



Central Jersey Bicycle Club, Inc.

Over 40 Years and Still Rolling

Established 1968

June 2017

Number 6

Board/General Meeting:

Monday, June 19th at 6:30 PM
Metuchen Library, 480 Middlesex Avenue
Metuchen, NJ



Ready to kick this off your bucket list? Well, now is your chance...

The Longest Day - June 10th

MEMBER ONLY RIDE

3 rides to choose from: **50, 100, 200 miles**

A pre-ride dinner included for all registrants and SAG drivers
Friday, June 9 @Godfathers Italian Restaurant in Matamoras, PA

200 mile ride - \$30

- discounted hotel rates at Best Western, Matamoras, PA
- 3 well stocked rest stops

100 mile ride - \$20

- 2 well stocked rest stops

50 mile ride - \$10

Make sure to check out the article and photos of the 2017 Farmlands on Page 2

Another Great Farmlands! Over 500 Riders Participated in *Farmlands 2017*



CJBC's premier bike event, ***Farmlands 2017***, was held at Brookdale Community College on Saturday, May 6th. The day was great for everyone with the weather cooperating. Over 500 riders participated for ride routes of 18, 25, 35, 50, a metric 63, and a century 100 miles.

CJBC volunteers were there to register riders, distribute food supplies both at the college and at the rest stops at Buck Mills, Etra Lake, Michael J. Tighe Park and Northern Community park. All routes were marked with road markers to follow the routes and keep from getting lost. ***Ride with GPS*** was available for downloading the routes.

A bike give-a-way was held. ***Planet Bike of East Brunswick*** contributed a ***Giant*** road bike. \$400 was raised through riders' donations and CJBC donated \$300 to the ***Lincroft First Aid and Rescue Squad***. First Lieutenant James Kelly and his squad were there with an emergency vehicle to provide aid if needed and promote bike safety on the roads.

As part of CJBC's contribution program, the club also contributed to the **New Jersey Bike & Walk Coalition**. **Planet Bike** mechanics, Joe Santana and Anthony Paolo, made sure bikes were adjusted and ready to ride from their repair tent. At the Michael J. Tighe Park and Northern Community park rest stops, **REI** mechanics, Chris and Gareth, also helped with bike repairs. The bikes were not the only ones that got tuned-up as Dominic D'Errico of **Mana Physical Therapy** provided hands-on therapy to weary riders.

In addition to a discounted registration fee, pre-registered riders received a **Farmlands** t-shirt and a CJBC water bottle. Day-of-riders were not forgotten receiving a CJBC water bottle and free entrance into the bike give-a-way.



Before the ride, breakfast snacks were provided. After the ride, lunch sandwiches and salads were provided. Riders came from all over including New Jersey, New York, Pennsylvania, Connecticut, Vermont and as far as North Carolina and South Carolina.

Farmlands is a monumental undertaking by CJBC with volunteers painting road markers, manning the rest stops, driving a SAG vehicle for road side help, handling registration sign-in and working the food tables.



The logistics of loading the supplies was provided by **Santini Trucking Company**. From Friday evening, loading at Costco in an evening rain, to the off-loading in the pre-dawn hours the next day, **Santini Trucking & Moving Company** donated their services for a contribution to **Habitat for Humanity of Monmouth County**.



Let's give thanks to all the volunteers without which Farmlands would not be possible and, in particular, these CJBC members:

Joe DeSimone	Steven Seigel	Carey Kotake
Gianpiero Torrillo	Michele Rizzuto	John Colasanti
Harold M. Finkel	Linda Seveneant	Kathy Staeger
Nancy Goldberg	Neil Cherry	Kevin Smith
Mark Heck	Marion Vurture	Donald Marshall
Al Kendziora	Kristen Main	Merril Main
Crystal Muhi	Melody Muhi	Herbert Goodfriend
Michael Kolber	Parul A. Mehta	Maria Schwerdtfeger
Johathan Kaplan	James M. Spada	Dan Rappoport
Frederick Coles	Mary Jane Walsh	Lisa Papa
Dave M Czech		

CJBC is a renewed bike club with benefits for all members that far exceed the yearly membership of \$15. Here are some notable membership items:

- Leaders head rides in all classes from difficult to easy throughout the year
- **Members Ride** in the spring and an **Anniversary Ride** in the fall
- **Longest Day Ride** in June from High Point to Cape May spanning 200 miles
- **Shortest Day Ride** in the dead of winter is also held
- Recognition of members' contributions are not forgotten with award prizes, a **Holiday Dinner** and a **Volunteers' Dinner**.

