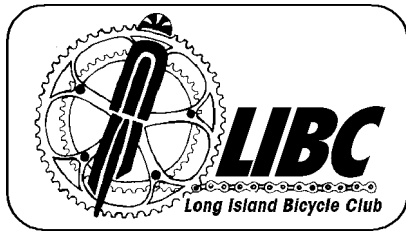


MARCH
2004



GOLD COASTING

A monthly publication of the Long Island Bicycle Club

www.libike.org

Club Roster

Members can receive a copy of the club roster by sending a SASE to Mike Friedlander, 323 Frost Pond Road, Glen Head, NY 11545 (or email him at MikeFriedlander@hotmail.com).

Email List

If you are not getting club emails, please add your name to the email list by sending a message to MikeFriedlander@hotmail.com.

The Standard Ride

The club rides every Saturday, Sunday and holiday throughout the year from the **Westbury High School**. Rides leave promptly at 9:30 a.m. Directions: Take the Northern State Parkway to exit 32 north. Go north on Post Ave. The school is on the right just after Jericho Turnpike. Park by the tennis courts. Rides usually pause at the Syosset firehouse at about 10:15.

Club Jerseys!

To buy one, contact Bill Selsky at 516-489-3958 or bselsky@juno.com or see him at the lot.

LIBC Events Calendar

April 16-18 - Lakeville, CT Weekend
May 28-31 - Lenox, MA Weekend

Welcome New Members

Mark Blatt - Oceanside
Theresa Gusman - Muttontown
Joseph Mendoza - Roslyn
Marvin Rostolder - Port Washington
Vincent Troise - Woodside
Robert Weinstock - Plandome Manor
Elan Wurtzel - Plainview

Web Site of the Month

Park Tool Co (www.parktool.com) - You can click on a picture of a bike to find the tools you'll need to repair each component. But the best thing is the Bike Repair section. For example, the instructions for removing and installing rear cogs has clear pictures for each step, showing how to change both Campy and Shimano components.

LIBC Party's Dancing Fools

By Bill Selsky, LIBC President

So, this year we had a new DJ, Frank Thomas, who works with Singleton's, where we held the party. Not only was he less expensive than previous DJs, he was good.

That means people danced, 65 of them, including me, if you can call it dancing. Some interesting dance styles were observed, from the ice skater to the free spirit. And, a good time was had by all.

Some were given plaques. Jo Vlastaris was named as the most improved rider for the As. Besides being a strong rider, Jo led more than her share of rides this year, in fact enough (eight) to earn a jersey. She also provided all important draft relief on rides.

Kenny Schack accepted an award for Solomon Walden as the most improved C+ rider of the year. Solomon was not able to join us at the party.

We also awarded Ride Leader Jerseys to those who led eight or more rides. Besides the aforementioned Ms. Vlastaris, there were Mike Friedlander, Phil Ayazian, Jim Rand, John Howe, Kenny Schack, Bill Dinner, Glen Abelson, Ross Selinger, Rich Suttenger, David Junowitz, George Cutler, Clare Schwartz, Al Rutsky, Irma Klein, Steve Klein, Clara Meyerson, Domeick Creaco, Larry Shoots and Irwin Koppel.

Irwin's picnic helping volunteerism was noted and praised at length. George Cymbalsky, who runs the picnic every year with wife Nancy and, of course, Gabrielle, had told me that Irwin volunteered year after year and had for the same amount of time gone unacknowledged. So, I changed that.

Nancy took the mike to thank all who have helped her during her illness, and in offering thanks moved many of us.

All the bike shops that we could get to cheerfully provided us with raffle prizes for the party, as they do every year. These shops also provide 10% discounts to all club members. Please frequent these shops, which include Bicycle Planet, Brands, Danny's, Visentin, Cycles Plus, Tulip Bikes, Bikeworks and Peak Cycles.

Lastly, not leastly, the food was pretty good too, from salads to pastas to meats and fish and chicken and the LIBC chocolate cake. No leftovers when our crowd is around.

See you all at the party next year!

