



Suffolk Bicycle Riders' Association Monthly Newsletter

Rolling Wheels

JULY 2007 - Volume 30 / No. 7

Member Paumonok Bicycling Advocacy

www.SBRAweb.org

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

TOURING WITH DAN:

We had a very successful Bike-Boat-Bike this year, with no major problems. I would like to thank all the volunteers who contributed, without their hard work this year's Bike-Boat-Bike would not have been a success. I would like to thank all the members of the BBB committee who attended meetings about every 2-3 weeks since January; Dick Cunningham, Jeff Cohen, Gordon Howard and Joe Matzelle. I would like to thank Herb & Diane Krieger for throwing that wonderful BBB pre-party. I would like to thank Barbara Abraham and her crew for doing Sag duty and helping all our BBB quests when needed. I would like to thank Lil Burluk and her crew for getting all our BBB quests cars parked. I would like to thank Ronnie Levy and her crew for getting those 900 riders signed up and out on the road. I would like to thank Scott Freese for driving the Truck, being one of the first ones to arrive and the last one to go home. I would like to thank Dick Cunningham and his crew for getting the roads marked and for helping me with the shopping along with Gordon Howard. I would like to thank all the volunteers at our rest stops who kept our BBB guests supplied with peanut butter and jelly sandwiches, cookies, fruit and water. Lastly, I'm sorry I can't thank each and every one of you by name. For everyone who volunteered for BBB, each of your contributions was important and I thank you. Seeing all the SBRA members coming together to run this event was incredible. This is truly a great club.

Now due to our successful Boat-Bike-Boat and the additional web ad revenues, SBRA Treasury is in good financial shape. As a result of SBRA's full treasury, I proposed that SBRA hire Donna DeSousa of Howling Good Designs, Huntington NY to design a club Jersey for SBRA. Dona designed a beautifully detailed Jersey for the MPBC. It's really one of the nicest designed Jerseys I ever saw. The memberships at this past June 8 meeting voted and passed my proposal to hire Donna to design a Jersey for SBRA.

A committee comprising of Anita Risener, Diane Krieger, Barbara Braum and myself will create specifications for Donna to guide her design.

I also proposed that the club purchase a new supply of water bottles made by Polar Water Bottle with a SBRA logo. These water bottles are the best insulated water bottle on the market. These water bottles will keep your water cool during the hot summer days. They are the only water bottles that I have been using for the past 8 years. The memberships at the June 8 meeting passed my proposal to buy this water bottle. These Polar Water Bottles will be given out as the incentive awards in place of the old uninsulated water bottles at the next Holiday/Awards Party. The old water bottles will be given out at membership meetings to new members and at next year's Bike-Boat-Bike.

Another topic that came up at the past membership meeting by several new and prospective members present, was the lack of C level rides in the 20-25 mile range. Most of the rides were either C+ or above, with distances of 35+ miles. I told these new members that I would encourage more Ride Leaders to do some C rides. But another idea was also mentioned. A multi-start ride, where the Ride Leader would start the ride from one location, but then continue and pick up riders later at a start location along the route. The total distance in miles for the second location would of course be shorter than the initial starting location. I thought about this, searched our cue sheet library and found the perfect ride for SBRA's first multi start and multi level ride. This ride will take place Sunday, August 5 leaving at 8:30am from the Sayville Railroad Station and riding to Smiths Point with a deli Stop. The starting locations, departure times, distances and ride levels are as follows:

continued on last page

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.

JULY'S MEETING

Thursday, July 5, 2007

7:30 p.m.

Open Discussion: Bring Your Thought and Ideas

2007 EXECUTIVE COMMITTEE

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

2007 CHAIRPERSONS

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

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

Rolling Wheels

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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.

New Members

Mary Braunreuther	Riverhead
Edwin Canepa	Rocky Point
Deborah Kayla Edwards	Setauket
Jenny Labonte	Stony Brook
Odynocki Wienczyslav	Selden
Daniel O'Shea	Kings Park
Tracy Poulton	Setauket
Kevin Vesey	St. James
Nicholas Runko	Syosset
Joseph Ruiz	Holbrook
Nadine Delouis	Holbrook
Marco Pigni	Upton
Vincent Chiarchiario	Manorville

Total:611; Families – 112; New Members - 13

Christine Marino

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YOUR MOUNTAIN BIKE HEADQUARTERS

THANK YOU

The Century was great. The way Linda and Karen did the SAG was great for our group because it made them feel a part of something. Josie and I keep doing the training because it is just so great to see those people accomplish something they thought was impossible. Club bicycling means a lot to so many people on so many levels -- it is not just about a ride. As we volunteer for various club roles and keep the club inclusive we don't even how we affect people. We have had people (that we didn't even remember) come back to us 20 years later and say "you guys changed my life." The more we reach out, the more volunteers and future club leaders we develop. To stop, to wait, to encourage, fix a flat, share a snack -- that's the essence of club riding -- if it is just about seeing who is fastest we will just be a

bunch of old guys -- getting older and slower by ourselves.

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

Bob



2006/07 Ride Statistics

(11/ 06 – 5/07)

as per ride information received by 6/6/07

Number of ride leader credits: 167

Total club miles: 38450

Ride Leaders: Joe Matzelle (24), Billy Grosso (20.5), Bob Miller (14), Bruce Presner (12), Glen Cochrane (10), Gordon Howard (9.5), Mark Sailer (9), Steve Sendrowski (9), Bill Pope (6.5), Jack Steffens (4.5), Adam Molny (4), Dan Mussler (4), Anita Risener (4), Dan Rogers (4), Barbara Abraham (3.5).

