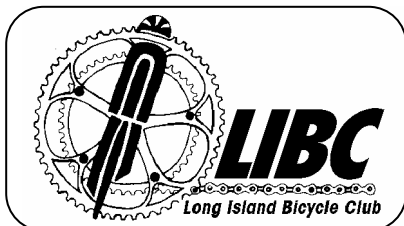


**AUGUST
2007**



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 Maria Torres, 5-14C 115 Street, College Point, NY 11356 (or email her at torresm@coned.com).

Email List

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

The Standard Ride

The club rides every Saturday, Sunday and holiday throughout the year from **Westbury High School**. **Between March-May rides leave promptly at 9:30 a.m.**, and **between June – September rides leave promptly at 9:00 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

Aug 19 LIBC Picnic

Aug 31-Sept 3-LIBC VT Weekend

Oct 5-8 Columbus Day Weekend

Welcome New Members

Burns, Steven & Kathy, Hempstead
Capetandes, Anthony, West Hempstead
Ceballos, Sonia, New Hyde Park
Getz, Morris, Port Washington
Herbert, Scott, Freeport
Hersch, Warren S., Kew Garden Hills
Kalt, Marc, New York
Levy, Michael P., Glen Head
Martini, Wayne, Westbury
Paradise, Laura, Bay Shore
Perlaza, John, Astoria
Pettinato, Chris, Syosset
Radbill, Geoffrey, Long Beach
Rodriguez, Ismael, Brooklyn
Siegfried, Vincent, Williston Park
Delman, Rob & Lynn, Old Westbury
Duman, Debra, Sea Cliff

New Members / Renewals

Membership dues are \$20.00 for an individual, or \$25.00 for a family. If you haven't all ready, it's time to renew!. Members receive our monthly newsletter, which includes detailed information on all upcoming rides and club activities, along with articles of interest to Long Island cyclists and discounts from bike shops. Mail the completed application located on the back of the Newsletter to the address indicated on the form, with your check. If you experience difficulty printing the application, please send an e-mail to: **Maria Torres-718-461-7594 / torresm@coned.com**

Better Riding with Donuts

By Bill Selsky, LIBC President

As president, I feel it is my duty to let everyone know the benefits of good riding and nutritional practices, and I can think of no better way to illustrate this than to describe the ride led by Rich Suttenger back in June.

First or maybe last, it involved a barbecue at Rich's house at the end. Anyone who came on the ride or happened along at any point was invited. Thankfully, not all accepted, so there was enough for all of us who showed up.

The ride for some of us started at Rich's house (we were hoping for breakfast too) and then headed to Westbury to meet up with the lot crowd. Along the way, fixing a flat or two somewhere on Wheatley, and most of the group rode and met us without our going all the way to the second semi-official start. Okay, one rider continued and we (Rich) had to give him directions via cell phone to meet us elsewhere on the route. It worked out.

The As decided to join us. (This was a B ride) and we headed out to all the hills that had been avoided on the previous day's ride. We climbed Beacon. We rode through Port Washington.

At one point, I believe as we were somewhere out of Roslyn (maybe not), Eric's chain broke. He had a chain tool and went about fixing it. This happened to me once, year's ago, as I was climbing some humongous hill in Connecticut, maybe twice, because I seem to remember it happening again.

The break turned out to be fortuitous. Some riders for some crazy reason had not had breakfast. I had my usual pancakes, so I was good to go or whatever. So at this point, some people were hungry, ready for the barbecue before we were close to being there.

As luck would have it, we were right across from a donut shop. Gary Warren in an act of bicycle-civilized kindness and charity that will go down in the pages of LIBC generous acts (not too many of those), went across and bought a dozen donuts and, this is the good part, shared them with all who wanted.

Eric fixed his chain, and those of us who partook were able to continue at a breakneck pace (well a fast B pace) eventually over the seven hills and past, up Snake and back to Rich's house to eat even more. I will nominate Gary for a LIBC-humanitarian award for his noble act, and be over Rich's again to thank him and see what else he has to eat. Thanks to both! Next month: Benefits of beer and pretzels.

20% Discount on Accelorate, Endurox R4 and Accel Gel @
www.accelportcom/libc

Wishing Marv Strobing a speedy recovery from his cycling speed bump crash! Hurry back, Marv. We miss you.....