The president of CJBC, Steve Segal, noted, "Farmlands brings together the best of our club members to be part of a yearly event that not only fulfills our passion for biking but also lets us contribute to worthy causes. This year's Farmlands was the best ever!"

FARMLANDS BIKE GIVE-A-WAY

The Farmlands Bike Give-A-Way was won by CJBC club member, Anne Sengebush, with the winning ticket # 0944038. Barry Dicken, Owner of Planet Bike, donated the giant road bike to support the donation to the Lincroft First Aid and Rescue Squad. \$350.00 was generously donated by the Farmlands Riders with a matching gift from CJBC.

Anne is a devoted bike rider from Monroe. Her Farmlands 100 century ride was with her husband, Jim and friends from the East Brunswick Cyclepaths. Anne and friends moving time for the 100 was 6 hours, 6 minutes and 52 seconds with an average speed of 16.2 mph and a maximum speed of 28.5. Anne says "The Farmlands Ride is a great way to meet other riders and enjoy the beauty of central New Jersey. Many thanks to CJBC, Planet Bike and all the volunteers who help make the day possible. A good time was had by all! I had a blast!! I have the BEST bike friends!"





CJBC Calendar & Rides



JUNE

EVENT CALENDAR

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
						Longest Day Training Ride
4	5	6	7	8	9	10
Bike Ride For Amy		Tuesday Hustle A 3/4 20-25				The Longest Day 200 miles
Jenkinsons Aquarium 45 Miles (12 to 15 mph)						MAFW Revolutionary Ramble
						The Longest Day 100 miles
						The Longest Day 50 miles
11	12	13	14	15	16	17
		Tuesday Hustle A 3/4 20-25				
18	19	20	21	22	23	24
FATHER'S DAY	Board/General Membership Meeting	Tuesday Hustle A 3/4 20-25	SUMMER SOLSTICE			D/D+ 4/3 17-35 Are 3 Wheels Slower?- Bianca
Deeeezy 4/3 45 Orson and Elsie - Ben						
25	26	27	28	29	30	
Deeeezy 4 34 - 42 Tacos, Crepes, Ice Cream - Ben-		Tuesday Hustle A 3/4 20-25				

* 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

Saturday, June 3

Longest Day Training Ride

Neil Cherry, 732-723-0769

Pace: B+/A

Distance: 120 miles

Time: 8:00 AM

Village Park, Maplewood Avenue, Cranbury, NJ.
Call ride leader BEFORE 9PM the night before to confirm time and starting point as these may differ.

Tuesday, June 6

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 1½ hour ride. Please call by noon day of ride or leave a message. Lights are suggested. Hope to see you there!

Tuesday, June 13

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 1½ hour ride. Please call by noon day of ride or leave a message. Lights are suggested. Hope to see you there!

Sunday, June 4

Jenkinsons Aquarium

Steven Seigel, 908-405-5037

Pace: Slow and Easy Ride

Distance: 45 miles

Time: 8:00 AM

Brookdale Community College, Lot 2 (Same as Farmlands), Lincroft, NJ. Visit Jenkinsons Aquarium and have lunch.

Saturday, June 10

The Longest Day 50 Mile Ride

Kevin Smith, 908-420-4636

Distance: 50 miles

Time: 9:00 AM

NJ Transit Station, 1431 Doughty Road, Egg Harbor Twp., NJ. Registration is required.

Saturday, June 10

The Longest Day 100 Mile Ride

Kevin Smith, 908-420-4636

Distance: 100 miles

Time: 9:00 AM

Hampton Inn Parking Lot, 153 W. Manor Way, Robbinsville, NJ. Registration is required.

Saturday, June 10

The Longest Day 200 Mile Ride

Kevin Smith, 908-420-4636

Distance: 200 miles

Time: 9:00 AM

Best Western Inn, 120 Routes 6 & 209, Matamoras, PA. Registration is required.

