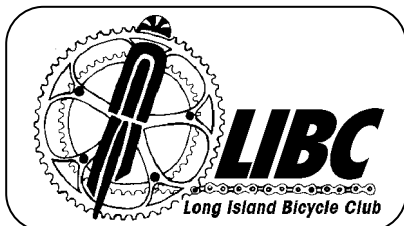


**JULY  
2009**



# **GOLD COASTING**

A monthly publication of the Long Island Bicycle Club

[www.libike.org](http://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](mailto: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](mailto:torresm@coned.com)

## **The Standard Ride**

The club rides every Saturday, Sunday and holiday throughout the year from **Westbury High School**. **Between March-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](mailto:bselsky@juno.com) or see him at the lot.

## **2009 LIBC Events Calendar**

June 27- LIBC- Multiclub Ride

July 2-5- LIBC- Independence Day Weekend

July 25-LIBC -Picnic

Sept 04-Sept 07 – LIBC, VT Weekend

Oct 09-12 - LIBC Columbus Day Weekend

## **Welcome New Members**

### **May/June 2009**

Belden, Willow, Douglaston, NY

Blumenfeld, Gary

Halversen, Robert & Linda, East Meadow, NY

Leibman, Gerard J., Westbury, NY

Murray, James, East Meadow, NY

Olsen, Donna, Westbury, NY

Pallumbo, Frank, Whitestone, NY

Stellato, Karen & Chris, Carle Place, NY

Wu, Angie, Manhasset, 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](mailto:Maria.Torres-718-461-7594) / [torresm@coned.com](mailto:torresm@coned.com)

## **Congrats to Club Mentors**

**By Bill Selsky, LIBC President**

First, congrats to Charles Elioseff for his being featured in a Newsday article a couple of weeks ago. There was a great photo of Charles, his bikes in the background, but the focus was on living wisely in these economic times. (That's how I read it). Charles, we will come to you for advice.

Also want to congratulate the newest club mentor. Maria Torres, our membership chair person, is inspiring and leading C+ rides. (see ride schedule) All participants are singing her praises (including Phil, but he is off-key). Great job, Maria, and thanks!

I also have been hearing about some unsafe riding practices, namely, some riders speeding to the front of a group and then immediately slowing down or stopping. The idea here, I believe, is for one rider to show all the other riders how fast and strong he (and generally it is a he) is. What's wrong with this picture? This practice is dangerous to all the other riders. When a rider stops short or slows in front of another rider, it is an accident waiting to happen (and sometimes happening). All riders in a group need to assume that someone is behind them at all times and ride accordingly. Be aware of each other. Ride safely and with consideration. The practice does not show a rider to be faster, stronger or in any way better than any other rider. If you do ride to the front of a group to give whoever is in front a break from pulling the group, that is a nice thing to do, but if you expend all your energy getting the front, all you have done is tire yourself out. Do not do this!

Another riding practice I will suggest, call out turns, road hazards, and whether you are passing on a rider's left or right. We all want to ride together safely and this will accomplish that. Be aware and help others be aware. In other matters, I received a phone call and a mailing from a Bellmore car wash place, offering to fill bike tires with Nitrogen. The promise is that "Nitrofill" will last longer, leak less, increase tire life by 30% and cost \$19.95 per bike. The car wash is offering to do it free as a demo for some of us. If anyone is interested, let me know.

Other interesting stuff: New York DOT has selected certain Long Island pathways for possible bike lanes. The parkways are Bethpage, Wantagh (south of Southern State), Meadowbrook (south of Southern State), Loop Parkway, Bay Parkway and Ocean Parkway. The planning and programs are in the early stages. If anyone is interested in seeing more details or commenting, the RBA Group of New York seems to be spearheading this and has asked for input.

Lastly, by the time you read this, the July 4 weekend in Cape Cod will either be almost completely filled or (depending on when you read it) over. A Domenick Creaco and Clara Meyerson event, I know everyone will have had a great time.

