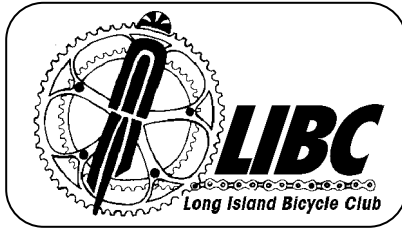


**JULY  
2010**



# **GOLD COASTING**

A monthly publication of the Long Island Bicycle Club

[www.libike.org](http://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](mailto: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](mailto: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](mailto:bselsky@juno.com) or see him at the lot.

## **LIBC Events Calendar 2010**

July – LIBC's 4<sup>th</sup> of July Weekend  
Sept – LIBC's Labor Day, Weekend  
Oct - LIBC's Columbus Day, Weekend

## **Welcome New Members JULY 2010**

Korman, Daniel, East Williston, NY  
Lanzkowsky, Lisa, Port Washington, NY  
Tice, Nancy, Merrick, NY

## **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](mailto:Maria.Torres-718-461-7594) / [torresm@coned.com](mailto:torresm@coned.com)

## **July Picnic and Away We Go**

By Bill Selsky, LIBC President

Let me begin my July column with an announcement about the club picnic. It takes place in Eisenhower Park again. Go to Parking Field # 2 and look for the LIBC artistic drawing (a painted sheet) that George hangs in our spot.

Some of our past volunteer helpers have headed north. Charles and Lynn are now ensconced in Vermont. Maybe they will be back for the picnic. Charles originally thought so, but just before he packed up (some more) and headed up, he was less sure. So, if you want to take his place in the picnic set up, call George. His contact info will be in the picnic blurb elsewhere in this bulletin.

There is one change this year if you are not a Nassau County resident. I guess the economy has affected the county because the park will charge non-residents \$5 to drive into the park. Now, you get a lot for your \$5. George lays out quite a spread. But if you want to hold onto your money (and I bet some of you will), park at the shopping center on Hempstead Turnpike across from the park and bike your way in. Parking Field 2 is probably closer to the Hempstead Turnpike side of the park than the Merrick Avenue part, though it is not a big deal either way whether you drive or bike it.

Alternatively, you can ride your bike in from Westbury High School. Check with your ride leader, but most rides will head past it at the beginning and end on the way to Eisenhower. If you are a resident, bring something to prove it, like your driver's license. Yes, this will be requested as you drive into Eisenhower.

Also, if you have not paid your \$20 membership dues, now is the time (actually past – what's wrong with you?!). We will be checking at the picnic. Other July events include the club's away weekend at Cape Cod. You should receive this a little before, and if you are interested, contact Clara Meyerson and/or Domenick Creaco to see if there is still room.

I will throw in a plug for the club's Labor Day Weekend in Vermont here. It always fills up fast. We do have some alternate places to stay if the Blue Gentian is over accommodated, and this seems to have worked out well the past couple of years. Yes, Vermont is hilly ("the Green Mountain State), but by September, kids, you will be in your cycling prime, and, as the blurb points out, there is a hot tub.

On some of the rides in Vermont, though there are cue sheets, I often will be raising my voice with suggestions from the back or at least not from the front. My suggestions will include traffic warnings, fellow cyclist analysis and directional urgencies. Some of what I say will include phrases like: "Car back!", "Single file!", "Flat tire!", "Mechanical!", and "So and so has been dropped!" (Poor so and so.) I point this out to gently suggest all riders on all rides be cognizant of similar things, making both themselves and the group aware of what is going on around them. It's good to do, and can assist you as a ride leader, if and when you lead some portion of a ride from the back, something that is not uncommon. As always, ride responsibly.