LIBC Picnic Rides: August 19, Field 5 Eisenhower Park

LIBC

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10% Discount for Members At:

Babylon Bicycle Shop, Babylon, 631-587-6709

Bicycle Planet – Syosset – 516-364-4434

Bikeworks – Greenvale – 516-484-4422

Brands – Wantagh – 516-781-6100

Carl Hart – Middle Island – 631-924-5850

Cuevas Bicycles-15% - E Elmhurst – 718-396-0546

Cycles Plus – Huntington – 631-271-4242

Mineola Bike - 516-742-5253

Peak Cycles – Douglaston – 718-225-5119

Pt Washington Cycles – 516-883-8243

RoadWorx – Syosset -- 516-390-7780

Tulip Bikes – Floral Park – 516-496-7638

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.
- B-** 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.

Aug. 31-Sept. 3 LIBC Vermont Labor Day Weekend

Still some rooms left at the Blue Gentian in South Londonderry. For \$206 per person double occupancy, breakfast and dinner (except Friday), hot tub and cue sheeted rides through beautiful southern Vermont. Checks payable to Bill Selsky, 795 Truman Ave. East Meadow, NY 11554. (Directions: 95 North to 91 North to US 5 (exit 6) – becomes Vermont-103. Stay straight to go onto South Main Street/VT-11. Turn left on Magic Mountain Access Road.

Tour of the Hamptons Aug. 19 Rain or Shine: MPBC-sponsored. \$25 before Aug. 19; \$35 day of. www.massparkbikeclub.org

Annual B East End Ride – August 4, Montauk Again!

It's that time of year again – the annual B (and Friends of B's) Montauk ride. We used to call this the "East End" ride because we snuck in a North Fork version one year. But once again, we return to our favorite destination 100 miles away – Montauk Point. We'll follow the same basic plan as last year, which worked out well

Please RSVP to Rich Suttenger at 516-624-3430 or via email at suttenger9@optonline.net to save your spot on this ride, or to volunteer to drive out east on Friday night. We do need drivers, so if you can help out on Friday, that would be greatly appreciated!

Hope to see you on the ride,
- Rich

Smooth Sailing at Cape Cod for the LIBC

Seventeen LIBC C-riders, along with three B's, spent the back end of the July 4th holiday week exploring the breathtaking landscapes and seascapes of Cape Cod. Our headquarters for the long weekend was the Nautilus Inn in picturesque Woods Hole, down Cape, offering a panoramic view of the harbor. The weekend's rides were artfully created and led by LIBC weekend-rides coordinator Dom Creaco, while the lodgings and social activities were orchestrated by another club stalwart, Clara Meyerson. We arrived at the Cape on Thursday afternoon, after a 250-mile drive from Long Island. Intermittent showers, off-shore fog and limited visibility greeted us upon arrival. Biding our time, though, we mounted about 4:30p for a 21-mile saunter around the southern end of the Cape, and avoided further rain. Dom led us on roads and the cape's rail-trail, by the shoreline, and up past landmark Nobska Lighthouse.

The first of our post-ride *recovery* sessions brought us to the room of our hostess Clara and her roommate, Mary Grady, for wine and snacks, generously provided by Bob and Erlene Steinberg. That evening, some dined on lobster, while others accompanied Dom for some wholesome vegan fare at an Indian joint. All delicious! Fog horns during the night lent Woods Hole a truly maritime flair. The weather took a dramatic turn Friday morning. By 10:30 a.m., the sun broke through, and we were off on a 46-mile ride -- a glorious tour of the shore and sea and pastures and flowers, a rich display of the Cape's abundant charm, on display in rich color. Lunch was in the Corner Café, whose overstuffed sandwiches left us longing for a nap or at least 15 miles of flats. Alas, we got neither, but the ride back was pleasant, if tiring. A highlight of the day was our stop at the Wings Neck Lighthouse, now a bed & breakfast. That night, some ate Thai while others went for more nautical fare. Saturday morning we set out on the 8:15 ferry from Woods Hole, arriving 45 minutes later at Vineyard Haven, the gateway to the rest of Martha's Vineyard. Martha's Vineyard, an island with 124 miles of shoreline, is nine miles wide and 23 miles long at its farthest points. The island offers startlingly diverse views, including a community of multicolored 19th century cottages in Oak Bluffs, and elegant Edgartown, with its abundance of Greek Revival homes. We rode to a true beauty spot, the cliffs at Gay Head, before pushing on to lunch in the atmospheric fishing village of Menemsha, which we reached only after crossing an inlet on a raft powered by an outboard.

