



# Rolling Wheels

AUGUST 2007 - Volume 30 / No. 8

Member Paumonok Bicycling Advocacy

[www.SBRAweb.org](http://www.SBRAweb.org)

*Members with email delivery of their newsletter, will get a 50% discount off the price of admission to the club annual July Picnic. To convert, contact our membership chair Christine Marino at [Membership@sbraweb.org](mailto:Membership@sbraweb.org).*

## TOURING WITH DAN:

Each year SBRA holds an Awards/Holiday Party to bring our members together to celebrate the holidays and to give awards to members who volunteered his/her time. SBRA gives out these awards for the following reasons.

- **To recognize and reward club members service and to encourage that member to continue his/her service to the club.**
- **To stimulate interest, and to encourage other members to step forward and volunteer their time.**
- **To give members an opportunity to come together to express their appreciation to our members who served.**

Now without the SBRA members who volunteer as Ride Leaders, Officers, Directors, Chair positions, Committee Members and for rides events such as Bike-Boat-Bike, SBRA could no longer function as a club. Without these volunteers SBRA would cease to exist.

Each year some members leave SBRA and new members join us. Each year some of SBRA volunteers stop their service. So each year new members must be found to replace these members, so that SBRA will continue to prosper. However in the past year SBRA simply did not have enough members to step forward to fill all the necessary positions. As a result some members took on multiple positions.

- **Joe Matzelle is serving as Treasurer, Statistician and was part of the BBB Committee**

- **Christine Marino is serving as our Membership Chair and Montauk Century Chair.**
- **Personally beside my position of President, I took on the Advertising Chair Position and was part of the BBB Committee.**
- **The Advocacy Director Position was never filled, which placed an increased burden on the other members of the board.**

The positions held by Joe, Christine and myself were intended to be held by eight members, not by three members. However all these positions are important to SBRA continued success. Joe, Christine and I recognized this and we filled these positions, when the necessary members did not step forward. And other members of the boards such as Dick Cunningham, Gordon Howard and Jeff Cohen also took on much more responsibility than their positions called for in the past months due to shortage of volunteers. Dick, Gordon and Jeff attended all of the BBB Committee meetings and also held Team Leader Positions besides their club officer's responsibilities. A Team Leader is assigned to each of the many different areas necessary to run Boat-Bike-Boat. Like everything else, we were short of Team Leaders, so Dick, Gordon and Jeff stepped in.

When I stepped up to become President of SBRA, I saw a great club, but also a club with problems. As soon as I was elected, I called a meeting of the 2007 Executive Board Meeting to consider my proposals for improvements to encourage more club members to step forward and volunteer to be Ride Leaders. As a result of these early Executive Board Meetings:  
*continued on pg.11*

### MEETING LOCATION:

SBRA meetings are held on the 1<sup>st</sup> Thursday of each month. At New Village Recreation Center in Brookhaven. Located near the intersection of Wireless Road and Hawkins Road East of Nicolls Road (CR97). Meeting start promptly at 7:30 PM.

### AUGUST'S MEETING

Thursday, August 2, 2007

7:30 p.m.

Councilwoman Connie Keppert  
Ice cream Social

## 2007 EXECUTIVE COMMITTEE

PRESIDENT: Dan Mussler//821-3172  
VICE-PRESIDENT: Phil Enright/664-3151  
TREASURER: Joe Matzelle/273-3578  
RECORDING SECT: Dick Cunningham/585-0868  
CORRESPONDING SECT: Jeff Cohen/591-1079  
DIRECTOR / Social: Michelle Dittmar/277-5226  
DIRECTOR / Ed & Safety: Gordon Howard/878-1716  
DIRECTOR / Advocacy:  
DIRECTOR / Rides: Bill Pope/475-4531

## 2007 CHAIRPERSONS

ADVERTISING:  
BIKE-BOAT-BIKE: Committee  
GRAPHIC DESIGNER: Jim Deerfield/724-6401  
GUIDE DOG RIDE: Herb & Diane Krieger  
LIBRARIAN: Bruce Pressner / 476-3923  
REFRESHMENTS: Bruce Ribeiro/727-0698  
Laura Fallon/736-7248  
MEMBERSHIP: Christine Marino/471-2081  
MONTAUK CENTURY: Christine Marino  
NEWSLETTER: Rona Dressler / 751-2135  
PUBLIC RELATIONS: Phil Enright / 664-3151  
QUARTERMASTER: Jack Steffens  
RIDE COORDINATOR: Bill Pope/475-4531  
RIDE MAPS & CUE SHEETS: Lili Burluk / 589-7400  
RIDES STATISTICIAN: Joe Matzelle  
SUNSHINE: Bruce Presner / 476-3923  
WEBMASTER: Norm Samuels

For Newsletter Non-delivery or Address Change call  
Christine Marino 631-471-2081 or rocky02@optonline.net

*Rolling Wheels*

is printed by:  
Professional Printing Services  
1315 Middle Country Road  
Centereach, NY 11720  
451-0111  
Fax: 451-0774

The Purpose of the Suffolk Bicycle Riders Association is to teach members about bicycle mechanics, bike safety, the joy of bicycle touring, bicycling awareness for non-participants and to enjoy a mutual appreciation and compatibility during bicycle tours that may include camping and racing. Members shall consist of individuals and families who wish to participate as member abiding by the constitution and bylaws of the club. The Club may not discriminate in admitting members, according to their age, race, nationality, sex, creed or religion.

## **New Members**

John Beck (Westhampton)  
Lisa Lang (Nesconset)  
Stuart Wilkins (StonyBrook)  
Donna Serviss (Islip)  
Joann Keely (Hauppauge)  
New Families:  
Gina, Rob, Rebecca, and Irene Coryell  
(East Setauket)  
David and Denise Rivers (Manorville)  
Timothy Murray, Jane Murray, and Lauren  
Risoli (Wading River)  
Paul Miklean, Kathleen Walczak. and  
Kathleen Wells (Stony Brook)  
Welcome back to our reinstated members!  
Victoria Moncello (Smithtown)  
Inge Stone (Bellerose)

Total-638; Families -118; New Members -17;  
reinstatements-2

**Christine Marino**

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**THANK YOU**

The Century was great. The way Linda and Karen did the SAG was great for our group because it made them feel a part of something. Josie and I keep doing the training because it is just so great to see those people accomplish something they thought was impossible. Club bicycling means a lot to so many people on so many levels -- it is not just about a ride. As we volunteer for various club roles and keep the club inclusive we don't even how we affect people. We have had people (that we didn't even remember) come back to us 20 years

later and say "you guys changed my life." The more we reach out, the more volunteers and future club leaders we develop. To stop, to wait, to encourage, fix a flat, share a snack -- that's the essence of club riding -- if it is just about seeing who is fastest we will just be a bunch of old guys -- getting older and slower by ourselves.

So thanks from Josie and I and all the riders who have no idea what it takes to keep the club going.

