



ORGANIZED 1977

# Suffolk Bicycle Riders' Association Monthly Newsletter

# Rolling Wheels

**December 2007 - Volume 30 / No. 12**

## Member Paumonok Bicycling Advocacy

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 :

One of my first priorities when I became President of SBRA was to increase the number of SBRA Ride Leaders. With the SBRA board and our webmaster help, a new Ride Leader web page was created, new Ride Leaders incentives were added and more cue sheets were added to our website. Now our club Statistician, Joe Matzelle, has given me the final Ride Statistics for the 2007 Season. How did we do?

	2006	2007	Increased by
• Ride Leaders	42	56	24%
• Jersey Awards	20	27	35%
• Party Awards	12	20	66%
• Total Rides	494	546	11%
• D Rides	19	40	111%

Examining the 27 Ride Leaders who earned a Jersey Award this year against the 2006 season, I found 13 Ride Leaders who did not earn a Jersey in 2006. Those Ride Leaders with earned ride credits are as follows:

- Jack Steffens 40.5
- Gloria Sanicola 35
- Shannon Cain 16
- Pat Nett 14.5
- Barbara Abraham 14

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

- Bonnie Meyer 14
- Bonnie Vulin 12
- Marianne Galati 10.5
- Anita Risener 10.5
- Glen Cochrane 10
- Jeff Meyer 10
- Dawson Pfisterer 8
- Dan Rogers 8

And 14 Rides Leaders earned a Jersey Award for 2006 and again for 2007, they are as follows:

- Joe Matzelle 61.5
- Billy Grosso 41.5
- Bob Miller 24.5
- Dan Mussler 24.5
- Bill Pope 21.5
- Karin Gluth 18
- Gordon Howard 18
- Bruce Presner 18
- Dick Cunningham 13
- Mark Sailer 13
- Steven Sendrowski 13
- Linda Abraham 12.5
- Richard Dittmar 12
- Lil Burliuk 8

**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.

## DECEMBER'S MEETING

Thursday, December 6, 2007  
7:30 p.m.

**DON'T MISS THIS ONE**

**SBRA Election and huge 6 foot hero...**

**New Village Recreation Center**

## **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 Pressner / 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.

Thank you SBRA Ride Leaders for giving SBRA members a record season of rides. I hope all of you will continue to lead rides and make the Ride Leader Jersey list for the 2008 season. We did great for the 2007 season, but let's make 2008 even better. I really would like to see 30+ Jerseys awarded for the 2008 season. We can do it!!!

Now our awards party will be held on January 19, 2008. At this upcoming awards party:

- 27 Ride Leaders will be awarded a Jersey
- 20 Ride Leaders will be able to attend the Party for free
- 30 Ride Leaders will be eligible for the Ride Leader Raffle where two members will collect a \$100 gift card
- 45 Riders will be awarded a SBRA new Polar Water Bottle with SBRA logo.
- 13 Riders will be awarded a SBRA coffee Mug
- 3 Ride Leaders will be awarded a free membership

I hope to see all of you at this year's party.

On another subject, in August I had SBRA's first multi-start ride, which started from Sayville and went to Smith Point, with stops at Patchogue and Bellport. I named this ride "Train Ride", due to its multiple stops for riders. I intend to continue doing this ride each August. But this ride was originally done by Carolyn Chapman, one of SBRA's former Ride Leaders and who was very active in club affairs. Unfortunately Carolyn Chapman passed away a few years ago. It was suggested to me that I name my August multi-start ride after her, in her memory. So come August, when I post this ride, it will be known as the "Chapman Train Ride".

Now many of you heard that I will not be running for President of SBRA for the 2008 season. I need a break, but I do not exclude returning to serve as SBRA President at some

future date. However I will be serving as the SBRA Webmaster and Advertising Chair for the 2008 season. I also intend to remain an active member of SBRA board, this way I can continue to drive the other members of the SBRA board crazy with my ideas.

Finally I would like to thank all SBRA members for a wonderful season.