Dom provided Easy Riders Trina Wishy, Lee Wrubel, Fonda Charne, Lenny Cohen, and Lynn with ambitious, yet less demanding, rides of their own with detailed cue sheets. We're still wondering where they dined; apparently they scored some early-bird specials. The C's wish to thank the three B's -- Patrick Cuvilly, Gary Warren and Daniel Goldschmidt, who abandoned their faster, B-like pace, to serve as sweeps for our rides, while also offering personalized biking tips.

One near-miraculous moment was our serendipitous encounter with Daniel's wife, Gerry, who shouted hello at us as her tour bus passed while we were replenishing ourselves at a general store.

Our swansong was a grand dinner at an Italian restaurant in Falmouth, where 12 of us gathered to toast an extraordinary weekend, one impossible without the hard work and talents of Dom and Clara. Thanks, guys. – **Gerry Regan and Mary Grady**

A Rides Schedule

Starting time from June – September is 9:00 AM

Saturday, AUGUST 4

We Owe Him Miles Ride-56 miles-Jim Rand 621-9142. Jim led a great ride last month until his rear tire rebelled. Little by little he lost riders until he was down to an intrepid few. I heard it was an especially good ride after I left. Wonder why. We owe him miles.

Sunday, AUGUST 5

A Jesus Ride-54 miles-Jesus Hernandez 646-464-2591. Jesus promises not to pick on Jo for part of the ride. No stories about being lost under blankets, tractor training or chickens. But, this is only for part of the ride.

Saturday, AUGUST 11

An off-Island Ride. The starting spot and ride will be listed in the All Groups Forum. Suggestions will be taken. Mike's ultra hilly long route, Pand B.?

Sunday, AUGUST 12

The Ambrotose Ride-unknown mileage-Jim Badia 917 414-5179. Jim is full recovered from his fall and diet. He will regale us with stories about overpowering freight trains, nutritional supplements, hair gel, lip gloss and hand cream. A metro-sexual ride if there ever was one. Mileage unknown because who knows if we will have legs after Saturday's ride.

Saturday, AUGUST 18

Saint Jo or The Saint and Jo Ride-51 miles-Jo Vlastaris 676-0976. Jo will torment Jesus on this ride. The Saint will try to temper her comments and the rest of us will look on in amusement. One person will remain mute for the entire ride.

Sunday, AUGUST 19

The Picnic Ride Explosion-50 miles non-stop. Phil. The annual extravaganza is here and the leader is getting older annually (that does happen). As hard as I can without blowing up. No water stops and no helpers. (From Eisenhower Park, Field 5)

Saturday, AUGUST 25

A Steve Ride?-60 miles-Steve Suarez. Steve always leads a good steady ride. If he can't make it the Three Idiots will take over.

Sunday, AUGUST 26

SBRA Multicub Ride (see pg 5) or The Beacon's Ride-56 miles-Chuck Gleason 674-3159. The Beacon is back from his two week sail to Madagascar and is in shape. An esteemed member of the B's might show up just to give the Beacon a hard time. Know who?

Other Items:

Jo and the Saint will be back to lead next month.

BEACH PICNIC-I am thinking of a Beach Picnic at Jones Beach parking lot 6 at about 7 P.M. some evening this month. All groups are of course invited. Bring food and whatever else you need. More info will be posted in the All Groups Forum.

B Rides Schedule

Starting time from June – September is 9:00 AM

So many after-ride parties, so little time! Still, we manage to accrue the mileage, so join in the fun.

Saturday, AUGUST 4

Rich Suttnerberg, (516) 526-8936, will take the lead on this latest edition of the B group's annual Montauk Century, which was formally announced in last month's issue of this newsletter

Sunday, AUGUST 5

Eric Bertrand-Loesch, (631) 422-2927. We'll start and end the ride at his residence. Destination, mileage and lunch stop, if any, to be revealed at the start.

Saturday, AUGUST 11

Joel Gorinsky. Ride details to be announced.

