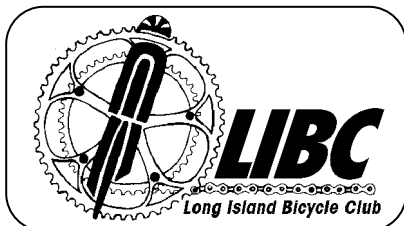


**AUGUST
2010**



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 2010

Sept – LIBC's Labor Day, Weekend
Oct - LIBC's Columbus Day, Weekend

Welcome New Members

JULY/AUGUST 2010

Rizzuto, Tom, Glen Cove, NY
Allen, James, Williston Park, NY
Barnes, Rederick, Freeportm NY
Maxey, Lola, Glen Cove, NY
McGuinness, Andrea, Levittown, NY
Mirassis, Demetri, Huntington Sta, NY
Siegel, Jacqueline, Huntington Sta, NY
Zimring, Phil, Roslyn Heights, NY
Berger, Larry, Brooklyn, NY
Doherty, William, Lindenhurst, NY
Gas, Adam & Linda, Great Neck, 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 / torresm@coned.com**

LIBC & the Multi-Twos Ride

By Bill Selsky, LIBC President

LIBC's turn to host the Multi-Club ride came the end of June. These are rides in which each of the Long Island Clubs take a turn and invite other clubs to join them on a ride for a day. This has not been working out so well over the past couple of years. The other clubs often do not list the ride on their schedule, or it gets listed on an Events calendar and that's it. The other club presidents and I met in the winter and we settled on dates for this and also took note of various Event Rides. Everyone promises to participate, and then it does not happen.

So, what was the resulting turnout on our day of hosting? Each of our ride groups did get some non-LIBC participants, but not many. The B Group had two; the A group one; and the other groups were about the same. I rode with the Bs, and we had two very nice people join us. Patrick Cuvilly led his usual great mix of turns along the North Shore, but after we worked our way through maybe half the ride there was a mishap. We left the Roslyn Duck Pond meeting area, arriving just as the B- Group was heading out, and worked our way around Sea Cliff and towards Glen Cove. Amelia, a sometimes Massapequa rider, went down when her bike got stuck in a road crack. Bob List went down with her. Neither was seriously hurt, with Amelia having the most road rash and a bike problem. The problem was the skewer holding in her front wheel bent. Specifically, the lever that locks the wheel to the bike fork bent, enough to be unusable. If any of us carried or had access to another skewer, she could have (and I think would have) continued the ride, but no one did. Ride over for Amelia.

Hamid offered to go back to ride start, get his car and pick her up. Her boy friend was on the A ride, though, and arrived back at Westbury the same time as Hamid, asked for directions and headed out to pick up Amelia and her bike. I waited with Amelia, and the other new rider, Angel, from Huntington, until Amelia was picked up. Despite all this, both Amelia and Angel said they enjoyed the ride and our club, and I believe they will join us again. Both complimented the club.

One takeaway, though, is we should use sign-in sheets for every ride. If the accident had been more serious, emergency contact numbers and people would have been great to have on hand. So, for all groups and all rides, let's do this. The great thing about a club is that we can be there for each other if necessary. Let's make that easier though sign-in sheet. Most other clubs do this, and so should we.

RENEW YOUR 2010 MEMBERSHIP

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

LIBC

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Treasurer John Konz

516-775-1365 /johnkonz at msn.com

Membership Maria Torres

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Publicity Eric Bertrand-Loesch

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Recording Secretary TBA

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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

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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

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

Visentini – 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.

Sunday, AUGUST 1

Several A riders will be away and several just can't ride on Sundays so show up at the lot and the collective minds will figure something out.

Saturday, AUGUST 7

Paul's Ride-58 miles-Paul Block 785-3609. Lately Paul's rides have not been rained out which is strange since rain clouds do follow him around. Paul has been leading some hilly rides and probably this will be hilly also. A good leader (I hate to admit it!).

Sunday, AUGUST 8

Dr. X's Ride-57.54 miles-Jim Badia 917 414-5179. A Dr. X ride means you never have to pull. We all can be Wheel Sucking Dogs. He loves that 106 stuff so be ready for it.

Saturday, AUGUST 14

T.J.'s Ride-59 miles-T.J.. Lepore 521-1864. T.J. also likes hills and has been riding with some fast groups, so you know what to expect. Lunch somewhere.

