



## Suffolk Bicycle Riders' Association Monthly Newsletter

# Rolling Wheels

FEBRUARY 2007 - Volume 30 / No. 2

Member Paumonok Bicycling Advocacy

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

### 🚲 TOURING WITH DAN:

After being elected, I received a box from our Vice-President, Phil Enright, containing copies of the club's newsletter going back to 1982. Now from looking at these newsletters and from talking to Rona Dressler the club's editor of our newsletter, I determined that from 1977 to 2006, SBRA had 14 presidents. Four presidents served terms of one year, Lou Getz, Ken Andresen, Jeff Ferber and Gordon Howard. Six president served terms of two years, George Philipp, Tim Mayr, Sy Lukin, Anita Risener, Richard Cunningham and Ronnie Levey. Three Presidents served terms of three years, Jim Wannamaker, John Peters and Will Ortiz. Our first President in 1977 was Jim Wannamaker and SBRA first woman President was Anita Risener. But it seems that one President held the record for service. One President who did not just serve four years as President, but five years in total. He also served as treasurer for one year in 1994, for a total of six years of service as an officer of SBRA. That President was Glen Cochrane. I think all members owe Glen a debt of gratitude for all his years of service, and I would like to congratulate and thank Glen also for his years of service to the club.

Since being elected into office, I had the opportunity to study SBRA's financial statements and talk to our past membership chair Ira Marder and our current membership chair Christine Marino. I found out that approximately 40% of our newsletters are delivered via email and 60% of our newsletters are delivered via regular mail. I also found out that for each member who has his newsletters delivered via mail, the club must pay for printing newsletters, mailing labels, postage and liability insurance that is paid on a per

member basis. Now each member that has his newsletter delivered via email, the club must pay for liability insurance plus a small amount to send out membership renewals. The member that has his newsletters delivered via mail cost \$25.00 per year versus \$2.00 per year for the member who has email delivery of his newsletter. So that the member who has mail delivery is costing \$5.00 more than he/she pays in dues. Yet in the past two years the club has actually made a small profit of a few hundred dollars on membership dues versus the expenses. This is only due the fact that 40% of our members get email delivery of their newsletters.

**The Executive Board has decided that members who receive their newsletter via email, will get a 50% discount off the price of admission to the Club Annual July Picnic.** To encourage more members to switch from mail delivery to email delivery of their newsletters. The freeing up of this income will provide the following benefits to the club and its members.

- SBRA will not be so dependence on BBB as a fundraiser, so if the club has a bad turnout due to bad weather. It will no longer have a major impact on its finances for that year. It would make the club more financially secure. If the majority of our members converted, it would free up over \$6000.00, more than the Club made from BBB last year.
- The extra money can be used to further reduce the cost of admission of other member's only events or to improve an event like the Annual Awards Party, for example, providing a cocktail hour. This will give more value back to the members for the dues they pay.
- Membership dues could be kept low for years to come.

#### **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.

#### **FEBRUARY'S MEETING**

Thursday, February 1, 2007

7:30 p.m.

**PIZZA PLUS ???**

## 2007 EXECUTIVE COMMITTEE

PRESIDENT: Dan Mussler/422-2258  
 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*

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Professional Printing Services

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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.



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**HOURS: Monday thru Friday 9:30-9, Saturday: 9:30-6, Sunday 11-5**

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Lastly it is the executive board hope, that by lowering costs of club events, improving club events and keeping membership dues stable, it will result in increased participation in club events, and an increase in membership.

Now one other major bike club on Long Island went from spending \$500.00 per month to less than \$50.00 per month by converting their membership from mail delivery to email delivery of their newsletters. If this other Long Island bike club can convert the majority of their membership to email delivery of their newsletters, SBRA can do it too! If you wish to convert to email delivery of your newsletters just email our membership chair Christine Marino at [Membership@sbraweb.org](mailto:Membership@sbraweb.org) giving her your email address, first and last name with just a small note telling her you want email delivery

of your newsletters. Also you will need to have Abode Reader on your computer in order to read the newsletters. If you don't have it, you can find a link on the main page of our website where it can be loaded down for free. Afterward you will be entitled to a 50% discount off the price of admission to SBRA July picnic and you will have bought SBRA one step closer to being more financially secure.

