



# Rolling Wheels

June 2008 - Volume 31 / No. 6

## Member Paumonok Bicycling Advocacy

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

## GEAR UP WITH GREGG

Did you know that in New York, state law requires a bicycle to have a white light visible at least 500 feet in front and a red taillight visible at least 300 feet in back -- not only at night, but also 30 minutes before sunset and 30 minutes before sunrise. Here are some more helpful tips.

### Avoid busy streets.

1. One of the biggest mistakes that people make when they start biking is to take the exact same routes they used when they were driving. It's usually better to take the streets with fewer and slower cars. Sure, cyclists have a right to the road, but that's a small consolation when you're dead. Consider how far you can take this strategy: If you learn your routes well, you'll find that in many cities you can travel through neighborhoods to get to most places, only crossing the busiest streets rather than traveling on them.

### Light up.

Too obvious? Well, if it's so obvious, then why do most night-time cyclists ride without lights? Bike shops have rear red blinkies for \$15 or less. Headlights are just as important as rear lights. Look for lights with LED's since they last ten times as long on a set of batteries as old-style lights.

### Take the whole lane when appropriate.

It's often safer to take the whole lane, or at least ride a little bit to the left, rather than hug the right curb. Here's why:

- Cars at intersections ahead of you can see you better if you're squarely in the road rather than on the extreme edge where you're easily overlooked.
- Taking the lane prevents cars from passing you too closely on narrow roadways.
- Riding a bit to the left prevents you from being a victim of the door prize.

You might worry about slowing down the traffic behind you if you take the lane. But if you're on the kind of street where you've got cars blocked up behind you or constantly

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changing lanes to get around you, you're probably on the wrong street and should find a quieter neighborhood street.

Taking the lane works especially well in most traffic circles. The traffic generally moves slower so it's easy to keep up, riding in the lane makes you more visible to motorists, and taking the lane prevents motorists from right hooking you as they exit the circle.

It's perfectly legal for you to take the lane when appropriate. State law states you have to ride as far to the right as is "practicable". Here are some things that make it *impracticable* to ride to the extreme right:

You're in a heavy traffic area with lots of side streets, parking lots, or driveways ahead and to your right. Cars turning left won't see you because they're looking for traffic in the *middle* of the road, not on the extreme edge of the road. Move left.

Cars are passing you too closely. If the lane is too narrow for cars to pass you safely, then move left and take the whole lane. Getting buzzed by cars is dangerous.

Cars are parked on the right-hand side of the road. If you ride too close to these you're gonna get doored when someone gets out of their car. Move left.

There are risks to both riding to the extreme right as well as taking the lane. Whether you ride to the right or take the lane depends on the conditions of the roadway you're on. On wide roadways with slow traffic and few intersections/driveways, ride further right. One fast roadways with lots of traffic and intersections, ride farther to the left. It's not always better to take the lane or to hug the curb; it depends on the roadway you're on.

### Ride as if you were invisible.

It's often helpful to ride in such a way that motorists won't hit you even if they don't see you. You're not trying to BE invisible, you're trying to make it irrelevant whether cars see you or not. If you ride in such a way that a car has to see you to take action to avoid hitting you (e.g., by their slowing down or changing lanes), then that means *they will definitely hit you if they don't see you*. But if you stay out of their way, then you won't get hit *even if they didn't notice you were there*.

### 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. **June 5, 2008**

## 2008 EXECUTIVE COMMITTEE

PRESIDENT: Greg Eisenstein 516-383-1485  
VICE-PRESIDENT: Sue Sherman 631 473-4732  
TREASURER: Joe Matzelle/273-3578  
RECORDING SECT: Dick Cunningham/585-0868  
CORRESPONDING SECT: Jeff Cohen/591-1079  
DIRECTOR / Social: Patricia Knecht/877-5896  
DIRECTOR / Ed & Safety: Gordon Howard/878-1716  
DIRECTOR / Advocacy: Pat Brennan  
DIRECTOR / Rides: Bill Pope/475-4531

## 2008 CHAIRPERSONS

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BIKE-BOAT-BIKE: Fred Greis  
GRAPHIC DESIGNER: Jim Deerfield/724-6401  
GUIDE DOG RIDE: Jeff & Brenda Meyer/471-2129  
Bob Devito  
LIBRARIAN: Bruce Pressner / 476-3923  
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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: Dan Mussler

For Newsletter Non-delivery or Address Change call  
Norm Samuels (631) 928-3913 or nsamuels@optonline.net

## *Rolling Wheels*

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The purpose of the Suffolk County 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 members 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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On very fast roads cars have less time to see you because they're approaching so fast. Of course, you should avoid fast roads in the first place if at all possible, unless there's plenty of room for a car and a bike side by side. And if there IS such room, then on fast roadways, you can practice invisibility by riding to the extreme right. If you're far enough right that you're not in the part of the lane the cars are in, then they'll zoom by and won't hit you, even if they never saw you.

Here's another example: It's a good idea to signal a left turn, but it's a better idea to make your left turn at a time or place where there aren't cars behind you that could hit you while you're stopped and waiting to make that turn. You can hang out in the middle of the street, stopped, with your left arm out, waiting to make your turn, but you're counting on cars behind you to see you and stop. If they don't see you, you're in trouble.

