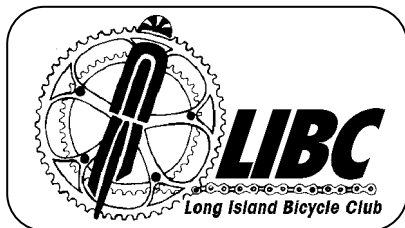


**MARCH
2014**



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 **John Konz**, 40 Lincoln Street, Elmont, NY 11003-2322 (or email at johnkonz@msn.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 Jackets/ Jerseys!

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

Events Calendar 2014

JANUARY & FEBRUARY = IF THE WEATHER PERMITS POST YOUR RIDES ON THE LIBCALL- THE EDITOR IS OFF UNTIL FEBRUARY 15, 2014

**MARCH 1- LIBC CYCLING SEASON FOR 2014
April 12-AWARDS PRESENTATIONS
MAY 16-19 -LAKEVILLE, CT- LIBC WEEKEND AWAY**

Welcome New Members

Motto, Mary, Mattituck, NY
Masiakos, Peter, Plainview, NY
Yannucci, Brittany, Rocky Point, NY
Sasso, Daniel, New Hyde Park, NY
Mulligan, Gaby & Tom, Bellerose, NY
Kitanof, Jimmy, Hicksville, NY
Levine, Donna L., Garden City, NY
Lawless, Maryellen, Malverne, NY
Dolan, Gene, Babylon, NY

New Members / Renewals

Membership dues are \$20.00 for an individual, or \$5.00 for EACH ADDITIONAL MEMBER. 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: **John Konz** - 516 326 9030/johnkonz@msn.com

Digging Out to Start the Ride Season

By **Bill Selsky**, LIBC President

I moved the club party from its usual winter-time night, and it seems to have snowed off and on (mostly on) ever since.

We will have a true test of the weather curse. Will it snow April 12, the date of the club party, again at Singleton's, Route 107/Hicksville Road and Route 24/Hempstead Turnpike, in Bethpage. We'll see.

Another change this year, Lakeville is in May. I have received lots of checks for this. The first came in December! See elsewhere in the newsletter for details and prices. And with March, we begin the riding season. (And it also is time to pay your yearly membership dues, if you haven't already. **Remember, you can fill out the membership form on the back of this newsletter, or click on the Membership link on the Libike.org site or the link on this email that takes you there and pay via credit card or PayPal.** As I watched the ride schedules fill up, it was apparent that quite a few of us were thinking it has not been a winter where we could get in many rides. And, there are all those pot holes.

Doesn't matter. Most of us are chomping at the bit (or shifters?) to get on the bike. We may not know how we will do once we get on it, but it is time to ride. Right? Also looking forward to riding towards Suffolk, as we do with some of our rides. Some of you may have seen a Suffolk legislator's response via a letter to a woman hit by a car when she was bicycling. He wished her a speedy recovery and suggested that she never ride a bicycle (or motorbike – doesn't like those either) again, saying 90% of those who bicycle get hit by a car. Don't know he got his stats. He also said runners should only run on treadmills. Exercise, he said, only in gyms or in basements. I joined other clubs on a conference call about this. To be continued.

I suspect this is not someone who enjoys the great outdoors, or who doesn't use great and outdoors in the same sentence. He probably also feels bird watching should only be via documentaries, and that no animal should be seen outside a zoo; no one should have pets (might get attacked or bitten), eat at a restaurant (food might make you sick), sleep in the dark (won't see an intruder before it's too late. In fact, don't sleep); sit too close to the TV (damage your eyes); write via a computer (carpal tunnel), write on paper (paper cuts!), buy flowers (bees could attack). I could go on and on (and I guess I have).

If anyone wants to contact this guy, his name is Thomas Barraga. He needs reassurance that, frightening though the world might be, we thrill seekers need to be experience it outside.

I know, someone should give him a bike, possibly with training wheels. He might want knee pads, and, I would guess, pedals he does not clip into.

As for the rest of us, let's have fun and, yes, be careful out there.