**Also, LIBC's Vermont Labor Day weekend will be filling up (and fills up quickly). For more information, look elsewhere in this newsletter.**

## **JUNE – SEPTEMBER**

Rides leave promptly at 9:00 A. M.

Ride Schedule time is 9:30 from March – May and 9:00 from June - September from the Westbury High School Parking Lot.

**HAVE YOU RENEWED YOUR MEMBERSHIP**

## LIBC

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B Ride Chair Patrick Cuvilly

516-868-7513 / patrickcuvilly at yahoo.com

B- Ride Chair Ken Schack

516-921-3553 / ken at schackre.com

C Ride Chair Leonard Kirsch

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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

Cuevas Bicycles-15% - E Elmhurst – 718-396-0546

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 – 516-496-7638

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.

**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.

## 27th Annual Gold Coast Tour

### Sunday, July 12, 2009

**TOUR STARTS:** All routes begin "rain or shine" on **Sunday, July 12, 2009** at BAE Systems (formally Hazeltine Corporation) in Greenlawn, Long Island, NY. Five tours of different lengths are available.

**DIRECTIONS:** By Car: Long Island Expressway to Northern State Parkway to Deer Park Ave. (Route 231) north. Bear left at the fork and continue for 3.5 miles. Turn right on Pulaski Road and proceed 1 mile to BAE Systems. By LIRR: Take the LIRR, Pt. Jefferson branch, to the Huntington Station. Go east on Broadway to the end (.85 mile). Turn right on Park Ave. - go .45 mile to next light. Turn left onto Pulaski Rd. - go 1.2 miles to BAE Systems.

**PROVIDED:** Food and beverages will be available at all rest stops. SAG wagons; clearly marked cue sheets; T-Shirts for all who are pre-registered by June 26. **HELMETS:** ANSI or SNELL approved helmets and strict adherence to all cycling safety rules.

**MINORS:** Riders under age 18 must be accompanied on the ride by a parent or guardian.

**SUGGESTED START TIMES:** (Tour closes at 5:00 pm)

100 miles - 7:00 am 70 miles - 7:30 am 55 miles - 8:00 am 25 miles - 8:30 am 12 miles - 9:00 am

**FEES:** Registration by mail must be received before July 5 - \$25.00 for all routes, **except** \$20.00 for 12 miler. **ON-SITE REGISTRATION FEE** (July 12) - \$30.00 for all routes **except** \$25.00 for 12 miler. Info at: hbcli.org

### To all Happy Bikers,

Thanks for making the Rhode Island weekend an enormous success. Without you, there would be no happy weekend. Also thanks for putting up with me, the cranky but happy biker and all your efforts that made this a great time.

Clara, thanks for the great hotel arrangements and the logistics help in roommate selection. I hope the roommates were happy too.

Charles thanks for all the help during and after the rides especially for the sweep, timely suggestions and battery boost and car sweep home. The enthusiasm you demonstrated for those kids on Block Island was wonderful. You are lucky to have Lyn to keep your gears in order. Lyn, thanks for arranging the great dinner Sunday night, tolerating Charles and helping us keep organized. The second part is the hardest.

Al, "thanks for the memories", can you strum and sing it for the next time. Also tone it down; you make us all look bad. Clare or should I say St. Clare; thanks for your warm concern for all, and for putting up with Al. Can we coronae you soon?

Erline, Bob, Irma, Al, Clare and all who contributed, thanks for the "cocktail merriment hour" wine, cheese, etc, that was greatly appreciated after a long ride. The wine helped to keep us loose as a goose and to forget the pain in the legs.

Harvey thanks for creativity and new ideas in organizing the after rides, and for the battery boost. Have you eaten dinner on time lately? Mary, thanks for being there, keeping Harvey in line and although you couldn't ride you company was wonderful. Get well soon.

Jane thanks for your timely suggestions that steered in the right direction even down dirt roads.

