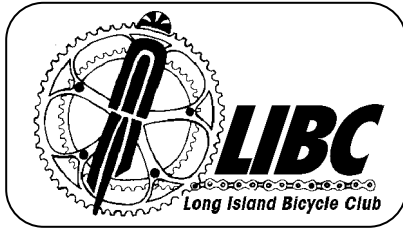


**NOV/DEC
2011**



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 2011

NOV-	KEEP WARM AND RIDE
DEC-	KEEP WARM AND RIDE
JAN- 21 -	HOLIDAY PARTY
FEB- -	KEEP ON RIDING
MAR- 5 -	CYCLING SEASON 2012

Welcome New Members

OCTOBER 2011

Weinberg, Claire, Lindenhurst, NY
Brown, Kevin, Freeport, NY
Lipowicz, Mark, Albertson, NY
Longo, Anthony & Anthony Jr.

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

Before We Say Goodbye to 2011

By Bill Selsky, LIBC President

Every year at this time, we present you with a combined Nov/December Newsletter. November is the last of our scheduled rides, which begin in March.

Does this mean there will be no rides from December to February? No. In fact, representative riders from all the groups continue to ride year-round, weather permitting (and for many, this means no snow). While the size of the riding groups diminish, those that weather the weather come out, well dressed and padded against the elements and come up with rides. The distances tend to be shorter, but those who continue to come out begin the scheduled ride season in better shape to ride the distance, whatever it might be, rather than begin getting their bike legs again.

Some also head off to Florida for the winter and continue riding there. It's flat. It's warm. Many others engage in skiing, both downhill and cross-country, and there are spin classes and other types of classes year-round.

We also will have the club's annual party January 21 at Singleton's off Route 107/Hempstead Turnpike in Bethpage, with dinner buffet and dj, all for \$40. That is \$40 unless you rode with us in 2011, but never paid your membership dues. Then it will be \$20 more. We will be checking.

And we are suggesting that you also renew your membership for 2012 in January or December or sometime within that period. Don't wait for us to ask you (and wonder why we have to ask you).

If you want to participate in any club event: weekends, dinners, RIDES, we are going to demand you have your dues paid.

Some of you, I know, just forget, but some of you try and sneak through the year without paying. This is extremely disappointing. After all, you enjoy the club enough to come out and ride. It is \$20, not \$200 or \$2000.

So do not be a free-loader! If you want to participate in club activities, any of them, pay up.

On another note, as the ride schedule runs down for the year, I hope that each of you has had as much fun riding as I did. The rides and the club are one of the pleasures in my life that I feel fortunate enough to have, and that this all only comes to \$20 a year seems a bargain.

See you in 2012!

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

LIBC

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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.

A Ride Schedule

Rides leave promptly at 9:30 A. M.

from the Westbury High School Parking Lot.

Saturday, NOVEMBER 5

An off-island ride. We are going to try to get a off-island ride or 2 into the schedule before it gets real cold. As usual any Saturday ride may be pre-empted by an off-island ride if the weather appears good. An e-mail or posting will appear.

Sunday, NOVEMBER 6

TJ' Ride-50 miles-TJ Lepore 521-1864. TJ is one of the original WS's so we have scheduled him early in the month (before he puts on his Dr. Dentons and fleece blankie). Usually hilly and always well led and something about Roberta Flack "(killing me ---") and the hills.

Saturday, NOVEMBER 12

Dr X.'s ride -57 miles-Jim Badia 917 414-5179. I have actually run out of insults and harassment when it comes down to Dr. X, but by ride time something may pop up. A good leader, used to riding in the dead of night and he may change the starting time to 12 hours later.

Sunday, NOVEMBER 13

Judith's Cafe Buenas Aires ride-54 miles- Judith Shallwood 286-5600. Judith is a new leader and likes hills. It is possible that she has a blood tie to TJ (does drinking Ripple constitute a blood tie?). Judith will be taking us to Huntington and in keeping with the tradition of new leaders paying for lunch she has made reservations at the Cafe Buenas Aires. Bring a clean t-shirt to wear over your jersey. Alcohol in water bottles.

Saturday, NOVEMBER 19

Dr E's Ride-56 miles-Shi-wen Lee 347 248-3294. Dr E. has finished with his tests and is ready to lead again. Turning into a good leader and he promises an added bonus-Paul will not be on the ride(sent to Outer Mongolia on business).

Sunday, NOVEMBER 20

Another New leader Ride-56 miles-Clive Shallwood. The other half of the Shallwoods will be leading (can he get the kids to lead?). He also will be going to Huntington with a lunch stop and Judith has promised to pick up the tab. No harassment!

Thursday, NOVEMBER 24

The Thanksgiving Day Ride-45 miles non-stop-Phil. In the tradition of Thanksgiving day rides of the past this will be as hard and as fast as weather and legs will permit. If you can and like to suck wheel this is the ride for you. Guaranteed appetite producing.

Saturday, NOVEMBER 26

Paul's Ride-63 miles-Paul Block 785-3609. Paul is probably back from Outer Mongolia and is ready to lead the group. Paul picked up some new energy bars from Mongolia consisting of dried yak meat with peanut butter and promises one bar to each person on the ride. Paul is a generous man.

Sunday, NOVEMBER 27

At this point there is no official leader. We may try to draft Mike; otherwise I will lead.

B Ride Schedule

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

Saturday, NOVEMBER 5

Daniel Goldschmidt, (516) 633-0420. He promises a 60-miler, with lunch in Huntington.

Sunday, NOVEMBER 6

Larry Levy, (917) 370-1549. On that day, we'll visit Caumsett State Park. The announced distance : 50 miles.

Saturday, NOVEMBER 12

Rich Suttenger, (516) 526-8936. 50 miles along the North Shore. If ambitious and the wind permit it, maybe we will tack on a few miles and reach for Eaton's Neck.

