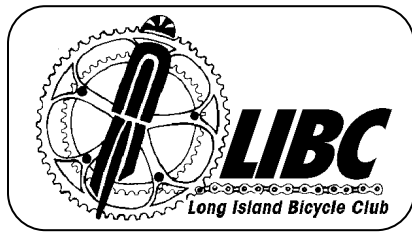


**NOV & DEC
2017**



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 at msn.com).

Email List

If you are not getting club emails, add your name to the email list by sending a message to **johnkonz at msn.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 9:00 a.m.** and **between June – September rides leave promptly at 8:30 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.

Club Jerseys!

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

LIBC Events Calendar 2017
SEP[T 1ST]-LABOR DAY WEEKEND,VT
OCT 6-COLUMBUS DAY WEEKEND,?

Welcome New Members

Washington, Jeffrey, Elmont, NY
Siddique, Raihan, Bayside, NY
Arthus, Napoleion, Glen Head, 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 or by credit card or Paypal @ LIBike.org/membership. If you experience difficulty printing the application, please send an e-mail to: John Konz - 516 326 9030/johnkonz at msn.com

Time to Hit the Road, Hopefully Bill Selsky, LIBC President

November/December: two months, one ride schedule. What gives?

This is traditionally the time when we end the scheduled rides for the year, beginning again in March. From December through February 28, there is possible snow, icy roads and cold temperatures. So, we take a break.

But then again, the weather day to day, or at least Saturday and Sunday, for you non-retirees, whatever the time of year can be perfectly fine (pleasantly rideable). We have had December through February when the temperature had breaks of 40s, 50s, even 60 degrees.

Even though there is no ride calendar for three months, and so no rides scheduled or ride leaders, if the weather and your inclination allows, people show up at Westbury High School and cobble together a ride.

Often, these rides are shorter than during the regular season, but then again, sometimes they are not, again weather and inclination.

And there are always the die-hards, who show up in any weather. A little snow, a little ice, freezing rain...no biggie, for some.

Check your Yahoo Group sites and see who's out there, or saying they will be, if you feel the weather permits and are so inclined.

Or just show up. If you feel it's a rideable day, whatever the calendar says, others likely will too. The benefit of being in a club of like-minded individuals is that when it comes to riding your bike, you are connected to like-minded nuts like yourself.

And if you are not riding, keep your eye on your Yahoo and Facebook sites anyway. Most of us find it hard to transition to couch potatoes, at least before a bike ride. So, on a cold, windy day, you may see your cycling buddies are getting together for a hike on the Long Island Greenbelt Trails, or elsewhere.

And I know many of you head out to ski, both downhill and cross country. In fact, some will continue to look for ski weekends until there aren't any more. That's another transition for some of you.

And if you are inclined not to ride for a while, it is a great time/opportunity to drop your bike off at your favorite bike shop for maintenance or repairs. The bike mechanics generally have some time on their hands then also, as many wait until a repair is needed, sometime during the riding season. That's when the shops are really busy and you really don't want to give up a weekend or two waiting for a fix.

You might also take the time to do the maintenance now or learn about it and do it yourself.

Before you know it, the ride calendar will resume, and you want to be ready to go.

Lastly, as this season ends, now would be a good time to renew your membership. You can pay your dues now, before the season begins again. Why wait (and have to be reminded)?

Information for the next bulletin needed by: December 15, 2017

PLEASE PAY ATTENTION

LIBC

President: Bill Selsky

516-489-3958/ bselsky at gmail.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

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516-248-6639 / biketurn74 at yahoo.com

B Ride Chair: Frank Siepp

516-639-6098/ fseipp@gmail.com

B- Ride Chair: Rich Magro

516 297 1779

C Ride Chair: Clara Mayerson

Travelwholiday at webtv.net

Bulletin Editor: Modesta Kraemer

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, 45-70 miles**, stops as needed, hills likely. The group will try to wait for slower riders.

ALT B- **12-14 mph avg, 40-70 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.
 6. Members only! Dues are \$20 pp/25p family
-

As this season ends, now would be a good time to renew your membership. Why not pay your dues now, before the season begins again. Why wait (and have to be reminded)?

REMINDER: You can renew and pay online via your credit card or PayPal right now! Go to LIBike.org

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 you know your dues are used to support our annual summer picnic and to offset some of the cost of our annual party.

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

Thank you.

A Rides Schedule

Rides leave promptly at 9:00 A. M.
from the Westbury High School Parking Lot.

SATURDAY, NOVEMBER 4

Steve's Airplane Ride- 58 miles- Steve Tulchin 718 300-3377. Steve has led some very good rides for the A's and we dutifully tag along. Not that we are nice to him, but we follow and follow and follow. A good leader and will tire himself out so he can sleep on his long flight to some far away place.

SUNDAY, NOVEMBER 5

Lee's ride-54 miles-Shi-wen Lee-347 248-3294. Lee should be completely recovered from his minor fall. he is getting stronger all the time as he gets younger.

