



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

Established 1968

November 2016

Number 11

CJBC Holiday Party: Sunday, December 11 (Details Pg. 2)

Next Meeting: Monday, December 19 at 6:30 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 to speak. You may be allowed time to have your concerns expressed, time permitting.



Plan on attending the CJBC Holiday Party
Sunday, December 11, at 5 pm
Girasole Italian Restaurant
502 W. Union Avenue (Route 28), Bound Brook, NJ
Girasole is a BYOB restaurant.



Free for members with \$30 deposit refunded the day of the party at Girasole.
\$15 for guests of members.

RSVP by December 2

We ask members to send one check for the \$30 refundable reservation and a separate \$15 check for a guest of members. Please mail to:

Holiday Committee
Central Jersey Bicycle Club
246 Maryland Street
Westfield, NJ 07090

Dear CJBC Member,

December's CJBC membership meeting traditionally includes two fun contests:

1. Road-find
2. Bake-off!

Road-find

- Must be inanimate (nothing that used to be alive!)
- Must be found, picked up and carried while riding your bike (does not have to be on a club ride)
- A prize of \$20 to your favorite bike shop will be awarded to the club member who submits the:

- 1. Most Unusual**
- 2. Funniest**
- 3. Most Useful**



Bake-off

- Must be home-made
- Same prize will be awarded for:
 - 1. Best Holiday Design (any holiday is acceptable)**
 - 2. Most Delicious**
 - 3. Best Decorated**



Hope to see you at the December 19th meeting, 6:30 - 8:45 p.m. in the Metuchen Library!



CJBC Calendar & Rides



NOVEMBER

EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 Tuesday Hustle A 3/4 20-25	2 C 4/3 16-35 One Loop or Two - Ben B 2/3 25 Miles Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	3	4	5
6 DAYLIGHT SAVINGS TIME ENDS C 4/3 30 or 45 Friday? on Sunday - Ben	7 BIKE CLINIC	8 ELECTION DAY A/B 2/3 40 Or 80 Miles	9 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	10	11 VETERANS DAY	12 C 4 20+miles NIGHT RIDE!!
13	14	15	16 C 4/3 16-35 One Loop or Two - Ben Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	17	18	19
20 Friday? on Sunday C 4 35 Or 42 Miles - Ben	21	22	23 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck	24 THANKSGIVING	25	26
27	28	29	30 Mid Week Sanity Break, B, 2, 25-30, 6:00 Pm, Mark Heck			

* 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

Tuesday, November 1

Tuesday Hustle

Kevin Smith, 908-420-4636

Pace: A

Terrain: 3/4

Distance: 20-25 miles

Time: 4:30 PM

Johnson Park Zoo, off of River Road West of Highland Park, Piscataway, NJ. Meet at the parking lot between River Road and Rose Drive. Come out this Tuesday for an afternoon workout, Looking to blast out a non-stop 1 ½ hour ride. Please call by noon day of ride or leave a message. Lights are suggested. Hope to see you there!

Wednesday, November 2

Ride with Kevin Smith

Kevin Smith, 908-420-4636

Pace: B

Terrain: 2/3

Distance: 25 miles

Time: 4:00 PM

Meet in the parking lot of Columbus Park between the tennis courts and baseball fields. 11th Street and Mansfield Road, Piscataway, NJ. A quick loop and one climb into the watching hills. Lights are recommended. Call by Wednesday at noon or leave a message. Hope to see you there.

Sunday, November 6

Friday? On Sunday

Ben, 848-667-5020

Pace: C

Terrain: 4/3

Distance: 30 or 45 miles

Time: 10:00 AM

Milltown Rangers AC, 111 Kuhlthau Ave, Milltown, NJ. Call by 5pm the day before. No calls, no ride.

Wednesday, November 2

One Loop or Two

Ben, 848-667-5020

Pace: C

Terrain: 4/3

Distance: 16-35 miles

Time: 10:00 AM

Village Park, Cranbury, NJ. Call by 5pm the day before. No calls, no ride. The ride will consist of 2 loops, starting and ending in Village Park. To Dayton, see ride library Cranbury #24 16.0 Dayton for bagels. To Grovers Mill, either ride library Cranbury #25 17.6 To Grovers Mill Coffee or Cranbury 21#A 16.5 to Grovers Mill Coffee,

Wednesday, November 2

Mid Week Sanity Break

Mark Heck, 732-970-6763

Pace: B

Terrain: 2

Distance: 25-30 miles

Time: 6:00 PM

Meet at Walgreens Lot, 339 Matawan Road by Cliffwood Road, Matawan, NJ – off GSP Exit 120.

