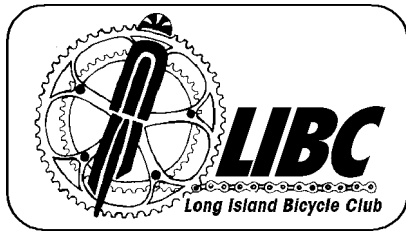


OCT
2004



GOLD COASTING

A monthly publication of the Long Island Bicycle Club

www.libike.org

Club Roster

Members can receive a copy of the club roster by sending a SASE to Mike Friedlander, 323 Frost Pond Road, Glen Head, NY 11545 (or email him at MikeFriedlander1@yahoo.com).

Email List

If you are not getting club emails, add your name to the email list by sending a message to MikeFriedlander1@yahoo.com.

The Standard Ride

The club rides every Saturday, Sunday and holiday throughout the year from **Westbury High School**. Rides leave promptly at 9:30 a.m. Directions: Take the Northern State Parkway to exit 32 north. Go north on Post Ave. The school is on the right just after Jericho Turnpike. Park by the tennis courts.

Club Jerseys!

To buy one, contact Bill Selsky at 516-489-3958 or bselsky@juno.com or see him at the lot.

LIBC Events Calendar

Oct 8-10 - Columbus Day Weekend in Bucks County - see page 5
Oct 17 - Team LIBC rides the MS NYC Bike Tour - see B schedule and page 5
Nov 25 - Phil's Thanksgiving Day Ride
Jan 2005 - LIBC Holiday Party
Feb 2005 - LIBC Ski VT Weekend
Mar 2005 - New Riding Season Begins

Welcome New Members

Paul Bilski - Mineola
Cecilia Cassidy - Huntington Station
Brande Foster - Forest Hills
Julia Jordan - Bellmore
Simon Robson - Flushing
Yvonne Salguero - Flushing

Debbie Does Windham

By Bill Selsky - LIBC President

Your club's Labor Day Weekend is full of challenges. That's because it's in Vermont, the Green Mountain State. If you look up and around you see mountains. In winter, people ski down these suckers. We bike up and around them. But there's also a hot tub, and we eat a lot.

The first day of riding, pretty much all-30 or so odd of us drove from the Blue Gentian Lodge in Londonderry to the church parking lot of Dorset. This has long been a popular ride with the Bs, C+s and Cs. This time the As went along for the ride too, and we all climbed Rupert Mountain together, or at least most of us did. Some found a flatter, easier way around.

Rupert is pretty much the only serious climb on the Dorset ride. Before we knew it, we were at that first snack stop, having freshly-made muffins and drinks. Then the bulk of us within around 8 miles stopped for lunch. The As continued on so that they could add ten more miles to the ride. We did 57. The As (Phil, Mike, John, Jo, Jim McGhie) did 67.

For the 57-mile crowd, mile 28.8 was a lunch stop. It was also a command pie stop for Glenn Collins and Peter Osborne (and Marv Strobing). They walked in, sat down and ordered pie right way. A year or two earlier, Glenn had been denied the last piece of that day's freshly made blueberry, and it was a sad time. Even this time, it was touch and go. The head waitress/owner said drinks first, then pie. Then her granddaughter came over and took our lunch order, and Glenn and Peter were saying, "What about the pie?"

The sandwiches came next, with a choice of both fresh bread and fresh turkey or regular bread and deli meat. When they didn't seem to have enough of the fresh stuff, I volunteered for the unfresh, which is what I got; though I was told they had enough. It was pretty tasty, though, and Glenn, Peter and Marv got their pie, the last remaining pieces. Our group left satisfied.

Sunday, the As went over Terrible Mountain and towards Ludlow, then Felchville, and finally the Andover loop for good measure, a wonderfully hard amount of climbing that ended around 70 miles later. It was a map ride rather than a follow the cue sheets ride that Mike Friedlander and Glenn Abelson had so carefully and separately put together. But Mike, on the ride, didn't seem to mind; though he added it to the cue sheets for next year.