*Bob*



### 2006/07 Ride Statistics (Nov 06 - Jun 07)

as per ride information received by 7/5/07  
 Number of ride leader credits: 233  
 Total club miles: 53116

Ride Leaders (Top 15): Joe Matzelle (30), Billy Grosso (23.5), Gordon Howard (14.5), Bob Miller (14), Bruce Presner (13), Steve Sendrowski (11), Glen Cochrane (10), Bill Pope (10), Mark Sailer (10), Shannon Cain (9), Dan Mussler (9), Jack Steffens (8.5), Gloria Sanicola (8), Karin Gluth (6), Bonnie Meyer (6).

Mileage Leaders (Top 15): Bill Pope (1609), Joe Matzelle (1484), Billy Grosso (1169), Jack Steffens (1124), Ron Goodstadt (983), Dick Cunningham (895), Dennis Jackson (863), Dan Mussler (807), Christine Marino (761), Adam Molny (750), Karin Gluth (746), Bob Miller (647), Shannon Cain (642), Nick Kunda (637), Glen Cochrane (565).

Note: Monthly mileage statistics are provided only for those individuals with ride credits.

Note: Ride leaders MUST submit sign-in sheets for all rides, including weather cancellations, to receive ride leader credit.

Joe Matzelle

### 8/07 Special Events Calendar

*Gordon Howard 631-878-1716*

#### Aug

12 Tour De Cure [www.tour.diabetes.org](http://www.tour.diabetes.org)

19 Tour of the Hamptons  
[www.massparkbikeclub.org](http://www.massparkbikeclub.org)

26 SBRA Multi Club Ride  
[www.sbraweb.org](http://www.sbraweb.org)

#### Sept

6-9 Peanut Ride [www.greatpeanuttour.com](http://www.greatpeanuttour.com)

16 SBRA Guide Dog Ride Herb Krieger  
 631-473-5697

23 Twin Lights Ride [www.bikenyork.org](http://www.bikenyork.org)

29 SBRA Peddle Paddle Peddle

Linda Kirk 631-437-0689

29 Ancient Mariner  
[www.massparkbikeclub.org](http://www.massparkbikeclub.org)

28-30 Benefit HIV/AIDS  
[www.breakingthecycle.org](http://www.breakingthecycle.org)

#### Jan

19 SBRA Awards Dinner Michelle Dittmar 631-277-5226

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### August Program

Town of Brookhaven Councilwoman Connie Keppert. Strong bicyclist advocate and recipient of the special recognition award by the Paumanok Bicycle Club.

The meeting includes the annual "Ice Cream social"



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## July 5, 2007 Minutes

- I. Call to order: The meeting was called to order by President Dan Mussler at 7:40. 23 members were present.
- II. Acceptance of Minutes: The minutes of the June 7th meeting were accepted as published in the Rolling Wheels.
- III. Treasurer's Report (Joe Matzelle) - Joe reported on the present club balance. A few bills from Bike-Boat-Bike are still outstanding.
- IV. Committee Reports
  - A. Statistician (Joe Matzelle): Joe reported that a total of 53,116 club miles have been ridden so far this year. A full report will appear in the newsletter.
  - B. Correspondence (Jeff Cohen) - Jeff reported that Shelter Island has refunded \$100 of our BBB deposit. He further reported that the Island's Sanitation Department stated that we had a "clean ride."
  - C. Membership (Christine Marino): Christine reported that we presently have 638 individual members, including 118 families. We have 17 new members, and 2 reinstatements whose

names will be noted in the newsletter. Three new members were present (Cathy, Paul, and Joann) and were introduced.

D. Rides: Pat Brennan reported that the Paul Simons Memorial Ride will be held on Sunday, July 15th beginning at Stony Brook University. Herb Krieger reported that the annual Guide Dog ride will be held on Sunday, September 16th, and asked for volunteers to assist at the event. He announced that this will be the last year that he and Diane will be coordinating the event, and asked for volunteers to take over beginning next year.

V. President's Report (Dan Mussler) Dan announced that Byron Lake Bicycle of Oakdale has agreed to be a club sponsor, and will be offering discounts to club members. He further announced that he will be meeting with the Ride Leader Jersey Design Committee and Donna DeSousa of Howling Goods Designs to consider a design for the new club ride leader jersey. He will also be meeting with the Awards Committee on July 23rd to review the annual club awards. Dan proposed that there be four new annual awards, The Pinnacle Award, Outstanding Service Award, Volunteer of the Year Award, and the President's Award to be given annually, each having specific criteria. After considerable discussion, he stated that he will review the matter with the committee and report back at next month's meeting. A motion to increase the Award's Committee budget from \$300 to \$1,000 was tabled until the next meeting.

VI. Vice-President's Report (Phil Enright) - Phil asked if any members have any programs or speakers that they could suggest for future meetings to let him know.

VII. Adjournment - there being no further old or new business, the meeting was adjourned at 9:10 PM.

Respectfully submitted,

Dick Cunningham  
Recording Secretary

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# SBRA Ride Classifications

Please see legend below for an explanation of speeds and terrains before choosing a ride

We recommend that new inexperienced riders begin with a "D" pace ride

**Note: Helmets are Required on all SBRA rides!**

All Riders must carry a pump and spare tube or patch kit for flats. Even if you can't change a tire yourself, someone else will be glad to help!

Class	Ride Average (mph)	Cruising Speed (mph)	*Ride Average is what cycle computers calculate based on the total time the bike is moving *Cruising speed is the typical speed maintained for uninterrupted flat distances with no wind
AA	22+	24+	Rides have no upper limit to speed and should only be attempted by riders familiar with the ride leader and other riders
A+	20.1 - 22.0	20.0 - 24.0	Rides have infrequent stops, as determined by the group, and not formally planned. Ability to ride in a pace line required. Cue sheet may not be provided. No requirement to wait for stragglers. Riders are expected to be self-sufficient
A	18.1 - 20.0	18.0 - 22.0	
B+	16.1 - 18.0	16.0 - 20.0	Stops are approximately half way through the ride, or when necessary. Cue sheets provided. No requirement to wait for stragglers, but ride leader will try to re-group at rest stops. Riders are expected to be mostly self-sufficient
B	14.1 - 16.0	14.0 - 17.0	
B-	13.1 - 14.0	13.0 - 15.0	
C+	12.1 - 13.0	12.0 - 14.0	Stops are frequent. Ride leaders will wait at turns for riders. Cue sheets provided
C	11.1 - 12.0	11.0 - 13.0	
C-	10.1 - 11.0	10.0 - 12.0	
D	6.0 - 10.0	< 10	Stops are frequent. Cue sheets provided. A good ride for beginners
B+/A	16.1 - 20+	16.0 - 22+	These multilevel rides are unstructured and will break into several groups, traveling standard routes, cue sheets available. Bring a friend if you're concerned about having someone to ride with at the slower pace
<b>Show &amp; Go</b>		No Ride Leader & Cue Sheet. Group determines route & distance	<b>M</b> Mountain Biking. Approximately 1/2 the cruising road speed

Rides are classified by distance, speed, terrain and structure.