**RENEW YOUR 2010 MEMBERSHIP  
YOU MUST BE A MEMBER OF LIBC TO PARTICIPATE IN OUR WEEKEND  
TRIPS**

## **LIBC**

**President** Bill Selsky

516-489-3958/ bselsky at juno.com

**Treasurer** John Konz

516-775-1365 /johnkonz at msn.com

**Membership** Maria Torres

718-461-7594 / torresm at coned.com

**Publicity** Eric Bertrand-Loesch

516-526-0016 / ebloesch at yahoo.com

**Recording Secretary** TBA

516-489-3958/ bselsky at juno.com

**Away Weekend Planner** Domenick Creaco

516-488-5991 / dcreaco at ix.netcom.com

**A Ride Chair** Phil Ayzazian

516-248-6639 / [biketurn74 at yahoo.com](http://biketurn74@yahoo.com)

**B Ride Chair** Patrick Cuvilly

917-775-6446 / patrickcuvilly at yahoo.com

**B- Ride Chair** Ken Schack

516-384-4238 / ken at schackre.com

**C+ Ride Chair** Leonard Kirsch

516-364-1095/ Counselak at aol.com

**C Ride Chair** Irma Klein

718-826-1870/ ijklein8760 at gmail.com

**Bulletin Editor** Modesta Kraemer

121-63 6th Ave College Point, NY 11356

516-238-5029 / Msuardy at aol.com

**Web Page Editor** Walter Costanza

718-224-3229 / libike-admin at libike.org

### **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

**Mineola Bike** - 516-742-5253

**Peak Cycles** – Douglaston – 718-225-5119

**Pt Washington Cycles** – 516-883-8243

**RoadWorx** – Syosset -- 516-558-7841

**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.

**B-** 13-15 mph avg, 30-55 miles, stops as needed, 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.

## **A Ride Schedule**

**Rides leave promptly at 9:00 A. M.**

**from the Westbury High School Parking Lot.**

### **Friday JULY 2-Monday JULY 5**

LIBC Weekend. No island rides are scheduled, but show up and someone will lead or people can stand around the lot for the whole day.

### **Saturday, JULY 10**

**Paul's Ride-58 miles-Paul Block 785-3609.** Last month it actually did not rain on Paul's ride. It threatened to and many people were hoping for a little just to torture Paul. Paul led a great ride (he paid me to say that) which hit a lot of hills, but had a nice flow to it. Can he duplicate it? Even if he just does the same ride again it will be fine. It is possible that the off-island ride may be changed to this day.

### **Sunday, JULY 11**

**Dr X's Ride-54 miles-Jim Badia 917 414-5179.** Always interesting roads, always exhaustion and fun. There will be no talking on this ride by anyone.

### **Saturday, JULY 17**

**Mike's Off Island Ride.** This one will start from either Westport, Connecticut or Bedford. Show up at one of those spots. The ride will be posted in the All Groups forum. It will be hilly and probably about 75 miles. Raymond (Chore Boy) will be there with some choice quotes (they get better as he gets more tired).

### **Sunday, JULY 18**

**Susan's Ride -unknown mileage-Susan Mrwik 354-1834.** This may be considered a recovery ride or it may just inflict more damage to our legs. Once again she promises to bring moonshine on the ride.

### **Saturday, JULY 24**

Who Volunteers Ride-some have to get back early or maybe just riding short so whoever decided to lead can go wherever their heart desires. **Come on Dr. E!**

### **Sunday, JULY 25**

**The Picnic Ride-44-46 miles-Phil.** The usual, but with probably a few more hills. Watch the leader fizzle little by little until he has "nothing more to give to humanity" (Jordan George-where is he?). This ride starts at our picnic area in Eisenhower Park.

### **Saturday, JULY 31**

**The Why Guzzle? Ride-62 miles-TJ Lepore 521-1864.** TJ likes hills and takes them fast. This time Shannon will be pacing and prodding us with his Why Guzzle car. This will not be fun.

**Rides leave promptly at 9:00 A. M.**

Ride Schedule time is 9:30 from October - May and

9:00 from June - September from the Westbury High School Parking Lot.