I rode with the other group, which included Glenn and Sue Abelson and Glenn Collins and pretty much everyone else who was riding (Debbie Gross, Ed, Peter, Marv, Linda, Leah, Larry, Steve, Rich, Doug, Roz, June). We did the Chester-Saxton River-Grafton ride, cutting out the Saxton River loop, which turns the ride into 81 miles, and I and some of the others came out of Grafton on the mostly dirt road of Route 121. It was good dirt, as Haraldo would say, and it really reduced the total mileage to something like 43 miles.

The rest of the group decided to go back the traditional way, which is over Windham. Peter Osborne does it every year, no problem. Some of us had done it in previous years and were happy to seek alternatives. I described what the climbers would face. "You go straight up," I explained. "There's no getting momentum to get into the climb. You are on flat ground, and then you climb, and it's hard, and you will know it's hard." This almost talked June Robbins out of it, but she did it. It scared Ed White, who was joining us from the New York Cycle Club. Roz and Doug had done it before and would do it again, no problem. Maria Torres no problem. Pat Mullen was daunted, but ready. But Debbie Gross, who leads C rides and Easy-Rider rides for us back on the relatively flat grounds of Long Island, said, "What the heck!" and just did it. She impressed everyone, including me. I had done Windham before, more than once, and I wanted no part of it this year. **Congrats, Debbie!**

The rest of the weekend is anticlimactic. I mean you've done the tough stuff, hot tub helped. John looks for his car keys (didn't find them until he went through his backpack a second time at home) and eaten like a pig. But on Monday, we all eat a hearty breakfast, and some do a short ride. We'll be back in February to ski. Watch the bulletin for details. We love Vermont!

LIBC

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10% Discount for Members At:

Bicycle Planet – Syosset – 516-364-4434

Bikeworks – Greenvale – 516-484-4422

Brands – Wantagh – 516-781-6100

Carl Hart – Middle Island – 631-924-5850

Cycles Plus – Huntington – 631-271-4242

Danny's – Levittown – 516-520-0707

Mineola Bike - 516-742-5253

Peak Cycles – Douglaston – 718-225-5119

Pt Washington Cycles – 516-883-8243

Tulip Bikes – Floral Park – 516-775-7728

Visentin – Oyster Bay – 516-922-2150

Guidelines

Bicycle Safety is promoted on all club rides, but riders must assume responsibility for their own personal safety. **HELMETS ARE REQUIRED!** Club rides are graded according to the degree of difficulty:

A For very strong cyclists, 18-20 mph avg, 40-100 miles, few stops, hills likely.

B For strong riders, 15-17 mph avg, 40-100 miles, few stops, hills likely. The group will try to wait for slower riders.

C+ 13-14 mph avg, 30-50 miles, stops as needed, hills likely. The group will wait for slower riders.

C 11-12 mph avg, 25-40 miles, stops as needed, some hills to be expected. The group will wait for slower riders and assist those having minor mechanical problems

If you are in doubt, try out a ride with a slower group and work your way up.

Rules to Ride By

1. Arrive 15 minutes early and be ready to leave on time.
2. Make sure your bike is in good working order.
3. Carry a spare tube, patch kit, pump, and water bottle.
4. Practice safety and obey all traffic laws.
5. Leaders are not responsible for those who ride ahead of the group.

Ride Guidelines, Safety, Etiquette & Common Sense

From Suburban Cyclists Unlimited (www.suburbancyclists.org).