LIBC

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10% Discount for Members At:

Bicycle Planet – Syosset – 516-364-4434

Bikeworks – Greenvale – 516-484-4422

Brands – Wantagh – 516-781-6100

Carl Hart – Middle Island – 631-924-5850

Cycles Plus – Huntington – 631-271-4242

Danny's – Levittown – 516-520-0707

Peak Cycles – Douglaston – 718-225-5119

Peckham Cycles – Wantagh – 516-785-3493

Pt Washington Cycles – 516-883-8243

Tulip Bikes – Floral Park – 516-775-7728

Visentin – Oyster Bay – 516-922-2150

Guidelines

Bicycle Safety is promoted on all club rides, but riders must assume responsibility for their own personal safety. **The use of helmets is mandatory!** Club rides are graded according to the degree of difficulty:

- A** For very strong cyclists, 18-20 mph avg, 40-100 miles, few stops, hills likely.
- B** For strong riders, 15-17 mph avg, 40-100 miles, few stops, hills likely. Ride leader will try to wait for slower riders.
- C+** 13-14 mph avg, 30-50 miles, stops as needed, hills likely. Ride leader will wait for slower riders.
- C** 11-12 mph avg, 25-40 miles, stops as needed, some hills to be expected. The group will wait for slower riders and assist those having minor mechanical problems

If you are in doubt, try out a ride with a slower group and work your way up.

Rules to Ride By

1. Arrive 15 minutes early and be ready to leave on time.
2. Make sure your bike is in good working order.
3. Carry a spare tube, patch kit, pump, and water bottle.
4. Practice safety and obey all traffic laws.
5. Leaders are not responsible for those who ride ahead of the group.

And At the LIBC Ski Weekend

By Bill Selsky, LIBC President

On a middling mild weekend on Long Island, some of us went to a minus five degree weekend in Vermont. Okay, only one day on Long Island was warm, or warmish. It was supposed to reach near 50, but it never did, and the next day was supposed to be in the 20s again (a year for us all to get sick).

But in Londonderry, VT, at the Blue Gentian, ten happy souls went to ski. Debbie, a down hiller, went up the road we were on to Magic Mountain. She said she had a need for speed, and since Magic Mountain is not as well utilized as near-by Stratton, she was able to ski unimpeded. Wasn't it too cold for you, Debbie? "I'm a solder," she said.

New member Linda Ortiz was looking forward to her first ever cross-country skiing. She is an old hand at down hill, but she had hurt her back exercising the day before. So she just enjoyed the inn and the company.

The rest of us – Phil, Maria, me, Charles Elioseff, Lynn, Modesta, Rose and Robert went to Viking, maybe a mile or two, at most, from the inn. Listed as the best cross country ski area in southern Vermont, Viking was fun, and maybe a little icy. But after skiing, we also tried snowshoeing. Phil and Maria had their own, and Charlie had enough for a small store.

The next day only hit minus 2, and we tried a different cross-country ski area in nearby Peru, and Debbie down hill again at Magic Mountain.

Recent injuries of some of last year's attendees and a fear of crowds on holiday weekends kept down the size of the group this year. Next year, we'll run it again, but not on a holiday weekend.

Drop & Point Method

By Irma Klein

Late last fall Larry Shoots led a ride to Bethpage using a method called Drop & Point. After explaining how he would like to proceed, some in the group were hesitant, saying it would never work, but the rest of us thought why not give it a try. I must say by the end of the ride we were all convinced that the method actually did work. We were not held up at corners waiting for the last of the group to catch up and the ride went smoothly. The dropped person was almost always the person behind the leader and the volunteer sweep was generally one of the slower riders.

Here are the directions for the Point and Drop System:

At the beginning of the ride someone has to be designated as "The Sweep". This rider always stays last. It would be ideal if the last person and the leader both had cell phones. The leader stays in front. At each turn in the trip the leader assigns or "drops" a rider to show the direction (point) for the other riders. This rider is known as a "drop". The drop stays at the intersection until he can make eye contact with the "Sweep". The drop then knows that everyone has safely passed and is free to catch up with the rest of the ride. If the "Sweep" gets tired of always being last, he can ask the leader to be replaced. The sweep is very important because the sweep ensures that all riders are ahead and no one is lost. Using this procedure ensures that the group will stay together and no one will get dropped. In case of mechanical problems i.e. flats, dropped chains, etc. the sweep will give assistance to that person and also notify the leader via cell phone of the delay.

Larry is leading a ride in March and two in April and promises to use his system on both rides.