**RENEW YOUR 2010 MEMBERSHIP**

**YOU MUST BE A MEMBER OF LIBC TO PARTICIPATES IN OUR WEEKEND TRIPS**

## **B Ride Schedule**

**Rides leave promptly at 9:00 A. M.**  
from the Westbury High School Parking Lot.

### **Friday JULY 2-Monday JULY 5**

**LIBC's 4<sup>th</sup> of July Weekend on Cape Cod.** Roll your own from the lot.

### **Saturday, JULY 10**

**Joel Gorinsky**, to parts unknown.

### **Sunday, JULY 11**

**HBC's Gold Coast Tour.** More info at <http://www.hbcli.org/goldcoast.html>.

### **Saturday, JULY 17**

**Geoff Radbill, (917) 881-4396.** A remote 7:45 AM start for this 50-miler from Long Beach to Brooklyn's Prospect Park, via two bridges, bicycle paths, bicycle lanes, residential streets and a couple more traveled roads. After a bathroom stop at mile 25, a lap around the park, then a return to his place in Long Beach for a joint luncheon with the New York Cycle Club's B Riders. We'll purchase sandwiches at a local deli, but drinks, snacks and desserts will be provided, and showers will be available in the locker rooms adjacent to the indoor pool. You can also venture to the beach (\$12 daily beach pass required). Please bring a towel if you intend to shower or swim.

**Because of the urban route, group size will be limited to 12 participants. RSVP your attendance via the group's message board and you will be emailed confirmation thereof and the exact starting point.**

### **Sunday, JULY 18**

**Miguel Arroyo, (516) 668-1962.** Goshen, NY, to New Paltz. 60 to 70 miles of mostly rolling hills, but nothing extremely challenging. **Starting point:** the parking lot behind **Joe Fix's It** bicycle shop, 20 W. Main St., Goshen, NY 10924. Directions : NY State Thruway to exit 16, Rte 17W. Continue on 17W towards Middletown, and get off at exit 124. Turn left at the end of the exit ramp, then right at the next intersection onto Greenwich Ave. (Rte 207). Turn left at the light onto S. Church Street. Parking lot will be on your left. Traveling time from L.I. is about 1.5 hours, and the ride leaves promptly at 9 AM. Ensure that your bicycle is in good mechanical condition, and carry enough food and hydration, as we will be traveling far from services. Also take note of the time of the year and the day's expected temperatures. In case of inclement weather the ride will be cancelled. Call the ride leader with any questions.

### **Saturday, JULY 24**

**Susan Mrwik, (516-244-6174).** TdF Party Ride. REMOTE START FROM THE SYOSSET FIRE HOUSE AT 9:00 A.M. Destination : San Remo. Lunch at Kenny Schack's residence in Syosset after the ride, so bring a snack. Also bring a bathing suit and a towel : the pool will be heated. Highlight of the festivities : see the day's penultimate stage of the Tour de France, TIVO'ed live in the morning while we ride. Call Kenny for directions if you want to park at his house and ride to the Fire House (1 mile). If you are attending please RSVP to Kenny by Tuesday 7/20.

### **Sunday, JULY 25**

**Hamid Alaie, (718) 541-3664.** The Picnic Ride. Originally, he wanted to go to Lake Ronkonkoma but, once we explained that there would be no food left by the time he got back, he thought the better of it. With our help, he'll figure something out. About 50 miles, with no lunch stop, of course.

### **Saturday, JULY 31**

**Daniel Goldschmidt, (516) 633-0420.** Joel's Annual Cabana Ride, 5th edition, 55 mi. We'll leave at 8:00 AM from Nickerson Beach, arrive at Westbury HS by 9:30 before heading south again, with an early lunch stop in East Rockaway. Upon our return to the beach, the après-ride festivities will begin.