SATURDAY, NOVEMBER 11

Alex's ride-57 miles- Alex Ipiotis 516 972-7026. Alex led a fast-paced ride in October and is going to do it again. A good leader, but more importantly he found a new lunch spot in Oyster Bay and a fancy bathroom.

SUNDAY, NOVEMBER 12

Saskatchewan Louis's Farewell Ride-51 miles. Saskatchewan Louis 347 657-4584. Louis will be off to Alberta to lead cross-country ski trips, but promises one last lead for the club.

SATURDAY, NOVEMBER 18

The Big Occasion Ride-52 miles -Phil--probably non-stop and probably fast. Let's see what happens on this one.

SUNDAY, NOVEMBER 19

Pick a leader or be picked or something else (with a new jersey).

THURSDAY, NOVEMBER 23

Thanksgiving day Ride-Phil will probably lead something non-stop to build up an appetite.

SATURDAY, NOVEMBER 25

The 3 Idiots are Back Ride--61 miles-Larry, Paul and Lee. They are back and are as nonsensical as ever. Larry has actually been recording his voice so he can over-dub it while speaking on the ride. Preliminary results have been total gibberish which is a success for Larry. The other 2 aren't much better. Should be fun.

SUNDAY, NOVEMBER 26

No leader at this time, but someone might be drafted.

PLEASE PAY YOUR 2018 DUES AS SOON AS POSSIBLE.

B Rides Schedule

Rides leave promptly at 9:00 A. M.
from the Westbury High School Parking Lot.

SATURDAY, NOVEMBER 4

Patrick will continue to lead the leader board with the most leads.

SUNDAY, NOVEMBER 5

Daniel 65 miles to Kings Park, with lunch.

SATURDAY, NOVEMBER 11

Roll your own from the lot.

SUNDAY, NOVEMBER 12

Victor's remote start was postponed but not forgotten, watch the Yahoo post for details on this out-of-lot experience

SATURDAY, NOVEMBER 18

Mark L Dix Hills 52 miles with lunch Umbertos is another much-postponed event that we will get to before the close of the season.

SUNDAY, NOVEMBER 19

Roll your own from the lot.

FRIDAY, NOVEMBER 24

Steven T. will help us work off that extra Thanksgiving celebratory calories.

SATURDAY, NOVEMBER 25

Roll your own from the lot.

SUNDAY, NOVEMBER 26

Hamid Northport 50 smooth and steady miles

B- Rides Schedule

Rides leave promptly at 9:00 A. M.
from the Westbury High School Parking Lot.

SATURDAY, NOVEMBER 4

Jay Dennett (516) 456-7049, Destination, lunch and distance tbd.

SUNDAY, NOVEMBER 5 (end of Daylight

Savings Time for 2017)

Roll your own from the lot.

SATURDAY, NOVEMBER 11

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 12

Roll your own from the lot.

SATURDAY, NOVEMBER 18

Andrew Pfau (516-333-3705) Maximum of 50 miles, destination TBD.

SUNDAY, NOVEMBER 19

Roll your own from the lot.

SATURDAY, NOVEMBER 25

Rich Magro (516) 297-1779. Center Island. 47 miles, ~1,700 feet of climbing. Lunch a game time decision.

SUNDAY, NOVEMBER 26

Steve Klein (516) 671-9295, The last ride of the season is again for my birthday ride. 43 miles for the group with a stop for bagels, pizza or cake

LIBC MEMBERS ONLY:

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@yahoogroups.com. You must be a registered LIBC Club Member.

Daylight Saving Time ends on Sunday, November 5th at 2:00 am. Clocks to go back 1 hour.

C Rides Schedule

Rides leave promptly at 9:00 A. M.
from the Westbury High School Parking Lot.
C level Rides for August 2017 Departure 9A.M. from Parking lot at Westbury High School

SATURDAY, NOVEMBER 4

Remote Start in Montauk 10:00A.M. John will try again for a beautiful REMOTE Start Ride 27 miles. Meet at Henry Zebrowski Memorial Athletic Field , Edgemere Street , Montauk 11954, just North of the village 27 miles, Rain Date , Sunday November 12 Call for car pools.

SUNDAY, NOVEMBER 5

Rain Date for Montauk Remote Start Ride.

SUNDAY, NOVEMBER 11

Clare will ride through Berry Hill to other parts of the Ambrosia 39 miles

SATURDAY, NOVEMBER 12

Barbara B will trace her North Shore roots to wonderful new routes 34 miles.

SUNDAY, NOVEMBER 18

Erline actually chose this date to show us her leading skills 36 miles

SATURDAY, NOVEMBER 19

Mike W. loving the warm fall weather will lead us down Memory Lane 37 miles.

THURSDAY, NOVEMBER 23

Turkey Day is a little early this year. Get ready to gobble all that food.

SATURDAY, NOVEMBER 25

Tom will help us to ride off all that great Turkey Dinner 39 miles

SUNDAY, NOVEMBER 26

Clara will lead the last printed ride for the year Hurrah 40 miles. Call on the occasion of more summer weather. Otherwise see you in March, 2018

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, 2017**

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.