RIDE GUIDELINES

- Arrive 10-15 minutes early and **BE PREPARED TO LEAVE ON TIME!** Start times are actual departure times.
- Make sure your bike is in proper working order and inflate your tires **BEFORE** you arrive.
- Carry a spare tube, patch kit, pump, water bottle, and I.D. with emergency contact information.
- Ride in a safe manner and obey all traffic laws.
- The wearing of a helmet is required on all club rides.
- Don't "Bike off" more than you can do. Go on rides within your ability, interest and experience.
- Each rider assumes his or her own risk on all rides.
- Those who ride ahead of the group are on their own ride.
- Always notify the ride leader when leaving the group.
- Ride should adhere to the advertised speed of the ride.
- Ride leaders are not expected to be bike mechanics.
- During winter months or questionable weather conditions, call the ride leader.
- If it is raining at the start time, then ride is canceled unless otherwise noted by ride leader.
- Have fun riding your bike.

BIKE SAFETY

Riding a bicycle has the potential for serious personal injury. Please ride safely, responsibly and courteously. What you do has a direct impact on you, as well as other riders and the club. All responsibility lies solely with the individual rider and not with fellow riders, the leader, the club, or any of its officers or members. Ride leaders will not assume responsibility for minors. **WEARING AN APPROVED HELMET IS REQUIRED!**

- Obey all traffic signs & signals.
- Ride in a straight line, unless road conditions dictate otherwise.
- Use the correct lane at intersections.
- Don't block cars that want to turn right.
- Ride with traffic.
- Use hand signals at all turns.
- Leave gaps between bikes for cars.
- Don't swerve between parked cars and always watch for car doors being opened.
- Move off the road when stopped.
- Ride in a single file when cars are nearby.
- Keep a safe distance between other riders.
- Don't overlap the wheel of the bike in front of you.
- Don't ride into groves (especially between concrete and asphalt) - ride across them.
- Always be aware of riders around you and check behind you before changing lanes.
- Don't turn abruptly to avoid missing a turn - go straight, stop and turn around.
- Don't pass other riders on the right.
- Be especially careful when it's wet - white lines, manhole covers, etc. can be slippery.
- Help others to ride safely by announcing: When you are passing, road hazards, when cars are approaching, when you will be changing lane, when you will be stopping.
- Keep focused on your riding!
- Any Questions? Ask the ride leader!

HELP KEEP DRIVERS FRIENDLY

Car back - Ride single file or double file as appropriate to the roadway and traffic conditions. When indicated that a car is trying to pass, you are to ride single file and let them safely do. (This is a major problem for individuals that ride with SCU *and* LIBC).

Avoid busy roads - If you ride on a busy highway, the chances are you will ruffle the delicate feathers of already edgy commuters. Examine a detailed map of your area and you'll probably be surprised at the many quiet roads available nearby. Be careful about provocative actions - when stopped at a red light, do not irritate a driver by leaning against their car or by riding in circles in front of them.

Return the favor - Cyclists come to appreciate little unexpected courtesies from motorists. We all nod or say thanks to the driver who has the right of way but waves us through anyway. Try returning the favor. An example would be to motion a driver to make a turn in front of you if you'll be slow getting underway. Who knows? That driver might look a bit more favorably on the next cyclist down the road.

A Rides Schedule

This month has some relatively new leaders. Paul led for the first time last month and led a well-paced ride which kept everyone guessing as to his destination. Apropos of that; if you want to help the leader ask him if he wants you to lead or pull for a while. Dropping the leader is a no-no and changing the route of the leader is not appropriate. I can remember at least four rides where a group went off the front, didn't wait for the leader and then changed the route. Why have a leader if you're going to take his ride away? Leaders work hard at planning a different route to try to make the rides interesting. Please respect that and help them with their efforts. Also-there will be an off Long Island ride this month. If you haven't done one of these, you might want to give this one a try. Never fast, but always pretty.

Saturday, OCT 2

Another Dr. Jim Ride -53.17 miles - Jim Rand - 516-621-9142. I wish I could add something new about Jim's rides, but I've said everything already (including insults!). So it will be well led, well paced and fun.