## **B- Ride Schedule**

**Rides leave promptly at 9:00 A. M.**  
from the Westbury High School Parking Lot.

### **Friday JULY 2-Monday JULY 5**

**LIBC Independence Day Weekend trip.** Roll your own at the lot.

### **Sunday, JULY 4**

**Kenny Schack (516-921-3553)** 53 miles. San Remo. **8<sup>th</sup> annual traditional B- Independence Day Ride.** Lunch at the Old Dock Inn. **THIS IS A REMOTE START LEAVING FROM THE SYOSSET FIRE HOUSE AT 9:00 A.M**

### **Saturday, JULY 10**

**Victor Urbach (516-484-3036)** 50 miles. North Shore, with as many water views as possible. Moderately hilly.

### **Sunday, JULY 11**

**Gold Coast** Roll your own at the lot

### **Saturday, JULY 17**

**Gary Rauch (516-621-2592)** 50 miles. Northport.

### **Sunday, JULY 18**

**Marvin Bzura (516-448-7633)** 55 miles. Kings Park.

### **Saturday, JULY 24**

**Kenny Schack (516-921-3553)** 40-45 miles. **9<sup>th</sup> annual Tour de France Party Ride.** Eaton's Neck (probably). Lunch will be at Kenny's house in Syosset - after the ride, so bring a snack. Bring a bathing suit (and a towel) - the pool will be heated. Also, see today's penultimate stage of the TdF tivoed live in the morning while we ride. Call Kenny for directions if you want to park at his house and ride to the Fire House (1 mile). If you are attending please RSVP by Tuesday 7/20. **THIS IS A REMOTE START LEAVING FROM THE SYOSSET FIRE HOUSE AT 9:00 A.M.**

### **Sunday, JULY 25**

**Marvin Bzura (516-448-7633)** **LIBC Picnic.** 35 - 40 miles. **Marv** 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 2, AT 9:00 A.M.**

### **Saturday, JULY 31**

**Mike Zerner (917-545-1474)** 45-50 miles. "Roy's Ride" through Roslyn, Manhasset, Kings Point, Little Neck, and Douglaston to the Cross Island bike trail...with a possible "twist." Lunch stop included.

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## **Great Neck Before and After Work Weekday Bike Rides**

Call David (Speedy) Emanuel for schedule and to confirm your participation. Day Phone: 516-840-9370, Home Phone: 516- 487-8065 before 9:45 P.M. Helmets mandatory. April - November.

## **C+ Ride Schedule**

### **New Group**

**Rides leave promptly at 9:00 A. M.**  
from the Westbury High School Parking Lot.

#### **Friday JULY 2-Monday JULY 5**

**Weekend away in Cape Cod.** We stay at a new venue The Sands of Time, right next to the motel we used to use. For those not going to Cape Cod, pick a leader at the lot or join the B- ride if you are able to keep up the pace.

#### **Saturday, JULY 10**

**Shelter Island and Orient point. 55 Miles 10:00 am, Pat Mullen H (718) 894-3333, C (212) 466-9330. [slipstream1@verizon.net](mailto:slipstream1@verizon.net).** Remote start from Greenport H.S. Directions: L.I.E. to exit 73 (last exit), this puts you on route 58. Continue past the traffic circle, (about 1 mile after exit 73). Route 58 becomes route 25 after a few miles. Greenport is approx 22 miles past the Riverhead traffic circle. As you enter Greenport the 7-11 store is on the right. The numbered streets start after the 7-11. Ninth Street (sign on the right) is after the 7-11. Make a left into the Greenport High School parking lot opposite Seventh Street. Drive time is at least 90 minutes from Westbury. We will take the North Ferry to Shelter Island and do a 30 mile perimeter ride including Ram Island with constant water views throughout. Then ferry back to Greenport, where we will have a late lunch. Then a flat ride to Orient Point including the bike lane in Orient State Park with views of Gardiner's Bay. After lunch ride to Orient Point and back is Approx. 25 miles. Please RSVP.