**S = Structured**, entire group rides together.

**U = Unstructured**, faster/slower riders ride at own pace.

**Terrain:** H = Hilly, R = Rolling, F = Flat

## Pre-Ride Checklist

Riders must sign the sign-in sheet.	Helmets are required on all SBRA rides
Riders should have water, spare tube, patch kit, tools & pump.	Riders should carry identification and emergency phone number
Ride Leaders are not responsible for cyclist who ride ahead of the ride leader	If you leave the ride, inform the Ride Leader or sweep
Stop for all Red Lights	Do not block turn lanes or intersections
Ride Single File. If someone call "Car Back", ride as far to the right as possible.	Ride predictably. Signal for turns, slowing or stopping.
Pass on the left and announce yourself when passing.	Do not overlap wheels with another cyclist.
Remember: Sharing the road applies to cyclist as well as to motorists. The way we behave as a group is a reflection on all cyclists	

## Standard Ride Locations

Please park away from any stores.

\*[\(1\) Sunshine Mall](#): CR-101 & Station Rd. in Medford. LIE Exit 66S, Sunrise Exit 55N.

\*[\(2\) Ronkonkoma RR Station North parking lot, west end](#): LIE (I-495) Exit 60 - Westbound: 1st left (Hawkins Av), right on Railroad Ave; Eastbound: 2nd right at light (Hawkins Av), right on Railroad Ave.

\*[\(3\) Miller Place Shopping Center, Miller Place](#): NW Corner Rt-25A & Miller Place Rd.

\*[\(4\) Stony Brook RR lot \(next to Getty\)](#): North side of Rt-25A 1/4 mile west of Nicolls Rd.

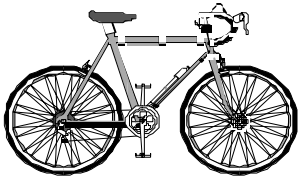
\*[\(5\) Holtsville Ecology Park](#): Buckley Road, 1/4 mile North of Woodside Ave (CR-99).

\*[\(6\) Mt. Sinai Shopping Center \(King Kullen\)](#): Intersection of Rt. 347 & Crystal Brook Hollow Road, Mt. Sinai.

\*[\(7\) Eastport King Kullen Shopping Center](#): Eastport Manor Rd, and Montauk Hwy.; Sunrise Hwy Exit 61. Follow signs to Eastport. Right on Eastport Manor Rd 0.8 mi. Shopping center is on left.

\*[\(8\) Pine Shopping Center \(Coram Cinema\)](#): SW corner of Pine Rd & Rt-112, 1/2 mile North of CR-83.

\*[\(9\) Suffolk County Court Complex \(Riverhead\)](#): LIE (I-495) East to Exit 71 (Rt-24) right on to Rt-24 then right on Center Drive (just past the jail) into the parking lot. (b) Via Sunrise Hwy (NY-27), east to exit 61 (CR-51), then north on CR-51 toward Riverhead (about 7.5 miles) turn left into parking lot



# Ride Schedule August

## August Ride Coordinator: Bill Pope

**Early Birds** now meet King Kullen Shopping Center CR-111 and Chapman Blvd (LIE ex.70S) 7:30AM Sunday mornings for 50-70 miles of "A" & "AA" pace fun. Usually breaks into 2-3 groups so if you can't stay with one, there is another slower group to hook up with. The slower group rides at 18-19 mph.

**The message board is a great asset to all members for current riding information. Check it often!**  
<http://www.sbraweb.org/>

Wed 8/1 6:30pm 11mi/D/F/S "Heckscher State Park Loop Ride"

Jack Steffens (631)669-4740(H) (631)632-8296(W)

We will ride the loop at Heckscher State Park. This ride is very flat and almost no traffic. We should finish by 7:30ish. We will meet in parking field 4. No go Rain.

Wed 8/1 6:00pm 17-18mi/C+/H/R/S "North Shore Ride"

Bonnie Meyer (631)751-7018(H) (631)724-6900(W)

Leave from 10 Stuyvesant Circle East, E. Setauket. Ride to the Lighthouse or Setauket Harbor. No go if rain.

Wed 8/1 9:00am 20mi/B/R/S "Longwood Loop"

Anita Risener (631)331-8595(H)

Meet at Pine Cinema \*(8) for a morning warm-up through Middle Island & Coram. Low traffic, scenic with a few hills. No go in rain.

Wed 8/1 5:30pm 35+mi/AA+/H/R/F "Hell of the North"

Christian Escudero (631)484-2735(H)

Start from 1650 Sycamore Plaza Parking lot Bohemia NY 11716. Between Seventh St and Vets HWY. need more information please contact christian @ 631-484-2735  
[christian@broadviewnet.net](mailto:christian@broadviewnet.net)

Thu 8/2 9:15am 32mi B F S "Pat's beach ride"

Pat Nett [patpuff14@yahoo.com](mailto:patpuff14@yahoo.com) (631)286-6460(H)

Start at my house in East Patchogue and ride to Smith Point. 17 Skyhaven Drive, Patchogue

Thu 8/2 5:00pm 35mi/B+/F/S "Dune Road"

Gloria Sanicola (631)878-5716(H)

Leave from Location # 7, Eastport King Kullen. Ride out Dune Road to Tulley's & return inland.

Thu 8/2 5:45pm 21mi/B-/R/S "Thursday Riverhead Ride"

Karin G (631)885-2541(H)

Meet at the South Municipal lot in Riverhead (Take McDermott South from Main St. and make a right.) Note the new start time. We will take the scenic ride to Mattituck. Bring a light in case we get back late.

Fri 8/3 8:30am 30mi/C+/R/F/S "Start the weekend early - beat the heat"

Joe Matzelle (631)949-4458(H)

Meet at Holtsville Ecology Center \*(5). We'll do one of three routes: north to Ridge, east to Yaphank or west to Oakdale. Bring snacks, no food stop. Check Message Board before 7:30 for cancellation. If weather is iffy, ride start may be delayed.

Sat 8/4 10:00am 18mi/D/F/S "An Easy Ride with the Club"

Claire Reed, home phone 772-546-0247 (631)000-0000(H)

Meet in Riverhead behind Sears Roebuck in the river parking lot for a mostly flat ride along the Peconic to Mattituck. Stop for lunch or snack.

Sat 8/4 8:30am 36mi/C+/F/S "Return to the Flat lands"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). We will bike somewhere flat with a deli stop. This ride will be 30 to 36 miles with a deli lunch stop. No go rain or drizzle rain.

Sat 8/4 8:30am 30mi/B-/F/S "East Islip to Sayville"

shannon cain (631)225-1201(H)

Meet at JFK school, Woodland Dr., extension of Carleton Ave south of Montauk, East Islip for a flat ride to Sayville, bagel stop. Cell 631-357-2338, check message board at 7:30 am for rain cancellation.

Sat 8/4 8:30am 37mi/B/F/S "To Manorville"

Lili Burliuk (631)673-7946(H) (631)589-7400(W)

Meet at the Coram Pines \*(8) for a loop to Manorville. Short deli stop.

Sun 8/5 9:00am 15mi/D/F/S "Blue Point- Bellport-Blue Point"

Jack Steffens (631)669-4740(H) (631)632-8296(W)

Deli stop in Bellport. Take Nicholls Rd south to the end (Montauk Hwy). Turn left onto Montauk Hwy and then make first right onto Blue Point Ave. Take Blue Point Ave to the end. Meet at the Gazebo Docks.

