



Central Jersey Bicycle Club, Inc.

Over 40 Years and Still Rolling

Established 1968

February 2016

Number 2

Upcoming Meetings: Board Meeting

February 22, 7:00 PM

Metuchen Library

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.





CJBC Calendar & Rides



FEBRUARY EVENT CALENDAR

February 2016						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1	2	3	4	5	6
7	8	9	10	11	12	13
14 VALENTINE'S DAY	15 PRESIDENT'S DAY B+ 3/4 50 Half Century Ride, Ride W/Kevin,	16	17	18	19	20
21	22	23	24	25	26	27
28	29					

* 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

Monday, February 15

Half Century Ride

Kevin, 908-420-4636

Pace: B+

Terrain: 3/4

Distance: 50 miles

Time: 9:00 AM

Colonial Park, Lot F, Mettlers Road, Somerset, NJ. Call by 6PM the day before. No calls, no ride. This ride is weather permitting.

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.



CJBC Board & Member Notes



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	Vacant		
Vice President	Vacant		
Treasurer	John Colasanti	908-456-2075	Treasurer@cjbc.org
Membership	Joe DeSimone	908-229-9596	Membership@cjbc.org
Recording Secretary	Carey Ann Kotake		RecordingSecretary@cjbc.org
Ride Captain	Steve Siegel	908-405-5037	RideCaptain@cjbc.org
Member at Large I	Earl Lapides	732-261-2000	MemberatLargeI@cjbc.org
Member at Large II	Harold Finkel	732-613-6527	MemberatLargeII@cjbc.org
Public Relations	Nicholas Spadavecchia	732-713-3187	PublicRelations@cjbc.org
Program Chair	David Lewis	732-381-8692	Drlewis140@gmail.com
Awards	Vacant		
LAB Rep	Mike Kruimer	732-586-3981	Kliner54@optonline.com
Farmlands Chair	John Colasanti	908-456-2075	Seezer2@aol.com
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 NewsletterEditor@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, Newsletter Editor (732) 912-3569 or NewsletterEditor@cjbc.org



Rides of Interest

Rides Within This Section Provided to CJBC
From Outside Sources



Velo Fest would like to formally invite the Central Jersey Bicycle Club to the 5th Annual Wrigley Ride, a Ride to Remember Bryan B. Wrigley. This event was founded after a local rider and friend was killed in a still unsolved hit and run. We keep his memory alive and celebrate his life and the life of many others lost on the road doing what they loved.

The event is **February 20, 2016** here in St. Augustine Florida. It is a great day and a beautiful fully supported ride. All veterans ride for free so something to keep in mind. In addition \$10 of every registration goes to the Velo Fest Community Initiative #100k100days fund for cycling safety. Velo Fest works on various programs in St. Johns County and at the state level for cycling advocacy.

Please consider sharing this information with your group.

Here are the links:

More information on Wrigley Ride: www.wrigleyride.org

More information on Velo Fest: www.velofest.org

Link to registration: <http://haku.ly/8e619d>

Paper registration:

<https://www.dropbox.com/s/d8zw9jjafy7eyaw/SnailReg2016.pdf?dl=0>

JOIN US
for the

New Jersey Bike & Walk



SUMMIT

2016

Saturday, February 27 | Princeton, NJ

A full day of cycling and walking advocacy, networking, sharing of ideas and bridging gaps across NJ communities, brought to you by the New Jersey Bike & Walk Coalition and its partners

8:00 AM to 5:00 PM

at

**The Friend Center for Engineering Education,
Princeton University**

VISIT www.njbwc.org/summit-2016 FOR
REGISTRATION AND EVENT INFO

FEATURED SPEAKERS include:

Barbara McCann

USDOT, Founder of the Complete Streets Movement

Alex Doty

Executive Director, League of American Bicyclists

Liz Lempert

Mayor, Princeton, NJ

The 2016 Summit also features 20 breakout sessions to choose from, including workshops and panel discussions covering a range of topics from Complete Streets and Safe Routes to Schools, to Equity & Sustainability, Funding & Grants, and Tools & Education.



Announcing the 2016 NJ Bike & Walk Summit!

Come Join Us at the 2016 NJ Bike & Walk Summit!

