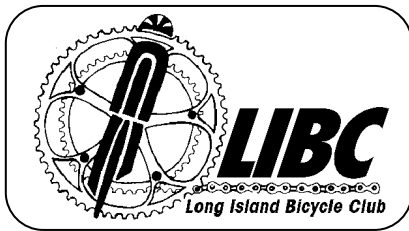


**NOV/
DEC
2016**



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 Jerseys!

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

LIBC Event Calendar 2016

Nov 2016 = end of Ride Schedule.

LIBC Events Calendar 2017

JAN- 2017- PLEASE RENEW MEMBERSHIP

Mar- 2017- Ride Schedule Begins

Welcome New Members

Halversen Robert, East Meadow, NY
Dore, James, West Hempstead, NY
Montana, Darryl, Jamaica, NY
Stanford,, Nigel, Elmont, 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

Hiatus

By Bill Selsky, LIBC President

And so again, we have reached the last scheduled rides for the year, with everything starting up again March 1. Reminder, 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.

For you new LIBCers, and you old members with poor memories, we have scheduled rides from March through November. They are scheduled in the sense that there are ride calendars for all those months, and, generally, there is an assigned or volunteer ride leader on the schedule.

Yes, there are sometimes gaps. No one steps forward to lead, but for the most part, someone has stepped forward to ride at the front or yell from behind for each turn to a scheduled destination.

The C+ Group was a bit more challenged, despite the best efforts of Mary Mills, and at least as it now stands, there will be no C+ Group in 2017. Thanks, Mary. You tried. And thank you, Harvey. You led many of the rides.

So what's the deal for December through February? It's Show and Go time, meaning a bunch of people show up no matter what, and someone says, "Let's go to wherever." And the group heads off to wherever. And on really cold and nasty days, some of these people still show up. And on really cold and nasty days, they still may. But many of us do other things. Sleep a little later, maybe. Head to the gym, maybe.

Get together for group hikes and lunch. Steve Tulchin and Daniel Goldschmidt organized some of these this past year. They were lots of fun! Some disappear until the ski season ends, and maybe a little past that. Some start hitting the bike shops for raffle prizes for the annual club party, which likely will be in the spring again.

It's also a good time to do bike maintenance, maybe clean the bike if you haven't for a while (a year or two?). Bring them to a bike shop or try and save money and do it on your own (followed often by a trip to the bike shop). Incidentally, bike shops appreciate getting this type of business during the off-riding season, when things may be slow, though you can wait until just before the season begins and bring your bike in for major surgery if it needs it. But why wait?

In any event, it's hiatus time.

Information for the next bulletin needed by: December 15, 2016

ALL Rides leave promptly at 9:30 A. M.

Until MAY 31, 2017

LIBC

President: Bill Selsky

516-489-3958/ bselsky at juno.com

Treasurer :John Konz

516 326 9030/johnkonz at msn.com

Membership: John Konz

516 326 9030/johnkonz at msn.com

Away Weekend Planner Domenick Creaco

516-488-5991 / dcreaco at ix.netcom.com

A Ride Chair: Phil Ayzvazian

516-248-6639 / biketurn74 at yahoo.com

B Ride Chair: Ann Lebreton

646 641 4296

B- Ride Chair: Rich Magro

516 297 1779

C+ Ride Chair- Mary Mills

millsmary42@yahoo.com

C Ride Chair: Clara Mayerson

Travelwholiday at webtv.net

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516-238-5029 / Msuardy at aol.com

Web Page Editor: Walter Costanza

718-224-3229 / libike-admin at libike.org

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, **19-20 mph avg, 40-100 miles**, few stops, hills likely.
- B** For strong riders, 15-18 mph avg, 40-100 miles, few stops, hills likely. The group will try to wait for slower riders.
- B-** **13-15 mph avg, 46-70 miles**, stops as needed, hills likely. The group will try to wait for slower riders.
- C+** **12-13 mph avg, 30-45 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.

LIBC's Lakeville, CT Weekend

APRIL 21 – 23, 2017

LIBC MEMBERS ONLY

MORE INFORMATION IN JANUARY

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 weekend, all ride levels.

Total cost: \$287pp do (you share a room) or \$431 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

C+ Rides Schedule

New Ride chair needed, Please volunteer to lead or Roll your own this month.

Please call Bill with any questions regarding the C+ Rides Schedule

A Rides Schedule

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

*All Saturday rides may be preempted by a off-island ride
with permission of the leader.*

SATURDAY, NOVEMBER 5

Keith's Ride-56 miles-Keith Kossack. Keith is a new rider with the A group. He is young (Howard is younger, mere children), safe and strong. Keith will be leading to the North Shore and of course he will be treating us all to lunch. If he finds out that Larry will be out that day he will cancel the ride. He is afraid that Larry might say something that borders on coherent. That would be to shocking to the young Keith.