Sunday, June 18

Deeeeeeezy - Orson and Elsie

Ben, 848-667-5020

Terrain: 4/3

Distance: 45 miles

Time: 9:30 AM

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

Tuesday, June 20

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 1½ hour ride. Please call by noon day of ride or leave a message. Lights are suggested. Hope to see you there!

Sunday, June 25

Deeezy – Tacos, Crepes, Ice Cream

Ben, 848-667-5020

Distance: 42 miles

Time: 10:00 AM

Brookdale Community College, Lot 7, 765 Newman Springs Road, Lincroft, NJ. Call by 5pm the day before. No calls, no ride.

Saturday, June 24

Are Three Wheels Slower?

Bianca, 848-667-5020

Pace: D/D+

Terrain: 4/3

Distance: 17-35 miles

Time: 10:15 AM

Cranbury Library, 23 N Main St C, Cranbury, NJ. Call by 5pm the day before. If no calls, no ride.

Tuesday, June 27

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 1½ hour ride. Please call by noon day of ride or leave a message. Lights are suggested. Hope to see you there!

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

The CJBC Board			
President	Steven Seigel	908-405-5037	President@cjbc.org
Treasurer	John Colasanti	908-456-2075	Treasurer@cjbc.org
Membership	Joe DeSimone	908-229-9596	Membership@cjbc.org
Recording Secretary	Vacant		
Member at Large	Harold Finkel	732-666-7161	MemberatLarge@cjbc.org
Member at Large	Kathy Staeger		Kathystaeger@gmail.com
Public Relations	Nicholas Spadavecchia	732-713-3187	PublicRelations@cjbc.org
Program Chair	Mary Jane Walsh	908-238-9649	maryjane_walsh@yahoo.com
Ride Captain	Kevin Smith	908-420-4636	RideCaptain@cjbc.org
Awards Chair	Dan Rappoport	609-924-9417	bikefar@hotmail.com
LAB Rep	Vacant		
Farmlands Chair	Steven Seigel	908-405-5037	farmlands@cjbc.org
CJBC Information	CJBC Information		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

CJBC Member Notes

WANTED: EXECUTIVE BOARD POSITION

Vacancies have developed on the executive board that need to be filled.

Executive Board positions are open to all CJBC members.

BOARD POSITIONS OPEN

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.

Reply to this at info@cjbc.org your candidacy.

CJBC is becoming a new bike club promoting social and recreational bicycling riding with a fellowship among members. We are encouraging more rides at every level, promoting community events.

Educational programs and outreach programs to the cycling community. The club offers many benefits that make 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.

LONGEST DAY 2017

VOLUNTEERS URGENTLY NEEDED

4 HOURS ONLY - Saturday, June 10

Please Support our Riders

Volunteers needed for: Northern NJ Rest Stop at Canal Road in Somerset County from 9 AM – Noon and Southern NJ Rest Stop near Mullica River in Atlantic County from 2 PM to 6 PM as they journey from High Point to Cape May.

All volunteers welcome to free pre-ride dinner on Friday, June 9th.

**Contact Kevin Smith if interested
908-420-4636 or Ridecaptain@cjbc.org**



Rides of Interest

Rides Within This Section Provided to CJBC
From Outside Sources



10th Annual Bike Ride for Amy – June 4, 2017

South Brunswick High School

“Saving Lives – One Pedal at a Time”

10 Years Strong!

Got the winter blues? Sign up for the refreshing spring Bike Ride for Amy that is 10 years strong! This year marks the 10th anniversary of the Bike Ride for Amy! It's not a race – it's a fun-filled and enjoyable bike ride to raise support for a wonderful cause – to make early detection of breast cancer accessible to all women in central NJ.

The Bike Ride for Amy offers four separate routes:

- a challenging 50-mile ride through the Sourlands (2017 route changes);
 - a hilly 35-mile ride;
 - a comfortable; flat 25-mile ride (2017 route changes); and
- a short, flat 15-mile course (great for beginners – YOU CAN DO IT!)

<http://amyfoundation.org/the-bike-ride-for-amy/>



Morris Area Freewheelers Foundation
presents the
9th Annual Revolutionary Ramble
June 10, 2017.

Our start point for 2017 is Drew University, Madison, NJ!

Rides for all abilities.

Fully supported with SAGs, rest stops, and buffet lunch.