Sunday, NOVEMBER 13

No announced leader. Roll your own from the lot.

Saturday, NOVEMBER 19

Joel Gorinsky. 'Nuff said

Sunday, NOVEMBER 20

Miguel Arroyo, (516) 668-1962. Like a new website, this ride is still under construction. Periodically check your local listings for updates.

Thursday, NOVEMBER 24

No designated leader. Roll your own from the lot.

Saturday, NOVEMBER 26

Patrick Cuvilly, (917) 775-6446. Let's go see how many new mansions they built around Huntington Harbor since the last time we went through there. Mileage in the mid-50's.

Sunday, NOVEMBER 27

Hamid Alaie, (718) 541-3664. For this year's last officially scheduled ride, we will end up in Northport for lunch.

B- Ride Schedule

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

I would like to thank all of the ride leaders - Glenn Abelson, Steve Klein, Mark Blatt, Jay Dennett, Victor Urbach, Bill Dinner, Marvin Bzura, Mark Mandell, Gary Rauch, Andrew Pfau, Mike Zerner, Robert Brum, Ross Selinger, Maria Torres, Morris Getz, Jose Colon and Andy Warhol. I hope that we have a mild winter so that we can continue riding and be in good shape for the start of the 2012 season. I also hope that some of you will ride with me in Florida this winter. I'll see you on the road.
Kenny

Saturday, NOVEMBER 5

Victor Urbach (516-484-3036) 45 miles. Huntington.

Sunday, NOVEMBER 6

Jose Colon (516-503-1695) 40-50 miles. Jose will announce the distance and destination at the lot.

Saturday, NOVEMBER 12

Jay Dennett (516-456-7049) 43 miles. Huntington Bay. Wind and temperature will dictate the ultimate route.

Sunday, NOVEMBER 13

Andrew Pfau (516-353-0230) Distance and destination to be determined at the lot.

Saturday, NOVEMBER 19

Glenn Abelson (516-766-6204) 40 miles. Destination to be determined at lot.

Sunday, NOVEMBER 20

Morris Getz (516-423-6538) 60 miles. Four Bridges Ride. Lunch in Williamsburgh.

Saturday, NOVEMBER 26

Mark Blatt (516-678-4918) Distance and destination to be determined at the lot.

Sunday, NOVEMBER 27

Steve Klein (516-671-9295) Steve's 9th Annual Birthday Ride. Bethpage. More than a metric century miles or KM's - depending on the temperature.

C+ Ride Schedule

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

Saturday, NOVEMBER 5

Len Kirsch 516 318-5991- Repeat of October 15th ride which was nice and mellow and wind protected, with one nice surprise. Few hills.

Sunday, NOVEMBER 6

Pick a leader at the lot

Saturday, NOVEMBER 12

Pat Mullin. H (718) 894-3333 C (212) 466-9330.- Northport, 55 miles. 33 Hilly miles to Northport. Lunch in Northport. 22 relatively flat miles on the return to Westbury.

Sunday, NOVEMBER 13

Roger Mellon 631-796-8960-46 Mile Route for LIBC C+ Group-<http://ridewithgps.com/routes/768135>
From Westbury High School parking lot, we will make or usual stop at the Fire House, then we will be on our way to Huntington via Avery Road, Jacobson Avenue, Crooked Hill Rd, Huntington Bay Road, Youngs Hill Rd, etc. On our way back, we will ride towards the service road of the LIE via Pulaski Road, Manor Road, Old country Road, Sunnyside, Woodbury Road and Angel Way.

Monday, NOVEMBER 19

Pick a leader at the lot

Saturday, NOVEMBER 20

Pick a leader at lot.

Sunday, NOVEMBER 26

Pick a leader at lot.

Saturday, NOVEMBER 27

Pick a leader at lot.

Renew now in order to participate

C Ride Schedule

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

Try to Remember the end of November is the end of scheduled rides. Call or write if there is still good weather for riding after that..

Saturday, NOVEMBER 5

Barbara B 233-9809- will give leading a try. Let's all help out by staying in line filling up the gaps and keeping in touch with the last rider to let Barbara know we are all together. It's a tough job and we need to encourage anyone who will try to lead.

Sunday, NOVEMBER 6

Marvelous Marty U 869-8622 - has volunteered to lead us around town prior to returning to his beloved B's 38 miles.

Saturday, NOVEMBER 12

Clare Schwartz 627-7496- has a berryful ride planned. Clare keeps her group in check and never drops anyone . 38 miles

Sunday, NOVEMBER 13

Gerry R 917-741-9501- will enlighten us with some history of the fall harvest on Long Island.37 miles

Saturday, NOVEMBER 19

Erline and Bob 466-4090 -will try again weather and health and grandchildren cooperating. No big hills. 34 miles.

Sunday, NOVEMBER 20

Mary G 437-5311- will give a good ride to Northport. This will get us ready to do all the heavy eating this week. 40 miles

Thursday, NOVEMBER 24

Thanksgiving - I give thanks for all the good people who helped me through the fall season by leading rides to keep C group alive and well.

Saturday, NOVEMBER 26

Mary M or Harvey M 794-7059- or what could be better both leading us on a merry chase to new places. 38 miles

Sunday, NOVEMBER 27

Clara M 516-766-2200- Give the last big push for the scheduled season. Lovely Lattingtown and Locust Valley. 37 miles

Renew now in order to participate

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 LIBC 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.

LIBC Group Sign-up Sheet Welcome!

Want an official LIBC t-shirt. Go to <http://www.customink.com/signup/6ztw2j> to see and sign up. This is to collect 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'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, penne als 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

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 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.

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: **DECEMBER 15, 2011**

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.