SUNDAY, NOVEMBER 6

The End of Daylight Savings Time Ride-Phil-52 miles. To Commack.

SATURDAY, NOVEMBER 12

Alex's Ride-57.36 miles-Alex Ipiotis 972-7026. Alex is turning into a good leader and getting stronger all the time. Last month he led a real good impromptu ride with some nice hill. Steve T promises to be there and will duplicate his feat of doing some real hard hills in only one gear. Still very impressive.

SUNDAY, NOVEMBER 13

Lee's Ride-51 miles-Shi-wen Lee 347 248-3294. Lee is back on shape and riding strongly. To Huntington.

SATURDAY, NOVEMBER 19

Dr Doom's Ride 56 miles-Walter Costanza 718 224-3229. Walter knows the roads and has always been a strong rider. Lunch someplace with Walter paying.

THURSDAY, NOVEMBER 24

The Thanksgiving Day Ride-44 miles-Phil. Non-stop and pretty fast.

SUNDAY, NOVEMBER 20

Jim's Ride-54 miles-Jim Badia 917 414-5179. Jim always plans a good ride and will be leading to Huntington (lunch) and other towns.

SATURDAY, NOVEMBER 26

Larry and Paul's Dual Lead Ride-They did a good job (an accident?) last month and we hope that they can duplicate it this month.

SUNDAY, NOVEMBER 27

Louis Sarcophagus 's Ride-55 miles. The good Louis has gone back to Canada and the bad Louis has returned. Not a fun ride.

B Rides Schedule

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

SATURDAY, NOVEMBER 5

No assigned leader

SUNDAY, NOVEMBER 6

No assigned leader

SATURDAY, NOVEMBER 12

Daniel: Sam Rem. Approximately 65 miles.
Lunch if it's a nice day.

SUNDAY, NOVEMBER 13

No assigned leader

SATURDAY, NOVEMBER 19

Miss Ann: destination TBA

SUNDAY, NOVEMBER 20

Hamid: Huntington 50+ miles

SATURDAY, NOVEMBER 26

No assigned leader

SUNDAY, NOVEMBER 27

Patrick

B- Rides Schedule

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

SATURDAY, NOVEMBER 5

Roll your own from the lot.

SUNDAY, NOVEMBER 6

Roll your own from the lot.

SATURDAY, NOVEMBER 12

Mark Blatt (516-641-6231) 40-55 miles Route to be determined by wind and weather conditions. Most likely no lunch stop, bar and bathroom breaks a definite.

SUNDAY, NOVEMBER 13

Roll your own from the lot.

SATURDAY, NOVEMBER 19

Jay Dennett (516) 456-7049, 40-45 miles. Against the wind. We will ride out of the lot into the wind and return with the wind at our backs. Destination, lunch and miles are weather dependent.

SUNDAY, NOVEMBER 20

Roll your own from the lot.

SATURDAY, NOVEMBER 26

Rich Magro (516) 297-1779. Roslyn, Locust Valley, Oyster Bay, Syosset. 44 miles, about 1,700 feet of climbing.

SUNDAY, NOVEMBER 27

Steve Klein (516) 671-9295, Steve's Birthday Ride. 45 Miles. Will it be the usual birthday ride or will he take us somewhere else to end the season? Only the birthday boy knows.

As a reminder, always check the bulletin board for late minute changes. If you have never subscribed to the group email, please join by emailing libcb--subscribe@yahogroups.com. You must be a registered LIBC Club Member.

Daylight Saving Time ends on Sunday, November 6th at 2:00 am. Clocks to go back 1 hour.

C Rides Schedule

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

SATURDAY, NOVEMBER 5

Erline will lead her favorite ride to Huntington 35 miles

SUNDAY, NOVEMBER 6

Tom will lead a new Classic ride 38 miles

SATURDAY, NOVEMBER 12

Mike W will lead an old classic favorite of the club 38 miles

SUNDAY, NOVEMBER 13

Clare will lead a Berry full ride 41 miles

SATURDAY, NOVEMBER 19

Clara may lead a ride on some beautiful lanes 32 miles

SUNDAY, NOVEMBER 20

John will lead a knowledgeable ride 38 miles

SATURDAY, NOVEMBER 26

Tom may lead a fall closing the season ride 36 miles

SUNDAY, NOVEMBER 27

Gerry R will make a new memory for next season 38 miles

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 **DECEMBER 15, 2016**

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**
____ 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

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.