If you visit our website you will now find that the new, Be a Ride Leader page, an updated Ride Classifications page and an updated Ride Leader Guidelines page, are now available for your viewing. Check them out and read about the new Ride Leader Incentives, and better yet volunteer to a lead a ride this spring. Also under the Club information combo box you will find a link where you can now view the SBRA Constitution. I would like to thank Joe Matzelle, Phil Enright, Dick Cunningham, Jeff Cohen, Gordon Howard, Bill Pope, Norm Samuels & Ronnie Levy, who without their help and cooperation these new web pages would not be available.

Furthermore I would like to thank Adam Molny for all the help he has provided our Membership Chair in setting her up with the new software the club purchased to maintain it's membership database.

Safe Cycling,  
Dan

**2007 BUDGET  
DECEMBER 2006 - NOVEMBER  
2007**

Income	
Bike-Boat-Bike	28,000.00
Membership	9,000.00
Advertising	1,500.00
Holiday Party	2,700.00
Montauk Century	2,000.00
Picnic	1,200.00
Fifty-Fifty	300.00

Miscellaneous	500.00
Total Income	45,200.00
Expenses	
Bike-Boat-Bike	12,500.00
Membership	1,200.00
Newsletter	8,000.00
Holiday Party	3,500.00
Montauk Century	2,000.00
Picnic	2,000.00
Special Rides Program	1,000.00
Incentive Program	2,500.00
Insurance	2,500.00
Charitable Contribution	2,000.00
Special Rides	500.00
Education and Safety	500.00
Rides Committee	700.00
Meeting Snacks	500.00
Awards	300.00
Meeting Site	300.00
Meeting Programs	100.00
Ride Leader Seminar	100.00
Advocacy & Public Relations	1,500.00
Club Membership	100.00
Sunshine	100.00
Website	200.00
Miscellaneous	3,100.00
Total Expenses	45,200.00
Net Income	0.00

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YOUR MOUNTAIN BIKE HEADQUARTERS

**2006/07 Ride Statistics (Nov 06 - Dec 06)  
as per ride information received by  
1/4/07**

Number of ride leader credits:	23
Total club miles:	5536

Ride Leaders

Billy Grosso (6), Mark Sailer (4), Joe Matzelle (2.5), Dan Mussler (2), Bill Pope (2), Dick Cunningham (1), Gordon Howard (1), Fred Itkin (1), Christine Marino (1), Adam Molny (1), Bob Miller (1).

**Mileage Leaders**

Bill Pope (456), Carmine Marino (305), Billy Grosso (271), Joe Matzelle (261), Dick Cunningham (260), Bob Miller (204), Judith Onorato (176), Dan Mussler (158), Gerry Klein (151), Linda Resnick (149), Margaret Matthews-Ziel (139), Mark Sailer (116).

Note: Monthly mileage stats are provided only for those individuals with ride credits. For the first 6 months of '07 season, this will include individuals with ride credits in 2006.

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

**JOE MATZELLE**

**1/3/07 Special Events Calendar**

Gordon Howard 631-878-1716

*April*

**26 SBRA Ride Leader Training**

Gordon Howard 631-878-1716

*May*

**6 Five Boro Tour** [www.bikenewyork.org](http://www.bikenewyork.org)

**25-28 Kent County Spring Fling**

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

**12 SBRA Montauk RR Century**

Christine Marino [rocky02@verizon.net](mailto:rocky02@verizon.net)

**20 Bloomin Metric** [www.soundcyclists.com](http://www.soundcyclists.com)

*June*

**3 SBRA Bike Boat Bike** [www.sbraweb.org](http://www.sbraweb.org)

**10 Mansion Ride** [www.mansionride.com](http://www.mansionride.com)

**17 LIBC Multi Club Ride**  
[www.bicyclelongisland.org/](http://www.bicyclelongisland.org/)

*July*

**22 Mass Park Multi Club Ride**

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

*Aug*

**19 Tour of the Hamptons**

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

*Sept*

**6-9 Peanut Ride**

[www.greatpeanuttour.com](http://www.greatpeanuttour.com)

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**MEETING MINUTES**

**JANUARY 4, 2007**

- I. Call to order – the meeting was called to order by President Dan Muller @ 7:40 P.M. 34 members were present.
- II. Acceptance of Minutes – the minutes of the December meeting were accepted as printed in the January newsletter by Jeff Cohen. The club's balance is \$25,962.61.

