



Central Jersey Bicycle Club, Inc.
Over 40 Years and Still Rolling

Established 1968

November 2014

Number 11

Upcoming Meetings:

Board Meeting

November 17, 2014 7:00 PM
Metuchen Library
480 Middlesex Ave, Metuchen

General Meeting

December 15, 2014 7:00 PM
Metuchen Library
480 Middlesex Ave, Metuchen

Please be aware that all members are welcome to attend the Board Meetings. You must notify a member at large if you would like your voice to be heard. This way, you may be allowed time to have your concerns expressed, time permitting.

Please attend this upcoming event...

**Planning for the "2015 Farmlands Bike Tour " will take place at
Metuchen Library (downstairs room)**

480 Middlesex Ave. Metuchen

Saturday, November 15th 1:00pm - 3:00pm

Pizza & soft drinks included!

**Ideas, Suggestions, & Volunteers needed for
a successful 2015 Farmlands Tour.**

Thank You,

John Colasanti, 2015 Farmlands Tour Chairman,

seezer2@aol.com or 908-456-2075

NOVEMBER EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 C 4/3 20 The Plainfields
2 DAYLIGHT SAVINGS TIME ENDS	3	4	5 C 4 35+ Friday? On Wednesday - Ben	6	7	8 C 4 43 Friday? On Saturday - Ben
9	10	11 VETERANS DAY	12	13	14	15 2015 Farmlands Tour Meeting, Metuchen Library
16	17 Board Meeting	18	19	20	21	22 A Car to Die For C 4 33.1 - Ben
23	24 Friday? On Monday C 4/3 35+/-	25	26	27 THANKSGIVING	28	29
30						

*** The event calendar can also be viewed on the CJBC website at www.cjbc.org. Be sure to check the Event Calendar on the website often. New rides may be listed at any time and the printed calendar in this newsletter shows rides submitted as of the 24th, give or take, of last month.**

Ride Schedule

Wednesday, November 5

Friday? On Wednesday

Ben, 609-655-0979

Pace: C

Terrain: 4

Distance: 35 miles

Time: 10:00 AM

Thompson Park, Jamesburg, NJ.
Call by 5PM Tuesday. If no calls, no ride. Cue sheet is in library, Jamesburg #19. Dining in Dayton.

Saturday, November 22

A Car to Die For

Ben, 609-655-0979

Pace: C

Terrain: 4

Distance: 33.1 miles

Time: 10:00 AM

Metuchen High School, 400 Grove Avenue, Metuchen, NJ. Registration not required.

Saturday, November 8

Friday? On Saturday

Ben, 609-655-0979

Pace: C

Terrain: 4

Distance: 43 miles

Time: 10:00 AM

Thompson Park, Jamesburg, NJ.
Map and cue sheet at Jamesburg #22 on ridewithgps.

Monday, November 24

Friday? On Monday

Ben, 609-655-0979

Pace: C

Terrain: 4

Distance: 35± miles

Time: 10:00 AM

Village Park, Cranbury, NJ. The ride will consist of 2 loops. First to Dayton, see ride library Cranbury #24. Second to Grovers Mill, either ride library Cranbury #25 or Cranbury #21A to Grovers Mill Coffee.

We suggest you call the ride leader if you intend to join a ride. The leader does not have to ride if no calls are received and if the leader has your number you can be informed of any last minute changes.

We also encourage you to contact us regarding rides you'd like to see and if you would be interested in becoming a ride leader.

Ad-Hoc rides are last minute ride postings.

Ad hoc rides are rides that are posted at least 2 days before the ride takes place. This amount of time is necessary so the notification is published on time.

See our rides schedule on our web

site: **website's Event Calendar** (check the rides schedule often as new rides may be listed at any time; sometimes as little as two days before the ride).

Ride Leaders

Please send all Ride Rosters to:

[Award Chair](#)

P.O. Box 10686, Brunswick, NJ 08906

Rides scheduled through Memorial Day should be sent by June 21.

Rides scheduled after Memorial Day thru Columbus Day should be sent by November 1.

Rides scheduled after Columbus Day thru New Year's should be sent by January 15.

Ride Classifications

PACE CATEGORIES - Road bike recommended

AX For strong, experienced cyclist in top physical condition. Average speed is 18 mph or more.

A+ For strong, experienced cyclist. Average speed is 17 to 18 mph.

A For strong, experienced cyclist. Average speed is 16 to 17 mph.

A- For strong experienced cyclist. Average speed is 15 to 16 mph.

B+ For good, competent cyclists. Average speed is 14 to 15 mph.