Sunday, AUGUST 15

Saskatchewan Louie's Ride-54 miles. Louis has been off in western Canada for most of the spring and summer, but decided to make a trip back east to lead the LIBC. Always a good leader and his bizarre stories keep everyone amused. The other Louie will not be on the ride.

Saturday, AUGUST 21

Mike's ride-62 miles-Mike Friedlander 676-7102. Mike is back from France where he was planning the route of the 2011 Tour De France. He doesn't have as much to work with here, but he always leads an interesting ride, with roads that no one has ever see.

Sunday, AUGUST 22

Dr.X's Ride-57 miles-Jim Badia 917 414-5179. Jim just finished a time trial in Iquitos, Peru so will be happy to lead us on paved roads, with no mosquitoes, howler monkeys or predatory ants. He actually did very well considering that he was using his time trial bike to ride through several feet of mud.

Saturday, AUGUST 28

Susan's San Juan Ride-61 miles-Susan Mrwik-354-1834. Susan will be leading, but she refused to say whether the ride will be in San Juan, P.R, the San Juan mountains of Colorado (Daniel was there) or the San Juan islands. It will be one of these places so bring low gears, or a boat or mangoes.

Sunday, AUGUST 29

The I Have to Lead Ride-57 miles-Phil. With so many good leaders I haven't had to lead much, but the time has come. Steady and pretty hard and lunch in Huntington.

Rides leave promptly at 9:00 A. M.

Rides 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

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B Ride Schedule

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

Sunday, AUGUST 1

Hamid Alaie, (718) 541-3664. He's headed to Eaton's Neck. Translation : a tad over 55 miles, with some hills. It also means a possible dip in the Sound for Cecilia, and for lunch, pastries at the Copenhagen Bakery in Northport.

Saturday, AUGUST 7

Bill Dinner, <mailto:bdinner@yahoo.com>, (917) 623-0634. He will eventually lead us to Port Washington with a simple lunch provided on the beach. "For those preferring to start and end in Port Washington, the ride will leave from my house at 8:15AM, proceeding to the lot to pick up the additions at 9AM. Call or email for particulars." Total mileage in the low fifties.

Sunday, AUGUST 8

no designated leader. It's self-service at the lot.

Saturday, AUGUST 14

Rich Suttnerberg, (516) 526-8936 or suttnerberg9@optonline.net. The Annual LIBC B Century leaves from the Syosset firehouse at 7:30 AM for 100+ miles to Montauk, and riders return in cars left overnight by volunteers/riders. Contact the ride leader if you plan on making it and need a ride back. More details on the group's message board at <http://sports.groups.yahoo.com/group/libcB/>.

Sunday, AUGUST 15

Bill Selsky, (516) 489-3958. If you're not too tired after the Century, he's offering 45 to 50 moderate miles.

Saturday, AUGUST 21

Joel Gorinsky. He's been leading rides long enough for us to know not to ask questions about his route, and that's fine with us.

Sunday, AUGUST 22

Miguel Arroyo, (516) 668-1962. He's acting locally this time around, and has his sights set on our usual stomping ground, the North Shore, so come on out !

Saturday, AUGUST 28

Daniel Goldschmidt, (516) 633-0420. "A long ride heading east", he said. Could it be that he has Jones Beach on his mind? Stay tuned.

Sunday, AUGUST 29

Patrick Cuvilly, (917) 775-6446. We'll probably need to catch our breath after the previous day's adventures, so how about a recovery ride? Destination Halesite, with lunch in Huntington. No more than 55 miles.

B- Ride Schedule

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

Sunday, AUGUST 1

Glenn Abelson (516-766-6204) 40-52 miles depending on how hot it is. Dix Hills if very hot, otherwise Ft. Salonga. Bagel/Deli either way, but no free lunch. Neither ride is particularly hilly. Would I lie?

Saturday, AUGUST 7

Kenny Schack (516-921-3553) 48 miles. Robert Fros(or)t Salonga. *The Roads Less Travelled.* **THIS IS A REMOTE START LEAVING FROM THE SYOSSET FIRE HOUSE AT 9:00 A.M.**

Sunday, AUGUST 8

Andrew Pfau (516-931-4271) 45-50 miles. Westbury, Jericho, Syosset, Woodbury, Huntington, Caumsett State Park and back through Bethpage State park area.

Saturday, AUGUST 14

Victor Urbach (516-484-3036) 50 miles. Mansionless Ride. Similar to the Mansion Ride but with no mansions... (Well maybe one or two). Moderately hilly. Mill Neck, Brookville, Sands Point, Roslyn and Old Westbury. Lunch stop at Bagel Boss in Port Washington.