- III. President's Report – Dan discussed how much money the club would save by increasing the use of sending the newsletter via email as opposed to snail mail. The cost savings would be almost \$25.00/member annually. Alternative savings options were discussed such as a 50% discount for the club picnic.
- IV. Committee Reports-
  - A. Sunshine (Bruce Presner) – Bruce sent get well cards to John Shea who had a meeting with pavement and to Bob Miller who was having an arterial stent inserted. The club wished them well.
  - B. Membership – (Christine Marino) reported that we presently have 628 individual members and 199 family memberships. Zero new members joined this month.
  - C. Rides – The Montauk Century Ride will be held Saturday, May 12<sup>th</sup> 2007.
  - D. Statistician – (Joe Matzelle) – Joe presented statistics as printed in the Rolling Wheels newsletter.
  - E. Social (Michelle Dittmar) – The holiday party will be held Sat. January 13<sup>th</sup> in Patchogue. Food, drinks and entertainment will be available.
  - F. Safety – (Gordon Howard) – April 26<sup>th</sup> is the Ride Leader training seminar will be held. Gordon also demonstrated the proper use of hand signals while preparing to signal a turn.
  - G. Phil (V.P.) – demonstrated how to get away from a chasing dog.
- V. Old Business – none
- VI. New Business – Ride Leader jersey colors were discussed. New pages were placed on the web page. A) ride leader guidelines,

- B) Club constitution, C) permission slips for rides
- VII. 50/50 drawing – the drawing was won by Ron Goodstsd. He won \$14.00. Way to go Ron!
- VIII. Adjournment – the business portion of the meeting was adjourned at 8:20 and was followed by a “nutrition” meeting which was really a high pressure sales pitch by a local chiropractor.

Respectfully Submitted,  
Bruce Presner, Recording Secretary in absentia

### **Help Wanted For Montauk Century Ride**

Plans for the Swezey's Montauk Railroad Century Ride are underway! The train and moving van are booked. Training rides will soon begin. The days are quickly passing. May 12<sup>th</sup> will be here before we know it; and the Montauk Century ride will take place. However, it will not be a success without some very needed volunteers. Please help to make this ride a success. I am still in need of people to do sag wagon, route checking and loading of bikes on and off the moving van at the end of the ride. If you would like to help, contact me at rocky02@verizon.net / 631-471-2081 / 516-578-8478.

Christine

**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.**

### **Proposed Amendment**

**A proposed amendment to Article V section 1 of the constitution has been proposed and signed by three members of SBRA. The original section states:**

Article V Executive Board

Section 1: There shall be elected annually from the active membership of the Club, four Members who shall meet with the Officers of the Club to formulate plans and decide all purposes and procedures of the Club and perform the functions of the Finance Committee.

These four Directors, together with the Officers of the Club, and the Past President, shall constitute the Executive Board. A fifth Director can be substituted should the Past President choose not to serve (Jan '94).

**The new proposed amendment states:**

Article V Executive Board

Section 1: There shall be elected annually from the active membership of the Club, four Members who shall meet with the Officers of the Club to formulate plans and decide all purposes and procedures of the Club and perform the functions of the Finance Committee.

These four Directors, together with the Officers of the Club, and the Past President, shall constitute the Executive Board. Additional Directors may also be added from other Past Presidents with the consent of the Executive Board.