Sunday, OCT 3

The Third No Wheel-Suckers Ride - 55 miles - Phil Ayvazian 516-248-6639 We ran this ride a few months ago and it was a success (the first one wasn't so great). Everyone should expect to take some short pulls, without breaking up the group. This ride will add some gentle hills while still keeping the group intact. Not a ride for W.S.D's.

Saturday, Sunday, OCT 9-10

LIBC Columbus Day Weekend in Bucks County If you show up at the lot, follow Mike, Jim or Saskatchewan Louie.

Saturday, OCT 16

Our Guiding Light Ride -50 miles Chuck (The Beacon) Gleason 516-674-3159. The Beacon is one of our new leaders. He moans and groans on hills, but still stays right up there, but on the flats..... Hint-he's tall. He may do flats or hills and manages to find some new roads.

Sunday, OCT 17

Ride with Team LIBC on the NYC MS Bike Tour - see B schedule & page 5 or, if you can't do the MS Bike Tour, try **Paul's Ride**-50 miles- Paul Bilski 516728-0325. Paul led for the first time last month and it was a great ride. He said that the ride was totally spontaneous, but it just seemed too perfect for that. Well paced and hilly and no one dared go off the front. He even took us up the easy (?) side of Mill Hill. This could be even better.

Saturday, OCT 23

The Golden Apple 75 Backwards - 75-85 miles (with loops) - Phil Ayvazian - 516-248-6639 We've done this one forwards so its time to try something new. A beautiful ride especially in the fall. **Meet at 8:30 to leave at 9.** Exit 6 of Route 684. Left at light, left at light past highway, right into commuter parking lot. If you haven't done an off-Island ride this could be a nice introduction. No one is ever dropped.

Sunday, OCT 24

A Restful Ride by Jo - 50 miles - Jo Vlastaris 516-676-0976. I'm not an advocate of gratuitous rest, but we may need some after the G.A.. If Jo has the legs she'll push it, if not it will be easy.

Saturday, OCT 30

We'll Get it Right Ride - 54 miles - Dave Berghuis 516-333-3596. Dave isn't on the track any more, but he is riding strongly in the hills. Dave has an interesting route to Caumsett State Park with lunch in Cold Spring Harbor.

Sunday, OCT 31

John Goes to Northport (or is that Wyandanch?) - 60 miles - John Howe 516-921-6266. John has gotten this Northport?Eaton's Neck down to a science. He even had the roads in Eaton's Neck paved for us.

B Rides Schedule

It seems the season just started and October is already here. Let's get all together to celebrate a good biking year with a special ride on October 17. See below.

Saturday, OCT 2

Patrick Cuvilly (516 868-7513). Patrick will do his Roslyn to Syosset meander ride with lunch in Oyster Bay. About 48 miles.

Sunday, OCT 3

Daniel Goldschmidt (516 933-1758). We will head east. If the weather is nice, we will have lunch near the water in Northport, otherwise someplace inland. About 58 miles.

Saturday, Sunday, OCT 9-10

LIBC Columbus Day Weekend in Bucks County, PA - The club will be away this weekend, but if you're not going on the trip, come out to the lot and roll your own.

Saturday, OCT 16

John Konz (516 775-1365). North Shore Ride to Glen Cove and Oyster Bay, with several lunch options. 50 miles.

Sunday, OCT 17

Beth Mohr (516 767-1358) is again our team captain for the MS ride. The team name is LIBC. We will do the NYC MS Bike Tour, an exciting ride starting in Manhattan and going through the Lincoln Tunnel. Choices of 60 and 100 miles. The police will close the streets in Manhattan for us, so we need to be on time at the start. **Register from 6:30AM at the corner of Water Street and Wall Street. The tour starts at 7:30. For more information, see page 5. Wear your LIBC jersey.**

Saturday, OCT 23

Rich Suttnerberg (516 624-3430). We will visit Kings Point. About 50 miles. Lunch included.

Sunday, OCT 24

Patrick Cuvilly (516 868-7513). The Bethpage to Bayville classic. 52 miles, with lunch in Bayville.