Tuesday, November 8

Ride with Kevin Smith

Kevin Smith, 908-420-4636

Pace: A/B

Terrain: 2/3

Distance: 40 or 80 miles

Time: 9:00 AM

Colonial Park, Lot F, Mettlers Road, Somerset, NJ. Election Day is finally here so it's a perfect excuse to ride! Looking for an early start for a long ride with a stop for lunch. Call by 6 pm the night before and leave a message. Hope to see you out there for a great day and a nice long ride!

Wednesday, November 9

Mid Week Sanity Break

Mark Heck, 732-970-6763

Pace: B

Terrain: 2

Distance: 25-30 miles

Time: 6:00 PM

Meet at Walgreens Lot, 339 Matawan Road by Cliffwood Road, Matawan, NJ – off GSP Exit 120.

Wednesday, November 16

One Loop or Two

Ben, 848-667-5020

Pace: C

Terrain: 4/3

Distance: 16-35 miles

Time: 10:00 AM

Village Park, Cranbury, NJ. Call by 5pm the day before. No calls, no ride.

Sunday, November 20

Friday? On Sunday

Ben, 848-667-5020

Pace: C

Terrain: 4

Distance: 35 or 42 miles

Time: 10:00 AM

Village Park, Cranbury, NJ. Call by 5pm the day before. No calls, no ride. Cue sheet Cranbury #8.

Wednesday, November 30

Mid Week Sanity Break

Mark Heck, 732-970-6763

Pace: B

Terrain: 2

Distance: 25-30 miles

Time: 6:00 PM

Meet at Walgreens Lot, 339 Matawan Road by Cliffwood Road, Matawan, NJ – off GSP Exit 120.

Saturday, November 12

NIGHT RIDE!!

Kevin Smith, 908-420-4636

Pace: C

Terrain: 4

Distance: 20+ miles

Time: 7:00 PM

Bound Brook Train Station, Main Street, Bound Brook, NJ. Charge up your lights and hit the canal path for an evening of fun! We can do as little or as much as the group wants. Park at the Bound Brook Train Station lot for free! This ride is a slow casual fun pace best suited for MTB or Hybrid trail bikes.

Wednesday, November 16

Mid Week Sanity Break

Mark Heck, 732-970-6763

Pace: B

Terrain: 2

Distance: 25-30 miles

Time: 6:00 PM

Meet at Walgreens Lot, 339 Matawan Road by Cliffwood Road, Matawan, NJ – off GSP Exit 120.

Wednesday, November 23

Mid Week Sanity Break

Mark Heck, 732-970-6763

Pace: B

Terrain: 2

Distance: 25-30 miles

Time: 6:00 PM

Meet at Walgreens Lot, 339 Matawan Road by Cliffwood Road, Matawan, NJ – off GSP Exit 120.

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.

EZ For leisure cyclist. Average speed is 9 mph or less.

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

CJBC has reclassified the D paced ride classification to EZ (easy) to promote short and easy leisure bicycling. The EZ pace is for riders of all abilities seeking to ride at a leisure pace (9-11 mph) on flat to rolling roads for short distances of 15-20 miles.

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			MemberatLargeI@cjbc.org
Member at Large II	Harold Finkel	732-666-7161	MemberatLargeII@cjbc.org
Public Relations	Nicholas Spadavecchia	732-713-3187	PublicRelations@cjbc.org
Program Chair	Vacant		
Awards	Dan Rappoport	609-924-9417	
LAB Rep	Vacant		
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



Board Meeting Minutes

October 2016

AGENDA

Annual Recognition Awards

- These awards will be given out yearly in March starting in 2017 at the Awards Dinner Ceremony, based on the prior year's eligibility and/or achievement. A member can receive no more than two awards.
- The Recognition Awards and Prizes are as follows:
 1. **Ride Participation** — Free CJBC membership for the following Year
 2. **Rides Led** — \$20 Gift Certificate to a Sponsoring Bike Shop
 3. **Jerry Glick Volunteer of the Year** — \$50 Gift Certificate to a Sponsoring Bike Shop
 4. **Spirit of Cycling** (2 recipients) — \$50 Gift Certificate to each to a Sponsoring Bike Shop
- \$50 Gift Certificate award for any of these awards will be towards a sponsoring bike shop

Board Election

- Harold Finkel will post request for candidates for all board positions. The election will be held December 12.