Mileage Leaders: Bill Pope (1244), Joe Matzelle (1046), Jack Steffens (914), Billy Grosso (894), Ron Goodstadt (727), Christine Marino (691), Dick Cunningham (680), Adam Molny (595), Dan Mussler (592), Bob Miller (533), Glen Cochrane (530), Norm Samuels (483), Dan Rogers (391), Mark Sailer (378), Karin Gluth (359), Shannon Cain (350), Steve Sendrowski (348), Bruce Presner (346), Nick Kunda (345).

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

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

Joe Matzelle

7/07 Special Events Calendar

Gordon Howard 631-878-1716

July

8 Gold Coast Tour

www.huntingtonbicycleclub.org

22 Mass Park Multi Club Ride

www.massparkbikeclub.org

29 SBRA Picnic Michelle Dittmar 631-277-5226

Aug

12 Tour De Cure www.tour.diabetes.org

19 Tour of the Hamptons

www.massparkbikeclub.org

26 SBRA Multi Club Ride

www.sbraweb.org

Sept

6-9 Peanut Ride www.greatpeanuttour.com

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

23 Twin Lights Ride www.bikenewyork.org

29 Ancient Mariner

www.massparkbikeclub.org

28-30 Benefit HIV/AIDS

www.breakingthecycle.org

Jan

19 SBRA Awards Dinner Michelle Dittmar 631-277-5226

cont. from pg. 11

*Below please see CafePress's position on this:

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Best Regards,

Mark M

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GENERAL MEETING June 7, 2007 Minutes

- I. Call to order. The meeting was called to order by President Dan Mussler @ 7:30 PM. 39 members were present.
- II. Acceptance of Minutes - the minutes of the May 3, 2007 meeting were accepted as published in the Rolling Wheels.
- III. Treasurer's Report (Joe Matzelle) - Joe reported on the current club balance. Joe further reported that a total of 995 riders had registered for Bike-Boat-Bike. He reported on the event's income and expenses
- IV. Committee Reports
 - A. Statistician (Joe Matzelle) - Joe reported that a total of 38,450 club miles have been ridden to date. A full report will appear in the newsletter.
 - B. Membership - there are presently 611 members, including 112 families, including 13 new members. Five new or prospective members were introduced at the meeting.
 - C. Sunshine (Bruce Presner) - Bruce reported that he has sent a get well card to Howie Metzger, who was injured while riding on an SBRA ride. He will also be sending a card to Jerry Klein.
 - D. Rides - Herb Krieger reported that the annual Guide Dog Foundation ride will be held on Sunday, September 16th beginning at

the Foundation's headquarters in Smithtown. The purposes of the ride are to raise money for the Foundation and to encourage casual riders to become regular ones. He needs volunteers to lead rides, mark roads, and man the rest stops. Volunteers will receive a T-shirt and be able to attend the kick-off party. Dick Cunningham, reporting for Linda Kirk, stated that the Pedal-Paddle-Pedal ride will be held on Saturday, September 29, with Sunday, September 30 the rain date. More information will appear in the newsletter.

V. Officers' Reports.

A. Recording Secretary (Dick Cunningham) - Dick reported that three \$500 SBRA Scholarships will be awarded to graduating high school seniors, one each to Mattituck, Greenport and Shelter Island High Schools.

B. Vice-president (Phil Enright) - Phil announced that there will be no guest speakers at the July general meeting. Instead time will be devoted to a general discussion of club practices and policies. He further reported that an article on bicycling appeared in a recent issue of 55 Plus.

C. President (Dan Mussler) Dan thanked everyone for their help in making this year's Bike-Boat-Bike a successful event. He announced that future 50/50 raffles will include \$15 Road ID gift certificates and a \$25. Carl Hart gift certificate. On the matter of the ride leader jerseys, he reported that 73% (16 of 22) who responded to the survey favored having "Ride Leader" printed on the jersey. He suggested that in future years the jersey design alternate each year between having "Ride Leader" on and then not on. Dan stated that he was interviewed by David Wilson of the New York Times for an article on bicycling and Long Island bike clubs that will appear in a future issue of the Sunday Long Island section. He was also contacted by Christine Harvey of New Living magazine and asked to write a series of articles for the magazine. He reported that Long Island Bike located on Main St. in Patchogue has signed up to be an SBRA sponsor, and is offering a 15% discount to members on all items except bicycles, which will receive a 10% discount. He stated that our total ad revenues thus far for 2007 is \$3240, with more expected as additional sponsors come on board. He commented that a committee has been formed to consider the question of awarding credit for leading impromptu rides, and hopes that a policy will be formulated in the near future. Dan had a display of polar water bottles, and proposed that the club

purchase them to be used as ride incentives. A motion was made to purchase them and passed. Hew also circulated pictures of club jerseys designed by Donna DeSousa of Howling Goods Designs. After an extended discussion, a motion was made and passed to ask Donna to submit a proposal for an SBRA club jersey. A design committee will work with her in developing a design for SBRA.

VI. Old Business - A motion was made to accept the proposed amendment to Article III, Section 4 of the SBRA Constitution (By-laws) amending the manner by which the Club membership list can be secured was passed.

VII. New Business - a member raised the point of a need for more moderate distanced (20 to 25 miles) C level rides. A general discussion of ride pacing and distances followed.

VIII. 50/50 - the drawing was for both the cash and gift certificate was won by Miles.

IX. Program - the speaker was Jennifer Kirby, a licensed physical and massage therapist, who spoke the importance of stretching exercises both before and after bicycling. She demonstrated several exercises that can be done in conjunction with cycling.

Adjournment - the meeting adjourned at 9:15 PM.