**Proposed by Daniel Mussler  
Signed by William Grosso  
Carmine Marino  
Patrick Nett**

**Proposed Amendment**

**A proposed amendment to Article V section 3 of the constitution has been proposed and signed by three members of SBRA. To delete Section 3 of Article V from the constitution.**

Article V Executive Board

Section 3: Directors shall not be eligible for reelection for more than four consecutive terms. In the event that the Nominating Committee is unable to present a candidate for a Director's position, and one is not nominated from the floor, a Director may be nominated to serve one additional term. (Feb '00)

**Proposed by Daniel Mussler  
Signed by William Grosso  
Carmine Marino  
Patrick Nett**

*Al's Winter Cycling Tips*

*By Al Kelly (Rolling Wheels Dec 1988)*

Properly dressed, you can not only survive cycling outdoors during the winter, but actually do so in reasonable comfort. In cold weather, your body acts to preserve its core temperature by constricting blood vessels to limit blood flow to the skin and to areas furthest from the heart. When denied an adequate supply of warm blood, these areas (fingers, toes, etc.) cool swiftly, begin to sting, come numb, and eventually suffer frost bite. Fortunately, exercise raises your core temperature, causing your body to reverse this process by activating its heat exchanging system. As a result, blood vessels are dilated, bringing warm blood to the skin's surface and extremities, allowing you to ride comfortably in balance with nature. It may take 10-15 minutes to warm up to this point, during which you may experience some discomfort. You can achieve and maintain this balance by adjusting your exercise level, amount of clothing, or both.

The key to cold weather dressing is layering. Several thin layers provide more insulation than a single thick layer, due to the

trapped air between layers. In addition, you can more easily regulate your temperature by removing or adding a layer. A seat wedge bag can be used to store a removed layer or to carry a backup layer. The outer garments should have a tightly woven fabric facing on the torso, arms and legs to provide an effective wind block. (An effective wind block is one through which you have difficulty blowing air with the fabric pressed to your lips.) The rear side of these outer garments should be a knit fabric to allow moisture vapor to escape.

If you raise your core temperature above the balance point, your body will activate its evaporative cooling system. You begin to perspire. If you then stop for a long period, the body's heat generation will return to its resting level. Consequently, when you go outside and start riding again, the temperature of the wet layer will plummet. You will be into borderline hypothermia until you are able to raise your core temperature enough to dilate your surface blood vessels. Only then will the cold, wet fabric begin to warm. It may take an additional 10 to 15 minutes to rewarm the trapped moisture. Therefore, it is critically important to avoid having a wet layer of fabric next to your skin. Wear a good wicking, non-moisture retaining fabric as your first layer. Use of a wicking fabric such as polypropylene means the difference between wet and damp. A fabric that's merely damp will allow you to stay warmer and to rewarm much faster. If you begin to experience signs of hypothermia, such as uncontrollable shivering or teeth chattering, ride as hard you can until you warm up! If you can't rewarm yourself, or can't maintain warmth, get indoors immediately.

The extremities pose the most problems in winter cycling dress. Many so-called winter cycling gloves do not provide adequate warmth below 35 degrees. A trim and stylish looking winter glove invariably will not have enough insulation, despite claims to the contrary. Thick, puffy-looking insulated gloves should be your first choice.

A ski glove with a leather palm makes a good winter cycling glove. The feet, and especially the toes, are the hardest parts to keep warm, because they are the least active. The number of socks you can wear is limited by your shoe fit. However, there is nothing to prevent you from slipping socks over your shoes, or wearing thermal socks. Well insulated neoprene shoe covers are a must! Head, face and ear protection can consist of a standard cloth cycling cap, helmet liner, hood, or balaclava, depending on temperature. A turtle neck shirt or neck warmer can be used to protect the throat and neck. Goggles or glasses should be used to protect the eyes.