A Rides Schedule

So this is it. Time to get the bikes ready - clean the chain, pump the tires and put on some low gears for many of us will need them. Of course Mike has been going to spin classes, sometimes 4 in a day and Jo has been spending most of her waking hours on the trainer. Bill has been running. Phil has been running and attempting to ride. Maria has done some trainer work and has been on the tandem. John looks at his trainer and sometimes gets on it when he isn't skiing. Alan is probably spinning and Ernest is in the basement on the trainer. Jim has been playing tennis and twiddling his bionic thumb. Haroldo runs and does some coughing too. Andrew is undergoing strenuous training and then strenuous testing. The rest I don't know about, but of course I can make up stories. So now we have the first ride schedule of the year.

Saturday, MARCH 6

A Non-Stop Ride - 40 plus miles- Phil Ayvazian - 516-248-6639. If the weather is warm enough we will make a lunch stop, but if it isn't then it will be non-stop. Don't expect any speed records, just a nice spin.

Sunday, MARCH 7

A Presidential Ride - 42 miles - Bill Selsky - 516-489-3958- Bill has not been riding much, but that makes him about equal to the rest of us. Another get back in shape ride and pace.

Saturday, MARCH 13

A John Ride - 45 miles - John Howe - 516-921-6266. Yes John will take off his skis and lead us around the North Shore. We will make him pull just to punish him for his inactivity.

Sunday, MARCH 14

The Ides of March Ride - 55 Miles - Mike Friedlander - 516-676-7102. Join Mike, Julius, Brutus and Mark A on this LIBC Classic which goes through Sands Point and Kings Point. Expect lots of hills (Vista is guaranteed) and beautiful scenery. Togas are required, daggers are optional. Et tu Tankoos!

Saturday, MARCH 20

The New Thumb Ride - 45-50 miles - Jim Rand - 516-621-9142. Jim thinks that his new thumb is going to make him into a much stronger rider. He has learned some new techniques and they will be on display on this ride. As usual expect a good pace and maybe he will eat lunch with us.

Sunday, MARCH 21

Haroldo's Ride - 50-55 miles - Haroldo Hahn - 516-883-2164. Haroldo hasn't led us for quite a while, but he always finds interesting roads. **We will meet at 8 to start at 8:30 from the Port Washington train station.**

Saturday, MARCH 27

Heavy Burden to Carry Ride - 45-50 miles - Jo Vlastaris - 516-676-0976. Joe earned the most coveted award in the club this year - Most Improved A Rider - so now she has to live up to the award. It is a responsibility that we know she will take very seriously. With her new job she has allotted even more time to her trainer and tapes. Rumor has it that Glen Head residents have been complaining about a whirring sound that occurs between 2 A.M. and 6 A.M. No one seems to know the source, but we do. There will be no smiles or levity from Jo on this ride. She will be on a mission (as they say).

Sunday, MARCH 28

Reprise-The No Wheel Suckers Ride - 45 miles -Phil Ayvazian - 516-248-6639. This ride was held last year and turned out to be a success. If you are a wheel-sucker, here is your chance to go to the front. Everyone takes a pull! Flat terrain with few turns.

B Rides Schedule

We are starting the new season, and we will do it riding 45 miles. Every time. Lube your bike, remove the cobwebs, stretch, and join us as we start shedding those winter pounds and get ready for nice long rides in the warm months ahead.

Saturday, MARCH 6

Daniel Goldschmidt (516 933-1758) Dix Hills, maybe lunch at Umberto's. 45 miles.

Sunday, MARCH 7

Bill Dinner (516 944-9170) An easy ride on old roads. About 45 miles.

Saturday, MARCH 13

Patrick Cuvilly (516 868-7513). Nothing adventurous this time. We'll follow the LIE service road east until it gets too windy, then turn back, with a detour for lunch. Total: About 45 miles.

Sunday, MARCH 14

Howard Spergel (516 883-3091) We will visit some of the nice areas on the North Shore. About 45 miles.

Saturday, MARCH 20

Jim Troise (718 397-7141) Jim rode the whole winter, and is now ready to lead. He will take us to Caumsett Park, slowly up the hills, fast on the way down. Lunch in Woodbury. 45 miles.

Sunday, MARCH 21

Eric Bertrand-Loesch (516 485-9019). Port Washington and vicinity. About 45 miles, some drafting recommended.

Saturday, MARCH 27

Rich Suttenger (516 624-3430). Will take us on a tour of Sea Cliff, Locust Valley, Mill Neck, Bayville if not too cold, and Oyster Bay. About 45 miles.

