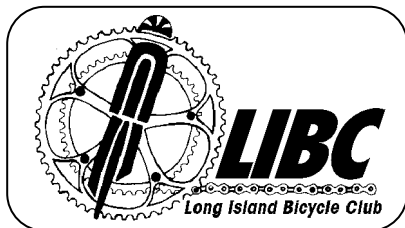


**JAN/FEB
2012**



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 Susan Mrwik, 101 Raff Ave., Floral Park, NY 11001 (or email her at smrwik@gmail.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 2012

JAN- 21 - HOLIDAY PARTY
FEB- - RIDE SOME MORE
MAR- 5 - CYCLING SEASON 2012
MAY-25-28- MEMORIAL DAY WEEKEND
JULY- 4 - JULY 4TH WEEKEND
AUG-SEPT- 29-3- LABOR DAY WEEKEND
OCT- 5-8- COLUMBUS DAY WEEKEND

Welcome New Members

NOV/DEC 2011

Schwartz, Barbara, Melville, NY
Knutson-Barr, Sylvia, Merrick, NY
Singh, Andrae, Baldwin, NY
Golderman, Gail, Albany, 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: **Susan Mrwik -516-354-1834 / smrwik@gmail.com**

LIBC January Thank You for 2011 LIBCers

By Bill Selsky, LIBC President

Once again, it's time to give a big LIBC thank you to everyone who contributed to LIBC's great 2011 riding year.

Let me begin with a Hi C! Irma Klein suffered a stroke and after March, there essentially was no ride schedule until August. Irma is doing tremendously better now, but I do need to thank Clara Meyerson and Len Kirsh for helping pull a schedule together from August on. Who led rides for the Cs? Irma Klein, Debbie Gross, Gerry Regan, Clara Meyerson, Harvey Miller, Mary Mills, Gerri Verola, Mary Grady, Mike Woloch, Dominick Creaco, Al Rutsky, Marty Unger, Morris Getz, Clare Schwartz, Erline & Bob Steinberg.

C+ rides, coordinated by Len Kirsch, were led by Elan Wurtzel, Pat Mullen, Ross Selinger, Lynne and Bill Dinner, Thom Moehringer, Charles Meirdierks, Roger Mellon, Gerri Lynn Verola, Jane Wiler, Morris Getz, Larry Berger, Vittorio Ricetto and David "Speedy" Emanuel, who also leads Wednesday morning rides as the season gets going.

Next, though this is in no particular order, Kenny Schack and the B- group. Along with Ken, ride leaders included Glenn Abelson, Jay Dennet, Steve Klein, Mark Blatt, Victor Urbach, Marty Unger, Bill Dinner, Marvin Bzura, Pat Mullen, Gary Rauch, Robert Brum, Mike Zerner, Maria Torres, Morris Getz, Jose Colon, Andrew Pfau and Andy Warhol.

Thank you also to Patrick Cuvilly and the B ride leaders: Rich Suttenger, Patrick Cuvilly, Hamid Alaie, Joel Gorinsky, Susan Mrwik, Bill Dinner, Larry Levy, Daniel Goldschmidt, Miguel Arroyo, Geoff Radbill, Gerry Widen, Bill Selsky, Eric Bertrand-Loesch, Bob List, Naomi Kozak and Larry Levy.

Lastly, but not leastly, the fast and furious. Thanks to Phil Ayvazian and his A leaders: Jim Badia, Paul Block, Mike Friedlander, TJ Lepore, Chuck Gleason, Raymond Genao, Shi-Wen Lee, Judith Shallwood, Clive Shallwood, Sasatchacan Louie and Susan Mrwik, and, of course, Mr. Ayvazian.

By the way, as long as you volunteered to lead a ride, you get credit and thanks here. Not much we can do about the weather, but volunteering to lead a ride helps your fellow cyclists a lot!

Thanks to Domenick Creaco and Clara Meyerson for coming up with Away-Weekends for us. Thanks to whoever that guy is who runs the Vermont (almost on this one: tell him to do something about the weather next time) and Lakeville, CT, weekend (details on that one elsewhere in the bulletin).

Thanks to George Cymbalsky, who runs the best picnic ever every year, with a little help from his friends and family.

Thanks to Walt Costanza for the club's web site and for emailing the bulletin each month.

Thanks to Maria Torres for being the VP of membership, for so many years and to Susan Mrwik for a flawless transition to the post, and John Konz for being treasurer.

Thanks to Modesta Kraemer, who has the difficult task of getting the club newsletter together every month. She also has been riding with faster groups. So, putting together the newsletter must make you stronger.

And thanks to all of you for making the club as great as it is by showing up to ride. 2011 was a great year, and because of all of you, 2012 will be even better. See you at the club party January 21 at HR Singleton's (details page 2 in the bulletin)

ALL Rides leave promptly at 9:30 A. M. Until May 2012

LIBC

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C+ Ride Chair Leonard Kirsch

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C Ride Chair Clara Mayerson

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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.

LIBC's Annual Shindig (Club Party)

January 21, 2012

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, pena ala 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, prices, 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 & Spouses/Partners/Dates (SEE PAGE 3 FOR DETAILS):

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

LIBC Group Sign-up Sheet Welcome!

Want an official LIBC t-shirt. I heard at the club picnic some of you do. So, I'm organizing the order for our group. Just enter the quantity and sizes you want on the sign-up sheet. The cost is \$12.55 per t-shirt. I will get back to you on where to send a check (probably to me). Send me an email if you have any questions. Bill Selsky (bselsky@juno.com)

LIBC Jersey & LIBC Jacket

You may see some wearing LIBC Wind Jackets. They will cost \$59, not bad, huh? Some neat features: foldable into themselves and with back pockets too. The design is the same as the LIC 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 that I carry in my car Email me (bselsky@juno.com).

Of course, we also get request for jerseys. I need a minimum order of ten before I contact the vendor. Before I place an order for them, let me know if you want one also. Jersey prices: \$53 standard short sleeve, \$51 for sleeveless, long sleeve, \$63. They are available in women's cuts, but not everyone cares. Let me know if you have a preference.

LAST 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. 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, pay for club insurance 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:

- 2011 membership is due NOW
- If you are planning to attend the Holiday Party, your 2011 membership must be current.
- 2012 renewal is due on January 2012.
- 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 Susan Mrwik@gmail.com.

Thank you.

LIBC's Lakeville, CT Weekend

April 20 – April 22, 2012

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 in previous years, all ride levels.

Total cost: \$275 pp do (you share a room) or \$416 for singles-non-sharers. Make checks payable to Bill Selsky, 795 Truman Ave., East Meadow, NY 11554.

(Directions: Hutch to 684 north 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

Long Island Bicycle Club
101 Raff Avenue
Floral Park, NY 11001

First Class Mail
Forwarding and Address
Correction Requested

Information for the next bulletin needed by: **FEBRUARY 15, 2012**

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 Susan Mrwik
101 Raff Avenue
Floral Park, NY 11001

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.