Respectfully submitted,

Dick Cunningham

Recording Secretary

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SBRA Ride Schedule

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
Show & Go	No Ride Leader & Cue Sheet. Group determines route & distance		M 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

EARLY BIRDS now meet at the King Kullen shopping center, CR-111 & Chapman Blvd (LIE exit 70S) at 7:30am every Sunday morning for 50-70 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

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) Waldbaum's 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



SBR A Rides for July

July ride coordinator: Bill Pope

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

Sun 7/1 8:30am 30mi/C+/F/S "East Islip to Sayville"

shannon cain (631)225-1201(H)

Meet at JFK school, Carleton Ave south of Montauk, for flat ride through Heckscher, Oakdale, and bagels in Sayville. Check message board at 7:30 for rain cancellation. Cell 631-357-2338.

Sun 7/1 10:00am 23mi/D+/R/S "Manorville D+ Ride"

Gordon Howard (631)878-1716(H)

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

Sun 7/1 9:00am 46mi/C+/R/F/S "Follow The Peconic"

Bill Pope (631)475-4531(H) (631)439-9115(W)

Start at the Sunshine Mall (#1) and follow the Peconic River into Riverhead. Stop at Manorville for bagels.

Sun 7/1 7:30am 35mi/B/R/S "Early to Rise...Early to Ride"

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

Come along with Bruce as we do the Dick Reed's rides. We should be back at the cars by 10:45...Just enough time to have a nosh after the ride. CELL: 516-702-5639.

Sun 7/1 9:00am 36mi/B+/H/S "Silver Coast Tour"

Adam Molny (631)672-9386(H)

Enjoy a scenic tour of Suffolk's north shore. Beautiful harbor views. Includes Lawrence Hill, Snake Hill, and Young's Hill. Start: Ft. Salonga shopping center, corner of Rte 25A and Bread & Cheese Hollow Rd. Directions: Sunken Meadow Pkwy north to Rte 25A. West on 25A for 2mi. Shopping center is on your left.

Tue 7/3 9:00am 20mi/D/F/S "Blue Point <=> Bellport Slow Ride"

Dan Rogers (631)363-7614(H)

10 MPH or bust. Check website at 8am for go/nogo. We'll stop for some ice cream and coffee. No go rain, meteors, bears or other nastiness. Meet at south end of Blue Point Av at the Gazebo Dock. Take Nicholls Road to south end, then Blue Point avenue to south end.

Tue 7/3 6:00pm 20mi/C+/F/S "South Shore Ride"

Joe Matzelle (631)949-4458(H)

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

Tue 7/3 9:00am 48mi/B+/R/S "Pie Run"

Gloria Saniocla (631)878-5716(H)

Meet at King Kullen in Eastport (#7). Ride to Northville, will do tank loop. Stop at Briemere's.

Tue 7/3 8:00am 34mi/Multilevel B+/A/H/U "Stony Brook to Smithtown Beaches"

Bonnie Vulin (631)793-3720(H)

Meet at Stony Brook Rail Road Station (next to Getty)(#4). We'll ride to the Old Field Light House, Harbor Hill, Cordwood, Smithtown Beaches and River Road. Bring Snacks. Cue sheet will be provided. No go rain.

Wed 7/4 9:00am 35mi/C+/R/F/S "3 Point Ride"

Dan Mussler (631)821-2219(H)

Start from Mattituck RR Station, ride to Cedar Point, Paradise Point and Horton Point. Deli Stop, with lunch at Horton Point.

Wed 7/4 9:00am 40mi/B-/R/F/S "Celebrating the 4th"

Dick Cunningham (631)585-0868(H)

Meet at the Waldbaum shopping center in Miller Place (location #3) to celebrate the 4th by riding to the estate of William Floyd, a signer of the Declaration. We'll have a snack at the Estate.

Thu 7/5 6:00pm 21mi/B-/R/S "Riverhead Ride (We're moving on up)"

Karin G. (631)885-2541(H)

Meet at the South Municipal lot in Riverhead (Take McDermott South from Main St. and make a right.) Note the new pace. We will take the scenic ride to Mattituck.

Thu 7/5 5:00pm 35mi/B+/R/S "Wildwood"

Gloria Saniocla (631)878-5716(H)

Meet at Eastport King Kullen (#7) for a ride to Wildwood. Bring snack.

Thu 7/5 8:30am 45mi/Multilevel B+/A/R/F/U "Smith's Point Spin"

Christine Marino (516)578-8478(H)

Start from the Holtsville Ecology Center (#5). Deli stop. Snack at beach. Unstructured, but we won't lose anyone!!

Fri 7/6 8:30am 30mi/C+/R/S "Start the weekend early - beat the heat"

Joe Matzelle (631)949-4458(H)

Meet at Holtsville Ecology Center *(5). Ride either east to Yaphank or west to Oakdale. Bring snacks, no food stop. Check Message Board before 7:30am for cancellation.

Pick Your Poison ... Marianne, Bob or Barbara

Sat 7/7 9:00am 45mi/C+/R/F/S "Mattituck to Orient Point"

Marianne Galati (631)750-5003(H)

Come out east with us and enjoy the off shore breezes. Meet at Mattituck Train station off of Love Lane and ride to Orient Point. Stop for lunch. On the return, we'll "brake" for gelato in Greenport. No go if rainy..check message board by 7:30 AM if doubtful.

Sat 7/7 9:00am 45mi/C/F/S "Mattituck to Orient Point"
Bob Miller 917-797-7873 (631)000-0000(H) (631)000-0000(W)
Meet at Mattituck Train station off Love Lane and ride to Orient Point. Stop for lunch. On the return, we'll "do" gelato in Greenport.

Sat 7/7 9:00am 45mi/B/R/F/S "Mattituck to Orient Point"
Barbara Braun (631)472-4061(H)
Same ride Bob & Marianne are doing. Meet at Mattituck Train station off of Love Lane and ride to Orient Point. Stop for lunch. On the return, we'll "brake" for gelato in Greenport. No go if rainy..check message board by 7:30 AM if doubtful.