Sun 8/5 8:30am 45mi/F/S "Train Ride (Multi Start / Mult Level)"

"C": Dan Mussler (631)821-2219(H)

"C+": Bill Pope (631)439-9115 (W) (631)475-4531(H)

"B": Bruce Presner (631)476-3923(H) (516)481-6640(W)

Start Sayville RR for 45mi ride, or start Patchogue RR at 9:00am for 32 mi ride, or start Bellport at 9:30am, Bell St & Bellport Ln Parking Lot for 25 mile Ride. Final Stop Smith's Point. Deli Stop. Ride at a C, C+ or B pace from Patchogue. Start times are approximate. Arrive 15 min early!

Sun 8/5 9:15am 38mi/B-/R/F/S "North Fork Tour - Slower Pace"

Jeff Meyer (631)471-2129(H)  
Meet at Jamesport Community Center, Main Rd. (Rte 25/58), Jamesport for a North Fork Tour. Same route as Anita's ride, but at a slower B- pace (ride average will be approximately 13.5). This ride will have a brief stop at Briermere and a deli/lunch stop. No go rain. Call cell phone 631-523-2129 morning of ride only.

Sun 8/5 8:30am 46mi/B/R/S "Commack McDonalds to Port Jefferson"  
Fredric Itkin (631)957-4943(H)  
Ride the rolling hills to and from Port Jefferson with deli stop and lunch near to Ferry terminal.

Sun 8/5 9:15am 38mi/B/R/F/S "NORTH FORK TOUR"  
Anita Risener (631)331-8595(H) (631)806-9662(W)  
Meet at Jamesport Community Center, Main Rd (Rte 25/58), Jamesport for a lovely tour of the North Fork with beach views, Northville tank hills included. Bring snacks; ride will include brief stops at Briermere, and deli. No long lunch stop. No go if rain. Call if questionable.

Tue 8/7 6:00pm 20mi/C+/F/S "South Shore Ride"  
Joe Matzelle (631)949-4458(H)  
Meet at JFK school on Woodland Dr (south extension of Carleton Ave) in East Islip. Route varies but includes Islip, Bay Shore and Brightwaters. Depending on turnout, we may break into 2 groups, B and C+. Check Message Board before 5:00pm for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Tue 8/7 9:00am 48mi/B+/R/S "Eastport-Northville"  
Gloria Sanicola (631)878-5716(H)  
Leave from location # 7, Eastport King Kullen. Will be doing the tank loop. Stop at Briermere.

Tue 8/7 8:00am 40mi/Multilevel B+/A/H/R/U "Lake Grove, Port Jeff and Stony Brook"  
Bonnie Vulin (631)793-3720(H)  
Meet at the Olga Wilkes Park in Lake Grove between Pond Path and Lakeside Ave. Lakeside is accessible from 347. Unstructured ride with regrouping. Bring snacks. No go rain.

Wed 8/8 6:30pm 11mi/D/F/S "Heckscher State Park Loop Ride"  
Jack Steffens (631)669-4740(H) (631)632-8296(W)  
We will ride the loop at Heckscher State Park. This ride is very flat and almost no traffic. We should finish by 7:30ish. We will meet in parking field 4. No go Rain.

Wed 8/8 6:00pm 18mi/B-/H/S "North Shore Roller Coaster Ride"  
Barbara Abraham (631)265-0021(H)  
B/C+; ride start: parking lot north of Smithtown Library on N Country Rd; Multiple routes/options; Mileage determined by available daylight. No Go rain. Plan to return before dusk.

Wed 8/8 9:30am 25mi/B/H/S "Fort Salonga Loop"

Lili Burliuk (631)673-7946(H) (631)589-7400(W)  
Meet at the Stop & Shop on Route 25, 1/8 mile east of the Smithtown Bull. Park southwest corner in lot. We'll ride an easy pace as we loop through Kings Park to Fort Salonga.

Wed 8/8 5:30pm 35+mi/AA+/H/R/F "Hell of the North"  
Christian Escudero (631)484-2735(H)  
Start from 1650 Sycamore Plaza Parking lot Bohemia ny 11716. Between Seventh St and Vets HWY. need more information please contact christian @ 631-484-2735 [christian@broadviewnet.net](mailto:christian@broadviewnet.net)

Thu 8/9 5:45pm 21mi/B-/R/S "Thursday Riverhead Ride"  
Karin G (631)885-2541(H)  
Meet at the South Municipal lot in Riverhead (Take McDermott South from Main St. and make a right.) Note the new start time. We will take the scenic ride to Mattituck. Bring a light in case we get back late.

Thu 8/9 9:15am 20mi B F S "week day tune up"  
Pat Nett [patpuff14@yahoo.com](mailto:patpuff14@yahoo.com) (631)286-6460(H)  
Holtsville ecology center to Yaphank

Thu 8/9 5:00pm 35mi/B+/R/S "Wildwood"  
Gloria Sanicola (631)878-5716(H)  
Leave from location # 7, Eastport King Kullen. Ride to Wildwood Park.

Fri 8/10 8:30am 30mi/C+/R/F/S "Start the weekend early - beat the heat"  
Joe Matzelle (631)949-4458(H)  
Meet at Holtsville Ecology Center \*(5). We'll do one of three routes: north to Ridge, east to Yaphank or west to Oakdale. Bring snacks, no food stop. Check Message Board before 7:30 for cancellation. If weather is iffy, ride start may be delayed.

Sat 8/11 9:00am 29mi/C/F/S "Honest 'C' Ride"  
Bill Pope (631)475-4531(H) (631)439-9115(W)  
Meet at the Sunshine Mall (1) for a beginner level "C" ride to Manorville for a bagel. This is the ride for those who feel the "D" level is too slow.

Sat 8/11 8:30am 38mi/C+/R/F/S "Smell the Cedars Classic 38 miles"  
Billy Grosso (631)682-6604(H)  
Leave out of the Sunshine mall (#1). Lunch at Cedar Beach. No go rain.

Sat 8/11 9:00am 25mi/C+/F/Mtn/S "The Hybrid Ride"  
Karin G (631)885-2541(H)  
Meet at JFK school on Woodland Dr (south extension of Carleton Ave) in East Islip. A portion of the ride will be on the wide trails of Heckscher Park and a portion will be on nearby roads. For hybrids with knobby tires and mountain bikers who can keep the pace on the road only.

Sat 8/11 8:30am 40mi/B/R/F/S "To Manorville"  
Lili Burliuk (631)673-7946(H) (631)589-7400(W)



Meet at the \*(3) Old Waldbaums (now Applebee's) the NW corner of Rt 25A and Miller Pl Rd in Miller Place. Short deli stop.

Sun 8/12 9:00am 15mi/D/F/S "Blue Point- Bellport-Blue Point"

Jack Steffens (631)669-4740(H) (631)632-8296(W)  
Deli stop in Bellport. Take Nicholls Rd south to the end (Montauk Hwy). Turn left onto Montauk Hwy and then make first right onto Blue Point Ave. Take Blue Point Ave to the end. Meet at the Gazebo Docks.

Sun 8/12 9:00am 39mi/C+/F/S "Observatory Ride"

Bill Pope (631)475-4531(H) (631)439-9115(W)  
Meet at the Sunshine Mall (1). Ride to Smith Point and check out the heavenly bodies. Deli stop prior to beach.