B For good, competent cyclists. Average speed is 13 to 14 mph.

B- For good, competent cyclist. Average speed is 12 to 13 mph.

C+ For average cyclists. Average speed is 11 to 12 mph.

C For average cyclists. Average speed is 10 to 11 mph.

C- For average cyclists. Average speed is 9 to 10 mph.

D For novice cyclist. Average speed is 9 mph or less.

Speeds indicate average upon completion of ride. Speeds will vary during ride depending on terrain.

TERRAIN RATINGS

1 Hill Mania (multiple long and/or steep climbs)

2 Large Hills (such as Hillcrest Road in Warren or Johnston Drive in Watchung)

3 Rolling Hills (such as Valley Road in Warren Township)

4 Mostly flat (except for occasional overpasses)

ATB RATINGS- For All-terrain and hybrids. Average speed will vary with terrain and rider's experience.

1 Log Novice. Basically flat. Typically tow paths and fire roads.

2 Logs Intermediate. Rolling. Rough paths and fire roads.

3 Logs Advanced. Numerous steep hills, some technical

MTB RATINGS- For All-terrain bikes only. Speeds will vary.

1 Log Novice. Basically flat to smooth.

2 Logs Intermediate. Rolling, rugged.

3 Logs Advanced. Hilly, technical.



October 20, 2014

General Meeting Minutes

Attendees: Ben Blum, Mike Kruimer, Earl Lapides, David Lewis, Andrie Young and David Young

President Ben Blum: A Farmlands meeting will be held at the Metuchen Library, Saturday, November 15, from 1 till 3. Pizza will be the comestible. We are considering having a Shortest Day ride as was originally conceived. 6 miles and 3 food stops. Details following the November board meeting. We need volunteers to serve on the board next year. Whether or not board members volunteer to return, all positions will appear on the ballot. Also, thanks to Sister Mary Jo for her wonderful presentation.

Treasurer Earl Lapides: As of September 15, 2014, our checking account has \$40,304.42.

Members at Large Andrie & David: First we like to thank Earl Lapides and John Colasanti who volunteered to lead the rides for the Tom Koenig Memorial CJBC Anniversary Ride and all the participants who came out on that day. It was a wonderful sunny day. There were 16 participants. We are glad to report it was a smooth day without injuries, incidents or flats. We also like to thank Vesuvio's Pizza for always accommodating us.

The Sky is Blue

The sky is blue and there's a tree; Tom where am I?

The very words many of us have used when calling Tom Koenig for emergency directions. Tom would always pause a moment and say "I know where you are". Then he would gladly give the proper directions to get you back on course. Tom is gone now and I wonder about staying on course myself.

I can't remember the exact time I met Tom but I know it was on a Central Jersey Bicycle Club ride, probably a C+ pace as I was just getting back into cycling. Around 1995, Tom was a prominent ride leader in the club and many flocked to his Sunday early rides with a stop at Teddy's afterwards. Tom had a quiet way of instructing and encouraging all who needed it when someone got to feeling really good and took off ahead of the group. Tom would silently signal an unscheduled turn off the route and soon the overzealous would be humbled. We've all had great times with Tom on his rides.

My friendship with Tom grew as I become more active in the club. We served on the Board together for many years. He was my advisor, counselor, and critic. We shared many personal experiences about family and friends. I depended on Tom as a very dear friend.

In his last few years, Tom became involved with the Cranbury Digital Camera Club and one again inspired me to pursue one of my old hobbies, photography. We went on many excursions into the field to get that perfect shot. Tom, as was typical for him, acquired an entourage of camera friends who were motivated by his enthusiasm.

I will always recall his countless expressions and the events associated with them. For example, his exasperation and anger when confronted with stupidity or his quiet laughter when lulled by a good story or joke. If he found himself without options, he would roll his eyes and throw his arms into the air. He would then exclaim "Oh Well" with a little grin that perhaps betrayed the fact, he had orchestrated the entire event.

Tom counted his friends as many, but only a certain few were allowed into his close circle. I believe I was in that circle and I am proud to have known him and been his friend.

Tom, I miss you.

Jeff Pollitzer

Notes and Events from CJBC Members

December General Meeting

Monday, December 15, 2014 at 7:00 PM

PRIZES WILL BE AWARDED IN ALL CONTESTS

CJBC'S ANNUAL BAKE OFF CONTEST

ENTER YOUR FAVORITE RECIPE

DON'T FORGET WHY WE RIDE ... TO EAT!

IT'S TIME TO SHOWCASE YOUR TREASURES....