Sat 7/7 9:00am 25mi/C/F/S "Take Me Home, Country Roads"
Dan Mussler (631)821-2219(H)
Start from the Eastport King Kullen off Eastport Manor Rd & Montauk Hwy and ride the Country Roads to Manorville. Deli Stop. True C Pace 11-12 Average. Good Ride for Beginners.

Sat 7/7 8:30am 60mi/C+/R/F/S "Green Achers ride"
Billy Grosso (631)682-6604(H)
Begin at the Sunshine Mall (#1). WE will have lunch at Wildwood Park. We will bike out to the Buffalo farm in Hooterville. NO go rain or Drizzle rain.

Sat 7/7 8:00am 22mi/C+/H/R/S "4 Village North Shore Ride"
Bonnie Meyer (631)751-7018(H) (631)724-6900(W)
Start at Stony Brook North P Parking lot(campus side),Beat the heat and do a little hill climbing. Bring snacks, deli stop if needed. No go if rain.

Sat 7/7 8:30am 32mi/B/F/S "Gold Coast Warmup"
Lili Burluk (631)673-7946(H) (631)589-7400(W)
Meet at the Sunshine Mall *(1) for an easy spin to Manorville. Short deli stop. Join me on the 65 miler tomorrow.

Sat 7/7 9:00am 35mi/Multilevel B+/A/H/U "Yahoooo! Hills, hills and more hills."
Jack Steffens (631)669-4740(H) (631)632-8296(W)
Ride starts at the parking lot next to the Getty gas station across the street from the Stony Brook RR Station (#4). The ride is unstructured but there will be lots of wait ups. Caution!!! The pace is fast and the hills seem endless. Come ready to ride.

Sat 7/7 8:00am 55mi/Multilevel B+/A/H/R/U "Rocky Point to Iron Pear Point Park"
Bonnie Vulin (631)793-3720(H)
Meet in the parking lot behind Tilda's Bakery in Rocky Point. We will "piggy-back" Percy's A/A+ ride(check message board for Pzahn's ride). Bring snacks. No go rain. Check message board prior to ride for more route info. Cue sheet will be provided.

Sunday 7/08 Huntington Bicycle Club Gold Coast Ride. See

newsletter or go to www.huntingtonbicycleclub.org

Tue 7/10 9:00am 35mi/C+/F/S "See the Surf at Smiths Point"
Dick Cunningham (631)585-0868(H)
Meet at Sunshine Mall (#1) and ride to Smiths Point to see the surf. Leader will adjust pace to needs of group.

Tue 7/10 6:00pm 20mi/C+/F/S "South Shore Ride"
Joe Matzelle (631)949-4458(H)
Meet at JFK school on Woodland Dr (south extension of Carleton Ave) in East Islip. Route varies but includes Islip, Bay Shore and Brightwaters. Depending on turnout, we may break into 2 groups, B and C. Check Message Board before 5:00pm for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Tue 7/10 9:00am 42mi/B+/R/S "Riverhead"
Gloria Saniocla (631)878-5716(H)
Meet at Eastport King Kullen (#7) for a ride to Riverhead. Stop at bagel store.

Tue 7/10 8:00am 30mi/Multilevel B+/A/H/U "Stony Brook to Belle Terre"
Bonnie Vulin (631)793-3720(H)
Meet at Stony Brook University Parking lot "P". Cue sheets will be provided. Bring snacks. No go rain.

Wed 7/11 6:00pm 15+mi/C+/H/S "RollerCoasterRide"
Barbara Abraham (631)265-0021(H)
B/C+; ride start: parking lot north of Smithtown Library on N Country Rd; Multiple routes/options; Mileage determined by available daylight. NoGo rain. Plan to return before dusk.

Thu 7/12 6:00pm 21mi/B-/R/S "Riverhead Ride (We're moving on up)"
Karin G. (631)885-2541(H)
Meet at the South Municipal lot in Riverhead (Take McDermott South from Main St. and make a right.) Note the new pace. We will take the scenic ride to Mattituck.

Thu 7/12 5:00pm 35mi/B+/F/S "Beach Ride"
Gloria Saniocla (631)878-5716(H)
Meet at Eastport King Kullen (#7) for a ride to Tully's via Dune Road. Stop at Tulley's & return inland.

Thu 7/12 8:30am 40+mi/Multilevel B+/A/R/F/U "Sunshine Mall to Wildwood"
Christine Marino (516)578-8478(H)
Start at the Sunshine Mall (#1). Deli stop. Snack at deli or park. Unstructured, but with some "waitups."

Fri 7/13 8:30am 30mi/C+/R/S "Start the weekend early - beat the heat"
Joe Matzelle (631)949-4458(H)
Meet at Holtsville Ecology Center *(5). Ride either east to Yaphank or west to Oakdale. Bring snacks, no food stop. Check Message Board before 7:30am for cancellation.
Sat 7/14 8:00am 25mi/C/H/S "3 Loops"
Cathy Cahill (631)786-3211(H)
Leaves from the Stony Brook train station on the Stony Brook

campus side.

Sat 7/14 9:00am Pick Your Poison ... Marianne, Bob or Barbara Marianne Galati (631)750-5003(H)38mi/C+/R/F/S "Rescheduled goat farm ride"

Hurry up! The goats are now in high school. Meet Mattituck Train station off of Love Lane, ride the Henry's Hills route. Lunch about 3/4 of the way along. We are re-scheduled for the goat farm tour at the end. Bring \$4 if you plan to do the tour. No go if rainy. Pls check message board by 7:30 if weather doubtful.