Cold affects various people to quite different degrees. For example, I am quite sensitive to cold. Bearing this in mind, here is my clothing formula for temperatures below 45 degrees:

#### Head

- Cloth cycling Cap to 35 degrees
- Under 35, substitute shirt hood.
- Under 25, add balaclava under hood

#### Hands

- Standard winter cycling's gloves to 35 degrees
- Under 35, substitute ski-type winter gloves
- Under 25, add wool glove liner

#### Upper Body

- Polypropylene T-shirt
- Thermax long sleeve undershirt
- Thin wool turtle-neck shirt
- Under 35, add thin wool hooded shirt
- Under 25, add thin wool crew-neck over hood shirt
- Nylon faced wool jacket

#### Lower Body

- Thermax Long Underwear
- Regular cycling shorts
- Lycra tights to 35 degrees
- Under 35, substitute heavy-weight lycra tights with neoprene knee patches

- Under 25, substitute nylon-faced wool tights

Feet

- Sport socks to 35 degrees
- Under 35, add Thermax sock under sport sock
- Under 25, add second thermax sock
- Regular cycling shoes
- Neoprene shoe covers

Rides continued from pg.

Sun 2/4 9:30am 10mi/C/R/Mtn/U "MTB "Souper Bowl Ride""

Bruce Presner (631)476-3923(H)(516)481-6641(W)

Meet Bruce at Calverton for a MTB ride. Norman will be leading those that want to road ride. Afterwards, we'll all meet at a diner for breakfast. CELL: 516-702-5639.

Sun 2/4 9:00am 30mi/B/H/S "Souper Bowl Road Ride"

Norman Samuels (631)928-3913(H) (631)262-8353(W)

THINK WARM; Meet @shopping center @Middle Ctry Rd & Rocky Point Rd. Do HILLS thru Port Jeff; After ride, meet Mtn Bikers @Country Diner & enjoy Bowl of Soup on the club (members only). RSVP by 1/29 as seating limited. Ride weather dependant. Check Msg board for changes or 816-0583 (day of ride after 7:30 AM)

Sun 2/4 9:00am All Level "Show & Go"

Meet at the Sunshine Mall \*(1) for a ride decided by the group(s). All levels.

Sat 2/10 10:00am 35mi/C+/R/F/Show & Go/S "Bike or or Hike Check Message Board"

IF Biking Leave out of the Sunshine Mall for a 26 to 40 mile ride with a deli lunch stop. IF it is below 30 F or a freezing cold wind chill or the roads are ICY We will Hike around 5 miles at Cathedral Pines or Southaven Park NO GO RAIN OR DRIZZLE RAIN OR BAD SNOW STORM OR ICY CONDITIONS

Sun 2/11 9:00am All Level "Show & Go"

Meet at the Sunshine Mall \*(1) for a ride decided by the group(s). All levels.

Sun 2/11 10:00am 22mi/C/R/S "Manorville C ride"

Gordon Howard (631)878-1716(H)

Meet at the Manorville King Kullen Shopping center CR 111 & Chapman Blvd LIE exit 70 south for an easy C ride. No Go Rain. Questions call home or cell 631-484-1650.

Sat 2/17 10:00am 35mi/C+/R/F/Show & Go/S "Bike or or Hike Check Message Board"

IF Biking Leave out of the Sunshine Mall for a 26 to 40 mile ride with a deli lunch stop. IF it is below 30 F or a freezing cold wind chill or the roads are ICY We will Hike around 5 miles at Cathedral Pines or Southaven Park NO GO RAIN OR DRIZZLE RAIN OR BAD SNOW STORM OR ICY CONDITIONS

*Continued on last page*

## **Bike Discounters**

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**A big ThankU to Neil of Campus Bicycle for his support of SBRA.**

### **LOOK LIKE A PRO**

1. Relax. Great athletes in any sport let it flow, making impossible moves and extreme effort look easy.
2. Pedal Smoothly. Practice Slowly. A rapid cadence of 90 to 110 revolutions per minute is efficient and stylish. Practice at a slower rpm of 60 to 70 so you can concentrate on your stroke all the way around.
3. Recover Fast. Pump Fluids. Replenish Glycogen Supplies.



## 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>

# 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.

# The Montauk Century Training Rides

## Ride 100 miles – Get in shape – New rider training!

### Swiezy's Easy Memorial Montauk

**Railroad Century will take place on Saturday, May 13.** If you have never experienced this great ride



you won't want to miss it. This is one of the flattest, easiest and most scenic Century rides anywhere. It is a best bet if you want to try 100 miles for the first time!