NJBWC announces the 2016 New Jersey Bike & Walk Summit, to be held on **Saturday, February 27, 2016** at a NEW LOCATION, **Princeton University in Princeton, NJ**. With our new accommodations, this upcoming Summit is sure to be our biggest and best yet!

The NJBWC Summit is New Jersey's statewide meeting of bicycle and pedestrian advocates, elected officials and other civic leaders, transportation and urban planners, bike shop owners and managers, cycling, walking, fitness and health enthusiasts and experts, recreation, trails and club leaders and others who are interested in making our state a better place to live. It's an invaluable opportunity to connect and collaborate, and a perfect way to stay on the cutting edge of developments in active transportation in New Jersey and across the region.

At the 2016 Bike & Walk Summit, you'll have the opportunity to learn more about current state and federal legal and policy issues affecting your community, become aware of various public funding sources, and have the ability to network, identify and develop mutually beneficial relationships that can help your community become more bike and pedestrian friendly and therefore, more livable.

Speakers for the 2016 Summit include:

- **Cory Booker**, U.S. Senator (tentative)
- **Barbara McCann**, USDOT, Architect of the Complete Streets Movement
- **Princeton Mayor Liz Lempert**
- **Essex County Freeholder Vice President Brendan Gill**

Over 20 panel sessions and presentations are planned, including a pecha kucha session.

Registration

Registration includes access to all of the day's events, continental breakfast and box lunch. On-line pre-registration is available for \$55 per attendee. Registration will also be available at the event for \$70. Pre-registration price of \$55 ends on Wednesday, February 24, 2016 at midnight. Day-of registration and check-in will begin at 8 am on Saturday morning, February 27. Opening remarks and the plenary will begin promptly at 8:45 am.

Registration to the NJ Bike & Walk Summit is non-refundable. [Register Here](#)

2016 WCBC Events

Icicle Century

Saturday, April 2

Winter is over! Come get those legs spring-ready with 35-, 50- and 100-K routes.

National Ride of Silence

See Club Website

This 10-mile silent ride honors injured and fallen cyclists and reminds us all to "Share the Road."

Delaware DoubleCross

Saturday, July 2

The fireworks were great, but now for the main event: ride the entire width of Delaware and back, on mostly flat terrain. 31- and 62- mile routes.

Shorefire Century

Saturday, August 20

Ride beautiful, flat to gently rolling farmland in Central DE. 35-, 65- and 100-mile routes.

Savage Century

Saturday, October 15

Are you savage? Prove it! A scenic, hilly ride with 40-, 60-, 75- & 100-mile routes.



Link to the WCBC
Website & Ride
Calendar

www.whiteclaybicycleclub.org



White Clay Bicycle Club

% JW Haupt, Icicle Metric Century

613 Garron Point Pass

Bear, DE 19701-1985

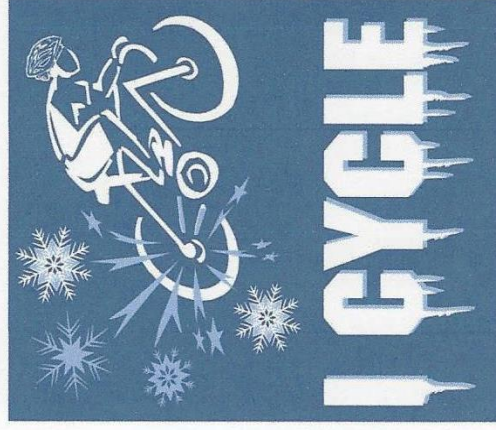
ICICLE CENTURY

Routes ranging from 14-100 miles

*"Enjoy the first major bicycle ride in the Northeast.
Ride through Delaware, Pennsylvania and Maryland.
One of the most beautiful routes you'll ride all year, So
make it your first one for 2016"*

Saturday, April 2, 2016

Rain or Shine



Sponsored by
White Clay Bicycle Club
Celebrating Over 40 Years
1973 - 2016

WCBC Icicle Century **PRE-REGISTRATION FORM** One form per person, may be copied

You may pre-register by Mail or Online.
By Mail:

Postmark By February 15, 2016).....\$20 ☐
 Postmark By March 15, 2016).....\$25 ☐
 Postmark By March 29, 2016).....\$30 ☐

Online: Active.com registration until March 29, 2016.
 Minors (under 18) ride for free when accompanied by an adult!