Sunday, MARCH 28

Ross Selinger (516 883-7360) annual Jones Beach ride - lunch on the boardwalk, 45 miles.

FOR SALE

Colnago Super - 47cm

- Galli gold color Ti components
- Mavic gold color tubular rims
- Original blue paint
- Very light
- All original parts except seat

Serious buyers only contact: David Emanuel -516-487-8065

Skis, Bindings, Boots Poles shoes and socks – \$60

Consists of SNS Heierling Size 42 (ladies) shoes, Karhu Falcon Kinetic Waxless System Skis for woman 5'2" to 5'7" 120 – 150 lbs. poles included. Contact Larry Shoots at 718-327-3786 or e-mail lshoots@earthlink.net

SUNRISE CYCLING BEFORE WORK

The tradition continues: 6:15 – 7:30 Monday – Friday

A, B, & C+ categories - average speed 14-17mph

Starts from Fredericks Coffee Shop, Grace Ave & Bond St, Great Neck Park in the lot across the street (free until 9:00 am)

The route varies depending on the group. Call Dave Emanuel at 516-487-8065 the night before to confirm (weekdays before 9:45 pm, weekends - anytime).

C+ Rides Schedule

Welcome back to all C+ riders. Last year many of us were in decent shape at the beginning of the season because we were able to continue riding through the mild winter. What a difference a year makes! I'm sure that this season the rides for March will be slower and easier than last year and that it will be further into the season until most of us see our riding fitness return. This season I would like more people leading rides. From time to time I will schedule a Andy Warhol Ride to give those who have not led a ride an opportunity to do so for a short time (15 minutes). Hopefully, this experience will encourage riders to lead a full ride in the future.

Saturday, MARCH 6

Steve Klein (516-671-9295) 35 miles. Oyster Bay.

Sunday, MARCH 7

Patrick Cuvilly (516-868-7513) 40 miles. Huntington. Lunch will be in Syosset.

Saturday, MARCH 13

Glenn Abelson (516-766-6204) 35 miles. Oyster Bay or Locust Valley. Breaking into the season with nothing too strenuous. Less than 40 degrees and Glenn stays home.

Sunday, MARCH 14

Kenny Schack (516-921-3553) 37 miles. Bethpage. Lunch will be in Syosset at Bagel Master (weather permitting). For my first ride lead of the season - no hills and an easy pace.

Saturday, MARCH 20

David Emanuel (516-487-8065) 35-40 miles. Great Neck. Speedy wants to invite all of his new, old and soon to be new friends on his now famous Great Neck ride. He added some new and interesting roads to this beautiful ride. Lunch in Great Neck at the Village Green.

Sunday, MARCH 21

Bill Dinner (516-944-9170) 35 miles tops. Backwards easy ride to Port Washington. Bring snacks.

Saturday, MARCH 27

Mark Mandell (718-464-3033) 35 miles. Oyster Bay.

Sunday, MARCH 28

Daniel Goldschmidt (516-933-1758) 42 miles. Dix Hills. Lunch stop will be at the deli on Woodbury Road, if it is sunny and warm.

Nassau-Suffolk Bike Challenge - Apr 25

The Nassau to Suffolk Bicycle Challenge kicks off this years riding season on April 25. The ride, now in its 8th year has proven to be one of New York's most exciting and enjoyable cycling events. Every rider of every age and skill level will find that the tour has something to offer. The event consists of four courses; a 62.5-mile loop, a 50 mile loop, a 25 mile loop and a 10 mile loop. Riders will enjoy breathtaking views of Long Island Sound, natural wildlife, and Long Island Estates. Rest stops with food and water will be available every several miles. All proceeds of the Nassau to Suffolk Bicycle Challenge will be donated to various local and national charities. A major part of the money raised will go to the North Shore Kiwanis Pediatric Trauma Center located at North Shore University Hospital in Manhasset. The Trauma Center, one of two such facilities in New York State, is a nucleus for pediatric medical research and care. Other charities to benefit from the bike ride include the Lymphoma and Leukemia Society, Kiwanis International, the Fire Department, EMT, etc. Please join us for an exciting ride at Tappan Beach, Sea Cliff on April 25.

C Rides Schedule

A new ride season is about to begin and I want to welcome all of you back for another year of great rides and happy memories to savor when we come full circle and it is once again December. It is all of you, riders who have been around for years and you new riders too who are coming out for the first time and stick around for years to come that contribute the memories that make us all long for the new season to begin.