Naturally we don't advocate running red lights, but if you're the kind of person who does, then apply the invisibility principle when deciding on whether to run a particular light: Could any cross traffic possibly hit me if I were invisible? If yes, then absolutely don't do it. *Never make a car have to slow down to avoid hitting you (red light or not).* Remember, the more you rely on cars to see you to avoid hitting you, the more chances they'll have to actually do so.

Remember, you're not trying to BE invisible, you're just riding with the assumption that cars can't see you. Of course, you certainly *want* them to see you, and you should help them with that. That's why you'll wave to motorists whom you think might be about to pull out in front of you, and why you'll be lit up like a Christmas tree at night (front and rear lights). Remember that in many cases you'll need to take the lane, in which case you're counting on motorists to see you.

**Have Fun and ride safe!**

*Gregg Eisenstein*  
*President - SBRA*

**New Members**

- |                                             |                  |
|---------------------------------------------|------------------|
| Carlos Chavez                               | Shirley          |
| Cynthia Dietz                               | Stony Brook      |
| Betsy Escobar                               | East Setauket    |
| Thomas Geiger                               |                  |
| Carolyn Gilbert                             | East Norwich     |
| Michael Grumm                               | Ridge            |
| Mary Harwood                                | Coram            |
| Mark Josepher                               | Syosset          |
| Peter Lee                                   | Saratoga Springs |
| Jennifer McNally                            | Ronkonkoma       |
| Dawn Sarno                                  | Kings Park       |
| Elaine, Michael, David & Michael R. Schwenk | Miller Place     |
|                                             | Flushing         |
- Kenneth Wong
- Please contact the Membership officer with any changes to this information.  
**Norm Samuels, Membership Chair**

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**MEETING MINUTES  
MAY 1ST, 2008**

I. The meeting was called to order by President Gregg Eisenstein at 7:35 PM. 36 members and guests were present.

II. Acceptance of Minutes \_ the minutes of the April 3rd meeting were accepted as printed in the newsletter.

III. Treasurer's Report ( Joe Matzelle) Joe reported on the present club balance. A major expenditure during the past month was for printing and mailing the Bike-Boat-Bike brochures. He is working with Herb Krieger and Bill Pope to develop ways of reducing this cost in future years.

IV. Reports

A. Vice-president (Sue Sherman) - Sue reported on Bike-Boat-Bike, which is scheduled to be held on Sunday, June 1st. She asked for volunteers to assist in loading the truck on May 30th. Several members volunteered their services. The inventory of equipment will be held on Saturday, May 17th at the storage locker. She further reported that Pat Knecht has agreed to serve as Social Director to replace Michelle Dittmer, who had resigned. The appointment was approved by the membership.

We are presently considering alternate dates for the picnic due to the conflict with the Gold Coast Ride on July 13th.

B. Statistician (Joe Matzelle). Joe reported that a total of 19,843 road miles have been ridden this year, with several ride sheets still to be received. A full report will appear in the Rolling Wheels.

C. Corresponding Secretary (Jeff Cohen) - Jeff is still waiting for official confirmation from the Suffolk County Parks Department for the use of the county facility at Hampton Bays.

D. Membership (Norm Samuels) - Norm reported that the club presently has 687 individual members including 128 families. 17 new members joined during April. 3 new or prospective members (Andrew, Richard, and Sherry) were introduced.

E. Sunshine (Bruce Presner) - Bruce reported that he has sent condolence cards to members Marianne Gulotti and Fred Gries, whose fathers passed away.

V. Old Business - none

VI. New Business - Alan Perrault addressed the group, stating that while he has been a member of SBRA for 30 years, he is no longer able to ride on a regular basis and is considering discontinuing his membership. A motion was made to grant Alan honorary membership in recognition of his long service to the club. The motion passed.

VII. 50/50 - the 50/50 drawing was won by Ken Wiessmann.

VIII. Adjournment - the business portion of the meeting was adjourned at 8:05.

Program - Sue Sherman and Gregg Eisenstein introduced Dave Kleeschulte of Conformable Footbeds, who gave a talk on the advantages of using footbeds with riding shoes.

Respectfully submitted,

*Dick Cunningham*

*Recording Secretary*

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## SCHEDULE OF EVENTS

June

**1 SBRA Bike Boat Bike**

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

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

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

21 The Ride To Montauk

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

25-29 Pedal for Medals 2008

[www.pedal4medals.org](http://www.pedal4medals.org)

## July

13 Gold Coast Tour

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

20 MPBC Multi Club Ride

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

**27 SBRA Picnic Patricia Knecht 631-877-5896**

## Aug

17 Tour of the Hamptons

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

## Sept

**? SBRA Guide Dog Ride**

**Jeff and Brenda Meyer 631-471-2129**

28 Twin Lights Ride [www.bikenewyork.org](http://www.bikenewyork.org)

## Oct.

4 Seagull Century [www.seagullcentury.org](http://www.seagullcentury.org)

**26 SBRA Halloween Ride**

**Michelle Dittmar 631-277-5226**

## Jan

**? SBRA Awards Dinner**

**Michelle Dittmar 631-277-5226**

## RIDE STATISTICS

2007/08 Ride Statistics (Nov 07 - Apr 08) as per ride information received by 5/8/08

Number of ride leader credits: 112

Total club miles: 28962

Ride Leaders: Billy Grosso (17.5), Joe Matzelle (15), Bob Miller (12), Glen Cochrane (10), Pat Nett (8), Bruce Presner (6), Bill Pope (5), Lili Burluk (5), Gordon Howard (4), Bonnie Vulin (3), Steve Sendrowski (3), Norm Samuels (3), Barbara Abraham (3).