Farmlands

- In 2017, a percentage of Farmlands proceeds will be donated to bicycle-related organizations, such as NJ Bike and Walk Coalition or the Bike Exchange in Plainfield.

Dues

- John Colasanti proposed a dues increase. Board requested an expense report that will demonstrate need.
- Harold Finkel indicated that the vote not to increase dues for 2017 was taken at the last board meeting.

Membership

- Harold Finkel expressed concern that the club is not actively promoting membership.
- HUB is underutilized and should have articles every month promoting bicycling. Nick Spadavecchia proposed that members commit to submitting a 100-word article after major CJBC events and rides.
- John Colasanti and Joe De Simone spoke about club participation in East Brunswick Day which resulted in 11 new memberships and approximately 50 potential new member contacts. Joe De Simone will send email to 50 interested visitors.
- John Colasanti expressed enthusiasm for further participation in town events and rides. The club owns tents and banners are needed.
- Joe De Simone discussed issues with emailing to contacts in the non-member database. Nick Spadavecchia volunteered to create e-blasts to potential member list generated at East Brunswick Day.
- Ben Blum expressed concern that the club does not have enough rides.

Club Sponsors

- CJBC charges sponsors \$100 but has not done so recently to be on website.
- Bike tags are provided to sponsoring bike shops to hang on new bicycles offering free membership to CJBC.
- Harold Finkel asked Planet Bike of East Brunswick to organize bicycling clinics. Planet Bike agreed to do it.
- Ben Blum agreed that board members should submit articles to the Hub. He added that we are not using the website to advertise bicycling-related events that are submitted for posting. Non-club bicycling organizations have requested that their rides be posted on the website and the requests are not honored.

- Joe De Simone noted that the club needs someone to handle posting to the club website. Kathleen Stager, club member, volunteered to assist with website maintenance. Her offer accepted with much appreciation.

Rides

- New Members Ride: The club used to have a New Members Ride in the springtime. John Colasanti suggested the club continue that tradition.
- Member Appreciation Rides are traditionally held in April and October.
- Harold Finkel suggested a family ride in a park.

TS101 Class

- TS201 is a class given by the League of American Bicyclist that teaches individuals how to safely ride in street traffic.
- CBJC is providing free access to this class for 15 members.
- The class is being held on November 19th from 9-5pm.
- Nancy Goldberg, club member and Director of Recreation Department in Metuchen, procured the use of the Metuchen Senior Center for the TS101 class.
- This class is a pre-requisite to becoming a League Certified Instructor.
- CBJC is paying the fee of \$60/person for up to 15 members to attend the TS101 class.

Karen Jenkins' Proposal

- Karen Jenkins submitted a proposal that she would develop a 6-month plan to increase CBJC membership.
- The cost of her services is \$10,400, \$1800/month.
- John Colasanti made a motion to vote on accepting the proposal and retaining Ms. Jenkins' services.
- Board members voted against utilizing Ms. Jenkins' services (7 nays/0 yeas).

CJBC Ride Cue Sheets

- The club website has cue sheets posted. These cue sheet are public, available to all rather than limited to members only.
- Steven Seigel, as Ride Captain, is in the process of posting personal cue sheets provided to the club by Dan Rappaport. Steven Seigel recognized the value of Dan Rappaport's cue sheets and proposed that the club can promote the cue sheets as a benefit of joining the club.
- John Colasanti made a motion to vote on not keeping the club cue sheets open to the public.
- Board members voted to make the cue sheets private, available only to club members (7 yeas/ 0 nays)

Club Express Mobile App

- Joe De Simone noted that Club Express is offering a new service, a club app for mobile devices. There is a one-time fee of \$100 dollars. Members do have to pay a small \$2 or \$3 fee to download the app. Features of the app include the ability to flash a membership card, group tracking and group texts.