Jill thanks for all your friendliness and warmth that enriches us as a group. We need that.

Lynne, Bill, Modesta, Barbara & Len, thanks for leading the others who wanted to ride faster and keeping the weekend great for all. Word has it that you guys were last seen riding into a distant sunset. Are you having a good time?

Mark & Steve, thanks for keeping it a lively weekend. You can headline our weekend anytime. Next stop, Hollywood (the walk will do you good).

Morris, thanks for the spare parts (believe me I need spare parts) and help with my disabled bike. Rudy, thanks for being there, you are an inspiration for us. Don't get a swelled head though.

Mike thanks for keeping us moving when we start to sclepp. You keep us from being Schleppevescent.

My apologies if I forgot someone.

Your most happy biker, Domenick

## A Ride Schedule

**June –September Rides leave promptly at 9:00 A. M.**  
Ride Schedules time is 9:30 from March – May and 9:00 from June - September from the Westbury High School Parking Lot.

**Friday, July 3 to Monday July 6**  
LIBC Weekend in Cape Cod.

### Saturday, JULY 11

**Paul's Ride-61 miles-Paul Block -785-3609.** Paul has been learning the roads in Westchester and Putnam counties. That, of course, has no correlation to his knowledge of North Shore roads, but he is learning. He's been leading some good rides lately and his comments have become even more inane. Some people actually understand what he is talking about and that is scary.

### Sunday, JULY 12

**The Badia's Ride-63 miles-Jim and Eric Badia 917 414-5179 (Jim).** The two of them mapped out an interesting route that Dr X. debuted in June. Lunch in Huntington. Jim will not be bringing his time-trial bike. Speaking of TT bikes, Jim managed a 21% grade on that thing and then had to be resuscitated by the trailing ambulance. Quite a feat actually.

### Saturday, JULY 18

**A Non-Stopper-58 miles-Phil.** This one will be non-stop other than the usual short, necessary ones. Route to be determined, but probably a few new roads in the Huntington area.

### Sunday, JULY 19

**Mike's Stony Brook Ride-75 miles-Mike Friedlander 676-7102.** When Mike retires he will go to work for Hagstrom (or is that angstrom?). He is good at minute measurements, but he really, really knows roads.

### Saturday, JULY 25

**The Picnic Ride - 44 miles, nonstop-Phil.** If you can suck a wheel; this one will be easy for you. As hard as possible without blowing up; an appetite builder for George's cooking. (Eisenhower Pking Lot 6A).

### Sunday, JULY 26

Rest and Recovery-Volunteer and you will be thanked; go too fast and you will be cursed. OR **Multi-Club Ride, hosted by the Massapequa Park Bicycle Club.**

### Upcoming

1. The old stand-by-the Tri-County Ride.

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### FOR SALE

TREK 5200 road bike, 54 centimeters, full carbon, Shimano clipless, many extras, excellent condition, \$1000.00. 516-621-4880 or - utahiker1@aol.com

## B Ride Schedule

**June –September Rides leave promptly at 9:00 A. M.**  
Rides Schedules time is 9:30 from March – May and 9:00 from June - September from the Westbury High School Parking Lot.

### Friday, July 3

**Joel Gorinsky.** "Where can we go that we haven't been? All I know is I'm taking the B's for a ride".

### Saturday, JULY 4

**Jo Vlastaris, (516) 676-0976.** 66 miles, rolling. Starts and ends at Goodnoe Elementary School in Newtown, PA. (NJ Tpke X 7A -7.7 miles 1-95), MJ-29 N 3 miles., US 1 S 6.2 miles. I-95 N -2.6 miles. X49-PA 332. Follow sings for Newtown. – 2miles. Rt onto Newtown-Yardley Rd. Rt at Dolington Rd. (.9 miles). Left on Frost Ln (.4 miles). & school. More details will emerge on this group's electronic bulletin board, on the Web at: <http://sports.groups.yahoo.com/group/libcB/>

### Sunday, JULY 5

**Daniel Goldschmidt, (516) 633-0420.** He decided at the last minute not to let a month pass without leading a ride. For that, we are grateful, and will gladly let him worry about the details later. After all, he has never led us astray.