Mileage Leaders (over 400 miles): Dennis Jackson (1007), Joe Matzelle (935), Bill Pope (915), Ron Goodstadt (885), Pat Nett (685), Glen Cochrane (616), Linda Resnick (573), Bob Miller (539), Shannon Cain (529), Keri Lukin-Page (492), Billy Grosso (487), Bonnie Vulin (485), Nick Kunda (427), Christine Marino (422), Tom Zanatta (409).

Note: Monthly mileage statistics are provided only for those individuals with ride leader credits. For the first 6 months of '08 season, this will include individuals with ride credits in 2007.

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

Note: Riders MUST complete and sign the sign-in sheet to receive mileage credit.

*Joe Matzelle*

## **SBRA PJENJC**

**SBRA's annual picnic will be held at Indian Island Park in Riverhead on Sunday, July 27, 2008. For more information, please contact Pat Knecht at 877-5896 or [pknecht2002@yahoo.com](mailto:pknecht2002@yahoo.com)**

## **Matsui Introduces House Complete Streets Bill**

Representative Doris Matsui (D-CA) took an important step Thursday, May 1, for safer, better designed streets by introducing the Safe and Complete Streets Act of 2008 into the U.S. House (HR 5951). The bill would make sure that roads built and improved with federal funds safely serve everyone using the roadway, including pedestrians, bicyclists, bus riders, as well as people with disabilities.

On the Senate side, Senator Norm Coleman (R-MN) signed on this week as first Republican co-sponsor of the Senate version of the bill, S2686, the Complete Streets Act of 2008, introduced a few weeks ago by Senators Tom Harkin (D-IA) and Thomas Carper (D-DE). This is the first time that comprehensive complete streets bills have been introduced in the House and Senate.

Ask your Members of Congress to support this legislation.

For more information on complete streets, please visit [www.completestreets.org](http://www.completestreets.org). Click here to read Congresswoman Matsui's press release.

# Second SBRA FAMILY FIELD DAY & PICNIC

---

Join your SBRA friends on July 29th for our summer picnic.  
We've got lots planned, including:



A Variety Of Multi-Level Rides

Some Old-Fashioned Games - and more!

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Number of people attending: \_\_\_\_\_ Amount enclosed (\$? per person):

\_\_\_\_\_ Please make your check out to SBRA and mail it along with the registration form to Patricia Knecht. If you have questions, contact Pat at 631-877-5896. All checks must be received by July 21th. No exceptions.

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**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.

**July 27, 2007 • 8:00 AM Indian Island  
County Park • ? per person\***

\* **Members with electronic delivery only** pay less 50% off the regular price. Member without electronic delivery can send in thier email address and \$5.00 and the club will convert you to electronic delivery only