Bicycle Fixit Station

- The Bicycle Fixit Station installation at the Metuchen train station is complete.
- Opening ceremonies were conducted on October 1st. Council people, club members and town residents attended the opening.
- Nick Spadavecchia sent out a press release to various media outlets.

Sister Mary Jo Kearns

- Road Find and Bake Off contest to be held again at the December meeting. It will be advertised in the HUB.

SCRIBE

Carey Kotake

CJBC Member Notes



Bike Clinic - How to Change a Flat Tire



CJBC's sponsor **PLANET BIKE** located at 1020 Route 18 North in East Brunswick, NJ will hold a **Bike Clinic on Changing a Flat Tire** and other road side repairs on ***Monday, November 7*** at ***6pm - 8 pm.***

Don't Go Flat - Just show up. Bring a wheel or your bike and participate in the demo.

Phone number for Planet Bike in East Brunswick (732) 651-8080.



CJBC goes back to the Classroom ...

On **Saturday, November 19th, 2017**, Fifteen (15) CJBC members will become students, once again, by taking part in the League of American Bicyclists "TS 101" class.

TRAFFIC SKILLS 101

Traffic Skills 101 is a bike safety class that will teach you to be confident, comfortable and safely ride a bike with traffic. During the one-day class, participants will learn to ride cautiously and conspicuously while on their own, with a group, or as ride leader. The class runs from 9 am - 5 pm.

Traffic Skills 101 is one of many classes of the **Smart Cycling** program of the League of American Bicyclists. **Smart Cycling** is the only nationally recognized bike education curriculum and offers the tools, techniques, and tips suitable for riders of all ages and abilities. The first half of the day of Traffic Skills 101 is spent in a class-room setting where the rules of the road are covered including lane positioning when riding. The second half of the day is spent learning and practicing bike handling skills and includes avoidance maneuvers. The class ends with a 3 to 5 mile group ride.

Smart Cycling classes are taught across the country by certified League Cycling Instructors (LCI). Traffic Skills 101 is a prerequisite for taking an LCI Seminar, which is a rigorous two-day training program. Those members of CJBC who are interested in becoming a League Cycling Instructor can take the qualifying exam at the end of the TS101 class.

The TS 101 class for CJBC will be taught by Cyndi Steiner, Executive Director of New Jersey Bike & Walk Coalition. Cyndi, who is a League Cycling Instructor, is an excellent teacher and experienced cyclist.

John Colasanti
CJBC Treasurer



2017 CJBC ELECTIONS

December 12th is the Election Meeting for the 2017 CJBC Executive Board. Nominations for all Board positions are open to all CJBC members for 2017. We encourage members to consider candidacy for the position that you wish to serve.

Executive Board Positions which are open for candidates are listed on the following page. Send your replies to info@cjbc.org before December 1, 2016 with your candidacy.

CJBC is becoming a new bike club promoting social and recreational bicycle riding with a fellowship among members. We are encouraging more rides at every level, promoting community events, assisting with educational and outreach programs for the cycling community. The club offers many benefits that makes membership a rewarding experience. Bring your new ideas and enthusiasm to the club and become a Board member.

***It is your support and participation
that makes our club successful!***

You can make a difference.....Become a Board member!

Article V: Executive Board

It shall be the purpose of the board to implement policy of the Club and to make recommendations to the membership about policy.

A. The following executive board shall be elected by the membership:

- (1) President
- (2) Vice President
- (3) Treasurer
- (4) Recording Secretary
- (5) Ride Captain
- (6) Membership Chair
- (7) Awards Chair
- (8) Bulletin Editor
- (9) Advocacy/LAB Chair
- (10) Program Chair
- (11) Member-at-Large
- (12) Member-at-Large
- (13) Public Relations Chair

