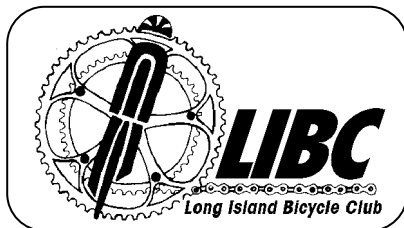


**JAN/FEB
2011**



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 Maria Torres, 5-14C 115 Street, College Point, NY 11356 (or email her at torresm@coned.com).

Email List

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

The Standard Ride

The club rides every Saturday, Sunday and holiday throughout the year from **Westbury High School**. **Between October- May rides leave promptly at 9:30 a.m.**, and **between June – September rides leave promptly at 9:00 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.

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 2011

Jan - 22- LIBC Party & Award Ceremony
Mar- 5- Club Ride Schedule Resumes
Apr- 29- LIBC Weekend in Lakeville, CT

Welcome New Members

DECEMBER 2010

Doyle, Elizabeth, Hampton Bays, NY
Dreznin, Steven, Long Beach, NY
Greco, Laurie&Michael, Lynbrook, NY
Hallwood, Judith Clive, Rockville Centre, NY
Lee, Jennifer, New Hyde Park, NY
Margulis, Bill, Cedarhurst, NY
Price, Donald, Roslyn Heights, NY
Rotando, Mattew, Oyster Bay, NY

New Members / Renewals

Membership dues are \$20.00 for an individual, or \$25.00 for a family. If you haven't all ready, it's time to renew!. Members receive our monthly newsletter, which includes detailed information on all upcoming rides and club activities, along with articles of interest to Long Island cyclists and discounts from bike shops. Mail the completed application located on the back of the Newsletter to the address indicated on the form, with your check. If you experience difficulty printing the application, please send an e-mail to: Maria.Torres-718-461-7594 / torresm@coned.com

LIBC Thanks for 2010

By Bill Selsky, LIBC President

Happy New Year! For the first newsletter of the year, I traditionally like to thank everyone in the club who helped make the year that just ended a joy for all of us. Let me begin with everyone who led a ride or two or three. I pull the names from the year's ride schedule, which means even if your ride was rained out, or whatever, you get my thanks for volunteering. Here we go.

For Phil Ayvazian's A Group, it was Phil, Mike Friedlander, Raymond Genao, Susan Mrwik, Jim Badia, Paul Block, Shi-wen Lee, TJ Lepore and, of course, Saskatchewan Louie.

For Patrick Cuvilly's B Group, thanks go to Patrick and to Daniel Goldschmidt, Hamid Alaie, Joel Gorinsky, Rich Suttenger, Larry Levy, Geoff Radbill, Miguel Arroyo, me, Susan Mrwik, Gerry Widen, Bill Dinner, Bob List, Naomi Kozak and Eric Bertrand-Loesch.

For Ken Schack's B- Group, I want to thank Kenny, Glenn Abelson, Robert Brum, Mark Mandell, Marvin Bzura, Bill Dinner, Pat Mullen, Mark Blatt, Victor Urbach, Sid Alkon, Marty Unger, Steve Klein, Harvey Miller, Mike Zerner, Gary Rauch, Andrew Pfau, Jay Denet, Mona Haas and Andy Warhol (who also led a B ride).

For the C+ Group, thank s you Maria Torres, Lenny Kirsch, Pat Mullen, Elan Wurtzel, Lynne Dinner, Bill Dinner, Mona Haas, Thom Moehringer, Harvey Miller, Morris Getz, Charles Meierdiercks and David Emanuel.

For the Cs, thanks go out to ride chair Irma Klein and to Morris Getz, Charles Ellioseff, Debbie Gross, Clara Meyerson, Clare Schwartz, Gerry Regan, Mary Grady, Bob Steinberg, Erline Steinberg, Mike Wolach, Geri Verola and Jane Weiler. (And Al Rutsky for some Easy Rider leads).

Your club officers deserve a round of thanks also. Along with the ride chairs above, thank you John Konz, treasurer; Maria Torres, membership; Modesta Kraemer, bulletin editor; Walter Costanza, web page editor; Domenick Creaco, Away Weekend Planner (with Clara Meyerson's help on places to stay and reservations); Eric Bertrand-Loesch, publicity.

I certainly want to thank and express my appreciation to George Cymbalsky, who, with his mother and sister, Mary, Gabrielle and some of us has yearly put on the best club picnic of any club picnic year after year.

That guy who sets up the **club's January 22 (this year's date) party** (and his wife for helping him and putting up with his "dancing") at Singleton's (see elsewhere in bulletin for additional info), collects many of the bike store raffle items, and also puts together the Lakeville, CT, April 29-May 1 (this year's date) weekend and the Vermont Labor Day weekend gets some thank you as well. (No takers on the VT Jan.28-30 ski weekend?)

Lastly, I want to thank all you. Without your participation on the rides, at dinners and in friendship, we would not have a club.

See you at the Jan. 22 party, and weather permitting; see you on the road soon. Otherwise, weather permitting, see you when the club ride schedule resumes again March 5.