Sunday, AUGUST 15

Marvin Bzura (516-448-7633) 55 miles. Stony Brook. **THIS IS A REMOTE START LEAVING FROM THE SYOSSET FIRE HOUSE AT 9:00 A.M.**

Saturday, AUGUST 21

Gary Rauch (516-621-2592) 50 miles. Fort Salonga.

Sunday, AUGUST 22

Steve Klein (516-671-9295) 45-50 miles. **A tour of North Shore Beaches.**

Sunday, AUGUST 28

Jay Dennett (516-456-7049) 45 miles. Cold Spring Harbor. ".edu Ride" will take us through four universities and some paved roads not widely used. Some hills, however ascents will equal descents by the end of the ride.

Sunday, AUGUST 29

Mona Haas (718-463-4516) 35-40 miles. Bayville.

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+ Rides Schedule

New Group

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

Sunday, AUGUST 1

Leader will be chosen at the lot.

Saturday, AUGUST 7

Elan Wurtzel, 516 822-7866. Surprise destination and a reasonable pace, some hills, quick lunch. Early return.

Sunday, AUGUST 8

Thom Moehring, 516 785 2345. Up to 50 miles depending on heat. Quick lunch included.

Saturday, AUGUST 14

Leader will be chosen at the lot.

Sunday, AUGUST 15

Maria Torres. 718 461-7594. To Northport, Dix Hills, West Hills, Commack, somewhere hilly. Quick C+ speed minimum stops. There will be a lunch stop.

Saturday, AUGUST 21

Leonard Kirsch 516 318-5991. Training Ride. The purpose of this ride is to improve speed and riding efficiency. Riders will be encouraged to ride on as low a gear as possible and we will practice spinning, pace line skills, pulling, and if possible riding in double formation. We will spend some time traversing the rolling hills of State University at Westbury.

Sunday, AUGUST 22

Lynne Dinner 917 664-5044. 40 miles on the beautiful and shady north shore roads towards Huntington. Lunch included.

Saturday, AUGUST 28

Shelter Island, Sag Harbor, Northwest Woods and Three Mile Harbor. 60 miles 10:00 am Pat Mullen H (718) 894-3333 C (212) 466-9330 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 which is after about one mile on route 58. 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 right) is just after the 7-11. Make the next left into the Greenport High School parking lot, opposite Eighth Street. Drive time is at least 90 minutes from Westbury. We will take the North Ferry to Shelter Island; ride the West perimeter of the Island to the South Ferry. Lunch is in Sag Harbor. Ride through the Northwest Woods and Three Mile Harbor. South Ferry back and ride the East perimeter of Shelter Island including Ram Island. Total round trip fare for both Ferries including bikes is \$11.00 per person. Please RSVP.

Sunday, AUGUST 29

Harvey Miller 516 794-7059. 40 miles to King's Park. Will traverse rarely ridden roads along hardly driven paths by beautiful homes and luxuriant scenery.

C Rides Schedule

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

This month, as it turns out, is the premier month for vacations, so unfortunately we don't have a full schedule of rides. As always though, there will be rides from the Westbury lot even if we have no announced ride leader. On these occasions, members meet at the lot and have a number of options: meet with other group members and chose a leader, it might even turn out that you are leading, even more incredible, you might enjoy the experience and decide to become a more productive member of the group, you might also jointly lead with one or more other members sharing the decisions, or you might also decide that you are fast enough and join the C+ Group. If anyone decides they want to lead a ride after the August newsletter has been published let me know and I will announce your ride on the LIBCC Group site.

Sunday, AUGUST 1

Debbie Gross (631) 491-1285. Debbie will lead a ride on some of her favorite roads with a few hills thrown in to build character. Lunch will be at Mario's in Oyster Bay. 38 miles

Saturday, AUGUST 7

Geri Verola (516) 626-3502 or Jim Borneman (516) 785-4990 – Either/or both - TBA.

Sunday, AUGUST 8

Irma Klein (718) 261-8760. Depending on the heat and the humidity, we will follow a route less traveled these days.

Saturday, AUGUST 14

Roll your own or follow my suggestions in the header of this column

Sunday, AUGUST 15

Clare Schwartz (516) 627-7496. A long time ago we did a ride including Cove Edge Road which was somewhat rough as the road needed repair and we stopped biking on it, even though we liked the scenery. We tried it again in June and in our absence the road was repaired. Let's do it again and include those who didn't manage to join us in June.