Sun 8/12 9:00am 46mi/B-/R/F/S "Port to Port"

Jeff Meyer (631)471-2129(H)  
Meet at the Jamesport Community Center for a nice ride to Greenport. This ride will not go above a B- pace and will have rest stops as necessary. We will stop in Greenport for lunch. No go rain. Cell phone 631-523-2129 day of ride only.

Sun 8/12 9:00am 32mi/B/H/S "CARBO-UP FOR THE NORTH SHORE HILLS"

Diane & Herb Krieger (631)473-5697(H)  
Belle Terre, Old Field Point, West Meadow Beach, & Stony Brook. Meet at our house @8:00am for Bagels, ride starts @9:00am. Please RSVP (473 5697) so we know how many bagels to get - note: if you don't finish the bagels before the ride you must finish them after riding.

Sun 8/12 9:00am 64mi/B+/R/S "Orient Point"

Gloria Sanicola (631)878-5716(H)  
Leave from the Jamesport Community Center & ride to Orient Point Park. Deli stop in Orient Village. Lunch in the park.

Tue 8/14 6:00pm 20mi/C+/F/S "South Shore Ride"

Joe Matzelle (631)949-4458(H)  
Meet at JFK school on Woodland Dr (south extension of Carleton Ave) in East Islip. Route varies but includes Islip, Bay Shore and Brightwaters. Depending on turnout, we may break into 2 groups, B and C+. Check Message Board before 5:00pm for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Tue 8/14 9:00am 35mi/C+/F/S "Meandering to Manorville"

Dick Cunningham (631)585-0868(H)  
Meet at Sunshine Mall (#1) for a leisurely ride to Manorville for bagels. leader will adjust pace to needs of group.

Tue 8/14 9:00am 42mi/B+/R/S "Eastport-Riverhead"

Gloria Sanicola (631)878-5716(H)  
Leave from location # 7, Eastport King Kullen. Bring snacks.

Tue 8/14 8:00am 40mi/Multilevel B+/A/H/R/U "Lake Grove, Port Jeff and Stony Brook"

Bonnie Vulin (631)793-3720(H)

Meet at the Olga Wilkes Park in Lake Grove between Pond Path and Lakeside Ave. Lakeside is accessible from 347. Unstructured ride with regrouping. Bring snacks. No go rain.

Wed 8/15 6:00pm 17-18mi/C+/H/R/S "North Shore Ride"

Bonnie Meyer (631)751-7018(H) (631)724-6900(W)  
Leave from 10 Stuyvesant Circle East, E. Setauket. Ride to the Lighthouse or Setauket Harbor. No go if rain.

Wed 8/15 9:30am 25mi/B/H/S "Fort Salonga Loop"

Lili Burliuik (631)673-7946(H) (631)589-7400(W)  
Meet at the Stop & Shop on Route 25, 1/8 mile east of the Smithtown Bull. Park southwest corner in lot. We'll ride an easy pace as we loop through Kings Park to Fort Salonga.

Wed 8/15 5:30pm 35+mi/AA+/H/R/F "Hell of the North"

Christian Escudero (631)484-2735(H)  
Start from 1650 Sycamore Plaza Parking lot Bohemia ny 11716. Between Seventh St and Vets HWY. need more information please contact christian @ 631-484-2735 [christian@broadviewnet.net](mailto:christian@broadviewnet.net)

Wed 8/15 6:30pm 11mi/D/F/S "Heckscher State Park Loop Ride"

Jack Steffens (631)669-4740(H) (631)632-8296(W)  
We will ride the loop at Heckscher State Park. This ride is very flat and almost no traffic. We should finish by 7:30ish. We will meet in parking field 4. No go Rain.

Thu 8/16 5:00pm 35mi/B+/F/S "Dune Road"

Gloria Sanicola (631)878-5716(H)  
Leave from location # 7, Eastport King Kullen. Ride out Dune Road to Tulley's & return inland.

Thu 8/16 9:15am 32mi B F S "back to the beach"

Pat Nett [patpuff14@yahoo.com](mailto:patpuff14@yahoo.com) (631)286-6460(H)  
17 Skyhaven Drive, Patchogue to Smith Point. Snack at beach with a deli stop.

Fri 8/17 2:00pm 22mi/D/F/S "Blue Point<=>Bellport Pick your Mileage"

Dan Rogers (631)363-7614(H)  
7 mile loop then 15 miles... pick 7/15/or 22 miles. for 15, show at 2:30. Check web at noon for rain or other go/no go. Ice cream and Coffee stop. Meet at south end of Blue Point Av at the Gazebo Dock. Take Nicholls Road to south end, then Blue point avenue to south end.

Fri 8/17 8:30am 34mi/C+/F/S "Start the weekend early - beat the heat"

Joe Matzelle (631)949-4458(H)  
Meet at Oakdale train station (southwest corner of lot). Ride to Bellport. Optional food stop. Check Message Board before 7:30 for cancellation. If weather is iffy, ride start may be delayed.

Sat 8/18 9:00am 27mi/C/R/F/S "We're off to see the Wizard"

Dan Mussler (631)821-2219(H)

Start at Mt Sinai King Kullen (#6) off Rt 25A and ride to Shoreham. Lunch Stop. True C pace 11-12 average. Good ride for beginners.

Sat 8/18 8:30am 41mi/C+/R/F/S "Smell the Cedars Rocky Point Version"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). Lunch at Cedar beach. No go rain.

Sat 8/18 9:15am 34mi/B/H/R/S "Take a Ride on the Wild Side"

Anita Risener (631)331-8595(H)

Start in Miller Place #3, now Applebees (no more Waldbaums) and ride a few good hills to Wildwood for a short lunch stop. Deli stop before the park. Moderate, steady pace. No riding in the rain.

Tour Of The Hamptons

Tue 8/21 6:00pm 20mi/C+/F/S "South Shore Ride"

Joe Matzelle (631)949-4458(H)

Meet at JFK school on Woodland Dr (south extension of Carleton Ave) in East Islip. Route varies but includes Islip, Bay Shore and Brightwaters. Depending on turnout, we may break into 2 groups, B and C+. Check Message Board before 5:00pm for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Tue 8/21 9:00am 35mi/C+/R/F/S "Cicycling to Cedar Beach"

Dick Cunningham (631)585-0868(H)

Meet at Sunshine Mall (#1) for a ride to Cedar Beach for a late breakfast or early lunch. Leader will adjust pace to needs of group.

Tue 8/21 9:00am 41mi/B+/R/S "Pine Barrens Loop"

Gloria Sanicola (631)878-5716(H)

Leave from location # 7, Eastport King Kullen. Bring plenty of water & some snacks, there are no food stops.

Wed 8/22 6:30pm 11mi/D/F/S "Heckscher State Park Loop Ride"

Jack Steffens (631)669-4740(H) (631)632-8296(W)

We will ride the loop at Heckscher State Park. This ride is very flat and almost no traffic. We should finish by 7:30ish. We will meet in parking field 4. No go Rain.

Wed 8/22 6:00pm 18mi/B-/H/S "North Shore Roller Coaster Ride"

Barbara Abraham (631)265-0021(H)

B/C+; ride start: parking lot north of Smithtown Library on N Country Rd; Multiple routes/options; Mileage determined by available daylight. No Go rain. Plan to return before dusk.