Choose from a 10, 25, 35, 50, 65 or 100 mile tour. The 10-mile novice and family tour and the 100 mile tour are redesigned. Lots of newly paved roads.

<http://rambleride.org/>

The 15th Annual French Creek Iron Tour

Cycling for Open Space

Sunday, June 11, 2017



FRENCH & PICKERING CREEKS
CONSERVATION TRUST

IRON TOUR

cycling for open space



SECOND SUNDAY IN JUNE
SCENIC COURSES FOR ALL LEVELS

10 20 34 50 64 75 100
mile courses

**IN NORTHERN
CHESTER COUNTY, PA**

Visit www.irontour.org
for more information and to sign up.



FRENCH & PICKERING CREEKS
CONSERVATION TRUST

IRON TOUR

cycling for open space

This was my 4th year riding the 30 mile route. Great support, outstanding scenery, fantastic ride, and super volunteers!

It was our first family bike tour, and we had a GREAT time!

We were so glad to see the sign posted on "Preserved Forever" properties. We passed many farms and fields we have long admired and are so glad to know they will remain as they are now. We are so fortunate to live in this beautiful place. Thank you for your efforts to keep it that way!



PRESERVED FOREVER
by
French & Pickering Creeks
Conservation Trust

Visit www.irontour.org
for registration and information about the ride, including registration deadlines, courses, ride support, rest stops, lunch and amenities.



<http://www.irontour.org/>

**** Harbor House ****

21ST ANNUAL BIKE TOUR

JUNE 23-25, 2017

Harbor House Annual Bike Tour is a 3-day ride from June 23-25, 2017 departing from Toms River, NJ, going to Princeton, NJ, through the Sourlands Mountain area, and ending back at Harbor House in Toms River on day 3. Come out and enjoy a 3-day bike tour of New Jersey, while supporting Harbor House's mission, which is to keep at-risk, homeless youth safe and off the streets. Join us on this ride!

ALL 3-Day Ride participants (Riders & SAG Team) are required to raise a minimum of \$750 in support of the kids in crisis at Harbor House.

You can also join the ride for one day (Sunday only) or two days (Saturday and Sunday only). For one day riders, the minimum fundraising amount is \$250. For two day riders, the minimum fundraising amount is \$500.

Rooming will be provided at Nassau Inn, 10 Palmer Square in Princeton (Tel# 609-921-7500).

DAY 1 OF THE 3-DAY BIKE TOUR

Toms River to Princeton – part of the ride will take us up the shore coast, average per day is 75 miles.

DAY 2 OF THE 3-DAY BIKE TOUR

The ride will take place around the Sourlands Mountain area, average per day is 75 miles.

DAY 3 OF THE 3-DAY BIKE TOUR

Starting in Princeton and ending back at Harbor House in Toms River, average per day is 75 miles.

EVENT DATES: Friday June 23, 2017 – Sunday June 25, 2017

START TIME: 5:30am EDT

END TIME: 2:00pm EDT

PRICE: \$100.00 Ride Fee + \$6.00 SignUp Fee

REGISTRATION: Registration ends June 13, 2017 at 11:59pm EDT

For more information, please contact Jhanna at 732-929-0096 ext. 205.

Register For The 3-Day Bike Tour Today!

<http://www.oceansharborhouse.org/event/annual-bike-ride/>



***THE* RIDE FOR MENTAL HEALTH**

June 24th - 25th 2017
New Paltz, NY

**Rides of 25, 50, and
100 miles both days.**

**The proceeds of the ride will be
donated to McLean Hospital,
a Harvard Medical School
affiliate, for education, research
and treatment of mental illness
including anxiety, borderline
personality disorder, depression,
eating disorders and
substance abuse.**

www.ericssride.org

<http://www.ericssride.org/>

What's on your bucket list?

Is it to spend a whole week cycling with friends through gorgeous scenery?

Or do you want to kick it up a notch and try skydiving?

You can do it all at [Cycle Massachusetts](#), the famous statewide charity tour that is also known as the Friendliest Ride in the East. We're delighted to welcome cyclists for a weekend or a whole week depending on YOUR schedule. Here's some highlights for 2017:

- Cycle Club Discount – we've made it super-convenient to join up with friends – just use our special [club signup page](#) (email bruce@cyclema.com for details)
- Jump from a plane! That's right – you'll have the option to cycle to [Jumptown](#) in Orange, MA, and try skydiving!
- Three states in one ride – not only do we explore Massachusetts, but we'll ride the quiet roads of Vermont and New Hampshire as well.
- Family riding weekend! Our opening weekend is especially family-friendly complete with shorter rides to kid-approved destinations, a [popsicle party](#), and an all-ages outdoor movie!