Bob Miller 917-797-7873 (631)38mi/C/F/S "Henry's Hills Ride" Hurry up! The goats are now in high school. Meet Mattituck Train station off of Love Lane, ride the Henry's Hills route. Lunch about 3/4 of the way along. We are re-scheduled for the goat farm tour at the end. Bring \$4 if you plan to do the tour.

Barbara Braun (631)472-4061(H)38mi/B/R/F/S "No Goats Left Behind"

Same ride Marianne & Bob are doing. Meet Mattituck Train station off of Love Lane, ride the Henry's Hills route. Lunch about 3/4 of the way along. We are re-scheduled for the goat farm tour at the end. Bring \$4 if you plan to do the tour. No go if rainy. Pls check message board by 7:30 if weather doubtful.

Sat 7/14 8:30am 42mi/C+/S "Smell the Cedars roller Coaster Version"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine mall (#1). We will bike through the Scenic North Shore and have lunch at Cedar Beach. No go Rain.

Sat 7/14 8:30am 37mi/B/F/S "To Manorville"

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

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

Sat 7/14 9:00am 35mi/B/H/S "Port Jeff-Stony Brook hills"

Steve Sendrowski (631)889-2242(H) (631)782-5675(W)

Follow Jack's B+/A ride and pick up any stragglers. Ride starts at the Stony Brook RR Station parking lot next to Getty Station (#4). The ride goes through Stony Brook, Setauket and Port Jefferson. This is a structured ride and there will still be lots of regrouping. Deli stop somewhere ...probably Stony Brook.

Sat 7/14 9:00am 35mi/Multilevel B+/A/H/U

"Yahoooo! Hills, hills and more hills."

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

Ride starts at the parking lot next to the Getty gas station (#4) across the street from the Stony Brook RR Station. The ride is unstructured but there will be lots of wait ups. Caution!!! The pace is fast and the hills seem endless. Come ready to ride.

Sun 7/15 9:00am 39mi/C+/R/F/S "Return to Oz"

Dan Mussler (631)821-2219(H)

Start at Southampton RR Station and ride to Sag Harbor. Lunch stop by the Harbor.

Sun 7/15 9:00am 30mi/C+/R/F/S "Sunshine Mall to Manorville" Jeff Meyer (631)471-2129(H)

Slight extension to round out to 30 miles. Mostly flat, with 1 hill. Rest/food stop @ Bagel Store in Manorville. Start @ Sunshine Mall (#1).

Sun 7/15 7:30am 35mi/B/R/S "Early to Rise...Early to Ride"

bruce presner (631)476-3923(H) (516)481-6640(W)

Come along with Bruce as we do the Dick Reed's rides. We should be back at the cars by 10:45...Just enough time to have a nosh after the ride. CELL: 516-702-5639.

Sun 7/15 8:30am 37mi/B/R/S "Commack McDonalds to Stony Brook"

Fredric Itkin (631)957-4943(H)

Ride the quiet rolling hills from Commack McDonalds (SE corner of Vanderbilt Pkwy and Commack Rd) to scenic Stony Brook. Snack stop at Golden Pear Cafe. No go in rain. Cell phone 631-457-0206.

Sun 7/15 8:00am 45mi/Multilevel B+/A/R/U "North Shore Tour"

Bonnie Vulin (631)793-3720(H)

Meet at Shoreham HS. See website for cue sheet. Bring snacks. Deli stop. No go rain.

Mon 7/16 8:00am 29mi/B/F/S "Bellport to Smith Point"

Barbara Braun (631)472-4061(H)

Meet at the Bellport municipal parking lot on Bell St across from Krieb Cycle (next to Chowder House Rest.) and ride to Smith Point for breakfast. Check message board at 7 am for possible cancellation.

Tue 7/17 9:00am 35mi/C+/F/S "Meandering to Manorville"

Dick Cunningham (631)585-0868(H)

Meet at Sunshine Mall (#1) for a ride to Manorville for bagels. Leader will adjust pace to meet needs of group.

Tue 7/17 6:00pm 20mi/C+/F/S "South Shore Ride"

Joe Matzelle (631)949-4458(H)

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

Tue 7/17 9:00am 48mi/B+/R/S "pie run"

Gloria Saniocla (631)878-5716(H)

Meet at location King Kullen in Eastport (#7). Ride to Northville, will do tank loop. Stop at Briemere's.

Tue 7/17 8:00am 30mi/Multilevel B+/A/H/U "Stony Brook to Belle Terre"

Bonnie Vulin (631)793-3720(H)

Meet at Stony Brook University Parking lot "P". Cue sheets will be provided. Bring snacks. No go rain.

Wed 7/18 6:00pm 17mi/C+/H/R/S "3 Village - North Shore Ride"

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

Leave from 10 Stuyvesant Circle East, E. Setauket. Ride through the 3 Village area to Old Field Lighthouse. No go rain.

Thu 7/19 6:00pm 25mi/C+/R/F/S "Roller Coaster"
Dan Mussler (631)821-2219(H)
Meet at the South Municipal lot in Riverhead (Take McDermott South from Main St. and make a right.) Ride to Baiting Hollow. We will be moving up and down on this ride, on some hills that work like a Roller Coaster (optional).

Thu 7/19 5:00pm 35mi/B+/R/S "Wildwood"
Gloria Saniocla (631)878-5716(H)
Meet at Eastport King Kullen (#7) for a ride to Wildwood. Bring snack.

Fri 7/20 8:30am 30mi/C+/R/S "Start the weekend early - beat the heat"
Joe Matzelle (631)949-4458(H)
Meet at Holtsville Ecology Center *(5). Ride either east to Yaphank or west to Oakdale. Bring snacks, no food stop. Check Message Board before 7:30am for cancellation.