### Saturday, JULY 11

**Patrick Cuvilly, (516) 868-7513.** Joel's Annual Cabana Ride, 5th edition, 55 mi. We'll leave at 8:00 AM from Nickerson Beach, arrive at Westbury HS by 9:30, then head south again, with an early lunch stop in East Rockaway. Then the après-ride festivities will begin.

### Sunday, JULY 12

**The Gold Coast Tour, hosted by the Huntington Bicycle Club.** It departs from Greenlawn, at the BAE Systems building on Pulaski Road. Wear your club jersey. For more details, go to the HBC website at: <http://www.huntingtonbicycleclub.org/goldcoast.html>

### Saturday, JULY 18

**Susan Mrwik, (516) 244-6174.** Tour de France Ride. THIS IS A REMOTE START LEAVING FROM THE SYOSSET FIRE HOUSE AT 9:00 A.M. Lunch will be at Kenny Schack's residence in Syosset after the ride, so bring a snack. Bring a bathing suit (and a towel) : the pool will be heated. Also, see that day's stage of the TdF TIVO'ed live in the morning while we ride. Call Kenny for directions if you want to park at his house and ride to the Fire House (1 mile). If you are attending, please RSVP by Tuesday 7/14. If we are rained out, the party will be tomorrow, after Joel's ride.

### Sunday, JULY 19

**Joel Gorinsky. Northport,** by way of the South Pole.

### Saturday, JULY 25

**Rich Suttenger, (516) 526-8936.** The LIBC's Annual Picnic Ride. That means starting from Eisenhower Park at 8:30 AM, 45 to 50 miles working up an appetite, and no lunch stop before the picnic

### Sunday, JULY 26

**Multi-Club Ride, hosted by the Massapequa Park Bicycle Club.**

## B- Ride Schedule

**June –September Rides leave promptly at 9:00 A. M.**  
Ride Schedules time is 9:30 from March – May and 9:00 from June - September from the Westbury High School Parking Lot.

### Saturday, JULY 4

**Kenny Schack (516-921-3553) 53 miles.** San Remo. 7<sup>th</sup> annual traditional B- Independence Day ride. Lunch at the Old Dock Inn. THIS IS A REMOTE START LEAVING FROM THE SYOSSET FIRE HOUSE AT 9:00 A.M.

### Sunday, JULY 5

**Marvin Bzura (516-448-7633) 56 miles.** Crab Meadow

### Saturday, JULY 11

**Glenn Abelson (516-766-6204) 43-48 miles** (depending on weather). Huntington area. Really hot means fewer miles and hills. Lunch in Huntington or Plainview

### Sunday, JULY 12

**Gold Coast** Roll your own at the lot

### Saturday, JULY 18

**Kenny Schack (516-921-3553) 40-45 miles.** 8<sup>th</sup> annual **Tour de France Party Ride.** Centre Island or Dix Hills? Lunch will be at Kenny's house in Syosset - after the ride, so bring a snack. Bring a bathing suit (and a towel) - the pool will be heated. Also, see today's stage of the TdF tivoed live in the morning while we ride. Call Kenny for directions if you want to park at his house and ride to the Fire House (1 mile). If you are attending please RSVP by Tuesday 7/14. **THIS IS A REMOTE START LEAVING FROM THE SYOSSET FIRE HOUSE AT 9:00 A.M.** *If we are rained out the party will be tomorrow after Robert's ride*

### Sunday, JULY 19

**Robert Brum (845-558-8527) 40-50 miles.** Oyster Bay. *If yesterdays Tour de France party was rained out the ride will be shortened and lunch will be eliminated to allow time to get back to Westbury and then to Kenny's house in Syosset for those who want to attend.*

### Saturday, JULY 25

**Mona Haas (718-463-4516) LIBC Picnic.** 30 - 40 miles. Mona will be sure to get the group back by Noon for the start of the Picnic. **THIS IS A REMOTE START LEAVING FROM EISENHOWER PARK, FIELD #6A, AT 9:00 A.M**

### Sunday, JULY 26

**Multi-Club Ride** Hosted by Massapequa Park Bicycle Club. See bulletin for ride information, starting time and directions.

