



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

**Established 1968**

**January 2015**

**Number 1**

**Upcoming Meetings:**

**Board Meeting**

January 17, 2015 1:00 PM  
Metuchen Library  
480 Middlesex Ave, Metuchen

**General Meeting**

February Date To Be Determined  
Location To Be Determined

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.



# SUNSHINE COMMITTEE



*Dear Members,*

*CJBC would like to acknowledge and share with you any happy occasions, such as birthdays, marriages, births, and any other special occasion in your life. Life as we know is not always pleasant, so we like to acknowledge and share with you any hard times you are going through such as illness.*

*With your permission, we would like to announce your event in the HUB as well. For example, if your birthday is in May and you would like it to be announced, please let me know by April 20<sup>th</sup> so it will be in time for the May HUB. The deadline for all announced events is the 20<sup>th</sup> of each month.*

*Please get in touch with Andrie Young at [SunshineCmte@cjbc.org](mailto:SunshineCmte@cjbc.org)*

*Your club is here for you, so please if you can, be there for your club.*

*Safe Riding,*

*Andrie*



# Monthly Events from Sunshine Committee

## **January Birthdays:**



**HAPPY BIRTHDAY TO ...**

**Sallie Hagens born January 26th 🎉**

**Best Wishes,**

**CJBC**

**SUNSHINE COMMITTEE:** Andrie Young, [SunshineCmte@cjbc.org](mailto:SunshineCmte@cjbc.org)

# JANUARY EVENT CALENDAR

January 2015						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
28	29	30	31	1 NEW YEARS DAY	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17 Board Meeting
18	19 MARTIN LUTHER KING BIRTHDAY	20	21	22	23	24
25	26	27	28	29	30	31

**\* The event calendar can also be viewed on the CJBC website at [www.cjbc.org](http://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.**

# **No Rides Posted**

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**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.



## **December 15, 2014**

### **General Meeting**

Treasurer – Earl Lapides: As of December 15, 2014, Bank of America checking account is \$38,940.62.

The results of the CJBC Annual “Road Find” & “Bake-off” Contest winners are:

**Dan Rappaport for Most Useful and  
Anne Kruimer was the big winner with Prettiest, Holiday Theme  
and Tastiest.**

Each winner received a \$25.00 credit for each category  
to their designated bike shop.

# *Notes and Events from CIBC Members*

I am a doctoral student in the SUNY Downstate School of Public Health in Brooklyn, New York. I am conducting a dissertation research project which utilizes an anonymous on-line survey of bicyclists to investigate whether there is an association between specific bicycling practices and traffic accident risk. Bicycling practices of interest include: bicyclist speed, alertness to potential hazards, response to traffic signals, direction of travel in relation to traffic, and other practices. Accident risk includes actual traffic accidents or "close calls". It would be most helpful to be able to reach out to groups of people who ride bicycles.

My Bicycling Safety Survey is available on-line. The text of the invitation ([see link below](#)) contains a link which will take the reader directly to the survey. If you have any concern about potential abuses, please know that my study has been approved by Downstate's Institutional Review Board (IRB), which requires adherence to strict standards designed to protect human subjects. To reiterate.....the survey is completely anonymous.

Thank you very much for your consideration of my request!

Best wishes,

Mark Hoglund

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The survey will take only about 15-20 minutes to fill out. IT DOES NOT MATTER WHETHER OR NOT YOU HAVE HAD AN ACCIDENT RIDING YOUR BICYCLE. Your answers will help researchers find out how to make bicycling safer. YOU WILL NOT BE ASKED FOR YOUR NAME. No one will find out how you answered the questions. TO GO TO THE SURVEY, please [click here](#)

THANK YOU! If you have any questions, please feel free to call me. (I won't ask you to tell me your name.) Mark W. Hoglund, Doctoral Student - School of Public Health SUNY Downstate Medical Center, 450 Clarkson Avenue Brooklyn, New York 11203 718-270-4718

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



# *CJBC Trivia*

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Answers can be found on page 21 of the HUB.