Saturday, MARCH 6

Irwin Koppel - (516) 785-3729- The winter is finally over and left us all in its wake out of shape but eager to get started. Let's try a training ride, but please, if it is still wintry, check the temperature - Irma's rule will apply - if the mercury doesn't pass 40° today we will pass up the ride and try again when it does.

Sunday, MARCH 7

Domenick Creaco - (516) 488-5991- Let's think warm. "Some Roads Even AI Doesn't Know Ramble" keeping it as flat as possible.

Saturday, MARCH 13

Al Rutsky - (516) 627-7496- Although many of us ride through the winter, our closets are mainly bare of warm riding clothes. This ride is meant for those bikers afraid of cold air. Oh yes, and please think warm so we can ride.

Sunday, MARCH 14

Clare Schwartz - (516) 627-7496- Come out Come out where ever you are - we will do a ride to warm the cockles of your hearts. Not too fast and not too far unless it is warm and then we will go further and maybe even a little faster.

Saturday, MARCH 20

Irwin Koppel - (516) 785-3729- A new season has begun and I am ready to ride - hope you are also. Let's get out there and make up for lost time at a reasonable pace for as many miles as the weather will let us do comfortably. Irma's rule applies though.

Sunday, MARCH 21

George Stafford - (516) 766-3813- Back to bikes and a spring warm up ride. Let's get back to business and tune up for the season.

Saturday, MARCH 27

Clara Meyerson - (516) 766-3813- This month we all have to work to get back to where we were when November and the end of the ride season ended. Join me for thirty or so miles and let's get back on schedule.

Sunday, MARCH 28

Larry Shoots - (718) 327-3786- Button up your overcoats and let's go to Bethpage State Park. Mileage in the 30's to 40's. Point and drop system will be used.

Bloomin Metric - May 23

Sound Cyclists Bicycle Club will hold the 27th annual Bloomin Metric Bicycle Tour on May 23. Same Norwalk, CT location. Please save the date. Register now online or get more information at www.soundcyclists.com/Bloomin

LIBC Lakeville Weekend - April 16-18

It may be a bit more challenging this year, especially after this winter, but it's time again for the opening club-away weekend event. We'll do shorter rides. The beautiful Interlaken Inn will put up with us again and feed us too. The cue sheets offer short and long choices and spectacular scenery. Some of us take off Friday to soak it in a little more, and it is only about 2 hours away.

When: Friday, April 16 – Sunday, April 18

Where: Interlaken Inn, Lakeville, CT

Cost: \$142.52 per person per night for singles, \$97.72 pp per night for doubles and \$82.79 pp per night for triples.

Food: 4 meals – Friday dinner, Saturday and Sunday buffet breakfasts, Saturday dinner. Soft drink, coffee included.

Facilities: Heater/air conditioner, color TV and private bath, tennis courts, lakefront with rowboats and canoes, music after dinner, bar and lunge, fitness center, men and women's saunas, game room, ping pong, pool tables.

When to book: No later than March 31!

Send a check to: William Selsky, 795 Truman Avenue, East Meadow, NY 11554. If you need a roommate, I'll do my best. Call 516-489-3958 or e-mail bselsky@cmp.com.

Directions: Whitestone or Throgs Neck to Hutchinson Pkwy north. Stay on the Hutch until it becomes 684 north. Take 684 to the end. Immediately after 684 exit 10, take Rt 22 north. It runs into Rt 44, eventually. Continue north on Rt 44 to Millerton, where Rt 44 turns right. Drive east on Rt 44 for 2 miles. Take the right fork into Rt 112. Drive 1.4 miles east on Rt 112. Interlaken Inn will be on your right.

State Bike Routes

By Jesse Day, Executive Director, New York Bicycling Coalition

Wouldn't it be great to have the NY State Dept of Transportation (NYSDOT) continue to develop the State Bike Route system? Ever wonder what happened to the proposed state bike routes in western NY SBR #19, central NY SBR # 11 and on Long Island SBR #24?

This year is the 10th anniversary of the State Bike Route #5. The Department of Transportation and the NY Bicycling Coalition are working on surveying the existing bike routes, SBR # 5, 9, 17. There will be a relay ride and celebration of State Bike Route #5 on June 11th, which runs from Buffalo to Albany. The NYBC will work with the NYSDOT on improving the existing routes and advocating for the proposed routes from years ago. For more information on existing and proposed routes visit www.nybc.net/resources and go to the "Bicycling Riding in New York" section.