Wed 8/22 5:30pm 35+mi/AA+/H/R/F "Hell of the North"

Christian Escudero (631)484-2735(H)

Start from 1650 Sycamore Plaza Parking lot Bohemia ny 11716. Between Seventh St and Vets HWY. need more information please contact christian @ 631-484-2735 [christian@broadviewnet.net](mailto:christian@broadviewnet.net)

Thu 8/23 5:45pm 21mi/B-/R/S "Thursday Riverhead Ride"

Karin G (631)885-2541(H)

Meet at the South Municipal lot in Riverhead (Take McDermott South from Main St. and make a right.) Note the new start time. We will take the scenic ride to Mattituck. Bring a light in case we get back late.

Thu 8/23 9:15am 20mi B F S "week day tune up"

Pat Nett [patpuff14@yahoo.com](mailto:patpuff14@yahoo.com) (631)286-6460(H)

Holtsville ecology center to Yaphank

Thu 8/23 5:00pm 35mi/B+/R/S "Wildwood"

Gloria Sanicola (631)878-5716(H)

Leave from location # 7, Eastport King Kullen. Ride to Wildwood Park.

Fri 8/24 8:30am 34mi/C+/F/S "Start the weekend early - beat the heat"

Joe Matzelle (631)949-4458(H)

Meet at Oakdale train station (southwest corner of lot). Ride to Bellport. Optional food stop. Check Message Board before 7:30 for cancellation. If weather is iffy, ride start may be delayed.

Sat 8/25 10:00am 23mi/D/R/S "Manorville D+ Ride"

Gordon Howard (631)878-1716(H)

Will do an easy D ride a little longer than I usually do. Meet at the Manorville King Kullen, LIE exit 70 south on RT 111 for 1/2 mile. No go rain Questions call home or cell 631-484-1650.

Sat 8/25 8:30am 40mi/C+/F/S "View the Shrine Honest C+ ride"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). We will bike to the Shrine and have lunch at the Bagel Deli in Manorville. No go rain.

Sat 8/25 8:00am 20mi/B-/R/F/S "Holtsville Ecology Center Ride #1"

Jeff Meyer (631)471-2129(H)

Join us for an early ride before the temperature goes up and while the day is young. This ride will not go above a B- pace, with just a quick snack stop. No go rain. Cell phone 631-523-2129 day of ride only.

Sat 8/25 8:00am 35mi/Multilevel B+/A/H/U "Stony Brook-Setauket-Port Jeff hills"

Jack Steffens (631)669-4740(H) (631)632-8296(W)

Unstructured with lots of regrouping. Deli stop in Port Jefferson. Meet at the Stony Brook RR Station parking lot next to the Getty Station (#4).

Sat 8/25 9:00am 50mi/U "Multi-Level Tandem Ride"

Michelle & Richard Dittmar (631)277-5226

Bagel Breakfast 9:00 - 10:00, Ride Time: 10:00

Meet at 56 Craig Road, Islip Terrace, NY. Meet New Jersey Tandem Club DOGS (Doubles of the Garden State) for a flat to rolling tandem perfect Approx. 50 miles. Cue sheets available. Please RSVP by August 23rd for bagel breakfast ordering purposes.

Sun 8/26 9am All Levels "SBRA Multi Club Ride"

We will host a Multi Club Ride from the Court Complex in Riverhead. We will tour through areas of Eastern Long Island. All routes include a deli stop. Some ride leaders to be assigned day of ride. (a) Via LIE - (I-495) East to exit 71 (Rt-24) right on to Rt-24 then right on Center Drive (just past jail) into the parking lot. (b) Via Sunrise Hwy (NY-27) East to exit 61 (CR-51) then North on CR-51 towards Riverhead (about 7.5 miles) turn left in to parking lot.

"A" (18-19 meter avg), "B+/A" (16-18 meter avg), "B+" (15-16 meter avg) "B" (13-16 meter avg) "C+" (11-13 meter avg) "C" (10-12 meter avg)

Ride Leaders:

"D": To be announced

"C+": Dick Cunningham (631)585-0868(H)

"C": To be announced

"B": Bruce Presner (631)476-3923(H) (516)481-6640(W)

"B+/A": Christine Marino (516)578-8478(H)

"A": Jack Steffans (631)669-4740(H) (631)632-8296(W)

Note: "B+/A" & "A" will follow the same route

Tue 8/28 6:00pm 20mi/C+/F/S "South Shore Ride"

Joe Matzelle (631)949-4458(H)

Meet at JFK school on Woodland Dr (south extension of Carleton Ave) in East Islip. Route varies but includes Islip, Bay Shore and Brightwaters. Depending on turnout, we may break into 2 groups, B and C+. Check Message Board before 5:00pm for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Tue 8/28 9:00am 35mi/C+/R/F/S "Shufflin' Off to Shoreham"

Dick Cunningham (631)585-0868(H)

Meet at Sunshine Mall (#1) for a ride to Shoreham to view the Sound with a stop at the Bagel Lady. Leader will adjust pace to needs of group.

Tue 8/28 9:00am 48mi/B+/R/S "Eastport-Northville"

Gloria Sanicola (631)878-5716(H)

Leave from location # 7, Eastport King Kullen. Will be doing the tank loop. Stop at Briermere.

Wed 8/29 6:00pm 17-18mi/C+/H/R/S "North Shore Ride"

Bonnie Meyer (631)751-7018(H) (631)724-6900(W)

Leave from 10 Stuyvesant Circle East, E. Setauket. Ride to the Lighthouse or Setauket Harbor. No go if rain.

Wed 8/29 6:00pm 22mi/B-/F/S "Island On The Bay"

Jeff Meyer (631)471-2129(H)

Join us for some early evening exercise. Ride from the Sayville RR parking lot to Bellport at a B- pace. We'll have a short rest stop at the harbor and then back to Sayville. No go rain. Cell phone 631-523-2129 afternoon of ride only.

Wed 8/29 5:30pm 35+mi/AA+/H/R/F "Hell of the North"

Christian Escudero (631)484-2735(H)

Start from 1650 Sycamore Plaza Parking lot Bohemia NY 11716. Between Seventh St and Vets HWY. need more information please contact christian @ 631-484-2735 [christian@broadviewnet.net](mailto:christian@broadviewnet.net)

Wed 8/29 6:30pm 11mi/D/F/S "Heckscher State Park Loop Ride"

Jack Steffens (631)669-4740(H) (631)632-8296(W)

We will ride the loop at Heckscher State Park. This ride is very flat and almost no traffic. We should finish by 7:30ish. We will meet in parking field 4. No go Rain.

Thu 8/30 5:45pm 21mi/B-/R/S "Thursday Riverhead Ride"

Karin G (631)885-2541(H)

Meet at the South Municipal lot in Riverhead (Take McDermott South from Main St. and make a right.) Note the new start time. We will take the scenic ride to Mattituck. Bring a light in case we get back late.

Thu 8/30 5:00pm 35mi/B+/F/S "Dune Road"

Gloria Sanicola (631)878-5716(H)

Leave from location # 7, Eastport King Kullen. Ride out Dune Road to Tulley's & return inland.