Sat 7/21 9:00am 32mi/C/R/F/S "Zig Zag Ride"
Dan Mussler (631)821-2219(H)
Start from Center Moriches Walbaums off Montauk Hwy, zig zag thru the coves of Center Moriches and then ride to Manorville. Deli Stop. True C pace 11-12 average.

Sat 7/21 8:30am 38mi/C+/R/F/S "Smell the Cedars Classic 38 mile route"
Billy Grosso (631)682-6604(H)
Leave out of the Sunshine mall (#1). We will bike to Cedar Beach for lunch. No go rain.

Sat 7/21 8:30am 37mi/B/R/S "North to Wading River"
Lili Burluik (631)673-7946(H) (631)589-7400(W)
Meet at the Coram Pines *(8) and ride some rolling terrain. Short bagel stop.

Sat 7/21 9:00am 35mi/B/H/S "Port Jeff-Stonybrook hills"
Steve Sendrowski (631)889-2242(H) (631)782-5675(W)
Ride starts at the Stony Brook RR Station parking lot next to Getty Station (#4). The ride goes through Stony Brook, Setauket and Port Jefferson. This is a structured ride and there will still be lots of regrouping. Deli stop somewhere, probably Stony Brook.

Sat 7/21 8:30am 36mi/Multilevel B+/A/H/U "Spin to the Lighthouse"
Christine Marino (516)578-8478(H)
Start from the St. James RR lot on Lake Ave. Ride to the Old Field Lighthouse. Deli stop. There will be some planned waitups.

Massapequa Park Bicycle Club Multi-Club Ride. For Information Go To www.massparkbikeclub.org

Mon 7/23 8:00am 18mi/B/H/R/F/S "Holtsville Loop"
Barbara Braun (631)472-4061(H)
Start your day with the Holtsville Loop. The ride leaves from the Holtsville Ecology center. At the end, we will stop at the deli by the Ecology center to have breakfast. Check message board at 7 am for possible cancellation.

Tue 7/24 9:00am 35mi/C+/R/F/S "Cycling to Cedar Beach"
Dick Cunningham (631)585-0868(H)
Meet at the Sunrise Mall (#1) for a leisurely ride to Cedar Beach in Mt. Sinai. Leader will adjust pace to meet needs of group.

Tue 7/24 6:00pm 20mi/C+/F/S "South Shore Ride"
Joe Matzelle (631)949-4458(H)
Meet at JFK school on Woodland Dr (south extension of Carleton Ave) in East Islip. Route varies but includes Islip, Bay Shore and Brightwaters. Depending on turnout, we may break into 2 groups, B and C. Check Message Board before 5:00pm for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Tue 7/24 9:00am 42mi/B+/R/S "Riverhead"
Gloria Saniocla (631)878-5716(H)
Meet at Eastport King Kullen (#7) for a ride to Riverhead. Stop at bagel store.

Tue 7/24 8:00am 30mi/Multilevel B+/A/H/U "Stony Brook to Belle Terre"
Bonnie Vulin (631)793-3720(H)
Meet at Stony Brook University Parking lot "P". Cue sheets will be provided. Bring snacks. No go rain.

Wed 7/25 6:00pm 15+mi/C+/H/S "RollerCoasterRide"
Barbara Abraham (631)265-0021(H)
B/C+; ride start: parking lot north of Smithtown Library on N Country Rd; Multiple routes/options; Mileage determined by available daylight. NoGo rain. Plan to return before dusk.

Thu 7/26 6:00pm 21mi/B-/R/S "Riverhead Ride (We're moving on up)"
Karin G. (631)885-2541(H)
Meet at the South Municipal lot in Riverhead (Take McDermott South from Main St. and make a right.) Note the new pace. We will take the scenic ride to Mattituck.

Thu 7/26 5:00pm 35mi/B+/F/S "Beach Ride"
Gloria Saniocla (631)878-5716(H)
Meet at Eastport King Kullen (#7) for a ride to Tully's via Dune Road. Stop at Tulley's, return inland.

Thu 7/26 8:30am 45mi/Multilevel B+/A/H/U "Christine's Misc"hill"aneous Ride"
Christine Marino (516)578-8478(H)
Start from the CVS Shopping Center on Hawkins Ave. in Ronkonkoma. Ride the hills on Bluepoint Road and then into the St. James area for some more hilly fun! Deli stop.

Fri 7/27 8:30am 30mi/C+/R/S "Start the weekend early - beat the heat"
Joe Matzelle (631)949-4458(H)
Meet at Holtsville Ecology Center *(5). Ride either east to Yaphank or west to Oakdale. Bring snacks, no food stop. Check Message Board before 7:30am for cancellation.

Sat 7/28 10:00am 16mi/D/R/S "Eastport to Quogue Wildlife

Refuge"

Gordon Howard (631)878-1716(H)

Meet at the Eastport King Kullen *(7) for a easy D ride, bring snacks and water. No go rain. Questions call home or cell 631-484-1650.

Sat 7/28 9:30am 32mi/C-/F/S "Eastport to Westhampton beach"
Bob Miller 917-797-7873 (631)000-0000(H) (631)000-0000(W)
Meander from Eastport King Kullen parking lot (Montauk & Eastport-Manor road) to Westhampton Beach. Experience 3 dead ends in Remsenberg.

Sat 7/28 9:00am 23mi/C/R/S "Mt Sinai, Miller Place, & Middle Island"

Diane & Herb Krieger (631)473-5697(H)

Mt. Sinai Shopping Center (King Kullen): Intersection of Rt. 347 & Crystal Brook Hollow Road, Mt. Sinai (#6). This is a good beginning ride.

Sat 7/28 8:30am 45mi/C+/H/R/S "Wild and Woolly Roller Coaster ride"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). We will have lunch at Wildwood State Park. We will bike out and Back the North Shore with Corkscrew hill. No go rain.