**CJBC's Annual Road Find Contest*

Bring your items to the Categories:

Funniest, Cutest, & Most Useful

This year we are bringing back the swap. So bring anything you would like to swap and let's have some fun.

**items obtained while riding your bike nothing alive or used to be alive will be accepted.*

SUNSHINE COMMITTEE John Hartigan

We're ready to accept your "happenings". We send cards to Club Members for injuries, illness, and also sympathy cards - so please get in touch with John Hartigan so we support our club members. (732) 429-0152 ballvglassiohn@live.com

Top Surprises of the East Coast
Greenway Vacation Trip
(Conshohocken, PA to Fredericksburg, VA)

- #11 Being given wrong directions to the Sheraton Inn in Towson, MD. This resulted in a three or four mile detour.
- #10 The beauty of the Northern Delaware Greenway.
- #9 The downhills leading to North East, MD and Monkton, MD.
- #8 The steepness of the downhills of the Northern Delaware Greenway as we get closer to the Brandywine River and Wilmington. This is especially true where the path is gravel.
- #7 Seeing Frisbee golf courses off the Northern Delaware Greenway and in Druid Hill Park in Baltimore.
- #6 Waiting 45 minutes for food at a pizzeria in Essington, PA at a place recommended by the Mid-Atlantic Director.
- #5 Seeing speed limit signs on one trail of 5 and 7 MPH and 15 MPH on a rail-trail. Are cyclists any more likely to observe the speed limit than motorists on roads? Surprise me. Cite a research study that shows evidence that cyclists are more likely to observe the speed limit.
- #4 The wilderness on either side of Rt. 450 between Annapolis and Washington for at least three miles.
- #3 Seeing five people fall off bikes; a cyclist falling on his back on the shuttle bus when the driver hit the brakes on the Baltimore and Washington Parkway (he was on the floor next to me); and trying not to be outdone by anyone else; yours truly fell in his motel room where no one saw him after he turned off the lights to do T.M.
- #2 The pontoon boats that were supposed to take us across the Susquehanna River from Perryville, MD to Havre de Grace, MD never showed up because they got the date mixed up. The police refused to escort us on the U.S. 40 crossing of the Susie Q.
- #1 The President of the Board dropping a birthday cake he was presenting to a trustee.

Submitted by Dan Rappoport

***We encourage other members to feel free to send any articles or information to be published on the HUB.**

CJBC Trivia

Answers can be found at the end of the HUB.

1. Who had the most consecutive years with 10,000 or more total miles?
2. What are the most total miles in 1 year for club?
3. Who has had the most years led in utility mileage?
4. Who has had the most consecutive years led in utility mileage?
5. Who has had the most years with a ride leadership award?
6. Who has the most years led in ride leadership?
7. Who has the most consecutive years with 50 or more rides attended?
8. Who has the most years with 25 or more rides attended?
9. How many years were the Glicks the Membership Chairman?
10. Who has the most total miles within 1 year who has never won a total mileage award before or since?

Researched by Dan Rappoport, 1980-2013



Pennsylvania Convention Center
1101 Arch St.
Philadelphia, PA 19107
Broad Street Entrance

Hours:
Saturday 10:00AM-6:00PM
Sunday 10:00AM-4:00PM

The 2014 seminar schedule has been posted! Start planning your weekend at the Philly Bike Expo!

- 125+ Exhibitors!**
- Yoga for Cyclists**
- Test Ride Area!**
- Bike Fitting!**
- Repair & Maintenance Demos!**
- Food Trucks!**
- Indoor Bike Valet**

[Buy Tickets](#)

[http://www.phillybikeexpo.com/?utm_source=Bike+Clubs&utm_campaign=e1f096c63aTicket New Hall Announcement8 18 2014&utm_medium=email&utm_term=0_6b143871b2-e1f096c63a-230584741#!info-tickets/c1bwm](http://www.phillybikeexpo.com/?utm_source=Bike+Clubs&utm_campaign=e1f096c63aTicket+New+Hall+Announcement8+18+2014&utm_medium=email&utm_term=0_6b143871b2-e1f096c63a-230584741#!info-tickets/c1bwm)

Day Pass: \$8 (\$10 at the door)

Day Pass w/Seminars: \$12 (\$15 at the door)

All Access Pass: \$20 (\$25 at the door)



East Coast Greenway

Join Us for Our Fall State of the Greenway Weekend Nov. 7-8

On November 7th and 8th we will be hosting our [Fall 2014 State of the Greenway weekend](#) in Charleston, SC. Everyone is invited to join us as we explore the ECG in the area and connect with local partners!