E-mail Address: \_\_\_\_\_



The Paul Simons  
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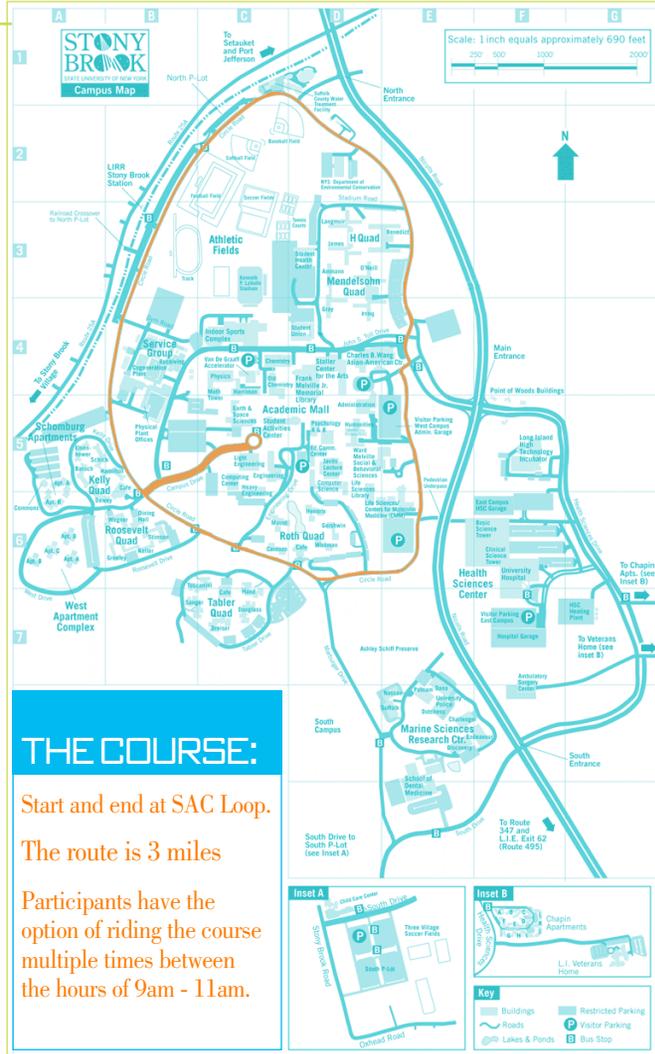
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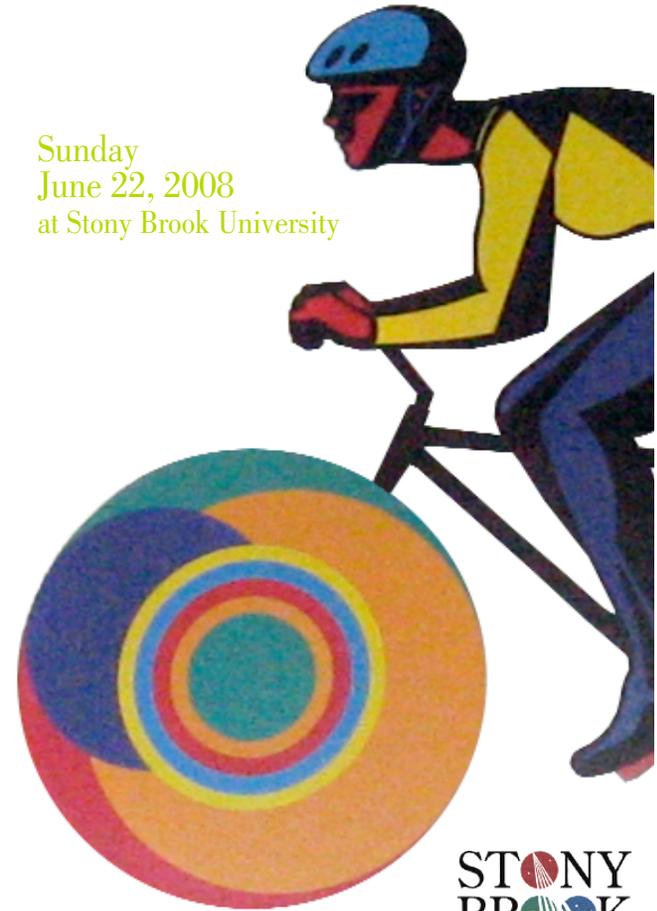
In addition to the above 3 mile route, cyclists may ride a 30-mile route of advanced hilly terrain beginning at 8am at SAC Loop to Mt. Sinai and back. A map outlining the advanced route will be available at registration.  
*Pre-registration required by mail for this ride.*

Minors (under 18) may not ride the Advanced course without being accompanied by a parent/guardian.

The Paul Simons  
Foundation

PAUL SIMONS  
MEMORIAL BIKE RIDE

Sunday  
June 22, 2008  
at Stony Brook University



# PAUL SIMONS MEMORIAL BIKE RIDE



PAUL SIMONS WAS PASSIONATE ABOUT CYCLING AND LOVED TO CHALLENGE HIMSELF. HE WAS A GREAT FRIEND WITH AN UNMATCHED SENSE OF HUMOR AND A TRUE LOVER OF NATURE. JOIN US IN THE RIDE AS WE HONOR PAUL'S MEMORY AND AS PAUL WOULD SAY, WE'RE RIDING EVEN IF WE GET A LITTLE WET.

(Rain or shine)

Avalon Park and Preserve was created by the Paul Simons Foundation with the goal of reflecting Paul's love of nature and the outdoors. The Foundation seeks not only to protect this unique and natural habitat but also to restore and maintain its ecological heritage. It is hoped that present and

future generations of visitors will find pleasure in these gardens, walks and woods.



## WHAT

A 3-mile course to be ridden as many times as you'd like between 9am - 11am open to riders of all ages and skill levels.

A 30-mile route of advanced hilly terrain beginning at 8am at SAC Loop to Mt. Sinai and back.

*Pre-registration required by mail for this ride.*

## WHERE

Stony Brook University:

Registration/check-in at the  
STUDENT ACTIVITIES CENTER.

## WHEN

Sunday June 22, 2008

8:00am - 9:00am registration for Family Ride  
Day-of Registration

Pre-registration optional by mail

8:00am - 11:00am Advanced Ride  
*Pre-registration required by mail for this ride.*

9:00am - 11:00am Family Ride

## FEES

Adult (age 15 and up): \$15.00

Child (age 5-14): \$10.00

Children under 5 are free.

\*There will be a \$5 surcharge per person for day-of registrants.

# PAUL SIMONS MEMORIAL BIKE RIDE



Number of Adults: \_\_\_\_\_ x \$15 = \_\_\_\_\_

Number of Children (5-14yrs): \_\_\_\_\_ x \$10 = \_\_\_\_\_

Total: \_\_\_\_\_ = \_\_\_\_\_

Please write numbers of each on lines provided above.