Thu 8/30 9:15am 32mi B F S "south shore flats"

Pat Nett [patpuff14@yahoo.com](mailto:patpuff14@yahoo.com) (631)286-6460(H)

ride from my house to beach. 17 Skyhaven Drive, Patchogue to Smith Point

Fri 8/31 8:30am 34mi/C+/F/S "Start the weekend early-beat the heat"

Joe Matzelle (631)949-4458(H)

Meet at Oakdale train station (southwest corner of lot). Ride to Bellport. Optional food stop. Check Message Board before 7:30 for cancellation. If weather is iffy, ride start may be delayed.

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*continued from pg. 1*

•**New Ride Leader Incentives were added. A Ride Leader Raffle where two \$100 gift certificates would be awarded to Ride Leader who earned 6 or more credits. Also Ride Leaders would earn 2 credits instead of 1 for his/her first six “D” rides.**

•**A new “Be a Ride Leader” web page was added to our web site, where new Ride Leaders could find all the information necessary for becoming an SBRA Ride Leader.**

•**A Ride Leader Mentoring Program was created to provide training to new Ride Leaders at any time of the year.**

•**SBRA Ride Categories Web Page was re-done to better define SBRA Ride Categories.**

•**Thirty additional Cue sheets were added to SBRA Cue sheet web page, which now list 70 different rides from over 20 different locations throughout Suffolk County. This was done to make it easier for our Ride Leaders to find rides to lead.**

All these changes were done to encourage volunteers to lead more rides and to keep SBRA Ride Schedule full. I have seen more “D” rides this year and more new Ride Leaders this year. And I noticed a few Ride Leaders doing rides that came from our Cue Sheet Web Page. It’s been gratifying to see these changes and I must say SBRA has the fullest Ride Schedule of any Bike Club on Long Island. No other LI club is even close to providing the number of rides, that SBRA provides it members. Thank you, SBRA Ride Leaders.

But a lack of new Ride Leaders was not the only problem I noticed. I noticed that the number of members attending our annual Holiday/Award party was declining. I noticed a reward program that I felt did not adequately reward our hard working volunteers. A reward program that I found upon becoming President was very under funded.

Now I recognized to make more improvement to our Club, I needed additional funds. With the Board’s approval, changes were made to encourage

more members to switch to electronic delivery to make membership dues income available for other purposes. I cut the number of newsletters printed back from 500 to 350, when I found only 250 were mailed and most of the remaining newsletters were throw out. Also I started a web advertising program and I signed up 9 bicycle shop to join this program giving SBRA an additional \$3000 in funds this year. With the side benefit of giving our members discounts at these bike shops. We had a very successful BBB this year and with the above additional funds, SBRA Treasury is at record levels.

As a result of our full treasury:

- **The members passed my proposal to hire Donna DeSousa of Huntington to design a new club Jersey. A Jersey I hope will be the best SBRA Jersey yet. A Jersey that SBRA members can wear with pride.**

- **The members passed my proposal to purchase new Polar Water Bottles with SBRA logo that will be given out as awards at SBRA’s Holiday/Awards party. I hope these new water bottles will be a better incentive for our Ride Leaders and Sweeps.**

Now finally at SBRA past membership meeting I turned my attention to SBRA Reward Program for its Officers, Directors and Chairs. I proposed that the Award Committee Budget for the Awards Party be increased from \$300.00 to \$1000.00. Two of members argued that they did not need any awards. When the vote came, a bare majority at best seem to vote for my proposal. I then chose to table my proposal until August Membership meeting.

These members that stated they don’t need any awards were wrong! While it may be true, they do not need the awards. But they are wrong because they think the awards are about them and only them.

- **Some our volunteers do need the rewards to encourage them to continue to volunteer their services.**

- **Also our members need the rewards, so they can show their appreciation.**
- **Most importantly, SBRA needs the rewards to stimulate interest, and encourage members to volunteer their time. To refill the positions that are vacated each year.**

I see many of our volunteers becoming worn and weary. Their spirits are down. When I see these volunteers taking multiple positions, to me they are under appreciated and over worked. Of course they can quit and come the fall, I expect many will. But if this club is to continue to survive and prosper, SBRA needs its volunteers. SBRA needs an effective awards program to generate interest in the positions that must be filled! SBRA will only grow and prosper if more members step forward to fill SBRA positions. So the work load is more equally shared. With members like Joe & Christine filling multiple positions, when they step down it will be like 5 members stepping down. Where will the replacements come from?

The club allocates \$2500.00 in its budget for Ride Leader Incentives or awards. For all other volunteers \$300.00 is allocated. To me this makes no sense. Trying running a club without a Treasurer, Statistician, Webmaster, Social Director or Ride Director. Without these positions the club will cease to function just as if we had no Ride Leaders.

**Now personally I can tell you, none of SBRA Officers, Directors or Chairs are seeking any awards. But they are weary and tired. I don't want awards for them. I want help for them and they want more help. But to get more help, I believe the club must recognize how hard our volunteers have been working. Their efforts must be recognized, awarded and the awards posted on our website every year going forward. Our members must understand the efforts that these volunteers have been making. To stimulate interest in these positions, SBRA needs an effective Award**

### **Programs for it's Officers, Directors, Chair and Committee positions.**

One member already mentioned to me not to expect the volunteers to come knocking down the door. I don't, I'm not that naïve. But nevertheless, I intend to make every effort to encourage more members to volunteer their services. And that starts with giving our other volunteers other than our ride leaders, incentives of the same value that we provide our Ride Leaders. Anything less, simply would not be fair to these hard working volunteers.

On July 23, I will be meeting with SBRA Awards Committee to discuss ideas for over hauling SBRA Award Program. I have a long list of ideas. At the August membership meeting I will explain the SBRA Award Committee plans for awarding our volunteers. I will again ask the membership for a substantial increase in the SBRA Awards Budget for our Officers, Directors and Chair Volunteers at this coming August Membership Meeting.

**I'm asking all members not just to vote for these proposals for our hard working volunteers, but for SBRA and yourselves, so that in future years SBRA will always have the volunteers needed to grow and prosper as a club. That the great club that I have known and loved for the past nine years will continue for many more years to come. Since I have been elected President of SBRA, it's only been my hope to make this club greater than I found it.**

Sincerely yours,  
Dan Mussler

# CARL HART VENTURES presents...

## SUNDAY OCTOBER 21 CATHEDRAL PINES MOUNTAIN BIKE RACE

**Free Tee Shirt  
to the first 200 Preregistered  
Applicants**

### VOLUNTEERS NEEDED

Please call 631-924-5850  
ask for Darren

### MAJOR RAFFLE AFTER RACE

CATEGORY	CLASS	START	PRIZES	PLACES	LAPS	DISTANCE
BEGINNER	Mens 19-34	9:00	Trophies	3	1	6 miles
	Vet Men 35-44	9:02	Trophies	3	1	6 miles
	Junior 15-18	9:02	Trophies	3	1	6 miles
	Junior 12-14	9:04	Trophies	3	1	6 miles
	Master Men 45+	9:04	Trophies	3	1	6 miles
	Women	9:04	Trophies	3	1	6 miles
SPORT	Mens 19-34	9:45	Trophies	3	2	12 miles
	Vet Men 35-44	9:47	Trophies	3	2	12 miles
	Master Men 45+	9:49	Trophies	3	2	12 miles
	Junior	9:51	Trophies	3	2	12 miles
	Women	9:51	Trophies	3	2	12 miles
EXPERT	Mens 19-34	10:45	Cash & Trophies	3	3	18 miles
	Vet Men	10:47	Cash & Trophies	3	3	18 miles
	Women	10:49	Cash & Trophies	3	3	18 miles
	12 - 18	10:49	Cash & Trophies	3	3	18 miles