The weekend's events will include a press conference, 20-mile [bike ride](#), and [evening reception](#) at the Charleston Maritime Center on Friday, Nov. 7. Space is limited on the bike ride, [so please register now](#) (free for members, \$20 for non-members), includes attendance at the evening reception.

The State of the Greenway Summit, Annual Members' Meeting, and Trail Council Meeting will be held on Saturday, Nov. 8th, at the Charleston Maritime Center. The meeting is free and open to the public. Please RSVP to debbie@greenway.org if you wish to attend Saturday's Summit and would like to purchase a lunch.

The morning will feature presentations from ECG staff and key local partners. Our annual Members' Meeting and Trail Council Meeting will be held in the mid-afternoon, and will include a tribute to the 2004 tour riders. All are welcome; current members may vote on Board of Trustees nominees and bylaw amendments at the Annual Meeting, or can vote by proxy before the meeting via mail or email.

The nominees for Board of Trustees are: Brandon Douglass of New York City, Ellen Johnson of Philadelphia, and Tom Kaiden of Alexandria, VA. Current Trustees Larry Silver and Anne Maleady are also running for another term. [Read more about our excellent Trustee candidates](#). Bylaws amendments and proxy ballots will be posted [here on our website](#) by October 8th.

Read more about all the weekend's events and see Saturday's Agenda [on our blog](#). We hope to see you in Charleston!

<http://www.greenway.org/2014-fall-state-of-the-greenway-weekend-charleston-nov-7th-8th>

UPCOMING 2015 BIKE TOURS

Already dreaming of next year's bicycle tour? Adventure Cycling wants to help you dream, ride, and explore in 2015! We have 102 tours this year with 25 new and revised itineraries. With tours ranging in length from six days to three months, and styles like epic adventures, mountain-bike trips, fully supported tours, and classic self-contained expeditions, we have a tour you'll love. Be sure to check out our [Best Tours for Beginners](#), [Epic Adventures](#), and [Mountain Bike Tours](#).

Find your tour now. Don't hesitate — a few of our [2015 tours](#) have already sold out!

New Epic Tours

- Pacific Coast, [September 8 – October 22](#)
- Atlantic Coast, Van, [April 30 – July 1](#)
- Western Express – TransAm, Van, [June 7 – August 22](#)

New Self Contained & Inn to Inn Tours

- Great Lakes, [June 7 – 17](#)
- Alaskan Golden Circle, [July 19 – 31](#)
- Upstate New York Adirondack Loop, [July 19 – 28](#)
- Puerto Rico, Inn-to-Inn, [January 11 – 22](#), [December 6 – 17](#)
- Crater Lake, Inn-to-Inn, [July 26 – August 3](#)
- Utah Parks Loop, Inn-to-Inn, [September 6 – 12](#)

New Fully Supported & Van Supported Tours

- Southern Arizona Road Adventure, [March 7 – 13](#)
- Minnesota/Wisconsin Rivers and Trails, [June 13 – 20](#)
- Southern Ohio Relaxed, [July 11 – 17](#)
- Southern California Vistas, Van, [March 15 – 21](#)
- Natchez Trace, Van, [April 11 – 18](#), [April 19 – 26](#)
- Tetons – Yellowstone, Van, [July 25 – August 1](#)
- Utah San Rafael Swell MTB, Van, [October 3 – 10](#), [October 11 – 18](#)
- Mid-Atlantic Countryside, Van, [October 10 – 18](#)

New Educational Courses

- Introduction to Dirt Touring, Maine, [June 14 – 19](#)
- Leadership Training Course, Indiana, [June 1 – 4](#)
- Under 30 Intro to Road Touring, Florida, [March 15 – 20](#), Texas, [March 22 – 27](#)
- Women's Intro to Road Touring, Virginia, [May 10 – 15](#), Oregon, [July 19 – 24](#)

<http://www.adventurecycling.org/guided-tours/?email=20141008>

Tours Matching: USA Cycling

All USA located tours below

Scottsdale Arizona Desert Self Guided Cycling Tour

The Arizona deserts are a mecca for cyclists in the winter season! The weather makes it perfect for riding throughout the daylight hours and pro athletes, from tri-athletes to professional cycling teams come to the desert to train. So, train like a pro, or at least get out of your cold northerly weather and come warm up on a bike ride; enjoy the western spirit of Arizona as well as the nightlife and ambiance of the sun! Road Cycling 6 Days Self Guided Difficulty: Fit from \$ 1295

