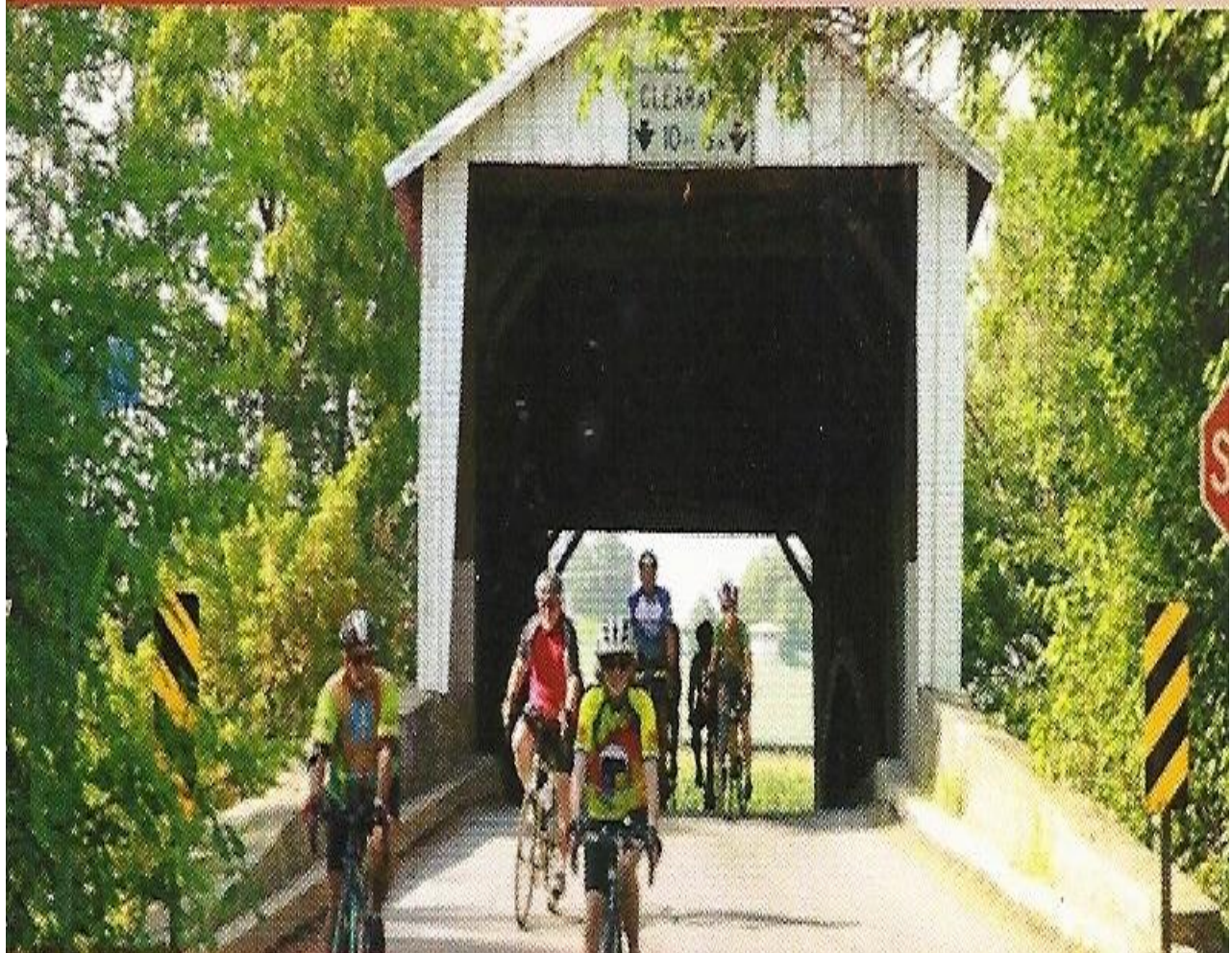
in downtown Frederick

**Lancaster Bicycle Club**  
**Lancaster Covered**  
**Bridge Classic**

**Sunday, August 20, 2017**

**[lancasterbikeclub.net/lcbc](http://lancasterbikeclub.net/lcbc)**

**15, 31, 62 & 100 miles**



## BICYCLE TOURS IN RUSSIA

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

Now we started the application period for our 2017 tours. Check out our schedule at [www.rctc.ru/tour.html](http://www.rctc.ru/tour.html)

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

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

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

Vladimir Filippov  
Russian Cycle Touring Club  
[www.rctc.ru](http://www.rctc.ru)



## **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](mailto:TWCinNYC@aol.com). Write "Add to TWC email list" in the subject line and give your full name and telephone number in the body of your email.

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



# 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.

## 2017 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 be removed.***

For Sale...Vintage 10 speed Bicycle...Raleigh "Record" made in Nottingham, England (medal crest on headset), Orange & White color, 21.5" (crank to seat post), 27" x 1 1/4 new gum wall tires, new gear shift cables, new brake pads & seat, recently tuned, Very Good Cond. **PRICE REDUCED - \$100.00.**



**Call John at 908-456-2075**

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

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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)**

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**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)**

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

### **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.com>

### **Bike N Gear**

1695 Amwell Road,

Somerset, N.J. 08873

**(732)-873-0212**

**Prop: Gary Schnitzer**

MGR: Anthony DiPaolo

**Cannondale Specialized**

**Ellsworth**

**Turner Ventana Haro & Masi**

Sales, Service, Trade-Ins,

e-mail: [BikeNGear@aol.com](mailto:BikeNGear@aol.com)

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

1325 Route 206N

Skillman, NJ 08558





[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

Old Bridge  
361 Route 34  
732-290-9898



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



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

Prop: Rone Lewis,

Gen'l Mgr: Nick Burton

[www.highgearcyclery.com](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



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**

**April 2017**

**Number 4**

# Happy Bicycling!