This SBRA favorite starts in Babylon and takes back roads to Montauk. Board the LIRR back to Babylon and enjoy a stash of refreshments. Our bikes are shuttled in the secure padded comfort of a moving van. Registration details will be printed in future newsletters

### New Rider Training Rides

#### SBRA Century Training School

If you have never ridden a century before, you will be happy to learn that SBRA is once again offering our one of a kind *Century Training School*. These rides began in 1984 with the promise of helping C and D level riders do their first 100-mile ride. Led by Josie and Bob Goykin these rides can help any cyclist ride 100 miles, the easy way. If you complete the training rides you will finish the Century with energy to spare.

**Take the Mystery out of Cycling.** The *Training School* rides start with a 25 mile "D" ride on Saturday, March 17<sup>th</sup> in Ronkonkoma. Each Saturday the ride goes a little faster and further. New riders do the 100 miles at a "B" pace. Prior to the rides we give pointers on every aspect of cycling including, nutrition, technique, clothing, bike fit and simple repairs. You will learn to ride efficiently, effectively and painlessly. We answer all of your questions, keeping in mind the special needs of beginner and women cyclists. COURTESY, SAFTEY and ETIQUETE will be emphasized. We stop at bathrooms, keep the group together & stick to the advertised pace.

**What do you need?** A commitment to spend 9 Saturdays riding your bike. A road bike that fits and some basic gear, which we will explain. A desire to have fun while getting into shape and astonishing your family, friends and co-workers.

**DON'T BUY A NEW BIKE YET!** Please call us before you spend big bucks on the wrong bike. As the rides get longer you will need a road bike. *In our 20 years most riders on hybrid or mountain bikes could not complete the training.*



**PLEASE CALL AHEAD TO REGISTER FOR THE TRAINING SCHOOL RIDES.** Part of the success of this program is a result of the development of the same group riding together each week. Anyone who sticks it out and follows a few simple tips will succeed.

For *Century Training School* details contact: Bob or Josie Goykin at 737-1871 or [rgoykin@suffolk.lib.ny.us](mailto:rgoykin@suffolk.lib.ny.us)

**Are You Experienced? Want to train anyway?** Experienced riders are invited to join the SBRA training rides on Sundays beginning in March. **Contact:** John Matzelle, 273-7578 for C+ rides. Bruce Pressner, 516-702-5639 cell, 631 476-3923 hm for B+ rides, or more information see the rides calendar.

### Help the Montauk Century continue to be a classic

If you are not riding this event or if you know of a non-riding friend or family member, we could use your help. We're looking for a few volunteers to assist with Sag Wagon duty, route checking, and truck loading.

Contact Christine Marino  
[rocky02@verizon.net](mailto:rocky02@verizon.net)

516 578-8478 or 631 471-2081.





# SBRA Rides for February

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.**  
 February ride coordinator: Bill Pope

**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!

**Cruising Speed (mph)\* Ride Average (mph)\***

AA	24+	22+	Cruising Speed* is the typical speed maintained for uninterrupted flat distance with no wind.
A+	20-24	20.1-22	
A	18-22	18.1-20	Ride Average* is what cycle computers calculate base on the total time the bike is moving.
B+	16-20	16.1-18	
B	14-17	14.1-16	S=Structured: Group rides together
B-	13-15	13.1-14	
C+	12-14	12.1-13	U=Unstructured: Faster/Slower riders ride at own pace.
C	11-13	11.1-12	
C-	10-12	10.1-11	? Weather/Road Conditions: Call Ride Leader 1 hr prior to ride.
D	<10	6.0-10	

- AA Rides have no upper limit to speed and should only be attempted by riders familiar with the ride leader and other riders.
- A Rides have infrequent stops, as determine by the group, and not formally planned. Ability to ride in a pace line is required. Cue sheet may not be provided. No requirement to wait for stragglers, but Ride Leader will try to re-group as rest stops. Riders are expected to be mostly self-sufficient.
- B Stop 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.
- C Stops are frequent. Ride Leaders will wait at turns for riders. Cue Sheets provided.
- D Stops are frequent. Cue sheets provided. A good ride for beginners.
- B+/A Multilevel. These multilevel rides are unstructured and will break into several groups, traveling standard routes, cue sheets available. Bring a friend if your're concerned about having someone to ride with at the slower pace. (Meter Average 16-20+)
- Show'N Go No Ride Leader / No Cue Sheet. Group determines the route and distance.
- MB Mountain Biking. Approximately 1/2 the cruising road speed.