US - Yosemite to San Francisco SSD Bicycling Tour

Not for the faint of heart, this adventure begins in the awe-inspiring Yosemite National Park and ends at the foot of one of the world's most recognizable structures, San Francisco's iconic Golden Gate Bridge. We pedal the hallowed vales of the Sierra Nevada in the shadow of such magnificent monoliths as El Capitan and Half Dome. Road Cycling 5 Nights / 6 Days Supported Self Directed Difficulty: Challenging from \$ 1499

Death Valley Bicycling Discovery SSD Tour

Bicycling on Death Valley's smooth winding roads that oscillate above and even below sea level take us over a land born of fire, rich in minerals and steeped in a curious history. This 3.4 million acre national park is the largest in the United States and known the world over as a geographic rogue; holds the honor of being the eighth lowest elevation location on the globe at -282 feet. Road Cycling 6 Days Supported Self Directed Difficulty: Fit from \$ 1495

Bryce Canyon & Zion SSD Cycling & Hiking Tour

Cycling and hiking in Bryce Canyon and then on to Zion National Park; available on specific departure dates for 2014 in our unique and new Supported Self Directed travel concept! Cycling & Hiking 5 Days Supported Self Directed Difficulty: Fit from \$ 1369

US - Napa & Sonoma Wine Country SSD Bicycle Tour

The old-world landscape of Napa and Sonoma counties may sit on the movie-magic producing coast of the world, but these California miles open up to nothing less than the ideal setting for a classic adventure story. From the seats of our bicycles, we immerse ourselves in a land stitched together by stubborn farmers and captured by storytelling giants like Jack London and Robert Louis Stevenson. 3 Nights / 4 Days Difficulty: Fit from \$ 1275

US - Epic Climbs of Arizona's Sky Islands SSD Cycling Tour

Experienced cyclists often consider their greatest moments on the bike as the instances of suffering high in the mountains, panting hard, legs on fire, and reaching the top! Powering around switchbacks, hoping you didn't go out too hard, and so on. There are few moments in life that clear the mind like an epic hill climb. On this trip we include 4 famous climbs, 2 of which are considered among the top 10 hardest hill climbs in the USA. Road Cycling 4 Days Supported Self Directed Difficulty: Challenging from \$ 995

For more tours and further information, check out their website at

<http://pure-adventures.com/list-tours/country-USA/activity-cycling#.VFU2DMt0w-g>

Buckeye Country Roads Bicycle Tours

Erie Shores and Islands Tour

7 days, 6 nights: June 7-13, 2015

Difficulty (see below): 2 Daily distance options: 30-60 miles

Designed for the beachcomber in all of us, this tour explores Ohio's boating playground on Lake Erie. The islands, lighthouses, beaches and lakeside resorts provide the backdrop for this wonderful week on a bike. Come with us and explore Marblehead Peninsula, Catawba Island, Kelleys Island, Put-in-Bay, and the south shore of Lake Erie from Sandusky to Lorain. Visit Ohio's iconic lighthouses and maritime treasures, and ride where Commodore Perry refused to 'Give up the ship'! Extravagant lodgings, sumptuous meals, and lakeside vistas galore make this a trip you'll never forget!

Amish Country Adventure

7 days, 6 nights: July 12-18, 2015

Difficulty (see below): 4 Daily distance options: 30-50 miles

For the third year our flagship tour is back to revel in Ohio's scenic Amish countryside. For hill and scenery enthusiasts who want the challenge of Ohio's beautiful rolling hills, this tour has it all: the finest accommodations, catered dinners, and vistas that inspire. Ohio's Holmes County boasts the largest population of Amish in the country. Journey through time with us as we sample the daily life and history of Ohio's Amish communities—but bring your climbing gears and your thirst for adventure. And bring an appetite for "Amish bakeries day" - we shall say no more. This one is a classic among bicycle tours anywhere!

Grand Rivers Tour

7 days, 6 nights: Sept. 13-19, 2015

Difficulty (see below): 3 Daily distance options: 35-65 miles

Somewhere between the busy family vacation season and the busy fall color season, we sandwich in some quiet time to celebrate the final days of summer sunshine on our bicycles by exploring the many faces of northeast Ohio. With 3 wonderful resort inns to pamper us daily, we'll pedal lovely country roads to visit Ohio's largest wine producing region, the woodlands of Ohio maple syrup country, a myriad of historic covered bridges, a quaint college town, a very quirky amusement district perched along Lake Erie, a castle in the woods, picturesque ravines carved from sandstone and shale, several Amish communities, and all while playing peek-a-boo with the "grand rivers" of this grand area of Ohio.

For further information, [click here](#).

barcelonabikeadventures.com

Bike routes in Catalonia



Welcome to the best bike routes in Spain!