Name (individual or family name)

Address

Phone

e-mail

### METHOD OF PAYMENT:

- Check: payable to The Paul Simons Foundation.  
 Cash: Not for pre-registration, day of ride only.  
*Please do not mail cash.*

By checking the box and signing below, you agree to the following:

I understand that I assume full responsibility for myself (and my party, if applicable) and any injury or accident which may occur while I am on the premises of the event. I also understand that the entry fee is non-refundable.

\*If solo participant is under age 18, a parent or guardian must sign.

\_\_\_\_\_  
Participant Signature

The first 200 participants to register by **JUNE 1** will receive a t-shirt!

Please write in the number of each size requested:

\_\_\_\_ child M \_\_\_\_ child L  
\_\_\_\_ Adult S \_\_\_\_ Adult M \_\_\_\_ Adult L \_\_\_\_ Adult XL

This application is available to download at:  
[www.avalonparkandpreserve.org](http://www.avalonparkandpreserve.org)

Detach and mail with payment to address on reverse.



# SBRA Ride Classifications

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

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

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

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

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

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

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

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

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

## Pre-Ride Checklist

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

## Standard Ride Locations

Please park away from any stores.

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

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

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

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

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

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

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

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

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



## **Ride Schedule June**

### **Ride Coordinator: Bill Pope**

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

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

Mon 6/2 5:30am 20mi/Multilevel B+/A/F/S "Roll out of bed jump on bike!"

Richard Dittmar (631)882-9044(H)

20 mile ride from my house in Islip Terrace starting at 5:30 am. Back before 7. Call the night before to confirm. 631-882-9044.

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

Karin G (631)885-2541(H)

Meet at JFK school on Woodland Dr in East Islip. Ride through East Islip, Islip and Bay Shore. Check Message Board before 4:30 for cancellation.

Wed 6/4 5:30am 20mi/Multilevel B+/A/F/S "Roll out of bed jump on bike!"

Richard Dittmar (631)882-9044(H)

20 mile ride from my house in Islip Terrace starting at 5:30 am. Back before 7. Call the night before to confirm. 631-882-9044.

Wed 6/4 5:45pm 20-30mi/B/H/S "De-Stress Wednesday"

Marty Thomassen (631)476-0562(H) (631)764-8898(W)

Meet at Pine Cinema (Location #8) for a ride east or west on the North Shore. No cue sheets group will decide route. Will try for a strong B pace. Will regroup as needed.

Wed 6/4 6:00pm 17mi/C+/H/R/F/S "Three Village North Shore Ride"

Bonnie Meyer (631)751-7018(H) (631)624-6900(W)

Start at 10 Stuyvesant Circle East, E. Setauket. Ride to different points of the 3 Village area. No go if rain.

Wed 6/4 3:45pm 15mi/D/F/S "Wednesday Wanderlust"

Linda Resnick (631)751-6237(H)

Meet at the Marshall's parking lot on Hallock Rd. off Route 347 in Stony Brook. Stretch your legs in mostly flat Stony Brook and St. James before dinner. No deli stop. We will leave no later than 4PM.

Thu 6/5 9:15am 20mi/B/R/S "the pat nett invitational"

ron goodstadt (sheronrx@aol.com) (631)236-6879(H)

it wouldn't be Thursday without a Holtsville Ecology ride (Location #5). group will determine which B pace.

Thu 6/5 5:30pm 15-20mi/C+/F/S

Dawson (Tom) Pfisterer (631)585-6417(H) (631)588-4262(W)

Double Your Pleasure, Double Your Fun for another South Shore Ride for the week. Meet at JFK school on Woodland Dr in East Islip. Route goes through East Islip, Islip and Bay Shore. Lights and bright/reflective clothing recommended.

Fri 6/6 8:30am 30mi/B-/R/F/S "Start the weekend early"

Joe Matzelle (631)949-4458(H)

Meet at Holtsville Ecology Center \*(5). Destination TBD (Oakdale, Ridge or Yaphank). Bring snacks, no food stop. Check Message Board before 7:30am for cancellation.

Sat 6/7 7:00am 133mi/B+/H/R/F/U "DOUBLE metric century"

ron goodstadt (631)236-6879(H)

meet at the capital 1 bank in mattituck and follow the bbb 133 mile route. cuesheets and road markings available. bring money for ferries and food. UNSTRUCTURED so bring a friend or a cell phone. please rsvp via email

Sat 6/7 8:30am 40mi/B/R/F/Show & Go/U

Meet at the Coram Pines \*(8) for a loop decided by the group. Deli stop.

Sat 6/7 8:30am 41mi/C+/H/R/S "King of Belle Tere"

Billy Grosso (631)682-6604(H)

new 8:30 Summer start time. Leave out of the Sunshine Mall (#1). WE will have lunch at Cedar Beach. WE will climb the hills of Belle Terre. IF roads are wet we may bike a flatter route. no go rain.

Sat 6/7 9:00am 20mi/C-/F/S "Quogue Wildlife Refuge"

Tricia Brandt (631)874-2686(H)

Meet at Eastport King Kullen (#7) for an easy ride to the Refuge. Bring liquid and snacks; no deli stop but we'll take a break at the Refuge. No go rain. Check message board or call 516-330-1542 morning of ride.