#### **Sunday, JULY 11**

**HBC's Gold Coast Tour.** Maybe we can do the 55 mile ride as a group?

#### **Saturday, JULY 17**

**Maria Torres, (718) 461-7594 55-** Quick paced hilly miles - surprise ride to NorthPort or Dix Hills.

#### **Sunday, JULY 18**

Choose a leader or ride with the C's or if you are fast enough, the B-s.

#### **Saturday, JULY 24**

**Elan Wurtzel 516 822-7866-** Meet at Syosset Train Station. No lunch. Lunch at Kenny Schack's residence in Syosset after the ride, so bring a snack. Also bring a bathing suit and a towel : the pool will be heated. Highlight of the festivities : see the day's penultimate stage of the Tour de France, TIVO'ed live in the morning while we ride. Call Kenny for directions if you want to park at his house and ride to the Fire House (1 mile). If you are attending please RSVP to Kenny by Tuesday 7/20.

#### **Sunday, JULY 25**

Club Picnic at Eisenhower Park. Join the Cs or if you can keep up, the B-s?

#### **Saturday, JULY 31**

**Lenny Kirsch 516 318-5991.** Fast pace ride to North Shore Beaches. Lunch in Lattington. Miles depend on heat index.

## **C Ride Schedule**

**Rides leave promptly at 9:00 A. M.**  
from the Westbury High School Parking Lot.

#### **Friday JULY 2-Monday JULY 5**

**LIBC's 4<sup>th</sup> of July Weekend in Cape Cod. Sands of Time Motel in Woods Hole, Mass.** Rides will be on the Cape Cod mainland and Martha's Vineyard.

#### **Saturday, JULY 10**

**Erline & Bob Steinberg (516) 466-4090.** Erline & Bob will co-lead the ride too Port Washington and Sands Point via Roslyn Estates. Probable mileage is 40 miles.

#### **Sunday, JULY 11**

**HBC's Gold Coast Tour.** Those not attending this event can ride from the Westbury High School lot and a leader will be chosen at that time.

#### **Saturday, JULY 17**

**Geri Verola (516) 626-3502.** Geri will lead a mini-version of the Mansion Tour. Approximately 35 miles.

#### **Sunday, JULY 18**

**Irma Klein (718) 261-8760.** A Hunting(ton) We Will Go. Our original ride was conceived by George Stafford and then modified with Glenn Abelson's version and we came out with a really great ride. 38 miles.

#### **Saturday, JULY 24**

**Mike Wolach (917) 439-0472.** It's a HEARTBREAK(er). Mike will lead up the ever famous Heartbreak Hill and through the Cove Edge area. A route avoiding the hill will be made available. Approximately 35-40 miles.

#### **Sunday, JULY 25**

**Clara Meyerson (516) 788-3813.** Clara traditionally leads this ride from Eisenhower Park bringing everyone back ready and eager for George Cymbalsky's (with friends and relatives helping out) LIBC picnic and BBQ repast.

#### **Saturday, JULY 31**

**Clare Schwartz (516) 627-7496.** Think we're ready for Cleft? Let's try it, hoping the weather is good, and we'll bike along by the water. For those of you who are not familiar with Cleft, it's one of the first major hills I biked on, and like to give it a shot during the summer. Hope you'll join me. Approximately 35-40 miles

**BICYCLING EVENTS CALENDAR  
LIBC MEMBERSHIP IS REQUIRED IN  
ORDER TO PARTICIPATE IN THE LIBC  
WEEKENDS**

**JULY**

- 2 LIBC 's 4<sup>TH</sup> OF JULY WEEKEND AWAY  
11 HBC GOLD COAST  
16-18 HIV/AIDS Services Ride - info (@) ridetoheal.org  
25- LIBC ANNUAL PICNIC-FOR MEMBERS ONLY

**AUGUST**

MORE TO COME

**SEPTEMBER**

- 3 LIBC's LONDENDERRY, VT WEEKEND  
19 Hunger Relief/Project H.O.P.E. Ride-  
info (@) ridetoheal.org  
26 MPBC's TOUR OF THE HAMPTON'S

