



Suffolk Bicycle Riders' Association Monthly Newsletter

Rolling Wheels

JANUARY 2007 - Volume 30 / No. 1

Member Paumonok Bicycling Advocacy

www.SBRAweb.org

🚲 TOURING WITH DAN:

In 1997 I used to jog for exercise, but I started to have problems with my feet. I stopped jogging for a few weeks, my feet got better, started jogging again and then reinjured my feet. It wasn't working, so I bought a bike, a Bianchi Hybrid. I found that I really enjoyed biking and I was soon riding around all the local roads by my home. Then my sister told me about the Guide Dog Bicycle ride out of Stony Brook. I went, signed up and did the 30 mile ride. Other riders on the ride told me about SBRA and their weekly rides. I joined SBRA that month in Sept 1997. I did my first SBRA ride out of Sayville to Bellport, which was lead by Rose Bianculli, a D ride. On that ride I met Karen Walker with her classic white 3 speed bicycle, which she has long since upgraded, and who would accompany me on my first century ride, some years later. After that D ride, I moved up to C rides lead by Kathy Weghorst, Gary Goss, Billy Grosso and of course the incredible Mr. Bob Miller. It was a ride lead by Gary Goss, there I first met Bill & Arleen Regina, who at the time had matching his and her mountain bikes. I shared my second century ride with them and many other rides. By April 1998, I attended SBRA Ride Leaders seminar and on Sunday May 17, 1998, I lead my first C ride out of Southampton. Since 1998, I have earned a Ride Leader Jersey every year and I have lead over 150 rides. But more importantly, I have made many new friends and I look forward to my rides with them every weekend since joining SBRA.

I remember in the fall of 1998, that the nomination committee called me and asked if I would be interested in taking on the position of being SBRA Vice President. I

said no, because at the time I had no idea what I would do as an officer of a Bike Club. Well after 9 years of leading rides and talking to my fellow riders, I have come up with a few ideas of what I would do. So this September I emailed Glen Cochrane that I was interested in the position of President and at the November Membership meeting I was elected President. Soon afterward I emailed the other members of the SBRA 2007 Executive Committee with an agenda and requested a meeting on Friday Nov 24, 2006. Attending the meeting was Phil Enright, Jeff Cohen, Dick Cunningham, Joe Matzelle, Gordon Howard, Ronnie Levy and myself (Dan Mussler). As a result of that meeting I have a few announcements to make.

SBRA will have a new web page on its website titled ABe a Ride Leader@ starting January 2007. This new web page will provide information and links to all the necessary information a Ride Leaders needs to lead a ride.

SBRA will now offer a Ride Leader Mentoring program where a new Ride Leader can co-lead up to two rides with one of SBRA experienced Ride Leaders. The experienced Ride Leader will help the new Ride Leader with each step of putting a ride together, planning a route, creating a cue sheet and so on. The experienced Ride Leader will be present on the ride to offer advice and guidance. Both the experienced Ride Leader and the Ride Leader in training will both receive 1 credit for up to 2 rides. Riders wishing to take advantage of the Mentoring Program should contact our Ride Director.

SBRA has also improved it's Ride Leader Incentive program for the 2007 season. Ride Leaders who lead AD@ rides will now receive 2 credits per ride for up to 6 rides.

MEETING LOCATION:

SBRA meetings are held on the 1st 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.

JANUARY'S MEETING

Dr. Henri Rosenblum, D.C.

Nutrition

Thursday, January 4, 2007

7:30 p.m.

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 Burluik / 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

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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.

Also a Ride Leader Raffle has been added for Ride Leaders who earn 6 or more credits. Their will be two \$100.00 gift cards that will be raffled off at the annual Awards/Holiday party. For example, if a Ride Leader has 9 credits, 5 credits for leading 5 B Rides and 4 credits for leading 2 D rides. The Ride Leader would get 9 chances to win one of the two \$100.00 prizes. Once a Ride Leader won one prize, he/she would not be eligible for the second drawing. Also a D Ride Leader who leads 6 rides would get a SBRA Jersey, free attendance at SBRA Awards Party and 12 chances to win in the Ride Leader Raffle. The new incentives and the Ride Leader mentoring program are described in our new web page entitled ABe a Ride Leader@.

