



**Central Jersey Bicycle Club, Inc.**

**Over 40 Years and Still Rolling**

**Established 1968**

**July 2017**

**Number 7**

**Ice Cream Social:**

**Monday, August 21st at 6:30 PM  
What's the Scoop  
Metuchen, NJ**



# **PRESIDENT'S CORNER**

My first six months of being President of this Club has been an amazing experience! I have been able to be a part of something very special. Our Farmlands Event had lots of volunteers, all of which came forward in a timely manner. They gave of themselves and showed their Club spirit through their enthusiasm. We had superb sponsors who very much enjoyed being there and enjoyed interacting with the riders. Everyone had a great time. We had the Longest Day ride and from that ride, we got lots of publicity. We were in the newspapers and on the radio. We gained membership and popularity. The riders very much enjoyed the ride and we had volunteers which enabled the riders to rest and get refreshed for the miles ahead. As I write this, we are in the midst of a shirt contest and we are putting more rides on the calendar. We are having fun on and off the road. Everyone has been "accepting" of others so that no matter what their ride skill is, they feel "welcomed!"

Thank you for your gift of friendship to me and all those you have come in contact with in our Club!

Steven Seigel  
President, CJBC  
[astronomerm3132@aol.com](mailto:astronomerm3132@aol.com)



# CJBC Calendar & Rides



# JULY EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 D 4/3 40 Miles Friday? On Saturday - Ben EZ East Brunswick To Bicentenal Park RIDE BEFORE THE FIREWORKS
2	3	4 INDEPENDENCE DAY Tuesday Hustle A 3/4 20-25	5 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	6	7	8 D 4/3 45 Orson and Elsie - Ben
9	10	11 Tuesday Hustle A 3/4 20-25	12 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	13	14	15 D 4 42 Miles Friday? on Saturday - Ben
16 Western Jersey Wheelmen" Plateau" Century, Metric Century, & 1/2 Metric Century	17	18 Tuesday Hustle A 3/4 20-25	19 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	20	21	22 D 4 42 Tacos, Crepes, Ice Cream - Ben- C,4,24, Sandy Hook Ride, Sat. 7/22, 10:00 Am, John Colasanti
23	24	25	26 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	27	28	29 Shore 2 Shore Century D 4 42 Pizza? Tacos, Crepes, Ice Cream - Ben-
30	31					

\* The event calendar can also be viewed on the CJBC 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, July 1

**Friday? On Saturday**

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

**Pace: D**

**Terrain: 4/3**

**Distance: 40 miles**

**Time: 9:30 AM**

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

## Tuesday, July 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!

## Saturday, July 8

**Orson and Elsie**

**Ben, 848-667-5020**

**Pace: D**

**Terrain: 4/3**

**Distance: 45 miles**

**Time: 9:30 AM**

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

## Wednesday, July 12

**Mid Week Sanity Break**

**Mark Heck, 732-970-6763**

**Pace: B**

**Distance: 25-30 miles**

**Time: 6:00 PM**

Walgreens Parking Lot, 339 Matawan Road, off GSP Exit 120, Matawan, NJ.

## Saturday, July 1

**EZ East Brunswick to Bicentennial Park**

**Harold Finkel, 732-666-7161**

**Pace: EZ**

**Distance: 16 miles**

**Time: 10:00 AM**

Great Oak Park, Winton Road and Rues Lane, East Brunswick, NJ. Confirm with Harold. Haroldmf266@gmail.com

## Wednesday, July 5

**Mid Week Sanity Break**

**Mark Heck, 732-970-6763**

**Pace: B**

**Distance: 25-30 miles**

**Time: 6:00 PM**

Walgreens Parking Lot, 339 Matawan Road, off GSP Exit 120, Matawan, NJ.

## Tuesday, July 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, July 15

**Friday? On Saturday**

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

**Pace: D**

**Terrain: 4**

**Distance: 42 miles**

**Time: 10:15 AM**

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

### **Tuesday, July 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!

### **Saturday, July 22**

#### **Tacos, Crepes, Ice Cream**

**Ben, 848-667-5020**

**Distance: 42 miles**

**Time: 10:00 AM**

Brookdale Community College, Lot 7, 765 Newman Springs Road, Lincroft, NJ. Call by 5pm the day before. No calls, no ride.