We would like to introduce you to our company, which specialises in mountain bike routes in Catalonia, Spain.

Catalonia is a beautiful area whose capital, Barcelona, is the most visited city in Spain and number 10 in the world rankings.

Our routes will give you the opportunity to discover the splendour of this marvellous countryside: the Costa Brava, the Pyrenees, Montserrat, the wine regions and a lot more while at the same time enjoying the delicious local food and relaxing in hotels chosen for their charm.

Our area of expertise lies in creating made to measure routes that you can ride with or without a guide. You enjoy the ride while we take care of everything else (airport transfers, luggage transport, bike hire, hotels, bike hire, visits etc.)

If you are mountain bike lovers and are thinking of taking a holiday in Catalonia, why not ask us to quote you for your route? We only need to know when you are thinking of coming, your length of stay, your cycling level and what you would like to get out of your trip. We will prepare the perfect route according to your needs and we won't let you down.

We look forward to hearing from you.



When?

Tuesdays¹ and Thursdays²

Where?

Meet at the Loeb Boathouse in New York City's Central Park, located on the left-hand side of the East Drive, North of the 5th Ave. and 72nd St. entrance to the park.

Time?

10:00 AM² Sharp

¹**Tuesday's** rides are all year round

²**Thursdays** rides sometimes meet at a different location or earlier time. Be sure to check the email for the meeting time and place. Also, we usually do not meet on Thursdays in November, December, January, February, or March

Temperatures below 30° or above 90° usually cancels a ride.

²Get on **The Weekday Cyclists email list** and receive advance notices of the Thursday ride destinations and other special bicycle related announcements. Send an email to [TWCinNYC @ aol.com](mailto:TWCinNYC@aol.com). Write "Add to TWC email list" in the subject line and give your full name and telephone number in the body of your email.

<http://weekdaycyclists.org/>

CHECK OUT

Attn: CJBC Members

We now have new CJBC jerseys in stock for sale. They are the Black and Yellow Tiger stripes. They also now have our club website on the back and the year the club was established which is 1968. We have Med, Lg, XL, XXL, and XXXL in stock. The price is \$55.00 each.

If you want to purchase a jersey, please contact

Mike Kruimer @ 732-586-3981

Email: kliner54@optonline.net for more info.





2014 Ride Sheet – Central Jersey Bicycle Club, Inc.

Ride Name as Published in HUB: _____ Date: _____

Ride Leader: _____ Mileage Listed: _____ Actual Miles: _____

Leader's additional comments: _____

CJBC MEMBERSHIP RELEASE

In consideration of being permitted to participate in any way in Central Jersey Bicycle Club sponsored bicycling activities I do hereby, for myself, for my heirs, executors and administrators waive, release and forever discharge any and all rights and claims for property damage and/or personal injury which I may have or which may occur to me, against the Central Jersey Bicycle Club, or any of their officers, members, sponsors, agents or representatives, arising out of traveling to, participation in, or returning from the sponsored event.

Signature of adult responsible for minor (under 18 years old) rider: _____

Signature of adult responsible for minor (under 18 years old) rider: _____

	Signature	Print Name	CJBC Member	Emergency Phone	Cell Phone
1	Leader:				
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ALL RIDERS MUST WEAR HELMETS

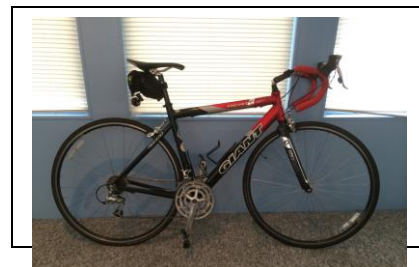
Return completed ride sheets to: Awards Chairperson, PO Box 10686, New Brunswick, NJ 08906

Complete an Incident report when accidents occur and send it to the address on the form and send a copy to the club PO Box

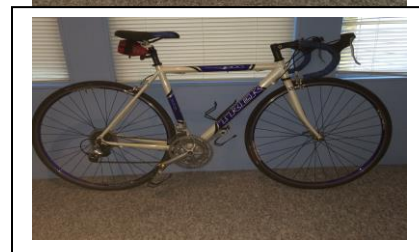
Classified Ads

There is no charge for member's classified ads. To place an ad, send it by email to the HUB editor at HubEditor@cjbc.org. Please contact the editor if you want your ad to run more than once.