Sat 7/28 8:30am 35mi/B/H/R/S "East or West?"

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

Meet at the Stony Brook lot next to Getty *(4) for a ride with a short deli stop. Route will head west for a hilly route or east for a more rolling route, don't like surprises? Check the message board the day before for ride details.

Sat 7/28 9:00am 35mi/Multilevel B+/A/H/U "Yahoooo! Hills, hills and more hills."

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

Ride starts at the parking lot next to the Getty gas station (#4) across the street from the Stony Brook RR Station. The ride is unstructured but there will be lots of wait ups. Caution!!! The pace is fast and the hills seem endless. Come ready to ride.

Sun 7/29 8:00am Registration, 9:00am Rides "SBRA Picnic Ride"

Meet at Indian Island County Park, CR-105, Riverhead. Bring money for parking. Checks must be received by July 21st. No "day of" payers, NO EXCEPTIONS**See Picnic Application For More Info.**

("B+/A") Jack Steffens 37mi B+/A/R/S (631)669-4740(H) (631)632-8296(W)

("B-") Joe Matzelle 34mi/B-/F/S (631)949-4458(H)

("B") Bruce Presner 38mi/B/R/S (631)476-3923(H) (516)481-6640(W)

("C+") Bill Pope Route to be determined

(631)475-4531(H) (631)439-9115(W) (631)338-1682 (Cell during ride only)

("C") Dan Mussler 29mi/C/F/S (631)821-2219(H)

("D") Linda Abraham 18 mi /D/R/F/S (631)979-0951

Tue 7/31 6:00pm 20mi/C+/F/S "South Shore Ride"

Joe Matzelle (631)949-4458(H)

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

Tue 7/31 9:00am 48mi/B+/R/S "pie run"

Gloria Saniocla (631)878-5716(H)

Meet at King Kullen in Eastport (#7). Ride to Northville, will do tank loop. Stop at Briemere's.

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Dear Suffolk Bicycle Riders Assn:

We wanted to bring the following issue to your attention. Please go to the address below and see the violence being promoted against bicyclists by CaféPress through stickers, t-shirts and coffee mugs.

The message: "I don't share the road," accompanies a car striking a bicyclist. There are others: http://www.cafepress.com/buy/Share%20the%20Road/-/cfpt2/_x_19/cfpt_/source_search_Box/copt/_y_8

Please call CaféPress at (877) 809-1659, Toll-Free, to let them know you find this type of behavior reprehensible, offensive, and irresponsible. You would expect better judgment to be exhibited on behalf of management.

Cheers & Safe Cycling,

Lou Elin Dwyer

Advocacy Coordinator *continued on pg. 3*

FIRST SBRA FAMILY FIELD DAY & PICNIC

July 29, 2007 • 8:00 AM

Indian Island County Park • \$10⁰⁰ per person*

Join your SBRA friends on July 29th for our summer picnic.

We've got lots planned, including:

A Variety Of Multi-Level Rides

A Delicious Barbeque

Some Old-Fashioned Games - and more!

Schedule

8 am	Registration
8:30 am	Rides Start
12 noon -	Picnic
2 pm	Games (prizes for all who participate)

Directions: Route 105 in Riverhead. Take LIE to exit 71; Right turn onto Route 24 at end of exit ramp; Follow Route 24 south through the Riverhead Traffic Circle; Continue on Route 24 and make a left turn at the next traffic light onto Route 105; Follow 105 to entrance on right.

Name: _____

Phone: _____

Number of people attending: _____

Amount enclosed (\$10 per person): _____

For each person attended, please check 2 items:

_____ Hamburger
_____ Hot Dog
_____ Chicken
_____ Veggie Burger

*** Members with electronic delivery only**
pay \$5.00, 50% off the regular price.

Member without electronic delivery can send in their email address and \$5.00 and the club will convert you to electronic delivery only

Please make your check out to SBRA and mail it along with the registration form to Harriet Karpf, 9 Dennis Dr., Lake Ronkonkoma, NY 11779. If you have questions, contact Michelle at 631-277-5226. All checks must be received by July 21th. No exceptions.

E-mail Address: _____

SUFFOLK BICYCLE RIDERS ASSOCIATION
9TH ANNUAL

PEDAL-PADDLE-PEDAL
SATURDAY, September 29, 2007
9:30 AM

(Rain date: Sunday, September 30, 2005)

Start at the Sunshine Mall at CR 101 & Station Rd. in Medford. Bike either 15 or 25 miles at a B, C or D pace (your choice) to Glacier Bay Sports on Montauk Highway in Brookhaven. Paddle your kayak or canoe down the Carmans River to Bellport Bay and return (a 3 hour ride). Bring your lunch to eat on the river. Return the boat and bike 4 miles back to the start to end the day.

Reserve early. The cost for a single kayak is \$26.00; A canoe or double kayak is \$36.00. To reserve, complete the attached form and return with a check made out to **SBRA** to:

Linda Kirk
8 Reeves Road
Pt. Jefferson, NY 11777

Any questions: call Linda Kirk at 631-473-0689 or Dick Cunningham at 631-585-0868.

ALL RESERVATIONS MUST BE MADE BY SEPTEMBER 22, 2007

-----**Complete and Return**-----

Reservation for September 29/ Rain date September 30, 2007

Name _____

Address _____

_____ Phone: _____

Email: _____

I would like to reserve the following:

_____ Single Kayak @ \$26.00

_____ Double Kayak @ \$36.00

_____ Canoe @ \$36.00

I will be sharing a kayak or canoe with _____

New York State Bike Route 25 – 25A

The New York State Department of Transportation Long Island Region (DOT) has completed NY Bike Route 25-25A, the first long-distance, signed, on-street bike route on Long Island. It traverses the entire length of northern Suffolk County for a distance of 85 miles from the Cold Spring Harbor Long Island Rail Road (LIRR) Station to the Orient Point Ferry Terminal.