Safe Cycling

*Dan Mussler*

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### New Members

New Members

Gregg Eisenstein	Hampton Bays
Laura Thompson	Blue Point
Marshall	Dix Hills
Jeff Jahier	Coram
James Lederman	Center Moriches
Kristian Saether	Rocky Point
Richard Devereaux	East Setauket
Sophia Koessal	East Setauket
Bruce Talbot	Islip
Philip & Judith Aries	Robert Crasta
James, Javita, Dev, &	Rockville Center

Welcome Back Reinstated Members!

William & Christine Tschorn Holbrook

Totals: Active Members – 631; Families – 122; New Members – 15; Reinstated - 2

**Christine Marino**

## Bike Discounters

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### MEETING MINUTES

**November 1st, 2007**

I. Call to order- the meeting was called to order by President Dan Mussler at 7:35PM. Thirty-nine members and/or guests were present.

II. Treasurer's Report (Joe Matzelle) - Joe reported on the club's current balance. He will be submitting two proposed budgets for 2008 -

the first including Bike-Boat-Bike, and a second excluding the event.

### III. Committee Reports

A. Statistician (Joe Matzelle) - Joe reported that members have ridden a total of 118,315 club miles this ride year (Nov. 1, 2006-Oct. 31, 2007). Five members have ridden 2,000 or more miles and 27 members 1,000 or more miles. See the newsletter for a complete report.

B. Membership (Norm Samuels for Christine Marino) - the club currently has 631 individual members including 122 families. 70 new members were signed up as a result of the Guide Dog Ride. 2 previous members have been reinstated. One new member (James) was introduced.

C. Education/Safety (Gordon Howard) - Gordon stated that with the onset of colder weather riders should be particularly careful in watching out for "black ice". He also advised that riders should dress appropriately for cooler weather, avoiding wearing cotton next to the skin.

D. Club Jersey Committee (Diane Krieger) - Diane reported that the Committee has been working with the designer on a design, and will submit proposals at the December meeting.

E. Guide Dog Ride (Herb Krieger) - Herb reported that this year's Guide Dog ride was a successful one, attracting over 400 riders, an all-time high. Three people have already volunteered to coordinate next year's event.

F. Nominating Committee (Susan Sherman) - Susan submitted a list of Nominees for club offices for the 2008 club year. They are as follows:

- President - Greg Eisenstein
- Vice-president - Susan Sherman
- Corresponding Secretary - Jeff Cohen
- Recording Secretary - Dick Cunningham
- Treasurer - Joe Matzelle
- Social Director - Michelle Dittmar
- Ride Director - Bill Pope
- Education/Safety Director - Gordon Howard
- Advocacy Director - Pat Brennan

Additional nominations will be accepted at the December meeting, at which times the election will be held.

### IV. Old Business - none

### V. New Business

A. Mike Weber announced that the annual club bowling party will be held at the East Islip Lanes on Saturday, March 22nd. The cost is \$24.50 per person and includes 3 games, shoes, and a buffet.

B. Henry Schmidt announced that he will update the League of American Bicyclists club cue sheet. LAB has requested a donation to underwrite its activities. A motion was passed to send LAB \$100.

C. A volunteer is needed to provide snacks at the monthly meetings.

VI. Program - Following the end of the business portion of the meeting at 8:05, Vice-president Phil Enright introduced Deborah Amilowski, who presented a program on estate planning.

VII. Adjournment - the meeting was adjourned at 9:15 PM.

Respectfully Submitted,

*Dick Cunningham*

*Recording Secretary*

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- Klein
- Litespeed
- Macell
- Merlin
- Moets
- Nanticoke
- Nirvo
- Pinnarello
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# Holiday Party

**January 19, 2008**

• **7 PM**

• **\$33 per person**

**Sunset Harbor**

90 Colonial Drive

East Patchogue, NY 11752

One hour cocktail party with 3 hour sit down dinner. Price includes choice of dinner, beer, wine and soda. DJ and dancing and dinner music. Club awards and more.