B. The duties of the executive board shall be as follows:

- (1) President: presides at all meetings, appoints committees, acts as chairperson of board meetings; in general is responsible for and to the Club in all matters.
- (2) Vice President: assumes the president's office and powers in the absence of the president. Responsible for reconciling the financial reports/books separately from the Treasurer. May head some specific phase of Club activity to lessen the president's work.
- (3) Treasurer: is responsible for Club finances. Maintains budget for the Club. Receives collected dues from the membership chairperson. Prepares reports of receipts and expenditures and communicates relevant information to the membership chairperson. The Treasurer shall be bonded.
- (4) Recording Secretary: takes minutes of membership and executive board meetings. Sends a summary of highlights of all meetings to the bulletin editor. Prepares a typewritten record of meetings for the entire year and maintains a record of Club policies separate from the Club minutes.
- (5) Ride Captain: coordinate the monthly ride schedule.
- (6) Membership Chairperson: promotes Club membership, maintains accurate membership records, and collects dues.
- (7) Awards Chairperson: maintains records of ride participation for the year and makes appropriate awards at an annual ceremony.
- (8) Bulletin Editor: publishes the monthly newsletter, including the ride schedule.
- (9) Advocacy/LAB Chairperson: informs the membership of cycling-related legislation and/or regulations and advocates appropriate action.
- (10) Program Chairperson: coordinates a program of entertainment and education for the membership at the monthly meeting.
- (11) Member at Large: represent Club members at board meetings and volunteer their services as needed.
- (12) Member at Large: represent Club members at board meetings and volunteer their services as needed.
- (13) Public Relations Chairperson: Disseminates all club information to appropriate public forums, i.e. radio stations, newspapers, magazines, etc.

Borough of Metuchen & Central Jersey Bicycle Club Holds Ribbon Cutting Ceremony For New Bicycle Fix It Station

CJBC donated the fix it station to the Borough

The Borough of Metuchen and the Central Jersey Bicycle Club (CJBC) held a ribbon cutting ceremony on October 1, 2016, at the New Jersey Transit Train Station in Metuchen to celebrate the installation of a new bicycle fix it station donated by CJBC, which was founded in Metuchen in 1968.

“We are delighted that the Central Jersey Bike Club donated this bicycle fix it station to the Borough,” said Peter Cammarano, Mayor, Borough of Metuchen. “We anticipate bicycle ridership to increase more and more in our town and as we continue to grow in population.”

The bicycle fix it station was installed at the south bound entrance of Metuchen’s New Jersey Transit Train Station, parallel to Main Street and next to the Station’s bicycle racks. The fix it station comes equipped with retractable bicycle tools and a manual pump for bicycle maintenance and repair, and is ADA-compliant. The fix it station’s manufacturer is Bike Fixtation.

“As the original location of the Club’s founding, Metuchen was the natural place to donate the fix it station to,” noted, Steve Seigel, Board Member, CJBC. “On behalf of the Club, we would like to thank the mayor and his office for their assistance in installing the fix it station. We believe that it will get much-needed use by riders in the town.”



Pictured from left to right from back row to front row are:

Back row:

Linda Koskoski, Steve Siegel, Central New Jersey Bicycle Club, & Howard Johnson, Central New Jersey Bicycle Club

Front row:

Dorothy Rasmussen, Council Woman – Borough of Metuchen, John Colasante, Central New Jersey Bicycle Club



Rides of Interest

Rides Within This Section Provided to CJBC
From Outside Sources

NEWS RELEASE

FOR IMMEDIATE RELEASE

CONTACT: Marc Bertucco, marcbertucco@yahoo.com

SOCIAL MEDIA: Facebook: www.facebook.com/Supercross.cup.weekend
Twitter: @Supercrosscup
Web: www.supercrosscup.com

**WORLD-CLASS PROFESSIONAL BICYCLE RACERS
TO COMPETE ON THE CAMPUS OF
ROCKLAND COMMUNITY COLLEGE**

Suffern, NY—Celebrating its fourth year in Rockland County, the Supercross Cup joins the Vittoria Northeast Cyclocross Series, the country's only internationally-ranked professional cyclocross series. With valuable series points and money in play for amateurs and pros alike, Supercross is expected see over 1000 racers and spectators land on the athletic fields of The Rockland Hawks on Saturday and Sunday, the weekend of **November 19 and 20**.

WITH BEGINNERS OF ALL AGES AS WELL AS SEASONED PROS, CYCLOCROSS IS THE FASTEST GROWING SEGMENT OF BIKE RACING TODAY. IT'S NO WONDER: THIS IS EXCITING "TOUGH-MUDDER"-STYLE ADVENTURE RACING...WITH BIKES!