Throughout the new 85 mile state bike route, green and white signs are placed every ½ mile and at turns to direct cyclists to a safer road -- and to help alert motorists that they are sharing the road and should be alert for cyclists. Similar to mileage signs that are provided for motorists, some signs for the NY Bike Route 25-25A include mileage and destination signs to inform cyclists the distance to their chosen destination. At certain points, such as intersections and where lane widths narrow down, yellow “Shared Road” signs are displayed. In addition, train station guide signs direct cyclists to nearby LIRR stations.

NY Bike Route 25-25A is a multi-purpose route that now serves commuters traveling to work, children riding to school, or recreational cyclists out to take a ride for an hour or the entire day. On NY Bike Route 25-25A, cyclists can experience the quiet suburban neighborhoods of Huntington and Smithtown, the historic sights of Old Stony Brook, and enjoy a pleasant respite in Port Jefferson’s lively downtown, replete with shops and fine eateries. Further east, along the bucolic North Fork, a cyclist can sample freshly local grown produce at one of numerous farm stands, visit a museum, or take a refreshing swim at Orient Point Beach State Park. NY Bike Route 25-25A passes through both suburban neighborhoods and commercial shopping districts including Huntington Station, Kings Park, Smithtown, Stony Brook, Port Jefferson, Rocky Point, Mattituck, Cutchogue, and Southold. This newest bike route is part of the DOT’s continuing efforts to provide more opportunities for cyclists and to facilitate safer, more efficient use of our roadways by all users.

Thanks to the cooperation of the Towns of Huntington, Smithtown, Brookhaven, Riverhead, the Villages of Port Jefferson and Greenport, and Suffolk County government, a significant portion of the state bike route in western and central Suffolk County is on parallel town and county roads due to more favorable traffic engineering and operational conditions. In addition, the western section between Cold Spring Harbor and Smithtown runs on NY Route 25A for 18 miles, and the eastern section between Smithtown and Orient Point runs on NY Route 25 for 67 miles. In Riverhead, an attractive feature is the choice to either continue on NY Route 25 north of downtown Riverhead, or, use the “spur” along Ostrander Avenue toward downtown Riverhead’s Riverwalk. Due to narrow travel lanes, significant traffic congestion, on-street parking, and numerous driveways, there is a 1-1/2 mile “gap” in Smithtown between the Smithtown Bull where NY Routes 25 and 25A merge, and near NY Route 111 where NY Routes 25 and 25A separate again. Cyclists may either walk their bikes through this area or find their own safe alternative route through Smithtown to continue toward the signed bike route.

Day trip excursions are readily available along State Bike Route 25 – 25A. To utilize the LIRR stations at Cold Spring Harbor, Kings Park, Smithtown, St James, Stony Brook and Port Jefferson to facilitate bike trips, LIRR bicycle permits can be obtained from the LIRR at <http://www.mta.info/lirr/pubs/bicyclep.htm>. For example, a cyclist can take the train or car to Cold Spring Harbor train station and ride thirty miles to Port Jefferson and return by train to Cold Spring Harbor. NY Bike Route 25-25A also connects with the ferries at Port Jefferson and Orient Point to facilitate trips going to and from Connecticut.

The portion of NY Bike Route 25-25A along state roads will be maintained by the New York State Department of Transportation. Municipal governments have agreed to maintain the portions of NY Bike Route 25 along their local roads. They will be responsible for sweeping, debris removal, pothole filling and replacement of damaged signs as needed. Cyclists are reminded that they must follow all rules of the road and that wearing a bicycle helmet is the responsible way to enjoy cycling. Everyone is encouraged to get out and enjoy their newest and longest bicycle route on Long Island and hopefully benefit from it for many years to come.

Submitted by Lanny Wexler, NYS Department of Transportation



Lanny Wexler at start of Bike Route 25A

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 (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

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 Alma 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"/> First Class mail <u>OR</u> <input type="checkbox"/> 50% Discount off SBRA Annual Picnic with Email Delivery		

League of American Bicyclists ("LAB") and Suffolk Bicycle Riders Association ("SBRA")
Release and Waiver 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

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



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PO Box 404
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Sayville:RR Station 8:30am 45 miles B, C+
Patchogue: RR Station 9:00am 32 miles B, C+ or C
Bellport at Bellport Lane and Bell St Parking Lot 9:30am
25 miles B, C+ or C

Bruce Presner will be leading the B riders, Bill Pope will be leading the C+ riders and I shall be leading the C Riders. I am calling this ride the ATrain Ride. If you plan on attending these rides arrive at least 15 minutes prior to the above departures times, otherwise you risk missing your ride connection.

I believe other multi-start rides are possible and I encourage SBRA Ride Leader to develop and lead these types of rides. Giving our members more choices in the distances that they may wish to ride. Also this can make it easier for riders to move up to a higher level. A C+ rider would be more likely to try a 20 mile B ride rather than a 40 mile B ride and the same thing could be said for the other ride levels. Other multi rides possibilities are as follows:

Eastport King Kullen to Wildwood State Park with a stop at Manorville King Kullen.

Miller Place Stop & Shop to Smith Point with a stop at Sunshine Mall.

Sayville Railroad Station to Stony Brook Harbor with at Stop at Ronkonkoma RR Station.

Sunshine Mall to Miller Place with a stop the Coram Home Depot Shopping Center.

Stony Brook RR to Shorham with at stop at the Mt Sinai King Kullen Shopping Center.

I am going try to develop the above possibilities into rides. When I do, I will post these rides to our online Web cue sheet page with a new column indicating which rides are multi-starts rides. Safe Cycling Dan