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## "Easy Rider" Schedule"

Again, depending on weather conditions, for the month of March, we are going to have an Easy Ride on most weekends led by one of our favorite Easy Ride Leaders: Irma Klein (718) 261-8760, Clare Schwartz (516) 627-7496 and Al Rutsky (516) 627-7496. We encourage new riders who have not ridden at least 25 miles at a steady pace to join an Easy Ride during your first club experience.

## C Ride Schedule

**June –September Rides leave promptly at 9:00 A. M.**  
Ride Schedules time is 9:30 from March – May and 9:00 from June - September from the Westbury High School Parking Lot.

### Friday, July 3 to Monday July 6

LIBC Weekend in Cape Cod.

### Saturday, JULY 4

**Cape Cod Away Trip.** For those not joining us, meet at the lot and choose a leader.

### Sunday, JULY 5

**Cape Cod Away Trip.** For those not joining us, meet at the lot and choose a leader.

### Saturday, JULY 11

**Geri Lynn Verola 516 473-4717.** A well paced journey to the ends of Glen Cove and beyond. About 40 miles.

### Sunday, JULY 12

**Morris Getz 516 423-6538.** Ride to the Shack Morris Getz 516 423-6538 Ride goes close to Centerport. Eat seafood at the Shack. Some hills: but not all hills. Neighborhood: non-trafficked, streets for the most part. We'll cross three Necks on way back. You've all done this before and enjoyed it. A beautiful ride, if I do say so myself. 45-50 miles

### Saturday, JULY 18

**Debbie Gross (631) 491-1285** Will seek shade wherever it exists, but do not be afraid to hit those pedals as we ride over hill and dale until we find a beach or two to gather some of those strong July sun's rays.

### Sunday, JULY 19

**Lynne Diner 917-664-5044 and Jane Weiler.** Steady pace with some hills. 35 miles; with lunch at Al's Bagels. Always some hills. But do not despair. Nothing to worry about since the Dynamic Duo are there.

### Saturday, JULY 25

**Club Picnic Meet at Eisenhower Park (Lot 6A). Clara Myerson 516 766-3813-** Clare will repeat her famous south shore ride with some changes. All efforts will be made to visit a few south shore parks. Will return before all of the chicken is eaten. Bring an appetite.

### Sunday, JULY 26

**Elan Wurtzel 516 822-7866** - Third time's a charm ride. Join Elan on his first lead. May try some new roads with some hills.

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## C+ Rides Schedule

**C+ 13-14 mph avg, 30-50 miles, stops as needed, hills likely.**  
**The group will wait for slower riders.**

### Saturday, JULY 11

**Guest Leader, Kenny Schack (516) 921-3553** Kenny has been asked and has graciously offered to lead a C+ rider. This will be an important group (not individual) assessment ride and all riders seeking to ride at a C+ speed are urged to attend.

### Saturday, JULY 18

**Maria Torres (718) 461-7594.** Maria will take us on a steady C+ speed, will include a few hills, and will be at least 50 miles. Possibly, we may scout out roads for a future extended ride.