1. What are the most award recipients for total mileage in 1 year for club?
2. What are the most award recipients for total mileage with 10,000 miles or more for 1 year for club?
3. What are the most award recipients with 2,000 utility miles or more in 1 year for club?
4. Who has had the most consecutive years with 1,000 or more utility mileage?
5. What are the most award recipients with 25 or more rides led in 1 year for club?
6. Who has the most years with 75 or more rides led?
7. What are the most award recipients for ride leadership within 1 year for club?
8. What are the most award recipients with 25 or more rides attended within 1 year for club?
9. Who has the most years with 10,000 or more total miles?
10. What are the most award recipients for utility mileage in 1 year for club?

**Researched by Dan Rappoport, 1980-2013**



PRESENTS  
**A WINTER WONDERLAND TOUR**  
**in the BRITISH VIRGIN ISLANDS**



Why spend your entire February shoveling snow, battling the elements when you could be cycling the shores of the beautiful British Virgin Islands and sailing the clear blue sea on our exclusive 50.5' sailboat.

**BOOK THE TOUR**

**ASSEMBLY POINT:** The Moorings- Road Town, Tortola, British Virgin Islands- This trip includes all lodging on the boat , breakfasts and picnic lunches, Skipper James Creasy , 2 cycling guides, snorkel and fins rental bike in 4 ports of call, maps and narratives- dinners are in port at restaurants of choice and are covered by the tour guests )Travel notes: Tortola is a short flight from Puerto Rico or an easy ferry ride from St. Thomas.

**ACCOMMODATIONS:** We will spend 7 days and nights aboard a 54 foot monohull with 4 double berths and space for our skipper. Enjoy breakfasts and lunch prepared aboard the boat. Then sail the warm trade winds on the bluest water you could ever imagine. We set anchor at great snorkel spots, beaches for walking or sun basking and a game or two of beach croquet.. Snorkel and fins are included for each person. Bikes are available in 4 of the ports to explore these beautiful islands We will spend the late afternoon sailing to a delightful cove then dinning at the beachfront restaurants with the sand between our toes and dancing under the stars. You are invited to participate in sailing the boat as much as you would like under the guidance of the Skipper.



MORE INFORMATION CAN BE FOUND IF YOU CLICK ON THE WEBSITE BELOW

**BOOK YOUR TOUR TODAY**  
[www.cycleoflifeadventures.com](http://www.cycleoflifeadventures.com)

## 33rd Annual Kent County Spring Fling

**May 22-25, 2015 (Memorial Day Weekend) Option of 3 days - Friday to Sunday afternoon**

*Join the Baltimore Bicycling Club and enjoy four days cycling the lightly traveled roads of Maryland's Chesapeake Bay Eastern Shore. Rides of 11 to 100 miles meander along flat to rolling roads — through rural towns and along scenic rivers.*

*Only 70 miles from Baltimore/DC, 85 miles from Philadelphia, and 170 miles from New York City — we stay on the campus of Washington College, located in the historic port town of Chestertown, MD. (Info on Washington College and Chestertown at [www.washcoll.edu](http://www.washcoll.edu)).*

*Award winning cuisine, dessert and cordial parties, dancing, and great music will round out your perfect bicycling experience.*

*Check-in: Friday Noon until 9 PM and Saturday 8AM until 10AM*

*Check-out: Monday by 4 PM - Note 3 day event ends after the picnic on Sunday.*

### WHAT'S INCLUDED

- Lodging: Friday, Saturday & Sunday
- Breakfast: Saturday, Sunday & Monday
- Dinner: Saturday & Sunday
- Picnic on Sunday
- Brunch on Monday
- Entertainment and Socials: Fri., Sat. & Sun.
- Map Packets (ride with a group or on your own)