Sunday, AUGUST 12

Patrick Grehan, pgrehan@optonline.net. The Other Patrick will be "stealing" one of Joel's rides with shady, less used roads going though Glen Cove, Center Island, Oyster Bay, etc. - perfect for the middle of August. Mileage should be around 55.

Saturday, AUGUST 18

David Junowitz, (917) 225-5153. Two things are for sure : you won't have to drive to Putnam County for this ride, and you'll be getting your own pizza

Sunday, AUGUST 19

"Vin Dinner", (917) 623-0634. "The Fast and Furious". Bill Diesel's signature ride of three hours or so of non-stop torture by your leader who is becoming more adept at leading from the rear since he can't keep up. Guaranteed to enhance your appetite at the club picnic. Bring water and snacks. (Eisenhower Pk, Field 5)

Saturday, AUGUST 25

Susan Mrwik, (516) 244-6174. Susan will dust off her cue sheet for the Target Rock ride, which she knows well. About 55 miles.

Sunday, AUGUST 26

SBRA Multiclub Ride (see pg. 5) or Patrick Cuvilly, (516) 868-7513. It's a great time to have lunch at the beach in Bayville, after about 40 miles of riding fun. Total mileage in the low 50's.

Bike & Related Stuff for Sale

Medici Grand Turismo 12-speed bike, 20.5 inch Reynolds 531 frame. Bike comes with frame pump, Dura Ace cranks and front derailleur, Sachs Huret rear derailleur, Cinelli stem (and Medici spare), aluminum wheels, clinchers. Plus, there's a Blackburn Trak Stand, car bike rack, bike tools. \$700 takes all. Robert Bruce – 718-224-9498. rbruce1@nyc.rr.com

B- Rides Schedule

Starting time from June – September is 9:00 AM

Saturday, AUGUST 4

Sid Alkon (516-869-8710) 50 miles. Dix Hills/Commack. Sid promises a 2 mile long hill.

Sunday, AUGUST 5

Steve Klein (516-671-9295) 45 miles. Glen Cove and Sea Cliff, with some hills and no cobblestones.

Saturday, AUGUST 11

Marvin Bzura (516-448-7633) 50 miles. Centerport and Huntington Bay.

Sunday, AUGUST 12

Glenn Abelson (516-766-6204) 40-45 miles. Huntington area. Lunch will be or pizza. Indecision is the key to flexibility. (*I'm just the messenger*)

Saturday, AUGUST 18

Kenny Schack (516-921-3553) 50 miles. Great Neck.

Sunday, AUGUST 19

Mona Haas (718-463-4516) LIBC Picnic. Mona will be sure to get the group back by Noon for the start of the Picnic. THIS IS A REMOTE START LEAVING FROM EISENHOWER PARK, FIELD #5, AT 9:00 A.M.

Saturday, AUGUST 25

Marvin Bzura (516-448-7633) 56 miles. Stony Brook. THIS IS A REMOTE START LEAVING FROM THE SYOSSET FIRE HOUSE AT 9:00 A.M.

Sunday, AUGUST 26

Multi-Club Ride Hosted by SBRA. See page 5 for ride information, starting time and directions

Easy Rider" Schedule

Sunday, AUGUST 12

Clare Schwartz (516) 627-7496. Clare's Cream of the Berries' ride 25+ miles. Clare is ready to 'dish out' a serving of her delightful Berries offering. So good, you'll want a second helping.

Sunday AUGUST 19 (LIBC Picnic)

Len Kirsch (516) 318-5991. Ride starts from Eisenhower Park Field 5 A ride to Locust Valley – about 25 miles

Saturday, AUGUST 25

Al Rutsky (516) 627-7496. The 'Easy Does It', ride. 25+ miles. Depending on the coterie, who may do this ride with me, I'll wait decision and THEN decide. The terrain and length of this EZ ride.

C Rides Schedule

Starting time from June – September is 9:00 AM

Saturday, AUGUST 4

Charles Meierdiercks (516) 381-2856 Every Hill we can find in Locust Valley and Lattingtown - Up and down and all around. 40 miles or so.