### Saturday, JULY 25

Club Picnic A C+ ride may be offered depending on interest. Leader to be chosen at the Park. (Parking Lot 6A)

## BICYCLING EVENTS CALENDAR

### JULY

- 3 Moonlight Ride in Central Park
- 10-12 Eastern Tandem Rally-[www.eastertandemrally.org](http://www.eastertandemrally.org)
- 12 Go Id Coast Tour – [www.huntingtonbicycleclub.org](http://www.huntingtonbicycleclub.org)
- 12 Tour de Queens- [www.tourdequeens.org](http://www.tourdequeens.org)
- 19-25 Register's Annual Great Bicycle Ride Across Iowa – [www.ragbrai.org](http://www.ragbrai.org)
- 26 MPBC-Multi-Club Ride
  - Great Big FANY Ride-across NY State – [www.fanyride.com](http://www.fanyride.com)
- 26 Harlem Valley Rail Ride – [www.bikenewyork.org](http://www.bikenewyork.org)
  - NY City Cycling Championship-[www.procyclingtour.com](http://www.procyclingtour.com)

### AUGUST

- ? SBRA Multi Club Ride – Riverhead Court Complex, 9:30
- 07-09 The Farm Ride- [www.bicycleshow.us](http://www.bicycleshow.us)
- 08-13 Tour de New York – [www.tourdenewyork.com](http://www.tourdenewyork.com)
- ? EmpireState AIDS Ride – Niagara Falls to NY City [www.empirestateaidsride.org](http://www.empirestateaidsride.org)
- 16 Covered Bridge Metric Century – [w.lancasterbikeclub.org](http://w.lancasterbikeclub.org)
- ? Great Hudson Valley Pedal – [www.ptny.org](http://www.ptny.org)
- 16 Ramapo Rally – [www.btcnj.com](http://www.btcnj.com)
- 19 The Mass BikePike Tour ([www.MassBikePike.org](http://www.MassBikePike.org))
- 30 Tour de Putnam – [www.visitputnam.org](http://www.visitputnam.org)
- 30 North Fork Century– [www.northforkcentury.org](http://www.northforkcentury.org)

### SEPTEMBER

- 4 LIBC VT Weekend (see below)
- 6 Golden Apple – [www.westchestercycleclub.org](http://www.westchestercycleclub.org)
- 13 SBRA Guide Dog Ride –[www.sbra.olotltd.com](http://www.sbra.olotltd.com)
- 26 Tour of the Hamptons – [www.massparkbikeclub.org](http://www.massparkbikeclub.org)
  - LAB National Rally – Oregon –[www.Bikeleague.org](http://www.Bikeleague.org)
  - 13 NY City Bike Tour – [www.NYCentury.org](http://www.NYCentury.org)
  - 26 EscapeNewYork – NY Cycle Club -[www.nycc.org](http://www.nycc.org)
    - Harvest Ride – SoundCyclists-[www.soundcyclists.com](http://www.soundcyclists.com)
    - MS Tour for a Cure – Long Island – [www.nmssli.org](http://www.nmssli.org)
    - Second Siught Biuke-A-Thon – [www.sbraweb.org](http://www.sbraweb.org)
    - Great Big FANY Ride – [www.sbraweb.org](http://www.sbraweb.org)
    - CLIMB Multi –Club Ride – starting point TBA
  - 26 Twin Lights Ride – NJ – [www.bikenewyork.org](http://www.bikenewyork.org)
  - 26-27 Tri-State Seacoast Century-[www.granitestatewheelmen.org](http://www.granitestatewheelmen.org)

### OCTOBER

- 3 Ancient Mariner Century – [www.massparkbikeclub.org](http://www.massparkbikeclub.org)
- 09 Sea Gull Century – [www.seagullcentury.org](http://www.seagullcentury.org)
- ? HBC Multi-Club Ride – Greenlawn LIRR Station, 9:00
- 23- 25 Fall Foliage Weekend – [www.phillybikeclub.org](http://www.phillybikeclub.org)
- 25 Climb Multi Club Ride-[www.climbonline.org](http://www.climbonline.org)

### LIBC Vermont 9/4-7 Labor Day Weekend

The rides and maybe the hot tub are the draw here, and okay, maybe the breakfasts and dinners, included. The Blue Gentian, where we stay, is charming. The cue sheets are accurate. The rides can be challenging, but we have had all levels (A-C) on the weekend, and no one has complained (too tired!). Again, there's a hot tub.