### **Wednesday, July 26**

#### **Mid Week Sanity Break**

**Mark Heck, 732-970-6763**

**Pace: B**

**Terrain: 2**

**Distance: 25-30 miles**

**Time: 6:00 PM**

Walgreens Parking Lot, 339 Matawan Road, off GSP Exit 120, Matawan, NJ.

### **Wednesday, July 19**

#### **Mid Week Sanity Break**

**Mark Heck, 732-970-6763**

**Pace: B**

**Distance: 25-30 miles**

**Time: 6:00 PM**

Walgreens Parking Lot, 339 Matawan Road, off GSP Exit 120, Matawan, NJ.

### **Saturday, July 22**

#### **Sandy Hook Ride**

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

**Pace: C**

**Terrain: 4**

**Distance: 24 miles**

**Time: 10:00 AM**

Sandy Hook Bay Catamaran Club, 130 Center Avenue, Atlantic Highlands, NJ. Onto the scenic Bayshore Trail to Highlands, then onto Sandy Hook. Paved Trail. Lunch trucks there. Optional swim. Hybrids or MTB recommended. Call John 908-456-2075.

### **Saturday, July 29**

#### **Tacos, Crepes, Ice Cream**

**Ben, 848-667-5020**

**Pace: D**

**Terrain: 2**

**Distance: 42 miles**

**Time: 9:30 AM**

Manasquan Reservoir Visitor Center, 371 Windeler Road, Howell, NJ. Call by 5PM day before. 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>Kathy Staeger</b>		<a href="mailto:Kathystaeger@gmail.com">Kathystaeger@gmail.com</a>
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)**

# PRESIDENT'S LETTER

Hello Everyone,

I am extending an invitation to all members to be Ride Leaders! The backbone of our Club is rides! It's why we are a part of this great Club! No matter what your ride and skill levels are, no matter where you live or lead rides from, please post it on our Calendar. Give the opportunity of our members to join you! Our members live in a wide variety of areas in and outside of NJ. Some of us would enjoy riding in other areas. Summer is upon us and want to give all of our members the opportunity of enjoying themselves. Keep in mind that non-members are able to join in on one ride but must sign the sign-in sheets for insurance purposes. If you have any questions regarding Ride Leadership, please reach out to Kevin Smith, Ride Captain [kstwenty1@gmail.com](mailto:kstwenty1@gmail.com) or myself, Steven Seigel, President [astronomerm3132@aol.com](mailto:astronomerm3132@aol.com) or the Board at [info@cjbc.org](mailto:info@cjbc.org).

If you have any suggestions on rides, anything to do with rides, or any other concerns, please bring them to our attention! We are growing, thanks to all of you and your enthusiasm is amazing-let's keep that going! Members and non-members can see the Calendar and if we can fill it up, it adds to the selling points of joining! Thank you for your enthusiasm, your volunteerism, and for being the best group out there!

Steven Seigel

President, CJBC

908-405-5037



# Rides of Interest

Rides Within This Section Provided to CJBC  
From Outside Sources



WJW FLATEAU CENTURY

WESTERN JERSEY WHEELMEN

**FLEMINGTON, NJ, SUN JUL 16, 2017**

The Flateau Century is aptly named for the terrain used in these particular routes. The Hunterdon Plateau is 60 square miles of fairly flat farmland west of Flemington, and a cyclist's paradise. Kingwood is at the western boundary of the plateau and this loop remains on the plateau going along country roads, through woodlands and farmlands.

**One change this year:** To signify the real struggle of the families that are affected by food insecurity, we have included one climb up to the plateau. Once up, the route becomes a fairly flat ride with just enough ups and downs and turns to make it interesting. . Routes will be emailed prior to Event and are available for download via RidewithGPS. Printed routes will also be on hand.