We're excited to welcome riders to our fantastic start/finish location at the Stoneleigh-Burnham School in Greenfield, Massachusetts. With two nights on their lovely campus, and two nights each in Putney, VT, and Orange, MA, you'll have time to explore the most scenic vistas, visit local landmarks, and savor each experience with new friends. We promise something fun to see or do every 10 miles.

Cycle Massachusetts is from **August 5th through 11th** (2, 4, 5, and 7 day options available) and all proceeds support the [Massachusetts Bicycle Coalition](#).

Sign up today at www.cyclema.com: The registration deadline is July 15th, and Cycle Massachusetts is limited to 150 riders!



August 12-13, 2017

Tour de Frederick is a premier cycling weekend

in Frederick, MD

Saturday offers 10, 35, 62 and 100 mile routes

with an awesome Finish Line Party

that includes beer and live music!

Register at

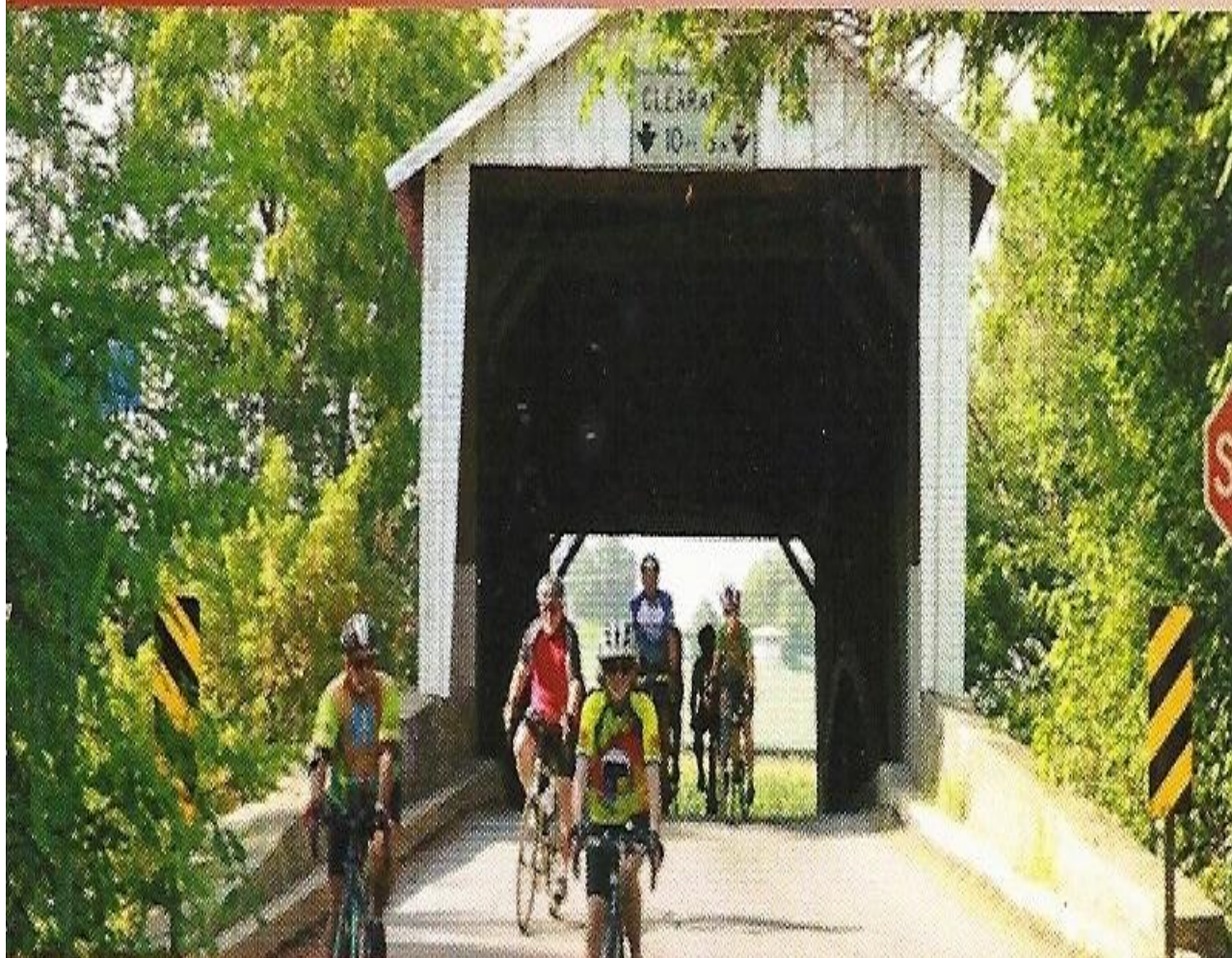
www.tourdefrederick.com

Saturday is also the

National Clustered Spires High Wheel Race

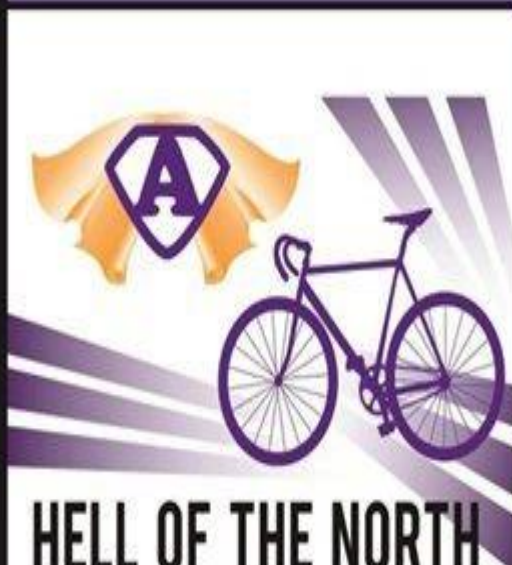
in downtown Frederick

15, 31, 62 & 100 miles



www.Lancasterbikeclub.net/lcbc

September 3rd, 2017
100 Miles
100% Volunteer
100% to Charity
(Metric & 30 Mile Routes)



HELL OF THE NORTH
BENEFITING AVERY'S HOPE
AVERYS-HOPE.ORG

Raising money and awareness for children
with rare gi disorders and their families.
Register to ride or volunteer at
BikeReg.com or averys-hope.org.



Hosted by:
V5 Cycles
140 Hwy 31
Flemington, NJ 08822
v5cycles.com



Avery's Hope
P.O. Box 256, New Hope PA 18938
908-581-8273
averyshopepa@gmail.com
averys-hope.org

About the Ride

Hell of the North offers a spectacular century, metric century and 30 mile ride through Hunterdon and Warren counties. This ride is fully supported offering SAG, Tech support, breakfast, nutrition and hydration and a great meal after the ride is over.