Name \_\_\_\_\_

Number of people attending \_\_\_\_\_

Amount enclosed (\$33 per person) \_\_\_\_\_

**Checks must be received  
by January 10, 2007**

Please send form with check. **Mail to Michelle Ditmar, 56 Craig Drive, Islip Terrace, NY 11751**

**SBRA 2007 Ride Season (Nov 06 - Oct 07) - Final Statistics**

Name	Ride	Miles	Name	Ride	Miles
	Credits	Led		Credits	Led
Matzelle, Joe	61.5	1544	Deerfield, James	1.5	0
Grosso, Billy	41.5	1479	Mazzola, Janet	1.5	0
Steffens, Jack	40.5	1400	Reed, Dick	1.5	0
Sanicola, Gloria	35	1174	Weber, Mike	1.5	0
Miller, Bob	24.5	518	Abruzzo, Joseph	1	0
Mussler, Dan	24.5	691	Beldy, Marylou	1	0
Pope, Bill	21.5	609	Braun, Bob	1	0
Gluth, Karin	18	385	Braun, Margaret	1	0
Howard, Gordon	18	170	Brennan, Pat	1	0
Presner, Bruce	18	527	Briggs, David	1	0
Cain, Shannon	16	321	Burke, Laraine	1	0
Nett, Pat	14.5	368	Cahill, Cathy	1	25
Abraham, Barbara	14	172	Cohen, Jeff	1	0
Meyer, Bonnie	14	211	Deerfield, Elizabeth	1	0
Cunningham, Dick	13	358	Enright, Phil	1	0
Sailer, Mark	13	375	Fallon, Laura	1	0
Sendrowski, Steven	13	456	Frevele, Don	1	0
Abraham, Linda	12.5	134	Fuchs, Larry	1	0
Dittmar, Richard	12	240	Giorello, Carol	1	22
Vulin, Bonnie	12	375	Graham, Grant	1	51
Galati, Marianne	11	311	Harrington, Kate	1	0
Risener, Anita	10.5	210	Jackson, Robert	1	0
Cochrane, Glen	10	427	Jessup, Bill	1	0
Meyer, Jeff	10	295	Karph, Edwin	1	0
Burliuk, Lil	8	248	Keely, JoAnn	1	0
Pfisterer, Dawson	8	45	Licata, John	1	0
Rogers, Dan	8	62	Marino, Carmine	1	38
Braun, Barbara	7.5	181	Masters, Lewis	1	0
Itkin, Fred	7	282	Masters, Ricki	1	0
Wexler, Lanny	6	206	Ramlogen, Nirine	1	0
Reed, Claire	5.5	36	Resnick, Linda	1	0
Goodstadt, Ron	5	185	Resnick, Harry	1	0
Marino, Christine	5	205	Sailer, Maureen	1	0
Molny, Adam	5	202	Samuels, Hava	1	0
Greis, Fred	4	20	Schmidt, Henry	1	0
Newman, Brenda	4	0	Verdrager, Jane	1	0
Samuels, Norm	4	102	Walker, Karen	1	0
Kunda, Nick	3.5	0	Yancovitz, Alan	1	0
Levy, Ronnie	3.5	44	Zanatta, Tom	1	0
Dittmar, Michelle	3	52	Brill, Brian	0.5	0
Krieger, Herb	3	55	Comans, Ed	0.5	0
Onorato, Judith	3	0	Hughes, Michael	0.5	0
Rivera, Jose	3	0	Johnsen, Bronna	0.5	0
Rivera, David	2.5	16	Lukin, Sy	0.5	0
Jackson, Dennis	2	92	O'Lear, Frank	0.5	0
Johnsen, Artie	2	20	Page, Keri	0.5	0
Kirk, Linda	2	17	Ribeiro, Bruce	0.5	0
Krieger, Diane	2	23	Rivera, Denise	0.5	0
Marder, Ira	2	81	Travis, Rich	0.5	0
Reilly, Fritz	2	0	Triculis, Costa	0.5	0