SBRA Ride Categories web page has been updated with ride average definitions for 10 different ride classes. Hopefully this will give all riders a better idea what to expect on SBRA rides. Lastly more cue sheets will be added to SBRA website, until 100 or more cue sheets are available for 2007. I am hoping that a large selection of accessible ride cue sheets will make it easier for the new Ride Leader to lead a ride. You should see new cue sheets becoming available by the end of January. This will be ongoing project, but I hope to reach 100 cue sheets by the end of March.

Finally I would like to remind all members that reservations for the annual Awards/Holiday party must be made by January 6th. It will be held on January 13th and will feature for the first time a sit-down dinner. It will also have beer, wine, soft drinks, a DJ, dancing and dinner music.

During my term as President, it's one my goals to have the fullest Ride Schedule possible, so that every weekend, members of the club will be able to find a ride at the level they desire, through out the cycling season. And I hope by the end of my term I will leave SBRA a better Bike Club.

Safe Cycling,
DAN

It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them. Thus you remember them as they actually are, while in a motor car only a high hill impresses you, and you have not such accurate remembrance of country you have driven through as you gain by riding a bicycle. Ernest Hemingway

WELCOME AND GREETINGS NEW MEMBERS NOVEMBER 2006

- | | |
|--------------------|----------------|
| John Borzilleri | Cutchogue |
| Sarah Borzilleri | Cutchogue |
| Edward Bracht | Hampton Bays |
| Patricia Brown | Centereach |
| Paul Brown | Centereach |
| Anthony D`Agostino | Manorville |
| Jane D`Agostino | Manorville |
| David Holbrook | Centereach |
| David Koyles | Stony Brook |
| Doug Schmohl | Manorville |
| Susan Sherman | Port Jefferson |
| Linda Stack | Lake Grove |
| Robert Stack | Lake Grove |

Total Membership=624; New Members=13; families=118

Ina Marder, Membership Chairman



LETTERS TO THE EDITOR
Via E-Mail
rdressle@suffolk.lib.ny.us

January Program

- Dr. Henri Rosenblum, D.C.
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Colnago	Eddy Merckx	GT	Jamis	Orbea	Schwinn	Trek
DaHon	Electra	Guru	Kettler	Phat Cycles	Seven Cycles	Yeti

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

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2006/07 Ride Statistics (Nov 06) as per ride information received by 12/7/06

Number of ride leader credits: 20.5
Total club miles: 4995

Ride Leaders:

Billy Grosso (5), Mark Sailer (4), Joe Matzelle (2), Dan Mussler (2), Bill Pope (2), Dick Cunningham (1), Gordon Howard (1), Fred Itkin (1), Christine Marino (1), Adam Molny (1).

Mileage Leaders:

Bill Pope (347), Dick Cunningham (260), Carmine Marino (234), Billy Grosso (195), Joe Matzelle (190), Bob Miller (179), Judith Onorato (176), Gerry Klein (151), Dan Mussler (120), Mark Sailer (116), Margaret Matthews-Ziel (114), Linda Resnick (111).

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



Meeting Minutes

December 7, 2006

I. Call to order - the meeting was called to order by President Glen Cochrane at 7:35 PM. Thirty-seven members were present.

II. Acceptance of Minutes - the minutes of the November meeting were accepted as printed in the December newsletter.

III. President's Report - Glen congratulated President-elect Dan Mussler for his proposed changes in the rides structure, web site, and incentives. He further announced that Gordon Howard has agreed to serve as Education/Safety Director for 2007. This was unanimously approved by the membership.

IV. Committee Reports -

A. Sunshine (Bruce Presner) - Bruce reported that everyone has been well and he has not had to send any get-well cards.

B. Membership (Ira Marder) - Ira reported that we presently have 624 individual members and 118 family memberships. Thirty-eight new electronic memberships were added as a result of their participation in the Guide Dog Foundation ride. Five new members were introduced at the meeting.