ALL Rides leave promptly at 9:30 A. M. Until May 30, 2014

Information for the next bulletin needed by: **March 15, 2013**

LIBC

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516-489-3958/ bselsky at juno.com

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516 326 9030/johnkonz at msn.com

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516-248-6639 / biketurn74 at yahoo.com

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917-775-6446 / patrickcuvilly at yahoo.com

B- Ride Chair: Ken Schack

516-384-4238 / ken at schackre.com

C+ Ride Chair Lynne Dinner

516-000-0000/ lynn dinner at gmail.com

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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

Brickwell – Manhasset-516-439-5553

Brickwell–Great Neck-516-482-1193

Carl Hart – Middle Island – 631-924-5850

Mineola Bike - 516-742-5253

Bicycle Playground, Huntington -631-683-5522

Peak Cycles – Douglaston – 718-225-5119

Brickwell – 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, 30-60 miles, stops as needed, hills likely. The group will try to wait for slower riders.

C+ 13-14 mph avg, 30-55 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.

A Rides Schedule

Rides leave promptly at 9:30 A. M.

from the Westbury High School Parking Lot.

“Any March ride, other than Mike's may be pre-empted by an off-island ride.”

SATURDAY, MARCH 1

Dr. E's Ride-51 Miles-Shi-wen Lee 347 248-3294. Dr. E has planned this ride as meticulously as he has the schedule of a certain unnamed institution. He is actually going to narrate the ride and we will also be expected to at certain locations at specific times.

SUNDAY, MARCH 2

Phil's Ride-54 miles-Phil 248-6639. Riding 2 days in a row. Impossible considering our winter, probably not fast and hopefully warm enough to have lunch in Huntington.

SATURDAY, MARCH 8

Paul' Ride-56 miles-Paul Block 785-3609. Last I heard Paul was still looking for his bike. It is not that his garage is a mess it is just the last time he rode it was so long ago that he forgot where he put it. Larry told him that it was in Lemonsburg, West Virginia so Paul went down there, accompanied by Larry to search for it. They may return

SUNDAY, MARCH 9

Dr. X's Ride - 59 miles-Jim Badia 917 414-5179. Jim has been going to spin classes, but promises not to do the "Up, Down" thing that spin instructors love to do. Lunch somewhere.

SATURDAY, MARCH 15

Mike's Ides of March Mystery Ride-52 miles- Mike Friedlander 676-7102. Port Washington, Great Neck, Sands Point and other poor areas. Swords, daggers, treachery etc. Years ago the original maker of this route said that no one would ever be able to lead it, yet Mike has for several years now. I now say that if Mike were not to lead it no one else would be able to. Turns, but pretty.

SUNDAY, MARCH 16

Jim Leads again-53 miles=Jim Badia. New roads, new lunch stops and maybe new wheels.

SATURDAY, MARCH 22

Oh, No, The Larry Ride-58 miles-Larry Serras-646 739-0367. The ride we have been dreading. Larry was last year's Most Improved A rider, but he still doesn't make sense. He claims to know the roads (or fakes it), but pulls well and has produced a wonderful chain lubricant made of jet fuel and mustard seed oil. Feel free to abuse, taunt and harass.

SUNDAY, MARCH 23

Saskatchewan Louie's ride-52 miles-Saskatchewan Louie 212 346-6677. Louie has return from one of the Canadian provinces, but is staying in Manhattan. All of his rides are good and most have an angel hovering over them. No Larry, no Paul; an angel is following.

SATURDAY, MARCH 29

The Golden Apple 75. Our annual first off-island ride is the least hilly. We may not be in shape for it, but if the weather is good, we will attempt it. Am e-mail and posting before the ride.

SUNDAY, MARCH 30

Orlando Witman's ride-49 miles-Orlando Witman 347 647-7654. Orlando volunteered to lead a recovery ride for the club. Be nice.

B Rides Schedule

Rides leave promptly at 9:30 A. M.
from the Westbury High School Parking Lot.

SATURDAY, MARCH 1

Daniel Goldschmidt, (516-633-0420). The first ride of 2014 will be close to a "miles = degrees" ride. Lunch stop in Huntington if it is not cold, but "Please bring a snack in case we (my bike and I) decide to skip lunch".