### WHAT'S OPTIONAL

- Friday Dinner 6:00-8:00pm
- Lodging upgrades provide suites (see Lodging Options)

For further information, check out:

<http://www.baltobikeclub.org/index.php/component/content/article?id=219>



## Vermont Challenge 2015

The 4th annual Vermont Challenge is a premier bicycle tour that offers both challenging routes for elite recreational cyclist plus tamer routes for all bike club members. The routes traverse Southern & Central Vermont over 2, 3 or 4 days including the signature Saturday 1-day Gran, Medio & Piccolo Fondo for all riders, presented by our title sponsor Stratton Mountain Resort on Saturday 8/15.

The Gran Fondo is only mountain resort-top Gran Fondo finish east of the Continental Divide. On Saturday we've created The "Ride Up" Bike Festival that's designed to show you how to take your riding to the next level with exhibitors focusing on: training advice & equipment, nutrition, hydration and more

**When:** The Vermont Challenge: August 12-16, 2015

Vtchallenge.com and like us on Facebook for updates: Vermont Challenge

### Challenge Options:

- The 4-day Grand Challenge: 8/13-16
- The 3-day Challenge: Any three day combination between 8/13-16
- The 2-day Challenge: Any two day combination between 8/13-16
- The 1-day Gran, Medio and Piccolo Fondo: 8/15
- ALL MULTI-DAY OPTIONS ALSO INCLUDE THE SATURDAY FONDO RIDES

### Route Overview by Day

- Thursday 8/13: Southern routes out of Manchester – 65, 45 or 30 miles
- Friday 8/14: Routes to/from the Vermont Country Store plus BBQ! – 53, 35 or 25 miles
- Saturday 8/15: Gran, Medio & Piccolo – 97, 68 or 26 miles respectively all departing and ending. "Ride-up" Bike Festival from 11-6 pm Stratton Base.  
at Stratton Mountain or Bondville. Two Strava timed segments: KOM & Sprint
- Sunday 8/16: Northern routes out of Manchester – 58, 40 or 24 miles



# 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](#).



## **When?**

**Tuesdays<sup>1</sup> and Thursdays<sup>2</sup>**

## **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 AM<sup>2</sup> Sharp**

<sup>1</sup>**Tuesday's** rides are all year round

<sup>2</sup>**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.

<sup>2</sup>Get 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*

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## Dear Members, Friends & Followers:

Thank you for your support of the New Jersey Bike & Walk Coalition this past year. Throughout 2014, we've remained committed to working to make New Jersey a better place to live, with safer, more enjoyable ways to bicycle and walk. With your help, we were able to achieve some amazing victories in cycling and pedestrian growth, safety, infrastructure development, and advocacy.

Some of 2014's key wins include:

- Bike lanes along Route 35 from Bay Head to Island Beach State Park, as part of the Hurricane Sandy rebuild.
- ADA access across the George Washington Bridge, including removal of the stairs on the North Path and hairpin on the South Path, doubling the bridge's bicycle and pedestrian capacity.
- Opening of the state's first Bike Depot, in Montclair, supported by grants from Sustainable Jersey, Partners for Health and the NJBWC.
- Advocacy efforts that helped get the Four Foot Safe Passing Bill passed in the NJ State Assembly.
- Organized the 2014 NJ Bike & Walk Summit, our largest summit ever!

Read more about our wins for 2014 in the sidebar and on our ["NJBWC in the News" webpage](#) and [Newsletter Archive](#).

**2015** We're planning for an even bigger and better 2015, starting with the [2015 NJ Bike & Walk Summit](#), to be held on February 21, 2015. With a line-up of nationally-renowned speakers, the 2015 Summit is sure to be an unforgettable day that you do not want to miss. [Registration for the event is now open](#); come join us for a special day of education, networking, and collaboration.

Always remember that you are such an integral part of what we do at the New Jersey Bike & Walk Coalition. With your support, we can continue to be a strong and effective statewide advocate for bike and pedestrian issues.