New This Year!
 Check active.com for Multi-Ride Discount.

MAKE CHECKS PAYABLE TO: White Clay Bicycle Club (WCBC)

Return form and entry fee to:

**JW Haupt
 613 Garron Point Pass
 Bear, DE 19701-1985**

PARTICIPANT MUST SIGN RELEASE BELOW:

By signing this waiver, I do hereby release and hold harmless and covenant not to sue White Clay Bicycle Club, its officers, sponsors, administrators, insurance carrier, directors, members or volunteers, owners and lessors of premises on which any activity takes place from all liability, claims, demands, losses or damages that may result from an accident, injury or inconvenience on this ride. I acknowledge that this activity will be conducted over public roads or trails and facilities open to the public and hazards are to be expected. I further agree that I will ride in a safe, prudent and courteous manner, stop for all traffic signals, ride to the right side of the roadway, and obey all traffic laws. I also agree to wear a protective helmet while participating on this ride and to refrain from wearing one earplug, a pair of earplugs, or headsets for entertainment. I fully understand that bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death, and voluntarily participate in this activity. I agree that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation. It is further understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs and assigns. I further attest that I am age 18 or older. (Note; If under age 18, parental permission must be given before beginning this ride.)

Signature of rider _____ Date _____ Signature of adult supervising minor on ride _____

PRINT NAME _____ EMER. TEL. () _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

EMAIL ADDRESS _____
 WCBC use only, Required to send route GPS file

☐ **WCBC Member** Register Online with Active.com or WCBC website
☐ **Non-member** www.whiteclaybicyclub.org

White Clay Bicycle Club's **Icicle Century**

Routes ranging from 14 - 100 miles

Saturday, April 2, 2016

Rain or Shine

Registration from

7:30am to 9:30am

Ride starts at 8:00am. No mass start.

Route closes at 3:00pm

*Fee includes event souvenir, fully marked routes, cue sheets, food stops, use of tools and pumps
 SAG support until 3:00pm*

Event location: Cherry Hill Middle School
 2535 Singlery Road, Elton, MD 21921
 (Parking at W.L. Gore 2401 Singlery Rd.)

The fee is \$30 per person (\$20 until February 15, \$25 until March 15 by mail or online registration.)
www.whiteclaybicyclub.org or Active.com.

Contact: Dave Anderson
icicle@whiteclaybicyclub.org

The "Icicle" may be your first chance to stretch your legs on a long ride after the cold winter. You can choose a combination of routes ranging in total distances from 14 - 100 miles that cover moderately hilly terrain in the area West and North of Newark, DE. Snacks are provided at the start, and the traditional well-stocked, indoor food stops will add to the camaraderie of the day. Note: You don't have to decide to do the 100 mile route until after you've tested those legs on the earlier part of the ride.

*mileage is approximate and may differ do to last-minute route changes.



RIDEforthe**REPUBLIC**

Join us this year for the Democracy Spring!

From April 11-16th, thousands will gather in our nation's capitol for a Week of Action. Together we will put an end to the corrupting influence of big money in politics and restore democracy to America.

www.democracyspring.org

Ride with Us!

On April 4th, we will set out from NYC to join our fellow citizens in Washington DC, arriving 5 days and 264 miles later. Now is the time. Stand up for future generations.

www.ride4therepublic.org



Supreme Court Justice Louis Brandeis,
"You can have large amounts of money concentrated in the hands of a very few, or you can have democracy. You cannot have both."



WomanTours is looking for women who may have suffered a loss, overcome an obstacle, or are in desperate need of a respite, and who would not otherwise be able to afford a WomanTours trip.

We have an angel who has made a substantial donation to help us keep "doing what we do." We know how rejuvenating our bicycle tours can be, so we want to use this generous donation to pay it forward.

The fortunate women will receive a free trip to our leisurely and flat Massachusetts Island Hopper: Nantucket and Martha's Vineyard tour on June 10 – 14, 2016, including up to \$1000 in travel expenses to the tour. The trip is non-transferable and has no cash value.

To apply, fill out this form by December 25, 2015: www.womantours.com/wtangelfund.html

You can nominate yourself or someone you know!!