SUNDAY, MARCH 2

Patrick Cuvilly, (917) 775-6446. This ride will go around Bethpage State Park, then loop north before returning to the lot. Target mileage : 50.

SATURDAY, MARCH 8

Mark Lipowicz (516) 621-1847. "I'll lead a ride of appropriate length and duration, if it's a rideable day. Call it 50 to Dix Hills. Lunch in Huntington (for now)".

SUNDAY, MARCH 9

Bill Selsky, (516) 489-3958. "My usual route (read : Bethpage-Bayville). Caution : I may be yelling turns from the back of the pack (don't we all do that ?)".

SATURDAY, MARCH 15

Rich Suttenger, (516) 526-8936. "North shore, 50 miles. Probably hilly, but I reserve the right to be wrong and flatten it out".

SUNDAY, MARCH 16

Hamid Alaie, (718) 541-3664. Destination : Bayville, about 50 miles total.

SATURDAY, MARCH 22

Larry Levy, (917) 378-1549. He's been rather busy and didn't get around to specify an itinerary. Fear not, however: with a boatload of routes in his Garmin, he's bound to come up with something.

SUNDAY, MARCH 23

Patrick Cuvilly, (917) 775-6446. We're headed to Wyandanch. Lunch at Umberto's in Cold Spring Harbor. About 50 miles in all.

SATURDAY, MARCH 29

Gerry Widen, (631) 365-9288. 50 miles to Huntington where we will have lunch before heading back to the lot.

SUNDAY, MARCH 30

Hamid Alaie, (718) 541-3664, will lead us to Commack and back, for a total of about 50 miles.

B- Rides Schedule

Rides leave promptly at 9:30 A. M.
from the Westbury High School Parking Lot.

SATURDAY, MARCH 1

Mark Blatt (516-678-4918) 37-42 miles. The Sid Alkon Ride.

SUNDAY, MARCH 2

Rich Magro (516 297-1779) 38 miles. Syosset. An early season ride. Fairly flat, a few longer, gradual hills. Getting to Syosset by way of Bethpage and Dix Hills. Bagel Master available for lunch in Syosset at about mile 29.

SATURDAY, MARCH 8

Andy Warhol (Unlisted) Pick a number and lead for 15 minutes

SUNDAY, MARCH 9

Roger Mellon (631-796-8960) 32 miles. Huntington.

SATURDAY, MARCH 15

Andy Warhol (Unlisted) Pick a number and lead for 15 minutes

SUNDAY, MARCH 16

Roger Mellon (631-796-8960) 40 - 42 miles. Bethpage, West Hills, Stillwell, and "The Seven Hills".

SATURDAY, MARCH 22

Steve Tulchin (718-279-1611) Approximately 50 miles. Sea Cliff.

SUNDAY, MARCH 23

Victor Urbach (888-725-6565 ext 2) 44 miles. Dix Hills via Bethpage/Farmingdale "Reverse MBC" ride. 1,180 feet of climbing with a moderately fast pace. No lunch. Bar break only.

SATURDAY, MARCH 29

Bill Dinner (516-944-9170) 35 miles north of the LIE with a few hills. Bring snacks as lunch is unlikely. Easy ride for the first month of riding.

SUNDAY, MARCH 30

Jay Dennett (516-456-7049) 35-40 miles. Lattintown. An early season pace with a food stop unlikely. Minimal hills.

C+ Rides Schedule

Rides leave promptly at 9:30 A. M.
from the Westbury High School Parking Lot.

SATURDAY, MARCH 1

Lynne & Bill Dinner (30 miles). First ride of the season! Bring snacks in case it's too cold for a lunch break

SUNDAY, MARCH 2

Erline Steinberg (30 miles). Erline will get us moving as she has taken many opportunities to ride on temperate winter days and maintain her strength.

SATURDAY, MARCH 8

Pick a leader at the lot ~ it's an opportunity to go whichever way the wind blows.

SUNDAY, MARCH 9

Martin Unger. His ride will be determined by weather conditions.

SATURDAY, MARCH 15

Mona Haas. Happy to see her leading an early season ride!

SUNDAY, MARCH 16

Sid Alkon (35 miles). Bethpage Park and maybe further east - his signature route!