Our #GivingTuesday campaign continues through the end of the month, and if you'd like to help ensure the continued growth and success of our organization, please consider [making a donation to NJBWC through PayPal Giving Fund](#), and by selecting us as your favorite charity on eBay.



## Thank you to our member clubs

Our member clubs are critical to our success as an organization. NJBWC wishes to thank the following clubs and organizations for their generous support this past year:

[Bicycle Touring Club of North Jersey](#)  
[Bike & Walk Montclair](#)  
[Bike & Walk Morristown](#)  
[Bike New York](#)  
[Central Jersey Bicycle Club](#)  
[Jersey Shore Touring Society](#)  
[Major Taylor Cycling Club of New Jersey](#)  
[Montclair Cyclists](#)  
[Morris Area Freewheelers Foundation](#)  
[South Jersey Wheelmen](#)  
[Western Jersey Wheelmen](#)

For information on how to become a member club, send a note to [info@njbwc.org](mailto:info@njbwc.org)

## Lifetime members

Lifetime members demonstrate an extraordinary commitment to NJBWC through their generosity and good will. We are honored to have the following individuals as lifetime members:

Lloyd Davis  
Marty Epstein  
Freeholder Brendan Gill  
James Hunt  
Karen Jenkins  
James Nicholson  
Brendan Poh  
Brian Stolar  
James Vance

## Become a member of NJBWC

Please also show your support by becoming a member of the NJBWC. For just \$35 a year, you can help ensure that our work continues. To join, click [here](#).

Again, we thank you for all your support, and we look forward to seeing many of you at the 2015 NJ Bike & Walk Summit on February 21. From all of us at NJBWC, have a happy, healthy and safe holiday season.

Sincerely,

**Cyndi Steiner**

Executive Director  
New Jersey Bike & Walk Coalition

## **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](mailto:kliner54@optonline.net) for more info.**





## Central Jersey Bicycle Club, Inc.

### 2015 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					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					

### 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.

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## 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](mailto:HubEditor@cjbc.org). Please contact the editor if you want your ad to run more than once.*

**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 great condition, Original Paperwork. \$1,000 or best offer. Call or email - Karen, Phone: 732-521-0301, email: [kdc0825@gmail.com](mailto:kdc0825@gmail.com)

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

- (1) 33 recipients (1983); (2) 5 recipients (1983); (3) 5 recipients (1995); (4) Cal Wheeler with 4 years (1992-1995);  
(5) 13 recipients (1998); (6) Ed Miller with 6 years; (7) 40 recipients (1994); (8) 38 recipients (1994);  
(9) Miko Blake with 12 years; (10) 12 recipients (1995)



# 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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**(732)-873-0212**

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MGR: Anthony DiPaolo

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East Brunswick  
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Old Bridge  
361 Route 34  
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[www.planetbikenj.com](http://www.planetbikenj.com)

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The CJBC Board			
President	<b>Ben Blum</b>	609-655-0979	<a href="mailto:President@cjbc.org">President@cjbc.org</a>
Vice President	<b>Vacant</b>		<a href="mailto:VicePresident@cjbc.org">VicePresident@cjbc.org</a>
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Awards	<b>Vacant</b>		
LAB Rep	<b>Mike Kruimer</b>	732-586-3981	<a href="mailto:Kliner54@optonline.com">Kliner54@optonline.com</a>
Farmlands Chair	<b>John Colasanti</b>	908-456-2075	<a href="mailto:Seezer2@aol.com">Seezer2@aol.com</a>
CJBC Information	<b>CJBC Information</b>	732-225-4827	<a href="mailto:info@cjbc.org">info@cjbc.org</a>

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](mailto:HubEditor@cjbc.org)  
Deadline for all content is the 24<sup>th</sup> of the month.

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For any inquiries or questions regarding the HUB, please contact:  
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