Sunday, AUGUST 5

Al Rutsky (516)-627-7496. A ride to Al's bagel shop. We wind around and around and after fifteen miles or so we make a turn –and what do you know! We are right back on Wheatley again, that's when the real ride begins. The first 15 miles was only a warm up. Al will treat us to another one of his Loopy rides.

Saturday, AUGUST 11

Domenick Creaco (516) 488-5991. The Larry Shoots Memorial Ride to Sands Point. Larry always enjoyed this ride.

Sunday, AUGUST 12

Geri Verola (516) 626-3502. Geri will lead the 50 mile version of the Mansion Ride. The tour winds through the North Shore and hills such as Beacon are to be expected along the way.

Saturday, AUGUST 18

Clara Meyerson (516) 766-3813 I'll try to lead though I am slow. I am very cautious as I have had my share of spills. I love riding but am aware of the many dangers. I count on everyone to watch and be careful and not push the leader. A beautiful 36 miles.

Sunday, AUGUST 19

George Cutler (516) 829-1924. George will lead his 'Whet Your Appetite' ride. Leaving from Eisenhower Park, Parking Field 5, George's ride will help you work up an appetite and return you to Eisenhower Park to the delectable aroma of George Cymbalski 's gourmet cooking.

Saturday, AUGUST 25

Irma Klein (718) 261-8760. My lead to Huntington Harbor. Give credit where credit is due: George Stafford created this route and it continues to be a favorite for C Group riders. – 38 miles.

Sunday, AUGUST 26

Multi-Club Ride Hosted by SBRA. See page 5 for ride information, starting time and directions

Wanted

Want to buy: Bike for my teen, 6'1, to get to school. Nothing fancy, but mechanically ok Please contact, Jane Weiler

jweiler@nyp.org

BICYCLING EVENTS CALENDAR

AUGUST

12. Tour de Cure-American Diabetes Association
Eastern Tandem Rally – www.easterntandemrally.org
- 26 SBRA Multi Club Ride – Riverhead Court Complex, 9:30
EmpireState AIDS Ride – Niagara Falls to NY City
www.empirestateaidsride.org
- Great Hudson Valley Pedal – www.ptny.org
- 26 Ramapo Rally – www.btcnj.com
- 19 Tour of the Hamptons – www.massparkbikeclub.org
North Fork Century – www.northforkcentury.org
- 30 LIBC Vermont Labor Day Weekend

SEPTEMBER

- LAB National Rally – Oregon – www.Bikeleague.org
NY City Bike Tour – www.NYCentury.org
EscapeNewYork – NY Cycle Club - www.nyccentury.org
MS Tour for a Cure – Long Island – www.nmssli.org
- 16 Second Sight Bike-A-Thon – www.sbraweb.org
Great Big FANY Ride – www.sbraweb.org
CLIMB Multi – Club Ride – starting point TBA
- 23 Twin Lights Ride – NJ – www.bikenewyork.org
Golden Apple – www.westchestercycleclub.org
- 29 Ancient Mariner – www.massparkbikeclub.org

OCTOBER

- Miles For Smiles- www.cooleymilesforsmiles.com
Pumkin Patch Pedal-Statens Island- www.sibike.org
Tour de Bronx – www.toirdebronx.com
HBC Multi-Club Ride – Greenlawn LIRR Station, 9:00

SBRA Aug. 26 Multiclub Ride

9 a.m. start from Court Complex in Riverhead. Take the LIE to exit 71. Make right onto Rt. 24 and then right onto Center Drive (just past jail) into parking lot. Alternate route: Sunrise Highway to exit 61 (CR 51). Then, North on CR-51 to Riverhead (about 7.5 miles) and left into Court Parking lot.

All rides head east and include a deli stop. Ride contacts: A: Jack Steffans – 631-669-4740 (h) and 631-632-8296. B+/A: Christine Marino – 516-578-8478. B: Bruce Presner – 631-476-3923 (h), 516-481-6640 (w). C+: Dick Cunningham – 631-585-0868. C: TBA. D: TBA. A and B+/A will follow same route.

TRY THIS ON YOUR NEXT RIDE

Use stop signs to get fitter.