The Supercross Cup is an area tradition, bringing out the best 'crossers in the region. It's also now part of the Vittoria Northeast Cyclocross Series, the premier 'cross series in the country. So the best domestic pro crossers will be there. And, as usual, it will have former Olympian and Tour de France finisher Frankie Andreu on the microphone. Several food trucks will be present. All told, it will not only have great racing, but be a great spectating experience.

One of the nice things about this year's Supercross is that people can finally ride to it without getting on a highway. The area is great for riding as well, with Harriman State Park just north of the course for those who favor the road, and Ringwood is just to the west, for those who favor dirt. You can ride there, take the train to Suffern (less than five miles from the venue), or drive to the race, go for a ride, and then watch some great racing.

I put directions for riding, training, and driving into a blog post on the Supercross Cup website.

<http://www.supercrosscup.com/blog/getting-to-supercross-cup-2016>

<https://www.bikereg.com/supercross>

TITAN TROPIC CUBA by Gaes

**In the Tropic's Hell!!!
Accept the challenge?**



Titan Tropic CUBA is a long distance MTB race open to all fans of cycling, sports, big challenges and self-sacrifice. [Click here to watch a real video of the last edition of Titan Tropic CUBA...](#)

/ Towards the unknown...



The outer limits... race, dust, competition, hardness, strength, humidity, mud, effort, mountains, rivers, challenge, jungle, beach, adventure, new friends...

Join us in this madness!!!

Visit: <https://www.facebook.com/titantropic/> or
<http://www.titantropic.com/>

December 3 – 8, 2016

NJ Bike & Walk Summit

February 25, 2017

Register now for the **8th annual NJ Bike & Walk Summit**, which will be held on Saturday, February 25, 2017 at Princeton University!

New sessions just added!

- Advocacy Forum
- Getting bikeshare started in your community
- Making bike and pedestrian plans a reality
- Tools for better outreach, mapping
- Creating Parklets in your community
- Walking Audits - join us!

Princeton Mayor Liz Lempert will welcome attendees to this exciting conference geared towards community advocates, bike and walk enthusiasts, health, safety, and environmental experts, planners, engineers, consultants, and anyone else who is interested in making their cities and towns more livable places through biking and walking improvements.



Also addressing the audience will be **Paul Steely White, Executive Alternatives** in New York City. TA behind the transformation of New city, and now the advocacy Vision Zero movement.



Director of Transportation has been a powerful force York City into a walkable, ridable organization leads the city's

The Summit will be held at the **Friend Center of Princeton University**, on **Saturday, February 25, 2017 from 8:30 am to 5 pm.**

BICYCLE TOURS IN RUSSIA

Our cycle season 2016 has successfully passed. We had double amount of tour participants comparing with 2015! You can find some beautiful photos from our bike tours at www.rctc.ru/report.html

Now we started the application period for our 2017 tours. Check out our schedule at www.rctc.ru/tour.html

We announce 7 tours next summer! For the first time we suggest a guided tour outside Russia. The Mosel tour in Germany is going to be in May. In June we prepare completely new route combined from the best parts of Golden Ring and Moscow-St.Petersburg tours including 10 jubilee bike festival in Uglich. We end this tour in St. Petersburg just on time of White Nights. That is the most popular time for visiting this inimitable city. <http://www.rctc.ru/msspwn.html>

Our classic Golden Ring of Russia tours (adventure and comfort) and Moscow - St. Petersburg tours (new route) are as usual on. Plus Karelia tour (updated route). All tours are easily combined, so people may take two or more tours together with a good discount for following tours.

We expect more participants from Russia and abroad next summer. Now Rouble is not strong and we may suggest good price for international visitors.

Vladimir Filippov
Russian Cycle Touring Club

www.rctc.ru



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



Laff

YOU KNOW YOU WANT TO.



Anyone seen my doggie!



"Yes Marge, we live directly off of Bicycle Street. You can't miss the sign. No, I didn't say I was bicycling. Put in your hearing aid."



The signs are everywhere -- reminding you that you should be riding!

Photos courtesy of
Dashing Dan Rappaport

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.

Handmade Japan 18 speed, very good shape. May need tires, black frame. Located in Ford's, NJ.
Contact: Dennis Vaeth, Email - nowhereman144@yahoo.com.

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

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.com>

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

Old Bridge
361 Route 34
732-290-9898



www.planetbikenj.com



**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



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

November 2016

Number 11

Happy Bicycling!