Ira announced that Christine Marino will be replacing him as Membership chairperson, and that she will be developing a new database for reporting on membership.

C. Rides - Herb Krieger reported on the 2006 Guide Dog Ride. He stated that the event went smoothly. However, he was disappointed with the turnout, stating that the ride never attracts more than 250 participants. This year's ride raised less than \$10,000 for the Foundation. He has met with the Foundation, and has proposed that the ride be made into a two day event, with Sunday remaining the main day, but that additional rides be developed on Saturday, mainly in the east end. By doing so, he feels that it could attract more out-of-the area riders. The matter will be discussed further at future meetings. He also reported that the Foundation has finally agreed to advertise the ride on Active.com.

D. Statistician (Joe Matzelle) - Joe reported that the new ride year began on November 1. So far a total of 4,995 club miles have been ridden.

E. Social (Michelle Dittmar) - Michelle reminded everyone that the deadline for reservations for the annual awards party is January 6th. The event will be held on January 13th, and will feature a sit-down dinner as well as dancing.

V. Treasurer's Report (Henry Schmidt) - Henry presented the Profit and Loss Statement for the year 2006 and the proposed budget for 2007. Following a discussion, the proposed budget was accepted as presented.

VI. Old Business - none

VII. New Business - Dick Cunningham proposed that the club continue to fund three \$500 scholarships for graduating seniors, one each for Mattituck, Greenport and Shelter Island High Schools from the proceeds from Bike-Boat-Bike. The motion was made and accepted.

VIII. 50/50 drawing - the drawing was won by Richard Dittmar.

IX. Adjournment - the business portion of the meeting was adjourned at 8:15 and was followed by a video featuring extreme mountain biking.

Respectfully Submitted,
Dick Cunningham

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), 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 (this is a club requirement and NYS Law)
- Ensure bike is in good mechanical condition
- Properly inflate tires
- Bring a water bottle, spare tire tube or patch kit, pump, 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. 09/05

SBRA Membership Application

New Member Renewal Reinstatement

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

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 NEGLIGENT 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

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



SBRA Rides for January

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.
 January 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* is the typical speed maintained for uninterrupted **flat** distances with **no wind**.

Ride Average* is what cycle computers calculate based on the total time the bike is moving

	<u>Cruising Speed (mph)*</u>	<u>Ride Average (mph)*</u>	<u>S=Structured:</u> (Entire group rides together)
AA	24+	22+	U = Unstructured: Faster/Slower riders ride at own pace
A+	20 - 24	20.1 - 22	? Weather/Road Conditions: Call Ride Leader 1 hr prior to ride.
A	18 - 22	18.1 - 20	Terrain: H = Hilly R = Rolling F = Flat
B+	16 - 20	16.1 - 18	B+/A 16 - 22+ 16.1 - 20+
B	14 - 17	14.1 - 16	B- 13.0 - 15 13.1 - 14
C+	12 - 14	12.1 - 13	C 11 -13 11.1 - 12
C-	10 - 12	10.1 - 11	D <10 6.0 - 10

+ Rides with a "+" symbol signifies those rides are at the Upper end of the Cruising Speed and Ride Average.

- Rides with a "-" symbol signifies those rides are at the lower end of the Cruising Speed and Ride Average.

AA Rides have no upper limit to speed and should only be attempted by riders familiar with the rider leader and other riders.

A+,A 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.

B+/A- Multilevel These 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 (meter average 16-20+).

B+,B,B- Stops are approximately halfway through the ride or when necessary. Cue sheets provided. No requirement to wait for stragglers, but ride leader will try to regroup at rest stops. Riders are expected to be mostly self-sufficient.

C Stops are frequent. Ride leaders will wait at all turns for all riders. Cue Sheets provided.

D Stops are frequent. Cue Sheets provided. A good ride for beginners.

Show 'N Go No Ride Leader / No Cue Sheet. Group determines route and distance.