**SBRA 2007 Ride Season (Nov 06 - Oct 07) - Final Statistics**

Name	Miles	Name	Miles	Name	Miles	Name	Miles	Name	Miles
Matzelle, Joe	2943	Brown, Brant	659	Gerde, Dave	353	Williams, Liz	140	Pile, Phil	54
Pope, Bill	2703	Walker, Karen	655	Metzger, Howard	353	Genovese, Joe	138	Knight, William	50
Goodstadt, Ron	2636	Meyer, Bonnie	652	Greis, Fred	348	O'Shea, Dan	137	Smith, Joan	50
Steffens, Jack	2543	Moore, Tom	651	Kavanagh, Joann	347	Keely, JoAnn	134	Parrish, Cathy	49
Nett, Pat	2369	Beukelaer, Mike	647	Doyle, Liz	342	Garistina, Katherine	133	Rothberg, Robert	49
Grosso, Billy	1871	Beldy, Marylou	645	Lukin, Tama	342	Lukin, Sy	131	Hammerschmidt, Mara	47
Miller, Bob	1749	Itkin, Fred	629	Burke, Kathy	340	Beck, John	126	Harte, Peter	46
Cunningham, Dick	1489	Yancovitz, Alan	629	Aguayo, Rafael	339	Beyer, Bruce	120	Mayr, Tim	46
Klein, Gerry	1480	Taranto, Michael	602	Sciammarella, Alex	334	Le, Tuan	119	Werner, Robin	46
Atwood, Steven	1470	DePalma, Joe	588	English, Donna	330	Barna, Tom	118	D'Agostino, Jane	42
Resnick, Linda	1448	Presner, Bruce	584	Graham, Grant	322	Weber, Linda	117	D'Agostino, Tony	42
Gluth, Karin	1434	Mazzola, Janet	582	Leschen, Larry	315	Kennedy, Larry	116	Falvey, Paul	40
Jackson, Dennis	1423	Sailer, Mark	578	Neal, John	310	Wiesehan, Paul	116	Marks, Dan	40
Marino, Christine	1403	Harrington, Kate	564	Williams, Kevin	310	Moore, Ross	115	Rogers, Dylan	40
Mardosa, Rich	1397	Fuchs, Larry	561	Ruiz, Joe	303	Wilkins, Stuart	111	Zullo, Matt	40
Dinger, Brian	1312	Pouliot, Gary	552	Briggs, David	299	Roesch, Roberta	110	Cochrane, Michael	39
Marino, Carmine	1302	Risener, Anita	547	Brown, Eileen	299	Sedlacek, Art	110	Kennedy, Marie	39
Matthews-Ziel, Margaret	1284	Brill, Brian	532	Halversen, Robert	297	Walters, Bill	109	Knight, Joyce	39
Sanicola, Gloria	1271	Meyer, Jeff	523	Brennan, Pat	290	Lamb, Alexis	103	Westrich, Barbara	38
Mussler, Dan	1197	Olivieri, Pete	523	Braun, Bob	289	White, John	101	Kizenberger, Ed	37
Paoli, Drew	1119	Bergen, Janice	519	Jones, Larry	287	Cahill, Cathy	100	O'Connor, Sheila	37
Onorato, Judith	1111	Carroll, Deborah	514	Deerfield, James	282	Lincoln, Frank	100	Wadalavage, Linda	37
Cain, Shannon	1041	Enright, Phil	512	Ficazzola, Michael	282	Adams, Jay	98	Garistina, Thomas	35
Triculis, Costa	1030	Garrity, Todd	509	Sherman, Susan	281	Dalpiaz, Robert	95	Otis, Eileen	35
Skolberg, Chris	1025	Jessup, Bill	501	Wolf, Kim	280	Samuels, Hava	93	Burke, Laraine	34
Kunda, Nick	1016	Rivera, Denise	494	Comans, Ed	278	Abruzzo, Joseph	91	Richter, Patricia	34
Roth, Anita	1013	Halegoua, Audry	491	Geiger, Sandy	277	Abruzzo, Gail	91	DeMarco, Marge	32
Odynocki, Wienczyslav	977	Dittmar, Michelle	485	Johnson, Edward	276	Read, Martin	91	Kellner, Gail	32
Watts, Ray	963	Deerfield, Elizabeth	477	Reed, Claire	270	Schellack, Pete	90	Dinger, Anna	31