Giant OCR1, 50cm, Shimano 105 components. STI dual control levers, Shimano 105 Triple, 30/42/52 teeth \$425. Very good condition. (height range, 5'6" – 5'11" depending on body type - stand over height is 31.5") Contact Michael Godshall, godshall.michael@gmail.com 215 796 2346



TREK 1000 ALPHA, 50cm, Shimano Sora Components, STI Dual Control levers, Triple 52/42/30, \$300 Very good condition. (height range, 5'4" – 5'9" depending on body type - stand over height is 30") Contact Michael Godshall godshall.michael@gmail.com, 215 796 2346



Visually impaired woman looking for someone to ride tandem. Atlantic Highlands
Your bike or I will rent. Please contact Diane Doherty ddddfromnj1111@verizon.net

Looking for a used Men's 58CM entry level road bike.
Please call Ray Willer @908-380-1109 or e-mail me at SC@FederalBusinessCenters.net 1.

CycleOps Joule GPS Cycling Computer. Brand new, in the box unit. Never used. Computer lists for \$269, Amazon price \$251, my asking price \$220. If interested, call Peter at 609-466-6458 or write to pmacholdt@schererclin.com.

2 pair of brand new Performance Bike Ultra II bibs in size small. These have never been worn and still have the original tags attached. Performance sells these for \$89.99 per pair. I'd like to get \$85 for both pairs (\$42.50/pair). If interested, call Peter at 609-466-6458 or write to pmacholdt@schererclin.com.

*****ANSWERS TO CJBC TRIVIA QUESTIONS*****

1: Miko Blake with 12 years (1982-1994); 2: 195,431 miles (1983); 3: John Hartigan with 4 years; 4: Michael Sasso with 3 years (1994-1996) and Dan Rappoport with 3 years (2009-2011); 5: Al Drabnis with 19 years; 6: Ed Miller with 8 years; 7: Ed Miller with 6 years (1990-1995) and Kay Brinis with 6 years (1992-1997); 8: Sue Miller with 13 years; 9: 23 years with 10 in succession for Jerry from 1985-1994 and 12 years in succession for Howie from 1995-2006 and 2012; 10: Mary Foley with 18,263 miles (2009)

RELEASE

In consideration of being permitted to participate in any way in Central Jersey Bicycle Club, Inc. sponsored bicycling activities. I do hereby, for myself, for my heirs, executors, and administrators waive, release, and forever discharge any and all rights and claims for property damage and/or personal injury which I may have or which may occur to me, against the Central Jersey Bicycle Club, League of American Bicyclists or any of their officers, members, sponsors, agents or representatives, arising out of traveling to, participating in, or returning from any of these activities.

Signature _____ Date _____

Signature _____ Date _____

Members must be at least 18 years of age. BOTH adults must sign if there are two adults being covered by the Family Membership.

Name _____

Name _____

(Name & address MUST be filled out completely & printed clearly)

Street _____

City _____

State _____ Zip _____

Phone (____) _____

E-mail address _____

Individual: ☐ 1 Yr \$15 Family: ☐ \$20

☐ 2 Yr \$30 ☐ \$40

☐ 3 Yr \$45 ☐ \$60

**Membership will include our monthly newsletter,
The HUB**



FAMILY MEMBERSHIPS

Family membership consists of one or two adults in the same household and minor children if any. All adult applicants must sign the release. Individuals under 18 must join as part of a Family Membership and a parent/guardian must sign the release for them.

Riders under 18 years of age must be accompanied by a responsible adult on a club ride. Please print all family members names below.

CJBC FEATURED RIDES

- New Member Ride - lunch provided
- Farmlands Tour - largest attendance with over 800 riders
- Longest Day Ride - distance challenge 100, double metric, 200 miles
- Hillier Than Thou - 62 or 100 of extremely hilly routes
- Tom Koenig Anniversary Ride - lunch provided
- Shortest Day Ride - 6 grueling miles and Holiday Party to celebrate

CJBC SOCIAL GATHERINGS

- General Meetings - alternate months with guest presenters
- Awards Meeting - awards distributed to leaders and riders including Spirit of Cycling
- Volunteers Dinner - thank our volunteers for their special efforts

PLEASE CHECK AREAS OF INTEREST

Event Volunteer ☐

Ride Leadership ☐

Serving on Board ☐

Optional:

Age _____

Birthdate _____

Gender: ☐ Female ☐ Male

Where did you hear about the Club?

Our Membership List is published (for members only) once a year. If you **DO NOT** want your phone number to appear in the Membership List, check here: ☐

From time to time the CJBC Membership List may be released on a one time only basis to bicycle-related organizations. If you **DO NOT** want your name/address released in this fashion, check here: ☐

Join in January through September and your membership is good through December of the year in which you join. However, if you join the club after October 1st, your membership continues through December of the following year

CJBC SPONSORS

Our sponsors support our club, and offer skilled sales and/or service.