## EARLY BIRDS

Early birds now meet at the King Kullen shopping center, CR-111 & Chapman Blvd (LIE exit 70S) at 7:30am every Sunday morning for 50 – 75 miles of "A" and "AA" pace fun. Usually breaks into 2 – 3 groups so if you can't stay with one group, there is another slower group to hook up with. The slower group rides at 18 – 19 MPH.

Standard Ride Locations \*(1) Sunshine Mall: CR-101 & Station Rd. in Medford. LIE exit 66S, Sunrise Exit 55N. Please park away from the bank and stores

\*(2) Ronkonkoma RR Station north parking lot, Railroad Ave, west end. LIE (I-495) Exit 60Westbound: 1<sup>st</sup> left (Hawkins Av), right on Railroad Ave. Eastbound: 2<sup>nd</sup> right at light (Hawkins Av), right on Railroad Ave.

\*(3) Waldbaum's, Miller Place: NW Corner Rt-25A & Miller Place Rd.

\*(4) Stony Brook RR lot next to Getty: North side of Rt-25a ¼ mile West of Nichols Rd.

\*(5) Holtsville Ecology Site: Buckley Road, ¼ 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 Cullen Shopping Center: Eastport Manor Rd Corner Montauk Hwy. Sunrise Hwy exit 61. Follow signs to Eastport. Right on Eastport Manor Rd 0.8 mi. Shopping center is on left

(8) Coram Cinema located at SW corner of Pine Rd & Rt-112, ½ mile North of CR-83


\*(9) Suffolk County Court Complex in Riverhead: (a)Via 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 towards Riverhead (about 7.5 miles) turn left in to parking lot  
**The message board is a great asset to all members for current riding information. Check it often!**  
<http://www.sbraweb.org/>

Sat 2/3 10:00am 35mi/C+/R/F/Show & Go/S "Bike or or Hike Check Message Board"

IF Biking Leave out of the Sunshine Mall for a 26 to 40 mile ride with a deli lunch stop. IF it is below 30 F or a freezing cold wind chill or the roads are ICY We will Hike around 5 miles at Cathedral Pines or Southaven Park NO GO RAIN OR DRIZZLE RAIN OR BAD SNOW STORM OR ICY CONDITIONS

cont. on pg 8



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Sat 2/17 12:00 Noon 20mi/D/F/S "NOON Blue Point To Bellport Slow Ride"

Dan Rogers (631)363-7614(H)

Minors need the release form! 10 MPH or bust. Check website at 11am for go/nogo. We'll stop for some ice cream and Coffee. Dress Warm! No Go rain, temps <25, ice,snow, meteors, bears or other nastiness. Meet at south end of Blue Point Av at the Gazebo Dock.

Sun 2/18 9:00am All Level "Show & Go"

Meet at the Sunshine Mall \*(1) for a ride decided by the group(s).

All levels.

Sat 2/24 10:00am 35mi/C+/R/F/Show & Go/S "Bike or or Hike Check Message Board"

IF Biking Leave out of the Sunshine Mall for a 26 to 40 mile ride with a deli lunch stop. IF it is below 30 F or a freezing cold wind chill or the roads are ICY We will Hike around 5 miles at Cathedral Pines or Southaven Park NO GO RAIN OR DRIZZLE RAIN OR BAD SNOW STORM OR ICY CONDITIONS

Sun 2/25 9:00am All Level "Show & Go"

Meet at the Sunshine Mall \*(1) for a ride decided by the group(s). All levels.

**S**uffolk Bicycle Riders Association  
PO Box 404  
St. James, NY 11780