Dittmar, Richard	962	Newman, Brenda	456	Godfrey, Valerie	268	Abrams, Ruth	86	Wood, Chris	31
Ribeiro, Bruce	955	DellaVedora, Robert	454	Fountain, Maria	260	Oatman, Geoffrey	86	Frevele, Don	30
Sendrowski, Steven	947	Galati, Marianne	450	Scarduzio, Bob	254	Hammerschmidt, Paul	84	Seda, Anna	30
Galvin, Ed	920	Krieger, Diane	447	Fallon, Laura	251	Thompson, Laura	83	Liers, Allan	28
Cherry, Tom	914	Hagemann, Bill	443	Reed, Dick	250	Beyer, Elva	77	Liers, Mary	28
Cohen, Jeff	891	Krieger, Herb	427	Elster, Miles	236	Diamond, David	75	Wienczek, Chris	28
Samuels, Norm	888	Molny, Janet	420	Abraham, Joe	235	Willis, Carolyn	74	Mastroloalo, Peter	25
Branca, Larry	878	Striegel, Barbara	420	Galvin, Joan	218	Shea, Robin	73	McCuaig, Pann	24
Molny, Adam	876	Schmidt, Henry	415	Romano, Frank	216	Cammerato, Paul	72	Fumelli, Frank	22
Cochrane, Glen	843	Catoggio, Karen	412	Wexler, Lanny	206	Figlia, Rich	71	Heller, Maureen	22
Festa, Robert	842	Rostrup, Dan	411	Zuber, Jim	202	Knecht, Pat	70	Bergman, Laura	20
Rogers, Dan	840	Rivera, David	404	Kirk, Linda	201	Schmidt, Warren	70	Bianculli, Rose	20
Brown, Herbert	818	Abraham, Linda	403	Krupinski, Carol	200	Wien, Diane	70	Rogers, Dan Jr	20
Levy, Ronnie	815	Emmerich, Bob	400	Lee, Petra	199	Licata, John	69	Rose, Martha	20
Howard, Gordon	804	Rivera, Jose	398	Steffens, Denise	198	Paccione, Marylou	69	Hughes, Michael	18
Sullivan, Elaine	793	Miklean, Paul	396	Stepe, Atis	195	Puco, Renae	69	Hughes, Joan	18
Graham, Steve	791	Zanatta, Tom	392	DeMulda, Ken	193	Sailer, Jim	69	Stack, Bob	11
Mulry, Kathy	775	Delio, Anthony	392	Chan, Min	187	Abraham, Elliot	68	Stack, Linda	11
Joshi, Naren	752	Marder, Ira	390	Schwartz, Janine	185	Tschorn, Bill	66		
Burliuk, Lil	751	Shea, John	389	Soper, Laura	182	Poulton, Tracy	65		
Wiesmann, Ken	748	Reilly, Fritz	381	Camalich, Irene	174	Solomon, Jennifer	65		
Braun, Barbara	743	Weber, Mike	373	Carlson, Bob	172	O'Lear, Frank	64		
Vulin, Bonnie	728	Travis, Rich	367	Youngman, John	161	Adams, Michael	63		
Leavitt, Dean	726	Kavanagh, Charles	365	Kumpf, Tom	159	Dinger, Betsy	62		
Abraham, Barbara	720	Nolan, Joan	365	Halegoua, Ino	157	Johnsen, Artie	60		
Holbrook, David	720	Schmohl, Doug	363	Zahl, Percy	157	Johnsen, Bronna	60		
Page, Keri	705	Braun, Margaret	357	Wolf, John	156	Cole, Fred	60		
Orellano, Jeffrey	691	Bock, Jay	357	Brandt, Tricia	153	Lindstrom, Hal	60		
DiRoma, Dave	685	Geskie, Tom	356	Cederman, Christer	150	Rostrup, Cathy	56		
Pfisterer, Dawson	678	Giorello, Carol	355	Madigan, Bill	147	Gruhle, Fred	54		

**Total Club Miles  
118387**





# 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.

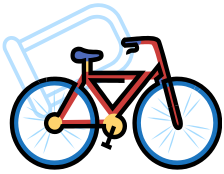
**\* (5) Holtsville Ecology Park:** Buckley Road, 1/4 mile North of Woodside Ave (CR-99).