**OCTOBER**

- 2 Leukemia Society Ride-  
www.peakseasoncentury.com  
8 LIBC's COLUMBUS DAY WEEKEND

**NOVEMBER**

MORE TO COME

**DECEMBER**

MORE TO COME

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**LIBC Vermont 9/3-6 Labor Day Weekend  
FOR MEMBERS ONLY**

The rides and maybe the hot tub are the draw here, and okay, maybe the breakfasts and dinners, included. The Blue Gentian, where we stay, is charming. The cue sheets are accurate. The rides can be challenging, but we have had all levels (A-C) on the weekend, and no one has complained (too tired!). Again, there's a hot tub.

**Dates:** Sept. 3 to Sept. 6. Price per person double occupancy (meaning you share): \$225. Includes; Saturday and Sunday dinners. - Saturday, Sunday, and Monday breakfasts.

Only 13 rooms and they will go. Send a check, payable to Bill Selsky, 795 Truman Avenue, East Meadow, NY 11554.

**Directions:** 95 North to 91 North to US-5 (exit 6) – becomes VT-103. Stay straight to go onto South Main Street/VT-11. Turn left on Magic Mountain Access Road.

**LIBC Annual Picnic  
Sunday, July 25, 2009  
FOR MEMBERS ONLY**

1<sup>st</sup> A Ride, Then: BBQ & Drinks & Salads

Where: Eisenhower Park, Parking Field # 2 (new location?). Entrance is located at intersection of Stewart Avenue and Merrick Avenue (Post Ave. becomes). (or Hempstead Turnpike opposite a Home Depot Shopping center)

**All rides leave from the park** and will be back in plenty of time to eat like a cyclist. (Somehow we will have enough).

**If it rains**, maybe no rides, but come and eat. We have tarp!

**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.

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**Independence Day Weekend  
Friday July 2- Monday July 5, 2010  
FOR MEMBERS ONLY**

Hi LIBC members,

We will be having a weekend away during the Independence Day week beginning on Friday July 2 and ending Monday July 5, 2010 in Cape Cod, MA. Once again Clara has secured rooms at ( NEW VENUE with beautiful water view from the rooms) the Sands of Times in Woods Hole. During this time we will ride on the mainland of the Cape as well as visiting Martha's Vineyard. So come and ride with us and relax in your deluxe water view room. Dine at nearby restaurants. Bring your camera; you'll be just a short walk from sandy beaches, lighthouses, and quaint Woods Hole village.

Martha's Vineyard remains a timeless paradise for cyclists. Its roads winds through woodlands and farms, past miles of white sand beaches around millponds, inlets and creeks. This triangular island has served as an offshore retreat since the summer religious camp meetings of more than one hundred years. On Cape Cod we will ride around Falmouth, Woods Hole, Forestdale, Mashpee and Sandwich. Lined with familiar Cape Cod flower and tree species, it makes for a wonderful ride from Falmouth to scenic Woods Hole. We will avoid much of Falmouth's notorious summer traffic by winding down along the beach, through marshes and through the Salt Pond Bird Sanctuary.

At the hotel all rooms feature private bath, color TV, air conditioning, room phones and complimentary morning coffee in the lobby. The room rate is \$139 plus tax per night/per room. Single occupancy cyclists will pay the \$139 plus tax per night/per room. If you share a room you save by sharing the cost. A credit card guarantee is required.

**Contact:** Clara at 516-766-2200 to let her know if you are coming or at email address: [travelholiday@webtv.net](mailto:travelholiday@webtv.net)

**Call CLARA for reservations now.!**

**The hotel info is:**

The Sands of Times 1-800-841-0114, 1-508-548-6300  
539 Woods Hole Road, Woods Hole, MA 02543

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: **JULY 15, 2010**

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**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.