The WomanTours office staff and our angel will review the responses and choose up to four lucky winners and announce them on New Year's Eve.

For more info, watch our video: <https://youtu.be/gq8lRzoGDeY>

Jennifer Thompson, WomanTours, Inc., 800-247-1444



THE ANNUAL FRENCH CREEK IRON TOUR CYCLING FOR OPEN SPACE

Sunday, June 12, 2016

Join over 1,400 riders for scenic cycling through northern Chester County and celebrate the 300th anniversary of the iron and steel industry which started in Pennsylvania. No region in the nation can boast a longer history with, and connection to, the iron and steel industry. This part of America literally forged the nation. The [French and Pickering Creeks Conservation Trust](#) preserves open space where iron blast furnaces and forges served as cornerstones of industry in colonial Pennsylvania – hence “Iron Tour.”

When you ride in the French Creek Iron Tour, you have a direct impact on the preservation of the pristine countryside that surrounds you. Since 1967, the [French and Pickering Creeks Conservation Trust](#) has protected nearly 12,000 acres of open space in northern Chester County.

With courses ranging from 11 to 100 miles, there’s something for everyone – from seasoned riders looking for a challenge to families with kids in tow.

Registration will close at 1800 riders or at 5 p.m., June 9, whichever comes first. There will be no day-of-event registration. Registration is non-refundable, and the ride takes place rain or shine.

<http://www.iron tour.org/>



Have you heard of [Cycle Massachusetts](http://cyclema.com/)?

<http://cyclema.com/>

The name may have changed, but we're still proud to be the Friendliest Ride in the East, and we're delighted to welcome cyclists for a weekend or a whole week depending on their schedules. We have some great new features in 2016:

- **Cycle Club Discount** – 6 or more riders registering from your club will receive a discounted entry fee: contact [Bruce](#) for more details
- **One ride – four states!** Not only do we explore Massachusetts, but we'll ride the quiet roads of Rhode Island, Connecticut, and New York as well.
- **Family riding weekend!** Our opening weekend is especially family-friendly complete with shorter rides to kid-approved destinations, an ice cream social, and an all-ages outdoor movie!
- **Back to the Berkshires!** We'll explore the quiet roads of this legendary region. We even have an "Alice's Restaurant" ride to celebrate the scenes of this famous song.

We're excited to welcome riders to our fantastic start/finish location at Nichols College in Dudley, Massachusetts. With two nights on their lovely campus, two nights in the cultural mecca of Great Barrington, and a night each in Agawam and Suffield, CT, you'll have time to explore the most scenic vistas, visit local landmarks, and savor each experience with new friends. Cycle Massachusetts is from July 30th through August 5th (2, 4, 5, and 7 day options available) and all proceeds support the [Massachusetts Bicycle Coalition](#). **Sign up today:** The registration deadline is July 15th, and Cycle Massachusetts is limited to 150 riders!

Tweet: Bring your friends to Cycle Mass, the Friendliest Ride in the East – groups of 6 or more get a club discount: www.cyclema.com **Facebook post:** Take a look at Cycle Massachusetts, from the friendly folks who brought you the Mass BikePike Tour. Bring your friends (there's a group discount!) and ride for a week; bring your kids to our special family-friendly weekend. Conveniently located just an hour from Boston! All proceeds benefit Massbike - make 2016 your year to explore the Bay State by bike. www.cyclema.com

Karin Turer - Tugboat 23

[617-599-8509](tel:617-599-8509)

www.tugboat23.com

karin@tugboat23.com

www.facebook.com/tugboat23consulting

Fundraising and Events for Grassroots Nonprofits

UPCOMING EVENTS IN 2016

- [National Bike Travel Weekend](#) – June – 3rd – 5th. Cycle Massachusetts will be organizing a trip
- [2016 State Bike Tour](#) – July 30th – August 5th
- [Paris to London on the Avenue Verte](#) – September 10th – 17th
- [Basque Country Coast and Rural](#) – September 24th – 30th



The 38th annual Covered Bridge Metric Century, presented by Lancaster Bicycle Club, will be held Sunday, August 21, 2016 in Lancaster, PA.

Ride options include rolling 100k, 50k, and 25k routes.

Registration is only \$40.

Proceeds benefit the club's grant program.