\* 1 place for every 2 entrants, max 3 places

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

E-mail \_\_\_\_\_ Date of Birth \_\_\_\_\_

Age on day of race  Sex: M  F  Phone \_\_\_\_\_

Category:  Beginner  Sport  Expert

Expires  /  Security Code \_\_\_\_\_

VISA  Mastercard  Discover

**HELMETS  
AND  
EYEWEAR  
REQUIRED**

SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_

(If under 18, signature of parent or legal guardian)

Minors must have parent or guardian approval and signature  
Cut and mail this completed form along with correct fee to:

**CARL HART BICYCLES**

620 Middle Country Rd., Middle Island, NY 11953

Please **make checks payable to: TEAM CARL HART**

E-mail: sales@carlhart.com

### ACCIDENT WAIVER AND RELEASE OF LIABILITY

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, temperature, weather, condition of athletes, equipment, vehicular traffic, actions of other people including, but not limited to, participants, volunteers, spectators, coaches, event officials, and even monitors, and/or producers of the event, and lack of hydration. These risks are not only inherent to athletics, but are also present for volunteers. I hereby assume all of the risks of participating and/or volunteering in this event. I realize that liability may arise from negligence or carelessness on the part of the persons or entities being released, from dangerous or defective equipment or property owned, maintained or controlled by them or because of their possible liability without fault.

I certify that I am physically fit, have sufficiently trained for participation in the event and have not been advised otherwise by a qualified medical person.

I acknowledge that this Accident Waiver and Release of Liability form will be used by the event holders, sponsors and organizers, in which I may participate and that it will govern my actions and responsibilities at said events.

In consideration of my application and permitting to participate in this event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors, and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft or actions of any kin which may hereafter accrue to me including my travel to and from this event. THE FOLLOWING ENTITIES OR PERSON:

**Carl Hart Cycles, Suffolk County & Carl Hart Ventures LLC**

Their directors, officers, employees, volunteers, representatives, and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or persons mentioned in this paragraph from any and all liabilities or claims made as a result of participation in this event, whether caused by the negligence of releases or otherwise.

I hereby consent to receive medical treatment which may be deemed advisable in the event of injury, accident and or illness during this event.

I understand that at this event or related activities, I may be photographed. I agree to allow my photo, video or film likeness to be used for any legitimate purpose by the event holders, producers, sponsors, organizers and or assigns.

This Accident Waiver and Release of Liability shall be construed broadly to provide a release and waiver to the maximum extent permissible under applicable law.

I hereby certify that I have read this document; and, I understand it's content.

Print Participant's Name \_\_\_\_\_ Age \_\_\_\_\_

Signature (if under 18 years old parent or guardian must also sign) \_\_\_\_\_ Date \_\_\_\_\_

**PARENT GUARDIAN WAIVER FOR MINORS (Under 18 years old)**

The undersigned parent and natural guardian or legal guardian does hereby represent that he/she is, in fact, acting in such capacity and agrees to save and hold harmless and indemnify each and all of the parties referred to above from all liability, loss, cost, claim or damage whatsoever which may be imposed upon said parties because of any defect in or lack of such capacity to so act and release said parties on behalf of the minor and the parents or legal guardian.

Print Parent or Guardian Name \_\_\_\_\_ Age \_\_\_\_\_

Signature of Parent or Guardian \_\_\_\_\_ Date \_\_\_\_\_

## How Do I Get Started?

Newcomers are always welcome to try rides with us before becoming members. Just go to our website ([www.sbraweb.org](http://www.sbraweb.org)), click on "Ride Calendar" select a ride within your skill level and show up for the ride.

## Standard Club Ride Levels

- "AA" – 22+ MPH
- "A" – 18-24 MPH
- "B" – 14-17 MPH
- "C" – 11-13 MPH
- "D" – 10 MPH or Less

**Beginners** should start with a "D" level ride.

**Experienced Riders** it is recommended that experienced riders start at least one ride level below what they think you can handle.

## Preparing For Your First Club Ride

Before arriving at a first club ride:

- Bring a helmet (wearing a biking helmet is a club requirement)
- Ensure bike is in good mechanical condition
- Properly inflate tires
- Bring a water bottle, spare tube or patch kit, pump, personal ID, and Insurance ID card (if available)

## Tips for Riding in a Group

Riding in a group carries responsibilities for all riders. Riders need to stay alert, ride predictably, and follow your ride leader's instructions.

Review our web link

<http://www.sbraweb.org/tips.htm>

v. 02/06

# SBRA Membership Application

New Member     Renewal     Reinstatement

Newsletters delivered by Email unless Mail Delivery Indicated

<b>First Name</b>	<b>Last Name</b>	<b>Annual Dues:</b> \$20 individual/\$25 family membership Make check payable to SBRA Send form, membership payment and SASE to:  SBRA c/o Christine Marino 10 Alma Lind Lane Nesconset, NY 11767
<b>Address</b>		
<b>City</b>	<b>State</b>	
<b>Day Phone</b> ( )	<b>Evening Phone</b> ( )	<b>Email Address</b>
<i>I prefer to receive the Newsletter via:</i> <input type="checkbox"/> First Class mail <u>OR</u> <input type="checkbox"/> <b>50% Discount off SBRA Annual Picnic with Email Delivery</b>		

League of American Bicyclists ("LAB") and Suffolk Bicycle Riders Association ("SBRA")  
**Release and Wavier OF Liability, Assumption of Risk, and Indemnity Agreement ("Agreement")**

IN CONSIDERATION of being permitted to participate in any way in Suffolk Bicycle Riders Association (SBRA) sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

- (1) ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
- (2) FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, OR THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
- (3) HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Suffolk Bicycle Riders Association, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable owners and lessors of premises on which the Activity take place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, make a claim against any of the releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THESE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.


I Have Read This Release. Signature of Primary Applicant

I Have Read This Release. Sign and print name and relation of other family applicants not listed above

Signature and Title of Witness

[www.sbraweb.org](http://www.sbraweb.org)

Everyone is invited to attend our monthly meetings. See our website for dates and directions. All members receive our monthly newsletter, Rolling Wheels.



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1077 Rte. 25A  
Stony Brook, NY 11790  
631-689-1200  
[www.CampusBicycle.com](http://www.CampusBicycle.com)

To All Members:

If you have any great shots of SBRA events that you would like to share with the membership, please send them to me [rdressle@suffolk.lib.ny.us](mailto:rdressle@suffolk.lib.ny.us).

Thank you,

Rona Dressler  
Editor



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PO Box 404  
St. James, NY 11780