Saturday, OCT 30

Howard Spergel (516 883-3091). Howard will lead a north shore ride with some new twists. About 50 miles. Lunch.

Sunday, OCT 31

David Junowitz (917 225-5153). An impromptu tour of our North Shore. Expect some hills. 45 miles.

C+ Rides Schedule

Saturday, OCT 2

Steve Klein (516-671-9295) 45-50 miles. Sea Cliff.

Sunday, OCT 3

Mark Blatt (516-678-4918) 40-45. I'm not sure of where Mark is going - but I am sure that it will be someplace with hills.

Saturday, Sunday, OCT 9-10

LIBC Columbus Day Weekend in Bucks County, PA - The club will be away this weekend, but if you're not going on the trip, come out to the lot and roll your own.

Saturday, OCT 16

Mona Haas (718-463-4516) 40-45 miles. Bayville. A joint ride with the North Jersey Bike Club.

Sunday, OCT 17

Kenny Schack (516-921-3553) 50 miles. Dix Hills. Lunch at Subway.

Saturday, OCT 23

Bill Dinner (516-944-9170) 40 miles. Port Washington, including Cow Neck's best hills. Lunch at Mi Ranchero is likely (good Margarita's). *No drafting after lunch.* All are welcome to start in Port so as to relax after the margaritas - call Bill for directions.

Sunday, OCT 24

Marv Strobing (718-969-3576) 45-50 miles. Marv will lead his signature Buccaneer Ride. If you think you know all of the roads on the North Shore of Nassau County - think again.

Saturday, OCT 30

Mona Haas (718-463-4516) 40-45 miles. Bayville - via a different route.

Sunday, OCT 31

Steve Klein (516-671-9295) 40-45 miles. Trick or Treat (*Wear an orange jersey and black shorts {or tights}*).

Quick Tip! *From Ed & Fred*

Hey, where's the daylight going?

It's October and getting dark earlier. This means a greater risk of finishing after-work rides in the twilight.

Be safer when headlights come on by installing reflectors or reflective tape on the rear of your pedals. The up-and-down motion works great for catching a driver's eye. Silver reflective tape along the thin sides of your crankarms is effective, too. If you're style conscious, it's almost invisible except to headlights.

If your hardware won't accommodate any of that stuff, keep a pair of reflective ankle bands in your seat bag or jersey pocket. Or loop them around part of your bike, perhaps the seatpost, so they'll always be ready.

C Rides Schedule

Saturday, OCT 2

Irma Klein - 718- 261-8760. Huntington Harbor with a stop off for pizza. Perhaps 38 miles.

Sunday, OCT 3

Mike Woloch -. Everyone loves a good hill - or should I say - loves to hate a good hill - and can a hill really be good? This month everyone is focusing on Heartbreak Hill and if you have been out and riding all season long it may not be so bad and a ride on Ridge Road makes it all worthwhile. About 40 miles.

Saturday, Sunday, OCT 9-10

LIBC Columbus Day Weekend in Bucks County, PA. Hope you can come along - see page 5 for details. If travel is impossible and you still plan a local ride, come out to the lot and ride with others unable to come away.

Saturday, OCT 16

Clara Meyerson - (516) 766-3813. Cleft is another one of those hills we love to climb - and groan about. Cleft is really not so bad as hills go, the worst part is close to the top and then it's all over and then we can go straight onto Feeks. About 40 miles.

Sunday, OCT 17

Susan Mrwik (516) 354-1834. Let's go to Caumsett. I don't think we have done this ride this season but once again - hills (should I mention that you have to go up SNAKE hill?) - and the beautiful scenery make it all worth the effort. 40 miles.

Saturday, OCT 23

Joan Irwin - (631) 266-2568. I guess that October is a good month for hard rides because once again we will set our sights on Heartbreak Hill. At this time of the year - a virtual piece of cake. Perhaps if you didn't make it to the top on the last try tell yourself that you can definitely do it this time and you will. The triumph of making it to the top is sweet indeed.