Registration will open in early 2016. www.lancasterbikeclub.net

Lakes of Northern Italy Bike Tours



Good morning,

2016 our overall offering: <http://www.gpsvarese.it/>

Lake Maggiore - Lake Como - Lake Varese - Lake Lugano – Madonna del Ghisallo

We have something for everyone, from the casual rider to the “well seasoned” rider, and for non-rider too.

No matter what your fitness level is, every day the ride can be designed to challenge you or alternately give you an easier day, if needed.

All daily rides start from our **Eco Bike Hotel Ungheria** located in the town of Varese. The hotel is family owned and operated for three generations. All the family works here.

Eco Bike Hotel Ungheria and **GPSVarese** are composed by **the same team that works together.**

Shrine of Madonna del Ghisallo the Patroness of cyclists.(right side)
The small Chapel is at Magreglio (CO) between the two branches of **Lake Como**.

It is venerated by international cycling as patroness of cycling and the place has become the focus of many riders' pilgrimages.



Please look at: http://www.gpsvarese.it/news_dettaglio.asp?ID=106

For any information and reservation,

please contact directly **Eco Bike Hotel Ungheria** at Varese, your cycling base in Italian Lake District:

Viale Borri 98 - 21100 Varese VA (Italy) - Phone +39 0332 264 325

bike@hotelungheria.com

<http://www.hotelungheria.it/en/bike-hotel-in-varese/>

For cycling tips, please get in touch with **GPSVarese:** info@gpsvarese.it

We look forward to having you on tour ! Best regards,
GPSVarese and **Eco Bike Hotel Ungheria**

<http://www.gpsvarese.it/>

<http://www.hotelungheria.it/en/bike-hotel-in-varese/>

Adventure Cycling has been putting them together for years. Not just bike tours, but epic experiences. Sunrise near a covered bridge in Vermont's Green Mountains. Laughing around a campfire in Big Sky country. Conquering the biggest, toughest hill in your cycling career. Seeing new places with cyclists who share your love of the pure joy of riding a bike.

Adventure Cycling is celebrating 40 years of bicycle travel; bringing people together to ride in great places. In 2016, we have 102 tours which will visit 40 different states, taking in some of the most spectacular scenery in North America; covering ground from Alaska to Hawaii, California to Maine, Canada to Puerto Rico. Our leaders and staff work hard to facilitate an enjoyable, unique adventure for you.

Read through our tour descriptions, detailed itineraries, and testimonials on our website to find the adventure that inspires you. If you have questions, our Adventure Cycling staff will be glad to discuss your options and help your dream cycling tour become reality, call us at 800-755-2453 x3.

NEW 2016 TOURS

January 2016

[Puerto Rico I](#) | Jan 10-21 | \$2,899.00 | [Inn to Inn](#) | **SOLD OUT**

[Florida Keys I](#) | Jan 16-26 | \$1,729.00 | [Self Contained](#)

[Leadership Training, FL](#) | Jan 28-31 | \$559.00 | [Education](#) | **SOLD OUT**

March 2016

[Death Valley Loop I](#) | Mar 05-12 | \$1,229.00 | [Van Supported](#)

[Southern Tier I](#) | Mar 06-May 02 | \$5,699.00 | [Van Supported](#) | **SOLD OUT**

[Southern Arizona Road Adventure](#) | Mar 12-18 | \$1,299.00 | [Fully Supported](#)

[Florida Gulf Coast I](#) | Mar 12-19 | \$1,209.00 | [Van Supported](#) | **SOLD OUT**

[Southern Tier II](#) | Mar 13-May 09 | \$5,699.00 | [Van Supported](#) | **SOLD OUT**

[Death Valley Loop II - Van](#) | Mar 13-20 | \$1,229.00 | [Van Supported](#) | **SOLD OUT**

[Florida Gulf Coast II](#) | Mar 20-27 | \$1,209.00 | [Van Supported](#) | **SOLD OUT**

[Big Bend Loop III](#) | Mar 20-28 | \$1,299.00 | [Van Supported](#)

[Death Valley Loop III](#) | Mar 26-Apr 02 | \$1,199.00 | [Van Supported](#) | **SOLD OUT**

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

Tours Matching: USA Cycling

All USA located tours below

2016 SUPPORTED & GUIDED CYCLING TOUR CALENDAR

Pure Adventures operates custom departures in our unique bicycle tour formula: **SSD - Supported Self Directed!** Groups of 6 or more can have custom dates - [contact us](#) for availability! Note, trips listed by month are suggested departure times, but in fact a trip may be available in other months as well. Other Calendars: [Self Guided Tours](#) | [Hiking Tours](#).