Tentative Routes (subject to change in the event of road closures/construction)

- Half Metric Century (31): <https://ridewithgps.com/routes/22389802>
- Metric Century (62): <https://ridewithgps.com/routes/22409042>
- Century (100) : <https://ridewithgps.com/routes/22625915>

The Western Jersey Wheelmen (WJW) is a year-round recreational bicycle club, sponsoring road and off road rides throughout the year and catering to all ability levels. Social events and special rides bring us together periodically throughout the year. For more information, or to become a member, go to [www.bikewjw.org](http://www.bikewjw.org).

**V5 Cycles, 140 Highway 31, Flemington, NJ**

<https://www.bikereg.com/wjw-flateau-century>



## ***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)

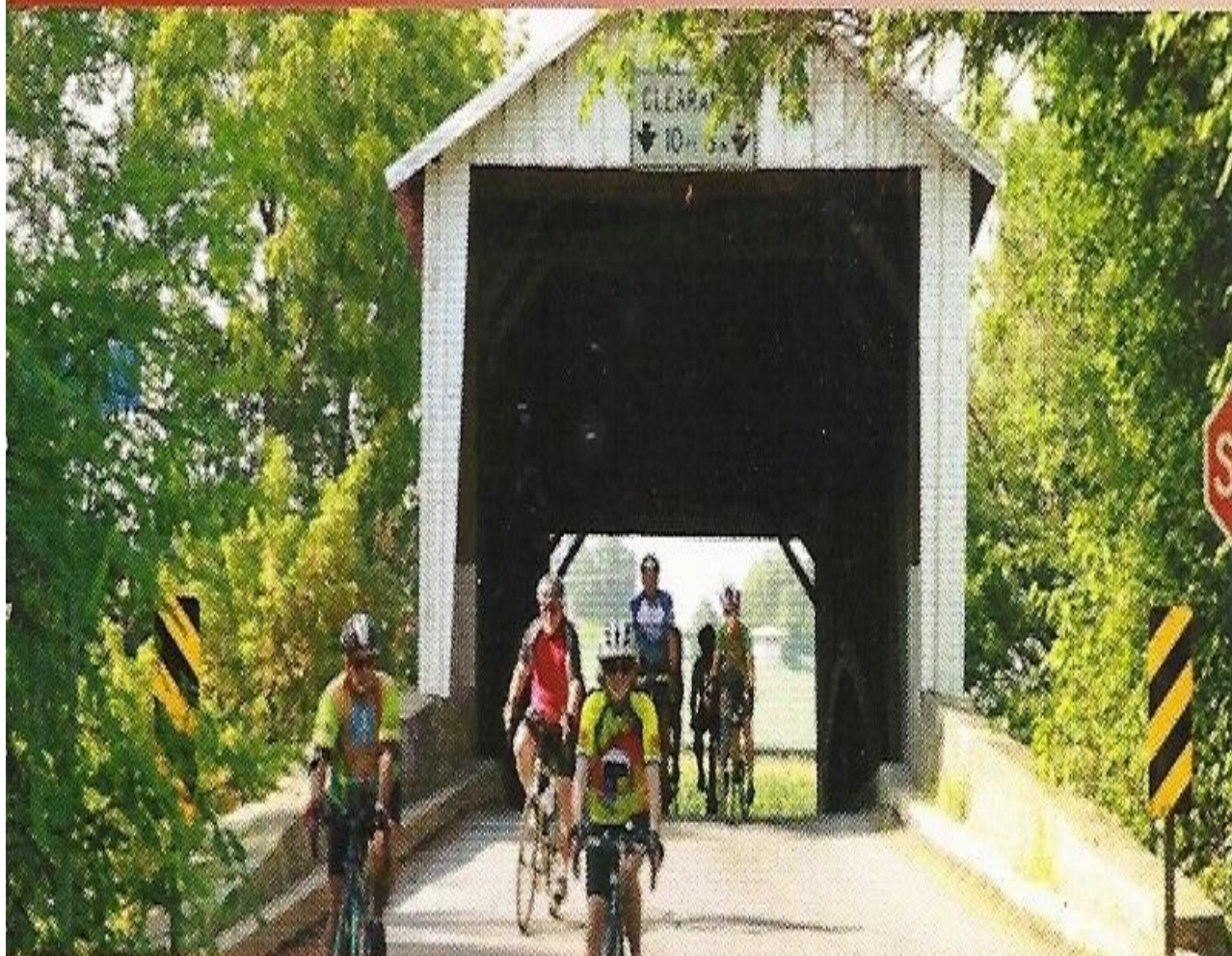
Saturday is also the

National Clustered Spires High Wheel Race

in downtown Frederick



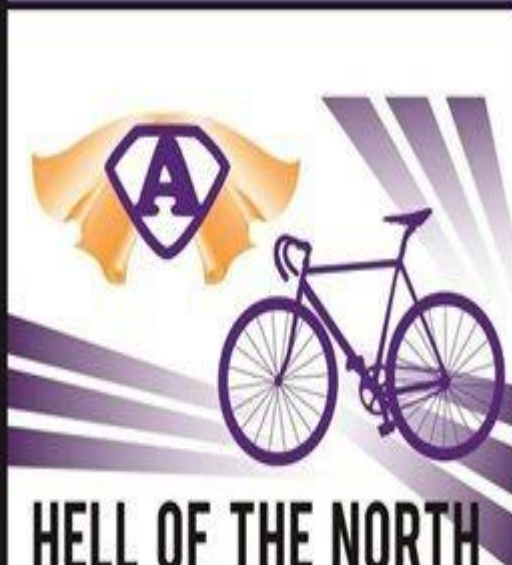
**15, 31, 62 & 100 miles**



**[www.Lancasterbikeclub.net/lcbc](http://www.Lancasterbikeclub.net/lcbc)**



September 3rd, 2017  
**100 Miles**  
**100% Volunteer**  
**100% to Charity**  
(Metric & 30 Mile Routes)



**HELL OF THE NORTH**  
**BENEFITING AVERY'S HOPE**  
**AVERYS-HOPE.ORG**

Raising money and awareness for children  
with rare gi disorders and their families.  
Register to ride or volunteer at  
[BikeReg.com](http://BikeReg.com) or [averys-hope.org](http://averys-hope.org).



**Hosted by:**  
**V5 Cycles**

140 Hwy 31  
Flemington, NJ 08822  
[v5cycles.com](http://v5cycles.com)



**Avery's Hope**  
P.O. Box 256, New Hope PA 18938  
908-581-8273  
[averyshopepa@gmail.com](mailto:averyshopepa@gmail.com)  
[averys-hope.org](http://averys-hope.org)