Sun 6/8 8:30am 40mi/B/R/F/Show & Go/U

Meet at the Sunshine Mall \*(1) for a loop decided by the group. Deli stop.

Sun 6/8 8:30am 22mi/C+/H/R/F/S "North Shore 3 Village Ride"

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

Start at P Parking lot at SUNY Stony Brook. Ride to Setauket Harbor, Strongs Neck, Old Field Lighthouse, & Stony Brook Harbor. Be home in time for lunch. Short, but sweet. No go if rain

Sun 6/8 10:00am 35mi/C-/F/S "Southhold to Orient Point park"

Bob Miller 917-797-7873

Meet at 10AM at The Bank of America parking lot (Main Street and Wells Road) IN SOUTHHOLD. We'll go sort of directly to Orient Point Park via ancient jail and slave cemetery. We'll eat in Greenport on the way back.

Mon 6/9 5:30am 20mi/Multilevel B+/A/F/S "Roll out of bed jump on bike!"

Richard Dittmar (631)882-9044(H)

20 mile ride from my house in Islip Terrace starting at 5:30 am. Back before 7. Call the night before to confirm. 631-882-9044.

Mon 6/9 9:30am 20mi/B/R/F/S "Holtsville to Yaphank"

Barbara Braun (631)831-7276(H)

Meet at Holtsville Ecology Center for a short but good ride. No go rain. Check website for cancellation.

Tue 6/10 6:00pm 20mi/C+/F/S "South Shore Ride"

Joe Matzelle (631)949-4458(H)

Meet at JFK school on Woodland Dr in East Islip. Ride through East Islip, Islip and Bay Shore. Ride may break up into smaller groups, depending on turnout. Check Message Board before 5:00 for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Wed 6/11 6:00pm 35mi/Multilevel B+/A/Show & Go/U "Stony Brook/Port Jefferson"

Meet at Stony Brook Rail Road Station parking lot (next to Getty). Group will decide route and mileage. Check message board prior to ride for updates. Mileage will probably be 25 - 35mi. due to lack of daylight. No deli stops. Call my cell if you are running late : Bonnie (631) 793-3720.

Wed 6/11 5:30am 20mi/Multilevel B+/A/F/S "Roll out of bed jump on bike!"

Richard Dittmar (631)882-9044(H)

20 mile ride from my house in Islip Terrace starting at 5:30 am. Back before 7. Call the night before to confirm. 631-882-9044.

Wed 6/11 6:00pm 18mi/C+/H/S "WedNite NorthShore RollerCoaster Rides"

Barbara Abraham (631)265-0021(H)

Start: Parking Lot north of Smithtown Library on North Country Road. Description: Multiple routes. Mileage determined by available daylight. Quiet roads, exquisite scenery, great companionship & lots of fun. Challenging opportunity to strive for your personal best. Everyone will get stronger. NoGo in rain.

Wed 6/11 3:45pm 15mi/D/F/S "Wednesday Wanderlust"

Linda Resnick (631)751-6237(H)

Meet at the Marshall's parking lot on Hallock Rd. off Route 347 in Stony Brook. Stretch your legs in mostly flat Stony Brook and St. James before dinner. No deli stop. We will leave no later than 4PM.

Thu 6/12 9:00am 20mi/B/R/S "ron's relays"

pat nett (631)286-6460(H)

holtsville ecology center (#5). Ride 1.

Fri 6/13 8:30am 30mi/B-/R/F/S "Start the weekend early"

Joe Matzelle (631)949-4458(H)

Meet at Holtsville Ecology Center \*(5). Destination TBD (Oakdale, Ridge or Yaphank). Bring snacks, no food stop. Check Message Board before 7:30am for cancellation.

Sat 6/14 9:00am 45mi/Multilevel B+/A/H/U "Goat Ride"

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

Meet at ride start location #4. The ride starts in Stony Brook and will take us to points west. The ride is unstructured with lots of regrouping. Cue sheets will be provided. There will be a short deli stop.

Sat 6/14 9:30am 35mi/B/R/F/S "North Fork Tour"

Robert Halversen & Anita Risener (631)873-7227(H)

Join us for a tour of the scenic North Fork. Snack stop at Briermere; No lunch stop. New ride leader in training so take it easy on me BUT Anita will there to keep it together...

Sat 6/14 9:00am 30mi/C+/F/S "East Islip to Sayville Bagels"

Shannon Cain (631)225-1201(H) (631)357-2338(W)

Start at JFK school on Woodland Drive (extension of Carleton Ave south of Montauk) - ride through Heckscher Park and Oakdale, with a bagel stop in Sayville. Call my cell 631-357-2338 or check message board at 8:00 for weather cancellation.

Sat 6/14 9:00am 69mi/C+/R/F/S "Circle the Peconic"

Dan Mussler (631)821-2219(H)

Start at Riverhead Southeast Municipal Parking lot off Main St. Ride to the Hamptons, Lunch in Sag Harbor, Cross Shelter Island and return via North Fork. Bring \$\$ for Ferry.