**\* (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 December***

### ***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/>

Sat 12/1 9:30am 35mi/C+/R/F/S "Polar Bear ride or Hike in the woods"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (1). We will bike 30 to 41 miles depending on the weather and the group. Deli lunch stop. If the temps or wind chill is below 28F we may hike in the woods. No go rain, snow or icy roads.

Sat 12/1 8:30am 20mi/B/R/S "Ecology center again Holtsville"

Pat Nett (631)286-6460(H)

FastB ride

Sat 12/1 9:30am 35mi/B/F/Show & Go/U

Meet at the Sunshine Mall start location #1 for a winter loop. Group decides route, stops and distance.

Sat 12/1 8:30am 30/50mi/A/H/R/F/Show & Go/U ""keep it rolling""

Show and go from Stony Brook RR. Friendly A paced ride. Route and mileage to be discussed on msg bd during the week. -calling all usual suspects-

Sun 12/2 9:00am 35mi/B/F/Show & Go/U

Meet at the Sunshine Mall (#1). Destination & mileage to be determined by group.

Sun 12/2 8:30am 30/50mi/B+/H/R/F/Show & Go/U "the Sunday ride"

Meet at the Holtsville ecology center.(#5). Group will determine mileage and/or route. Watch the message board for updates

Sun 12/2 9:00am 35mi/C+/R/F/Show & Go/U "Winter Show & Go"

Meet at the Sunshine Mall (#1). Destination & mileage to be determined by group.

Sat 12/8 9:30am 35mi/C+/R/F/S "Polar Bear ride or Hike in the woods"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). We will bike 30 to 41 miles depending on the weather and the group. Deli lunch stop. If the temps or wind chill is below 28F we may hike in the woods. No Go rain, snow or icy roads.

Sat 12/8 9:30am 35mi/B/F/Show & Go/U

Meet at the Sunshine Mall (#1). Destination & mileage to be determined by group.

Sat 12/8 8:30am 30/50mi/A/H/R/F/Show & Go/U ""let it roll""

Show and go from Stony Brook RR (#4). Friendly A paced ride. Route and mileage to be discussed on msg bd during the week. -calling all usual suspects-

Sun 12/9 8:00am 33mi/B/F/S "Early Sayville Run"

Costa (631)567-2264(H)

Sayville to Babylon, Fast B, pace-line 19-21 mph (when possible) Sayville RR, south lot, mobile: 201-314-4300

Sun 12/9 9:00am 35mi/B/F/Show & Go/U

Meet at the Sunshine Mall (#1). Destination & mileage to be determined by group.

Sun 12/9 8:30am 30/50mi/B+/H/R/F/Show & Go/U "the Sunday ride"

Meet at the Holtsville ecology center (#5). Group will determine mileage and/or route. Watch the message board for updates

Sun 12/9 9:00am 35mi/C+/R/F/Show & Go/U "Winter Show & Go"

Meet at the Sunshine Mall (#1). Destination & mileage to be determined by group.

Sat 12/15 9:30am 35mi/C+/R/F/S "Polar Bear ride or Hike in the woods"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). We will bike 30 to 41 miles depending on the weather and the group. Deli lunch stop. If the temps or wind chill is below 28F we may hike in the woods. No Go rain, snow or icy roads.

Sat 12/15 8:15am 35mi/B/S "Sunshine mall to Manorville"

Pat Nett (631)286-6460(H)

Fast B ride.