MB Mountain Biking. Approx. 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: 1st left (Hawkins Av), right on Railroad Ave. Eastbound: 2nd 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 1/4 mile West of Nichols Rd.

*(5) Holtsville Ecology Site: 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 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, 1/2 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/>

Mon 1/1 10:15am 15mi/C/R/Mtn/S "New Year's With Bruce"
 Bruce Presner (631)476-3923(H) (631)481-6640(W)
 Start the New Year off on "the right foot" with a bike ride at Calverton with your SBRA buddies. So..Trade in the alcohol bottle for your water bottle and come ride with Bruce. We can go out for breakfast after the ride if the group wants to. Cell: 516-702-5639

Sat 1/6 10:00am 35mi/C+/R/F/Show & Go/S "C to C+ Polar Bear rides"

Leave out of the Sunshine Mall (#1). We may bike 26 to 40 miles. Nogo rain, snow, icy roads or temps below 26. Alternate 4-6 mile hike at Cathedral Pines or Southaven Park if roads are bad. Check the message board to confirm which it will be.

Sun 1/7 8:30am 54mi/AA/R/U "Winter Training Ride"
Trevor Sears (631)331-5642(H)
Dust off the road bike, and legs, for the New Year. From the bagel shop in Port Jeff station (was Bagels 'N a hole lot more, now called something else). Route 112, just N of route 347. Out along N Shore, back via Manorville, Yaphank etc.

Sat 1/13 10:00am 35mi/C+/R/F/Show & Go/S "C to C+ Polar Bear rides"
Leave out of the Sunshine Mall (#1). We may bike 26 to 40 miles. No go rain, snow, icy roads or temps below 26. Alternate 4-6 mile hike at Cathedral Pines or Southaven Park if roads are bad. Check the message board to confirm which it will be.

Sun 1/14 8:30am 54mi/AA/R/U "Winter Training Ride"
Trevor Sears (631)331-5642(H)
Dust off the road bike, and legs, for the New Year. From the bagel shop in Port Jeff station (was Bagels 'N a hole lot more, now called something else). Route 112, just N of route 347. Out along N Shore, back via Manorville, Yaphank etc.

Sat 1/20 10:00am 35mi/C+/R/F/Show & Go/S "C to C+ Polar Bear rides"
Leave out of the Sunshine Mall (#1). We may bike 26 to 40 miles. No go rain, snow, icy roads or temps below 26. Alternate 4-6 mile hike at Cathedral Pines or Southaven Park if roads are bad. Check the message board to confirm which it will be.

Sun 1/21 8:30am 54mi/AA/R/U "Winter Training Ride"
Trevor Sears (631)331-5642(H)
Dust off the road bike, and legs, for the New Year. From the bagel shop in Port Jeff station (was Bagels 'N a hole lot more, now called something else). Route 112, just N of route 347. Out along N Shore, back via Manorville, Yaphank etc.

Sat 1/27 10:00am 35mi/C+/R/F/Show & Go/S "C to C+ Polar Bear rides"
Leave out of the Sunshine Mall (#1). We may bike 26 to 40 miles. No go rain, snow, icy roads or temps below 26. Alternate 4-6 mile hike at Cathedral Pines or Southaven Park if roads are bad. Check the message board to confirm which it will be.

Sun 1/28 8:30am 54mi/AA/R/U "Winter Training Ride"
Trevor Sears (631)331-5642(H)
Dust off the road bike, and legs, for the New Year. From the bagel shop in Port Jeff station (was Bagels 'N a hole lot more, now called something else). Route 112, just N of route 347. Out along N Shore, back via Manorville, Yaphank etc.

Holiday
Party

Sunset Harbor
90 Colonial Drive

East Patchogue, NY 11752

January 13, 2007 • 7 PM • \$30 per person

Name _____


Number of people attending

Amount enclosed (\$30 per person)

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

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.

Checks must be received by January 6, 2007



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Giordano • Giro • Gripshift • GU • Hayes • Hed • Hind • Hutchinson • Kryptonite • Lock • Magura
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