Sat 6/14 9:30am 23mi/D/F/S "Deliteful D to ShorhamShore"

Barbara Abraham (631)265-0021(H)

Start: Coram Pine Shopping Ctr(#8) 9:30am. Get in gear for a scenic ride to LI sound...such a pretty site. Enjoy the journey with riding buddies (team Levy&Abraham). No bathroom or deli enroute. Bring snacks and liquid. You will not be disappointed! Rain cancels ride.

Sun 6/15 9:30am 32mi/C-/F/S "Eastport to Westhampton Beach"

Bob Miller 917-797-7873

Meet at 9:30AM in parking lot at junction of Eastport-Manor Road and Montauk Highway for liesurely ride to Westhampton Beach.

Sun 6/15 8:45am 48mi/B/R/S "Commack To Port Jefferson"

Fredric Itkin (631)957-4943(H)

Meet at the Commack McDonald's (SE Corner of Vanderbilt Parkway and Commack Rd). Ride some rolling hills to Port Jefferson. Deli/Bakery stop. No go in rain.

Sun 6/15 9:00am 30mi/C+/H/R/F/S "Adirondack Drive, or Bust"

Ronnie Levy (631)696-0832(H)

Meet at the Holtsville Ecology Site (#5) and challenge yourself on this annual attempt at Adirondack Drive. Deli stop.

Mon 6/16 5:30am 20mi/Multilevel B+/A/F/S "Roll out of bed jump on bike!"

Richard Dittmar (631)882-9044(H)

20 mile ride from my house in Islip Terrace starting at 5:30 am. Back before 7. Call the night before to confirm. 631-882-9044.

Mon 6/16 9:30am 20mi/B/R/F/S "Holtsville to Yaphank"

Barbara Braun (631)831-7276(H)

Start your week off right. Meet at the Holtsville Ecology Center (#5) for a short morning ride. No go rain. Check website for cancellation.

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

Joe Matzelle (631)949-4458(H)

Meet at JFK school on Woodland Dr in East Islip. Ride through East Islip, Islip and Bay Shore. Ride may break up into smaller groups, depending on turnout. Check Message Board before 5:00 for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Wed 6/18 6:00pm 35mi/Multilevel B+/A/Show & Go/U "Stony Brook/Port Jefferson"

Meet at Stony Brook Rail Road Station parking lot (next to Getty). Group will decide route and mileage. Check message board prior to ride for updates. Mileage will probably be 25 - 35mi. due to lack of daylight. No deli stops. Call my cell if you are running late : Bonnie (631) 793-3720.

Wed 6/18 5:30am 20mi/Multilevel B+/A/F/S "Roll out of bed jump on bike!"

Richard Dittmar (631)882-9044(H)

20 mile ride from my house in Islip Terrace starting at 5:30 am. Back before 7. Call the night before to confirm. 631-882-9044.

Wed 6/18 5:45pm 20-30mi/B/H/S "De-Stress Wednesday"

Marty Thomassen (631)476-0562(H) (631)764-8898(W)

Meet at Pine Cinema (Location #8) for a ride east or west on the North Shore. No cue sheets group will decide route. Will try for a strong B pace. Will regroup as needed.

Wed 6/18 6:00pm 17mi/C+/H/R/F/S "Three Village North Shore Ride"

Bonnie Meyer (631)751-7018(H) (631)624-6900(W)

Start at 10 Stuyvesant Circle East, E. Setauket. Ride to different points of the 3 Village area. No go if rain.

Wed 6/18 7:30pm 10mi/C/R/Mtn/S "Full Moon Ride"

Norm Samuels (631)928-3913(H) (631)988-6557(W)

The sun will be setting while we're riding & the moon will be out when we head back to the parking lot @ CATHEDRAL PINES. NO ONE GETS LEFT BEHIND! Headlight/bar lights are a MUST. Please email me if you plan on riding. Check the message board for weather related cancellation. Cell: 631-988-6557

Wed 6/18 3:45pm 15mi/D/F/S "Wednesday Wanderlust"

Linda Resnick (631)751-6237(H)

Meet at the Marshall's parking lot on Hallock Rd. off Route 347 in Stony Brook. Stretch your legs in mostly flat Stony Brook and St. James before dinner. No deli stop. We will leave no later than 4PM.

Thu 6/19 9:15am 20mi/B/R/S "the "pat nett" invitational"

ron goodstadt ([sheronrx@aol.com](mailto:sheronrx@aol.com)) (631)236-6879(H)

it wouldn't be thursday without a holtsville ecology (#5) ride. Group will determine which B pace.

Sat 6/21 9:00am 45mi/Multilevel B+/A/H/U "Goat Ride"

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

Meet at ride start location #4. The ride starts in Stony Brook and will take us to points west. The ride is unstructured with lots of regrouping. Cue sheets will be provided. There will be a short deli stop.

Sat 6/21 8:30am 45mi/B/R/S

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

Meet at the Coram Pines \*(8) for a faster loop to Manorville. Short deli stop. Please no calls morning of ride, check message board for update.

Sat 6/21 9:00am 41mi/C+/R/S "Just Ducky Mountain Goat Version"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine mall (#1). We will bike out and back the scenic way. Deli Cafe lunce at Wading River. no go rain.

Sat 6/21 9:00am 25mi/D+/R/F/S "Welcome Summer!"