Don't you hate traffic signals? Just when you're in the groove, there's the dreaded word: STOP. Worst case: A stop sign in the middle of a great descent. It's important to obey traffic signals, of course. You could get badly hurt if you don't. Also, running stop signs and red lights sends the wrong message to motorists even if they don't hit you. Some drivers get peeved and aggressive when they see cyclists ignoring traffic signals. "If you guys break the law," goes their thinking, "you don't deserve respect from me." Be aware of your responsibilities as a road user, as well as your rights. But we digress. The idea here is not to regard stop signs as a fun-stopping nuisance but to use them for your benefit. Stopping means starting again. Accelerating up to speed. This is a good thing. It encourages you to stand, getting weight off the saddle to relieve pressure on nerves and blood vessels. Sprinting works the muscles of your torso, arms and shoulders, which don't get used much in steady riding. Accelerating hard fires your fast-twitch muscle fibers, contributing to well-rounded fitness. And with practice you're bound to become a faster sprinter. If you're a time trialist, think of stop signs as opportunities to work on your out-of-saddle technique for motoring up to speed at starts and turnarounds.

Columbus Day Weekend Away in the Pioneer Valley, Massachusetts

October 5th - 8th, 2007

As the summer heat slowly gives way to the soft breezes of fall, Mother Nature pulls out her brush and paints a canvas of yellow, red, and orange throughout Massachusetts' Pioneer Valley. If you're lucky enough to travel these winding roads at this special time of year, you will be richly rewarded with breathtaking vistas at nearly every turn and enjoy the quiet solitude of your own thoughts or the laughter-filled companionship of friends or family biking the roads and trails of the Pioneer Valley. We will stay in the Town of Hadley adjacent to the Connecticut River. Amherst (the homestead of Emily Dickinson) and Northampton (which hosts Smiths College) are next door to Hadley. The Pioneer Valley features New England history and charm at its best. You will find many delights along the bikeways and will be rewarded with wonderful memories when we complete our trip. Cue Sheets for the will be provided offering fantastic cycling for all levels of ability, featuring low-traffic roads. There will be a variety of flat road rides along the Connecticut River valley, as well as both rolling and challenging hilly rides.

The hotel information is as follows:

Quality Inn
237 Russell St
Hadley, MA 01035
Phone 413-584-9816

Rate: \$116 + 9.7% tax per room per night based upon one or two in the room. Riders sharing the room split the cost. A continental breakfast is included daily. Contact Clara Meyerson hotel information at travelwholiday@webtv.net
Contact Domenick Creaco for ride information at dcreaco@ix.netcom.com

LIBC Annual Picnic- Sunday, August 19

1st A Ride, Then: BBQ & Drinks & Salads

Where: Eisenhower Park, Parking Field # 5. Entrance is located at intersection of Stewart Avenue and Merrick Avenue. (South of Old Country Road, Post Avenue becomes Merrick Ave.) **All rides leave from the park** and will be back in plenty of time to pig out (and some kosher alternatives).

If it rains, maybe no rides, but come and eat. We have a tent!

Picnic help? (Not just eating!) George Cymbalsky runs this without a hitch every year, and some people volunteer to help every year. If you would like to be one of them, call George at 631-757-0392.

BTCNJ Ramapo Rally 8/26/07 (Rain or Shine)

Choose from six beautiful, well-marked routes - 12, 25, 45, 62, 100 and 120 miles. These are rider-tested routes. The emphasis is on the enjoying the ride and the scenery. The 12-mile route is designed for beginners and families. The 25- and 45-mile routes are rolling. The rolling 62- and 100-mile routes head Southwest through the Splitrock Reservoir area as well as into the greenery along miles of the Black River Wildlife management Area with the turn-around for the century (100) in Chester NJ. For those stronger riders looking for a challenge, we are offering a 25 mile hilly extension to the century for a double metric (120) — a climb up Schooley's Mountain - along the ridge - and a rewarding downhill. **Register by August 8th to receive a receive a FREE top tube storage bag from Inertia Designs. Post-ride enjoy a light meal, music and browse our through our merchandise for bicycle gifts including our own BTCNJ T-Shirts, Jerseys and more! SAG Support is top-notch!**

Long Island Bicycle Club
5-14C 115 Street
College Point, NY 11356

First Class Mail
Forwarding and Address
Correction Requested

Information for the next bulletin
needed by **AUGUST 15**

HAVE YOU RENEWED YOUR MEMBERSHIP
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 Maria Torres
5-14C 115 Street
College Point, NY 11356

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.