Sunday, OCT 24

Irma Klein - (718) 261-8760. I think I will do something tame and flat - for those with no strength to climb another hill - other than the 7 hills on the way to the fire house, a nice ride into Oyster Bay and Bayville with lunch in Locust Valley.

Saturday, OCT 30

Debbie Gross - (631) 491-0340. Debbie has offered up a Halloween Ride - nothing too spooky I hope. Crisp air and a little sunshine would be nice. Come out and enjoy and if you have any questions as to route, give Debbie a call.

Sunday, OCT 31

No ride leader yet - we can draw straws to see who gets the honors of leading a surprise ride.

Easy Rider" Group Schedule

Sunday, OCTOBER 17

Clare Schwartz (516)-627-7496. The weather is perfect for a ride and the route through Oyster Bay and Bayville is one that you can do.

Saturday, OCTOBER 30

Joan Irwin (631) 266-2568. Probably the last Easy Ride of the biking season so come out and take advantage of the opportunity. The pace will be easy and the route will rolling

LIBC Columbus Day Weekend - Oct 8-10 Bucks County Pennsylvania

From the majestic power of the Delaware River, to dramatic overlooks, to timeless pastoral vistas, Bucks County offers some of the most captivating natural areas in the region. Bucks County consists of 608 square miles of diverse Landscapes County and is centrally located in southeastern Pennsylvania just 75 miles south of New York City. While there are highways in the county, the majority of its routes are best characterized as single lane, winding country roads. For our non-biking friends discover a cornucopia of shopping opportunities at antique troves, specialty stores, art galleries, and open-air markets, bargain outlets and shopping malls.

- **Hotel:** Courthouse Motor Inn , 625 Main Street Doylestown, Pa 18901 888-673-8683
- **Cost:** \$108.50 per person plus tax, based on double occupancy for 3 nights with continental breakfast

Call hotel directly with credit card guarantee. Cancellation up to 48 hours in advance. Rooms under LIBC.

Directions: From the Verrazano Narrows bridge: Approx 77 miles from the Brooklyn side of the bridge. Add appropriate mileage from your starting point.

Verrazano Narrows Bridge to Staten Island Stay on I 278 to Rt. 440 (West Shore Expy) towards the Outer Bridge Crossing Continue in NJ on I 287N to US 22E Exit US22 E onto US 202 S Continue thru NJ into PA thru New Hope staying on US 202 S. Arrive in Doylestown Turn Right onto N Main St. in Doylestown Proceed 1 mile to Hotel

For more info call: Domenick Creaco - LIBC Special Weekend Planner 516-488-5991 / dcreaco@ix.netcom.com

Quick Tip! *From Ed & Fred*

A typical tube patch has foil on one side and cellophane on the other. After you peel away the foil and center the patch over the puncture, press the patch firmly especially its edge) with the cellophane still in place.

Now here's the trick: Leave the cellophane on the patch when you put the tube back into the tire. It'll prevent the patch from sticking to the inside of the tire and possibly being pulled off the next time you remove the tube.

2004 Tour De Foliage - Sunday, Oct 10 1st Annual FD Cycle Tour - Ride for a Cure

What is FD...? Familial Dysautonomia or "FD" is a genetic condition present at birth in Jewish babies. One in 27 Ashkenazi Jews carries the gene for Familial Dysautonomia. FD primarily causes the dysfunction of the autonomic and sensory nervous systems.