January/February/March

Death Valley Bicycling Discovery	Open Dates	Level 3+	Road/Hybrid Cycling
Sonoran Desert Single Track	Open Dates	Level 3+	Mountain Biking
San Diego Surf & Turf Cycling Tour	Open Dates	Level 3+	Road/Hybrid Cycling
Epic Climbs of Arizona's Sky Islands	Open Dates	Level 4	Road Cycling

April

San Diego Surf & Turf Cycling Tour	Open Dates	Level 3+	Road/Hybrid Cycling
Epic Climbs of Arizona's Sky Islands	Open Dates	Level 4	Road Cycling

May/June/July/August

Zion to Bryce Cycling & Hiking	Open Dates	Level 3	Road/Hybrid Cycling
San Francisco to Los Angeles	Open Dates	Level 4	Road Cycling
Bryce and Zion Trekking Tour	Open Dates	Level 4	Trekking/Hiking
Ireland Cork and Kerry Cycling Tour	Open Dates	Level 4	Road Cycling

September / October

San Francisco to Los Angeles Cycling	Open Dates	Level 4	Road Cycling
Zion to Bryce Cycling & Hiking	Open Dates	Level 3	Road/Hybrid Cycling
San Diego Surf & Turf Cycling Tour	Open Dates	Level 3+	Road/Hybrid Cycling
Epic Climbs of Arizona's Sky Islands	Open Dates	Level 4	Road Cycling

What is Supported Self Directed - what it includes and why its different:

See the [complete description](#) of this new and very affordable concept.

Still have questions? Call us toll-free at 1-800-960-2221 and we'll be happy to help you plan the right vacation.

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

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

Hi Central Jersey Bike Friday Club,

I'm a BF rider, have been for 14 years. I lead multi day trips on the Indonesian islands of Sulawesi, Bali and Flores. Be thankful if you could pass this on to your members. Colin Freestone

CYCLE INDONESIA

Beginning 2009 we have led 18 trips on the Indonesian islands of Sulawesi, Bali and Flores. We provide riders with an authentic intercultural experience in the areas we cycle through covering food, language and customs. Our routes are on quiet country roads and we stop often enough to try local fruits and delicacies, to yarn with locals or to cool off under waterfalls. Accommodation is 'best available' which usually means, at the very least, AC, hot water and sit down toilets. The reality is a wide range from luxurious beach resorts to rustic village family guest houses. The groups are led by an Indonesian speaking Australian guide assisted by English speaking Indonesian drivers in support vehicles. Riders go at their own pace and can jump on a van at any time.

RIDES GUIDE 2015-2016 <http://www.cycleindonesia.com.au/trips.htm>

The next trip is in September 2015, it is to Central Sulawesi and there is ONE place available for a gentlemen cyclist.

Lake Poso Cycle Tour

9 days - 486 km - elevation 4147 m

04 - 13 September 2015 - AUD 2,189

Central Sulawesi Cycle Tour - 1 PLACE LEFT

16 days-879 km-elevation 7,193 m-51 hours ride time

04 - 19 September 2015 - AUD 3,190

Bali Cycle Tour - 6 PLACES LEFT

8 days - 283 km - elevation 3,543 m

24 hours ride time

20 - 27 November 2015 - AUD 1,869

Toraja Land Cycle Tour for Expats

7 days - 279 km

05 - 11 December 2015 - \$ TBA

Toraja Land Cycle Tour for Expats

7 days - 279 km

09 - 15 January 2016

North Sulawesi Cycle Tour

13 days-715 km - elevation 8,180 m - 36 hours ride time

12 - 24 March 2016

South South Sulawesi Cycle Tour

9 days - 524 km

06 - 13 May 2016

Toraja Land Cycle Tour for Expats

7 days - 279 km

14 - 20 May 2016

Trans Flores Cycle Tour

16 days - 670 km - elevation 10,184 m

01 - 16 July 2016

South South Sulawesi Cycle Tour

9 days - 524 km

18 - 26 August 2016

Lake Poso Cycle Tour

10 days - 486 km

09 - 18 September 2016

Central Sulawesi Cycle Tour

16 Days-879 km - elevation 7,193 m - 51 hours ride time

09 - 24 September 2016

Toraja Land Cycle Tour

14 days - 648 km - Elevation 4,200m - 47 hours ride time

17 - 30 November 2016



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**. 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/>