#### About the Ride

Hell of the North offers a spectacular century, metric century and 30 mile ride through Hunterdon and Warren counties. This ride is fully supported offering SAG, Tech support, breakfast, nutrition and hydration and a great meal after the ride is over.

#### About Avery's Hope

This organization is named for the founders' grandson, Avery Harris, who was born with Microvillus Inclusion Disease. Both Children's Hospital of Philadelphia and Children's Hospital of Pittsburgh have been instrumental in his care. This charity gives back and raises money through fundraising events. All money raised goes to families with children like Avery whose insurance doesn't come close to covering all of the expenses associated with rare gi diseases and find themselves at Children's Hospital of Philadelphia and/or Pittsburgh.



## 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 Golden 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 .... **MINOURA Indoor Bike Trainer** ... Tire Drive/Hyper magnetic resistance. 26, 27 inch and 700c. Folds easy for storage. Riser block for front wheel. \$49.00 **Harold M. Finkel** [halmart2@comcast.net](mailto:halmart2@comcast.net) (C) 732 666 -7161/(H) 732-613-6527

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

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)**.

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

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

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

# 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



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ATLANTIC HIGHLANDS, NJ 07716  
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[www.eyesonfirstave.com/](http://www.eyesonfirstave.com/)





**Central Jersey Bicycle Club, Inc.**

**Over 40 Years and Still Rolling**

**Established 1968**

**July 2017**

**Number 7**

# Happy Bicycling!