Sat 12/15 8:30am 30/50mi/A/H/R/F/Show & Go/U  
""bob roll""

Show and go from Stony Brook RR (#4). Friendly A paced ride. Route and mileage to be discussed on msg bd during the week. -calling all usual suspects-

Sat 12/15 9:30am 35mi/B/F/Show & Go/U  
Meet at the Sunshine Mall (#1). Destination & mileage to be determined by group.

Sun 12/16 9:00am 32mi/B/R/S "Commack to Fort Salonga"  
Fredric Itkin (631)957-4943(H)  
Ride the rolling hills to Fort Salonga. Inside deli stop. No go in rain, snow or temps below 37.

Sun 12/16 8:30am 30+mi/B+/H/R/F/Show & Go/U "the Sunday ride"  
Meet at the Holtsville ecology center (#5). Group will determine mileage and/or route. Watch the message board for updates

Sun 12/16 9:00am 35mi/C+/R/F/Show & Go/U "Winter Show & Go"  
Meet at the Sunshine Mall (#1). Destination & mileage to be determined by group.

Thu 12/20 9:15am 20mi/B/R/S "ecology 101"  
Pat Nett (631)286-6460(H)  
Holtsville ecology center mixture of rolling hills. Fast B.

Sat 12/22 9:30am 30mi/C+/R/F/S "Santa Claus Hunt"  
Billy Grosso (631)682-6604(H)  
Leave out of the Sunshine Mall (#1). Last real ride until the first Saturday in March. Check the Message board over the winter. We will bike about 30 miles with a deli lunch stop. If temps or wind chill is below 28F we may hike in the woods. No Go rain, snow, or icy roads.

Sat 12/22 9:30am 35mi/B/F/Show & Go/U  
Meet at the Sunshine Mall (#1). Destination & mileage to be determined by group.

Sat 12/22 8:30am 30/50mi/A/H/R/F/Show & Go/U  
""roll another one""  
Show and go from Stony Brook RR (#4). Friendly A paced ride. Route and mileage to be discussed on msg bd during the week. -calling all usual suspects-

Sun 12/23 8:00am 35mi/B/F/S "Early Sayville, North Run"

Costa (631)567-2264(H)  
Sayville- North Loop, Fast B, pace-line: 19 - 21 mph (when possible), short stop Start: Sayville RR, south lot

Sun 12/23 9:00am 35mi/B/F/Show & Go/U  
Meet at the Sunshine Mall (#1). Destination & mileage to be determined by group.

Sun 12/23 8:30am 30+mi/B+/H/R/F/Show & Go/U "the ride before Christmas"  
Meet at the Holtsville ecology center (#5). Group will determine mileage and/or route. Watch the message board for updates

Sun 12/23 9:00am 35mi/C+/R/F/Show & Go/U "Winter Show & Go"  
Meet at the Sunshine Mall (#1). Destination & mileage to be determined by group.

Tue 12/25 8:30am 30mi/B/F/Show & Go/U  
Meet at the Sunshine Mall (#1) for a short ride.

Sat 12/29 9:00am 35mi/B/F/Show & Go/U  
Meet at the Sunshine Mall (#1). Destination & mileage to be determined by group.


Sat 12/29 8:30am 30/50mi/A/H/R/F/Show & Go/U ""roll in the new year""  
Show and go from Stony Brook RR (#4). Friendly A paced ride. Route and mileage to be discussed on msg bd during the week. -calling all usual suspects-

Sat 12/29 9:00am 35mi/C+/R/F/Show & Go/U "Winter Show & Go"  
Meet at the Sunshine Mall (#1). Destination & mileage to be determined by group.

Sun 12/30 8:30am 30+mi/B+/H/R/F/Show & Go/U "2007 out/2008 in"  
Meet at the Holtsville ecology center (#5). Group will determine mileage and/or route. Watch the message board for updates

Sun 12/30 9:00am 35mi/C+/R/F/Show & Go/U "Winter Show & Go"  
Meet at the Sunshine Mall (#1). Destination & mileage to be determined by group.

Sun 12/30 9:00am 35mi/B/F/Show & Go/U  
Meet at the Sunshine Mall (#1). Destination & mileage to be determined by group.



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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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