Miscellaneous Stuff

Including Ride Sheets & Sponsor Ads



ATTN: CJBC MEMBERS

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





Central Jersey Bicycle Club, Inc.

2016 Ride Sheet

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 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 right 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					
2					
3					
4					
5					
6					
7					
8					
9					
10					

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.

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.

NEWA flying bicycle – a para-trike with a gasoline engine to power the three bladed propeller for an airspeed of 25 mph. It can ride in traffic when the para-wing is not deployed, although Hammacher recommends you check local ordinances. Hammacher.com, \$45,000.00 Contact Harold M. Finkel, halmart2@comcast.net, 732-613-6527, (c) 732-666-7161.

Offering three new un-ridden **2013 Raleigh Carbon bikes** - cash prices at major discounts.

A white 55 Militis-1 with 105 and internal cables, orig \$2500 for \$1500. Same T-800 frameset as their \$7000 bike. And two Grey Revenio Carbon-1's, a 56 and 59 with Tiagra, orig \$1850 for \$1000. Also with Internal cabling. Look them up. They are very well rated. Bikes are in Oceanport. Contact Dennis Fahey at faheybike@verizon.net

TREK - Model 2200 Women's Specific Design Red, Top of the Line, OCLV Carbon Frame, All High End components, Shimano, Bontrager Tires, 27 Gears, Ultra Light Weight Racer Bike. Purchased 2002, Kept in excellent condition, Original Paperwork. \$800 or best offer. Call or email - Karen 732-521-0301 email: kdc0825@gmail.com

I have a class 3 hitch bike rack that I don't want. I am not selling it. I just want to give it to someone who could use it. I live in Long Branch. Thanks, Joe Connor
joeluke55@hotmail.com

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.

Bound Brook

Efinger Sporting Goods

513 West Union Ave.

Bound Brook, NJ 08805

(732) 356-0604

Dept. Manager: Marc Cianfrone

Mechanics: Dustin Farnum

& Chris Scappino

Specialized, Raleigh,

Haro & more!

Expert Repairs, Wheel

building on site

M-F 9:30-9, Sat 9-5:30,

Sun 10-5

e-mail: marcc@efingersports.com

Perth Amboy

Jerry & Stan's Bicycle Shop

442 Amboy Ave.

Perth Amboy, NJ 08861

(732) 442-4370

Ask for Howie!

Expert Repairs

Hand-Built Wheels

Basic Tune-Ups thru Complete

Overhauls

Tires & Tubes-Gameau

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



www.cyclecraft.com

LONG VALLEY

8 West Mill Rd
Long Valley, NJ
07853

908 876-5600

[E-mail this location](#)

PARSIPPANY

New Road & Route 46
Parsippany, NJ 07054
(973) 227-4462

Fax: (973) 227-0924

[E-mail this location](#)

East Brunswick
1020 Route 18 N
732-651-8080



www.planetbikenj.com

Old Bridge
361 Route 34
732-290-9898

Bicycle Rack
SALES & SERVICE

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

(609) 448-2928



VAN DELFINO
Owner



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

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

RUTGERS BIKE

732-985-1770

1354 Stelton Road, Piscataway, NJ 08854

HALTERS 609-924-7433 (RIDE)

1325 Route 206N

Skillman, NJ 08558

HIGH PERFORMANCE EYEWEAR

Rx available
including bifocals
and progressives

Eyes on First Ave
Atlantic Highlands, NJ



89 FIRST AVENUE
ATLANTIC HIGHLANDS, NJ
07716
732-291-EYES(3937)

www.eyesonfirstave.com/



Central Jersey Bicycle Club, Inc.

Over 40 Years and Still Rolling

Established 1968

February 2016

Number 2

Happy Bicycling!