SATURDAY, MARCH 22

Maria Torres (30+ miles). She always provides the group with an enjoyable and challenging ride.

SUNDAY, MARCH 23

Gerry Regan and Mary Grady (35 miles). They love to lead touring rides to interesting and photographic destinations. Lunch stop included.

SATURDAY, MARCH 29

Mary Mills and Harvey Miller. The Dynamic Duo leads again!

SUNDAY, MARCH 30

Leonard Kirsch (30 miles). Leonard loves warmer weather riding and is sure to be hoping the weather gods comply. Expect good conversation and some interesting surprises.

C Rides Schedule

Rides leave promptly at 9:30 A. M.
from the Westbury High School Parking Lot.

"It is clear that anyone who is able will come out to ride on any day that is promising. Everyone will be happy and the ride will happen. Be sure to be there and cease the day, Anyone of the following might lead a ride appropriate to the weather and the beginning of the season."

SATURDAY, MARCH 1

Domenick C Saturday Our fearless away rides leader who has developed some of our most beautiful Sands Point rides through Manhasset etc might come out.

SUNDAY, MARCH 2

Debbie G might have had enough skiing this winter and brace the weather to lead us once again. Oyster Bay is he favorite.

SATURDAY, MARCH 8

Bob S carries on gallantly despite any setbacks to lead an innovative ride each time. Lunch spots matter.

SUNDAY, MARCH 9

Al R does not lead C Rides but you can follow him on a ride if he is at the lot and there is no one else to lead.

SATURDAY, MARCH 15

Clare S is the best most kind of leaders and will wait for any new riders who are struggling to keep up.

SUNDAY, MARCH 16

George Cutler has done rides for many years. He can easily spin a suitable one out his repertoire.

SATURDAY, MARCH 22

Rudy W may save the day and return to the fold, arm well mended, and ready to lead us on a merry pace.

SUNDAY, MARCH 23

Gerry L will direct someone to lead who does not know the roads as well as he does. Welcome back Gerry !

SATURDAY, MARCH 29

Erline S might feel strong enough to lead her second ride this month The first being leading the C +.

SUNDAY, MARCH 30

Barbara B My Hero, the only person who actually volunteered to lead a C Ride this month. Show her some respect, please she is priceless to me.

**LIBC Winter Party Now a Spring Fling:
Will it still snow? APRIL 12, 2014
By Bill Selsky, LIBC President**

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, penne and 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.

Current Members Only:

Send a check for \$40, made out to LIBC, to Bill Selsky, 795 Truman Avenue, East Meadow, NY 11554 OR BY CREDIT CARD USING PAYPAL.

**LIBC's Lakeville, CT Weekend
May 16 to May 18, 2014
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: \$283 pp do (you share a room) or \$425 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

**It's time! CALL FOR 2014 RENEWAL -
NEW SEASON STARTS MARCH 1, 2014**

Membership in the Long Island Bike Club is based on a calendar year, as such your dues are payable on the January 1st and expire on December 31st of that year. The only exception to this is consideration we extended to new members who join the club during October-December to extend their membership through the next calendar year.

As always we invite potential new members to feel free to ride with us once or twice to get the feel of the Club, but following that we do ask that people pay their dues and join our Club.

As you know your dues are used to support our annual summer picnic and to offset some of the cost of our annual party. Therefore if you have been riding with the club and have not renewed your membership the following will apply:

- **2014 membership is due NOW**
- **If you are planning to attend the Club Party, your 2014 membership must be current.**
- **2014 renewal WAS due on January 2014.**
- **If you plan to participate in any of the away weekends you will not be able to make a reservation unless your dues are current.**

If you have any questions about whether or not you have paid you dues, please contact johnkonz@msn.com.

Thank you.

Long Island Bicycle Club
40 Lincoln Street
Elmont, NY 11003-2322

First Class Mail
Forwarding and Address
Correction Requested

Information for the next bulletin needed by **MARCH 15, 2014**

HAVE YOU RENEWED YOUR MEMBERSHIP
LONG ISLAND BICYCLE CLUB MEMBERSHIP APPLICATION
From JANUARY – DECEMBER 31ST

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 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.

___ **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 John Konz
40 Lincoln Street
Elmont, NY 11003-2322