Saturday, AUGUST 21

Clara Meyerson (516) 766-3813. Clara will lead her ride to Bethpage via Colonial. 40 miles

Sunday, AUGUST 22

Roll your own or follow my suggestions in the header of this column

Saturday, AUGUST 28

Roll your own or follow my suggestions in the header of this column

Sunday, AUGUST 29

Gerry Regan (917) 741-9501 & Mary Grady (516) 437-5311. We are going to Northport.

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

AUGUST

- 7 Colorado Cyclist Copper Triangle
- 8 Centurion Wisconsin, Middleton, WI
- 8 2010 Gran Fondo Colnago, Philadelphia, PA
- 21 Cool Breeze – 2010, Ventura, CA

SEPTEMBER

- 3 LIBC's LONDENDERRY, VT WEEKEND
- 11 Civil War Century- 2010, Thurmont, MD
- 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

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: August 29 to Sept. 1. 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.

Aug. 7, 2010- FOKAL Rides Benefit Haiti

Aug. 7, 2010 from Port Jefferson, Friends of FOKAL, a 501c3 organization, is hosting rides to benefit Haiti. Ride choices are 5, 25 and 60 miles; it will leave from Huntington Station and head to Port Jefferson and back. Funds raised will help to provide water access to Dos Malfini, a remote community of approximately 12,000, located in the northwest of Port-au-Prince. In brief, FOKAL is a non-profit organization, whose mission is to raise funds for Haiti. You also can email Roger E. Mellon, co-chair of the event at ridewithfokalforhait@gmail.com, or call him at 631-796-8960. Additional details and registration are at www.fokal-usa.org.

LIBC Jersey & LIBC Jacket

We are looking into LIBC Wind Jackets. They will cost \$90; have zip off sleeves, 2 front pockets, elastic cuffs and a mesh line. You also will be able to fold them inward as a fanny pack. The design will be the same as the LIBC jersey: blue background, Nassau County and our usual ride destinations on the front and western Suffolk and ride destinations on the back.

Want one (or two)? Email me (bselsky@juno.com).

Also, I have requests for jerseys too, 4 or 5 at this point. Before I place an order for them, let me know if you want one also. Jersey prices: \$45 standard short sleeve, \$42 for sleeveless, long sleeve, \$52. They are available in women's cuts, but not everyone cares. Let me know if you have a preference.

The LIBC annual July 4th weekend
getaway to Cape Cod

This year was enjoyed by 30 guests. We had ideal weather, great rides and friendly company. The highlight, at least for me, was the Martha's Vineyard excursion. Most of the riders did a complete loop of the entire island covering scenic coastline stretches, farmland, beaches, the uphill climb to the lighthouse and cliffs and every unique and varied town the island boasts. The island remains a treasure for all visitors and is a bike riders dream as bikes seem to outnumber cars in places. Most stopped for fresh seafood in Menemsha.

The ride would not be authentic without the traditional Mad Martha's ice cream stop before taking the ferry ride back to our quaint motel overlooking the harbor in Woods hole. There were group lead rides all three days covering different parts of the Cape. One day all riders were guests of Roy and Diane at their new place in Mashpee. They were kind enough to order in some of the best pizza, salads and Vegan food in town to feed the hungry group. Thank you for your generosity and hospitality. Can we come back next year?

Evening's poolside were fun and inviting. Relationships were formed, bonds and Friendships were strengthened and things felt very much like a big family get together with less stress (even if it did take an hour to get dinner plans were Ironed -out to please all. Special thanks for a thankless job -Clara for the accommodations and caring enough to make sure everyone was happy and treated fairly y. Also for a budget friendly quaint location complete with a high security room for us to store our bikes.

Thanks to Domenick for the cue sheets and leading some rides. Same for Glenn for leading the Martha's Vineyard ride and making sure we covered the Island. Glenn's 10 years of experience handling the ride showed. Clara and Irma get a thank you for organizing the poolside food and drink. We had interesting conversations and our diverse group made the 3 day holiday an enjoyable mini vacation. It was a pleasure spending some quality time with Bob & Cindy, Bob & Erline, Robert & Rose, Steve & Cindy, Mike & Mary, Daniel & Geri, Debbie, Barbara, Lisa, Modesta, Hamid, Morris, Irma, Clara, Dominick, Gary, Susan & Glenn, Harvey & Mary, Roy & Diane, Marsha and Andrew.

If you have not tried a club overnight ride, you are missing out on a memorable way to experience bike riding and traveling.

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, 2010**

**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.