About Avery's Hope

This organization is named for the founders' grandson, Avery Harris, who was born with Microvillus Inclusion Disease. Both Children's Hospital of Philadelphia and Children's Hospital of Pittsburgh have been instrumental in his care. This charity gives back and raises money through fundraising events. All money raised goes to families with children like Avery whose insurance doesn't come close to covering all of the expenses associated with rare gi diseases and find themselves at Children's Hospital of Philadelphia and/or Pittsburgh.



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 a 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



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.

2017 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.

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 be removed.

For Sale **MINOURA Indoor Bike Trainer** ... Tire Drive/Hyper magnetic resistance. 26, 27 inch and 700c. Folds easy for storage. Riser block for front wheel. \$49.00 **Harold M. Finkel** halmart2@comcast.net (C) 732 666 -7161/(H) 732-613-6527

For Sale...**Vintage 10 speed Bicycle**...Raleigh "Record" made in Nottingham, England (medal crest on headset), Orange & White color, 21.5" (crank to seat post), 27" x 1 1/4 new gum wall tires, new gear shift cables, new brake pads & seat, recently tuned, Very Good Cond. **PRICE REDUCED - \$100.00.**



Call John at 908-456-2075

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**

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.

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

HALTERS 609-924-7433 (RIDE)

1325 Route 206N

Skillman, NJ 08558





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



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

June 2017

Number 6

Happy Bicycling!