Most sponsors also offer a 10% discount to club members on many items. Discounts are at the sponsoring shop's discretion. Your CJBC Membership Card is your identification.

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Efinger Sporting Goods

513 West Union Ave.

Bound Brook, NJ 08805

(732) 356-0604

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Mechanics: Dustin Farnum

& Chris Scappino

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building on site

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Sun 10-5

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Perth Amboy

Jerry & Stan's Bicycle Shop

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Perth Amboy, NJ 08861

(732) 442-4370

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Basic Tune-Ups thru Complete
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Helmets-Camelback

e-mail: info@jerryandstans.com

<http://www.jerryandstans.com>

Somerset

Hightstown

Bicycle Rack

SALES & SERVICE

Route 33 & Airport Road

Hightstown, N.J. 08520

(609)-448-2928

Van Delfino, owner

bicyclerack@msn.com

<http://www.njbicyclerack>

Bike N Gear

1695 Amwell Road,

Somerset, N.J. 08873

(732)-873-0212

Prop: Gary Schnitzer

MGR: Anthony DiPaolo

Cannondale Specialized

Ellsworth

Turner Ventana Haro & Masi

Sales, Service, Trade-Ins,

e-mail: BikeNGear@aol.com

 <p>www.cyclecraft.com</p>	<p><u>LONG VALLEY</u> 8 West Mill Rd Long Valley, NJ 07853 908 876-5600 E-mail this location</p>	<p><u>PARSIPPANY</u> New Road & Route 46 Parsippany, NJ 07054 (973) 227-4462 Fax: (973) 227-0924 E-mail this location</p>
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East Brunswick
1020 Route 18 N
732-651-8080

Old Bridge
361 Route 34
732-290-9898



www.planetbikenj.com

Bicycle Rack
SALES & SERVICE

(609) 448-2928

Route 33 & Airport Road
Hightstown, NJ 08520
bicyclerack@msn.com
njbicyclerack.com



VAN DELFINO
Owner

	<p>MILLBURN - High Gear Cyclery 20 Main Street, Millburn, NJ 07041 973-376-0001 Prop: Rone Lewis, Gen'l Mgr: Nick Burton www.highgearcyclery.com sales@highgearcyclery.com</p>	<p>STIRLING - High Gear Cyclery 393 Main Avenue, Stirling, NJ 07980 (908) 647-2010 Prop: Rone Lewis, Gen'l Mgr: Craig Ward www.highgearcyclery.com sales@highgearcyclery.com</p>
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RUTGERS BIKE

732-985-1770

1354 Stelton Road, Piscataway, NJ 08854

HALTERS 609-924-7433 (RIDE)

1325 Route 206N

Skillman, NJ 08558

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Central Jersey Bicycle Club, Inc.
P. O. Box 10686
New Brunswick, NJ 08906
info@cjbc.org
732-225-4827 or 732-225-HUBS

The CJBC Board			
President	Ben Blum	609-655-0979	President@cjbc.org
Vice President	Vacant		VicePresident@cjbc.org
Treasurer	Earl Lapides	732-261-2000	Treasurer@cjbc.org
Membership	Joe DeSimone	732-225-4827	Membership@cjbc.org
Recording Secretary	Manny Coehlo	732-259-8990	Mannyt66@gmail.com
Ride Captain	Mike Kruimer	732-586-3981	Kliner54@optonline.net
Member at Large	David Young	609-301-7370	MemberatLargell@cjbc.org
Member at Large	Andrie Young	732-939-7879	MemberatLargel@cjbc.org
Public Relations	Nicholas Spadavecchia	732-713-3187	njspadavecchia@gmail.com
Program Chair	VACANT		
Awards			
LAB Rep	David Lewis	732-381-8692	drlewis@comcast.net
CJBC Information	CJBC Information	732-225-4827	info@cjbc.org

Prospective members may join CJBC via the "Join CJBC" tab at <http://www.cjbc.org/> or via active.com at this link:
<http://www.active.com/edison-nj/cycling/memberships/central-jersey-bicycle-club-2015-membership-2014>

Send content for *The HUB* to HubEditor@cjbc.org
Deadline for all content is the 24th of the month.

The views expressed in this publication are not necessarily the views of CJBC, Inc., nor do we endorse products or services advertised. **CJBC is a club affiliate of the League of American Bicyclists. Riders must wear approved helmets on all club rides!**

For any inquiries or questions regarding the HUB, please contact:
Felicita Rosario, CJBC HUB Editor (732) 912-3569 or HubEditor@cjbc.org