Star/Finish: Pace University, 861 Bedford Rd, Pleasantville, NY

Course Options: 25 or 50 miles - through Westchester County. To register or for info: www.fdcyclotour.org or 212-949-6644

BICYCLING EVENTS CALENDAR

OCTOBER

- 2-New York to Hamptons Challengee- www.bikechallenge.com
- 2-Miles for Smiles- Riverhead-www.cooleysmilesforsmiles.com
- 3-Great TZ Bike Tour for MS-Tarrytown-www.nmss.org/nyv
- 3-Fall Foliage Bike Tour - Washingtonville,NY www.mcquade.org
- 3-Bike the Beach-Fairfield CT - www.probusclub.org
- 10-Tour de Foliage - Pleasantville,NY - www.fdcyclotour.org
- 17-NY City MS Bike Tour-www.msny.org
- 24- Tour de Bronx - www.tourdebronx.org

Tour de Bronx - Sunday, Oct 24 New York's Largest Free Cycling Event

Rain date: Sunday, October 31.

Bicyclists love the Bronx. The Tour de Bronx loves them back: No entry fees; the Tour de Bronx is FREE!

Register Online Today! Lunch & power snacks are on us!

Enjoy the Tour de Bronx Festival & Jazz Concert

To register over the phone or for more info, call the Bronx Tourism Council: (718) 590-BRONX. or www.TourdeBronx.org
Volunteers and Marshals are needed! Call Rich Gans at 718-792-2238 to sign up.

NY City MS Bike Tour - Sun Oct 17 By Beth Mohr

Come join our **Team LIBC** on the NY City MS Bike Tour. It will be a great ride of 30/60/100 miles thru traffic free Manhattan. The 30 miles route is on the FDR, Harlem River Drive and West Side Highway - TRAFFIC FREE. The 60 mile route continues through the Lincoln Tunnel, the Palisades Interstate Park with views of George Washington Bridge. The 100 miles route continues up the coastline of the Hudson River.

As Team Captain, I have taken a very personal and committed role in this tour especially with fundraising. I would love to increase **Team LIBC** from 12 riders last year to 20 riders this year. Last year, we raised over \$1000 to help with MS research and I hope we can double that amount this year. As some of you may or may not know, I was diagnosed 1 1/2 years ago with this disease. I have been extremely lucky and have felt great but it is a very unpredictable chronic disease that involves the central nervous system affecting the brain and spinal cord. New drugs are on the horizon but research is expensive and I need your help to raise money for this cause. If you know anyone that has MS, their family or friends, please ask them to join the ride with our team and visit my web site to make a donation. 85% of the money raised does go to national MS research and local services that help individuals and families. The A and B riders can join the team and be team marshals but anyone can ride.

I would love to see you on this fun team. My home number is 516-767-1358 and my site is:
<http://www.kintera.org/faf/donorReg/donorPledge.asp?ievent=45886&supId=54598739>.

MORE INFO: www.msny.org

Long Island Bicycle Club
323 Frost Pond Road
Glen Head, NY 11545

**First Class Mail
Forwarding and Address
Correction Requested**

Information for the next bulletin
needed by **OCT 15th**.

LONG ISLAND BICYCLE CLUB MEMBERSHIP APPLICATION

Membership in the LIBC includes a 10% discount at selected bicycle shops, access to club rides and events, and the monthly bulletin. The cost of membership is \$20. Each additional member of the household can join for \$5.

Name(s): _____

Address: _____

City: _____ **State:** _____ **Zip:** _____ **Phone:** _____

Email: _____

Please print your email address very carefully

Signature(s): _____

Each member must sign

LIBC membership: \$20.00
____ **additional members @ 5.00 each:** _____

Total amount enclosed: _____

**Make check payable to:
Long Island Bicycle Club**

**Send this form and your payment to:
LIBC, c/o Mike Friedlander
323 Frost Pond Road
Glen Head, NY 11545**

In signing this release for myself or a member of my family who is under the age of 18, I acknowledge that I understand the intent hereof, and I hereby agree to and will absolve and hold harmless the Long Island Bicycle Club and its officers and members and any other parties connected with club-sponsored rides or activities associated herewith. I also consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and practice courtesy and safe cycling. I also understand that the Long Island Bicycle Club requires the use of helmets when participating in all club rides.