HAVE YOU RENEWED YOUR MEMBERSHIP

YOU MUST BE A MEMBER OF LIBC TO PARTICIPATES IN OUR WEEKEND TRIPS

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

Mineola Bike - 516-742-5253

Peak Cycles – Douglaston – 718-225-5119

Pt Washington Cycles – 516-883-8243

RoadWorx – Syosset -- 516-558-7841

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. **HELMETS ARE REQUIRED!** 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. The group will try to wait for slower riders.
- B-** 13-15 mph avg, 30-55 miles, stops as needed, hills likely. The group will try to wait for slower riders.
- C+** 13-14 mph avg, 30-50 miles, stops as needed, hills likely. The group 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.

Riding in the New South Africa

By Gerry Regan and Mary Grady

Addo, South Africa – Five LIBCers experienced the new South Africa from the seats of their bikes, and their tour guides' van, while crossing more than 400 miles of Africa's southernmost provinces.

En route, club members Barbara Bertner, Mary Grady, Mona Haas, Gerry Regan and Modesta Suardy enjoyed in mild temperatures and world-class amenities amid some of the most spectacular scenery, diverse wildlife, and breathtaking biking that this continent has to offer. The October trip was sobering, as well, as our travels took us past shantytowns, a legacy of generations of institutionalized segregation ("apartheid" in the Afrikaans language) ended in 1994.

The quintet, joining a 15-day trip sponsored by Bicycle Touring Club of North Jersey, covered nearly 300 miles and climbed 22,000 feet during eight days atop their bikes. They set out from seaside Cape Town and finished communing with the lions, kudus and elephants at Addo Elephant Park.

Accommodations included eight 4-star and 5-star hotels, and even two nights at a 200-year-old Afrikaans ostrich farm, where the riders celebrated with a barbeque, or "braai" in Afrikaans. They lodged one night at a winery, two nights at luxury hotels within sight of the Indian Ocean, and another in cottages in the midst of a lush garden.

The riders delighted in the region's heady mix of breathtaking mountain passes, surprisingly sophisticated infrastructure, ocean-side byways, abundant wildlife, fertile farms and vineyards, and most memorably, the ever-present friendliness of the people. It was indeed the journey of a lifetime, made even sweeter as we enjoyed it from the seats of our own bikes.



BICYCLING EVENTS CALENDAR
LIBC MEMBERSHIP IS REQUIRED IN
ORDER TO PARTICIPATE IN THE LIBC
WEEKENDS

HAVE YOU RENEWED YOUR MEMBERSHIP

JANUARY

JANUARY 22- LIBC AWARD CEREMONY

MARCH

MARCH 5- BIKING SEASON

APRIL

APRIL 29-MAY 1- LAKEVILLE, CT WEEKEND

LIBC's Annual Shindig (Club Party)
January 22, 2011

Again, at HR Singleton's, 6-10 pm, 150 Hicksville Road (Route 107 and Hempstead Turnpike).

Again, big eats: a buffet with unlimited everything, including rolls, salad, spinach salad, rosemary potatoes, penas, vodka, grilled vegetable lasagna, vegetable medley, chicken marsala, sliced London broil, seafood pasta, salmon, desert, soft drinks, coffee or tea, cash bar.

Once more: raffles, prizes, awards, what some call dancing (though not what my wife says about me).

Directions: LIE to exit 44 south (Route 135) to exit 7W (Route 24). Go 3 lights to Route 107 (Hicksville Road). Go right. Restaurant is first building on the right.

Or, Southern State to exit 29 (Hicksville Road, Route 107). Go north 3 miles to Route 24 (Hempstead Turnpike). Cross intersection. Restaurant is on the right.

Send a check for \$40, made out to LIBC, to Bill Selsky, 795 Truman Avenue, East Meadow, NY 11554

LIBC's Lakeville, CT Weekend

April 29 – May 1, 2011

LIBC MEMBERS ONLY

Our opening Away-Weekend event: only 100 miles (give or take) away, but a world away in rides. Don't miss being Bished & Bashed (it's a ride!), or cycling through colonial towns, past farm pastures and lots of rolling hills.

Buffet dinner Friday & Saturday nights. Buffet breakfasts Saturday & Sunday mornings.

We had over 40 people on this last years, all ride levels.

Total cost: \$250 pp do (you share a room) or \$378 for singles-non-sharers. Make checks payable to Bill Selsky, 795 Truman Ave., East Meadow, NY 11554.

(Directions: Hutch to 684 norths to end (x10) to Route 22 North to Route 44. Rte 44 eventually turns right (44 East) and take right fork to Rte 112 & Lakeville and the Interlaken Inn. The inn will be on your right

LIBC Jersey & LIBC Jacket

We have looked into LIBC Wind Jackets. They will cost \$74, with 2 front pockets and elastic cuffs. You also will be able to fold them inward as a fanny pack. The design will be the same as the LIBC jersey: blue background, Nassau County and our usual ride destinations on the front and western Suffolk and ride destinations on the back. Want one (or two)?

I have a sample version I will show at the club party (and that I carry in my car) Email me (bselsky@juno.com).

Also, I have requests for jerseys too, ten at this point. Before I place an order for them, let me know if you want one also. Jersey prices: \$45 standard short sleeve, \$42 for sleeveless, long sleeve, \$52. They are available in women's cuts, but not everyone cares. Let me know if you have a preference.

Long Island Bicycle Club
5-14C 115 Street
College Point, NY 11356

**First Class Mail
Forwarding and Address
Correction Requested**

Information for the next bulletin needed by: **FEBRUARY 15, 2011**

**HAVE YOU RENEWED YOUR MEMBERSHIP
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 Maria Torres
5-14C 115 Street
College Point, NY 11356

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.