Dates: Sept. 4 to Sept. 7. Price per person double occupancy (meaning you share): \$225. Includes; Saturday and Sunday dinners. - Saturday, Sunday, and Monday breakfasts.

Only 13 rooms and they will go. Send a check, payable to Bill Selsky, 795 Truman Avenue, East Meadow, NY 11554.

**Directions:** 95 North to 91 North to US-5 (exit 6) – becomes VT-103. Stay straight to go onto South Main Street/VT-11. Turn left on Magic Mountain Access Road.

## LIBC Annual Picnic- Saturday, July 25, 2009 FOR MEMBERS ONLY

1<sup>st</sup> A Ride, Then: BBQ & Drinks & Salads

Where: Eisenhower Park, Parking Field # 6A (new location). Entrance is located at intersection of Stewart Avenue and Merrick Avenue. (South of Old Country Road, Post Avenue becomes Merrick Ave.) **All rides leave from the park** and will be back in plenty of time to eat like a cyclist. (Somehow we will have enough).

**If it rains**, maybe no rides, but come and eat. We have a tent!

**Picnic help?** (Not just eating!) George Cymbalsky runs this without a hitch every year, and some people volunteer to help every year. If you would like to be one of them, call George at 631-757-0392.

## Independence Day Weekend Thursday July 2- Sunday July 5, 2009 FOR MEMBERS ONLY

Hi LIBC members,

We will be having a weekend away during the Independence Day week beginning on Thursday July 2 and ending Sunday July 5, 2009 in Cape Cod, MA. Once again Clara has secured rooms at the Nautilus Inn in Woods Hole. During this time we will ride on the mainland of the Cape as well as visiting Martha's Vineyard. So come and ride with us and relax in your deluxe water view room. Dine at nearby restaurants. Bring your camera; you'll be just a short walk from sandy beaches, lighthouses, and quaint Woods Hole village.

Martha's Vineyard remains a timeless paradise for cyclists. Its roads winds through woodlands and farms, past miles of white sand beaches around millponds, inlets and creeks. This triangular island has served as an offshore retreat since the summer religious camp meetings of more than one hundred years. On Cape Cod we will ride around Falmouth, Woods Hole, Forestdale, Mashpee and Sandwich. Lined with familiar Cape Cod flower and tree species, it makes for a wonderful ride from Falmouth to scenic Woods Hole. We will avoid much of Falmouth's notorious summer traffic by winding down along the beach, through marshes and through the Salt Pond Bird Sanctuary.

At the hotel all rooms feature private bath, color TV, air conditioning, room phones and complimentary morning coffee in the lobby. The room rate is \$128 plus tax per night per room. Single occupancy cyclists will pay the \$128 plus tax per night. If you share a room you save by sharing the cost. A credit card guarantee is required.

**Contact:** Clara at 516-766-2200 to let her know if you are coming or at email address: [travelwholiday@webtv.net](mailto:travelwholiday@webtv.net)

**Call the hotel for your reservations now, the hotel info is:**

The Nautilus Motor Inn 1-800-654-2333, 1-508-548-1525  
539 Woods Hole Road, Woods Hole, MA 02543

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### Week day Rides 6:15 to 7:30 am

David Emanuel is riding from 6:15 to 7:30 am from Fredericks Luncheonette in Great Neck. "Speedy" invites fellow cyclists to join him on these 13 mph 16 mile rides. Want more info? Call him at 516-840-9370 (cell) days or 516-487-8065 (home) evenings until 9:45 pm.

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: **JULY 15, 2009**

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**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** 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 Maria Torres**  
**5-14C 115 Street**  
**College Point, NY 11356**