Ideally, the information gathered and collected on the existing and proposed routes would be maintained as an internet-based mapping system that could be updated as new routes are added. This effort could be a tool for planning transportation improvements allowing for feedback to enhance and protect these routes. If funding allows it, a series of regional maps printed every few years would be produced as well.

LIBC Lenox Memorial Day Weekend

May 28-31. Second year at this inn, and it was definitely okay. The Yankee Inn has rooms with terraces, Jacuzzis, an indoor heated pool, an outdoor ice cold pool, 7 1/2 acres, plus a breakfast of cereals, juice, coffee, bagels and pastries.

Price for the weekend: \$148.50 per person double occupancy (two in a room, each).

This is another of our popular weekends, probably to be even more popular this year. For one thing, we should have shower rooms on Monday for those of us who want to do one more ride before heading home. (It's a long story, but this was a problem two years ago at another place, whose rates went up for this year.)

If you need a roommate, or want more info, contact me and I'll see what I can do. Call me (your prez) at 516-489-3958, on weekends or after 6 pm, or e-mail bselsky@cmp.com.

We have a limited number of rooms. Don't wait. They will fill. Say you're with the Long Island Bicycle Club and reserve now.

The Yankee Inn, 461 Pittsfield Rd, Lenox, MA 413-499-3700

BICYCLING EVENTS CALENDAR

MARCH

20 - Grant's Tomb Criterium - Columbia University Cycling Club - www.columbia.edu/cu/cycling/

APRIL

25 - Nassau To Suffolk Challenge - see page 4.

29-May 1 - NYC Bicycle Show - www.nycbicycleshow.com

MAY

1-31 NYC Bike Month - www.bikemonthnyc.org

2 - Bike NY (5 Borough Bike Tour) - www.bikenewyork.org

16 - Montauk Century -5 Borough Bike Club - 5bbc.org

22 - Ride To Remember - LI Alzheimer Fndtn - www.liaf.org

23 - Bloomin Metric - see page 4.

JUNE

6 - Bike-Boat-Bike-Suffolk Bicycle Riders - www.sbraweb.org

6 - Tour De Cure Ny City - www.diabetes.org/tour

12 - Ride for Autism - www.ride4autism.com

13 - Hat City Cyclists Cyclefest - www.hatcitycyclists.org

13 - Tour De Cure Riverhead - www.diabetes.org/tour

13 - Tour De Cure Westchester - www.diabetes.org/tour

JULY

18 - Harlem Valley Rail Ride - www.bikenewyork.org

25 - Good Sam Ice Cream Ride - Thrwslikeagrl@aol.com

25-31 - Great Big Fany Ride - www.FANYride.com

31 - Bronx River Cycling Championship- www.uscycling.org

31 - Aug 1 - Empire State Games-www.empirestategames.org

TBD - Gold Coast Tour - www.huntingtonbicycleclub.org

Long Island Bicycle Club
323 Frost Pond Road
Glen Head, NY 11545

First Class Mail
Forwarding and Address
Correction Requested

Information for the next bulletin
needed by **MARCH 15th.**

LONG ISLAND BICYCLE CLUB MEMBERSHIP APPLICATION

Membership in the LIBC includes a 10% discount at selected bicycle shops, access to club rides and events, and the monthly bulletin. The cost of membership is \$20. Each additional member of the household can join for \$5.

Name(s): _____

Address: _____

City: _____ State: _____ Zip: _____ Phone: _____

Email: _____

Please print your email address very carefully

Signature(s): _____

Each member must sign

LIBC membership: \$20.00
____ additional members @ 5.00 each: _____

Total amount enclosed: _____

Make check payable to:
Long Island Bicycle Club

Send this form and your payment to:
LIBC, c/o Mike Friedlander
323 Frost Pond Road
Glen Head, NY 11545

In signing this release for myself or a member of my family who is under the age of 18, I acknowledge that I understand the intent hereof, and I hereby agree to and will absolve and hold harmless the Long Island Bicycle Club and its officers and members and any other parties connected with club-sponsored rides or activities associated herewith. I also consent to and permit emergency medical treatment in the event of injury or illness. I shall abide by traffic laws and regulations and practice courtesy and safe cycling. I also understand that the Long Island Bicycle Club requires the use of helmets when participating in all club rides.