Tricia Brandt (631)874-2686(H)

Meet at the lot across from Kreb Cycle in Bellport and ride to Smith Point Beach to celebrate the first day of summer. No go rain. Check message board or call 516-330-1542 the morning of the ride.

Sun 6/22 8:00am 35mi/B/F/S "first sunday of summer"

pat nett (631)286-6460(H)

sayville train station to babylon.

Sun 6/22 9:00am 64mi/C+/R/F/U "Jamesport to Orient"

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

Meet at the Jamesport Community Center on Rt-25 and South Jamesport Ave for a beautiful North Fork loop out to Orient for a picnic lunch. Deli stop prior to entering park (not the slow deli with the grouchy owner!). Check message board and/or call me morning of ride after 6am if weather is questionable.

Sun 6/22 9:00am 32mi/C/R/F/S "Round & Round"  
Dan Mussler (631)821-2219(H)  
Start at Wading River King Kullen off Rt 25A. Ride all around Manorville & Eastport. Deli Stop.

Mon 6/23 5:30am 20mi/Multilevel B+/A/F/S "Roll out of bed jump on bike!"  
Richard Dittmar (631)882-9044(H)  
20 mile ride from my house in Islip Terrace starting at 5:30 am. Back before 7. Call the night before to confirm. 631-882-9044.

Tue 6/24 6:00pm 20mi/C+/F/S "South Shore Ride"  
Joe Matzelle (631)949-4458(H)  
Meet at JFK school on Woodland Dr in East Islip. Ride through East Islip, Islip and Bay Shore. Ride may break up into smaller groups, depending on turnout. Check Message Board before 5:00 for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Tue 6/24 9:00am 30mi/C+/F/S "See the Surf at Smiths Point"  
Dick Cunningham (631)846-7825(H)  
Meet at Sunshine Mall to start the summer off with a leisurely weekday ride to Smiths Point to view the ocean. Leader will adjust pace to needs of group. No one will be dropped.

Wed 6/25 6:00pm 35mi/Multilevel B+/A/Show & Go/U "Stony Brook/Port Jefferson"  
Meet at Stony Brook Rail Road Station parking lot (next to Getty). Group will decide route and mileage. Check message board prior to ride for updates. Mileage will probably be 25 - 35mi. due to lack of daylight. No deli stops. Call my cell if you are running late : Bonnie (631) 793-3720.

Wed 6/25 9:30am 20mi/B/R/F/S "Holtsville to Yaphank"  
Barbara Braun (631)831-7276(H)  
Meet at Holtsville Ecology Center for a short midweek ride. No go rain. Check website for cancellation.

Wed 6/25 6:00pm 18mi/C+/H/S "WedNite North Shore Roller Coaster Rides"  
Barbara Abraham (631)265-0021(H)  
Start: Parking Lot north of Smithtown Library on North Country Road. Description: Multiple routes. Mileage determined by available daylight. Quiet roads, exquisite scenery, great companionship & lots of fun. Challenging opportunity to strive for your personal best. Everyone will get stronger. No Go in rain.

Wed 6/25 3:45pm 15mi/D/F/S "Wednesday Wanderlust"  
Linda Resnick (631)751-6237(H)  
Meet at the Marshall's parking lot on Hallock Rd. off Route 347 in Stony Brook. Stretch your legs in mostly flat Stony Brook and St. James before dinner. No deli stop. We will leave no later than 4PM.

Thu 6/26 9:00am 20mi/B/R/S "Ron's Relays The Finals"  
pat nett (631)286-6460(H)  
holtsville Ecology center (#5). Ride 1.

Thu 6/26 5:30pm 15-20mi/C+/F/S  
Dawson (Tom) Pfisterer (631)585-6417(H) (631)588-4262(W)  
Double Your Pleasure, Double Your Fun for another South Shore Ride for the week. Meet at JFK school on Woodland Dr in East Islip. Route goes through East Islip, Islip and Bay Shore. Lights and bright/reflective clothing recommended.

Sat 6/28 9:00am 45mi/Multilevel B+/A/H/U "Goat Ride"  
Jack Steffens (631)669-4740(H) (631)632-8296(W)  
Meet at ride start location #4. The ride starts in Stony Brook and will take us to points west. The ride is unstructured with lots of regrouping. Cue sheets will be provided. There will be a short deli stop.

Sat 6/28 8:30am 49mi/B/H/U "Marty's Back"  
Marty Thomassen (631)476-0562(H) (631)764-8898(W)  
Meet at Pine Cinema (#8). We will head out east on the north shore to Manorville. There will be a Bagel Stop. I will try to keep a strong B pace. There is shortcuts to do either 37 or 44 miles if wanted. Cue Sheets will be provided.

Sat 6/28 8:30am 40mi/C+/R/S "Smell the Ceaders Rocky Point Version"  
Billy Grosso (631)682-6604(H)  
Leave out of the Sunshine Mall (#1). We will bike out through Rocky Point and have lunch at Cedar Beach. no go rain.

Sat 6/28 9:00am 29mi/C/R/F/S "No Boom, No Bust"  
Dan Mussler (631)821-2219(H)  
Start at Holtville Ecology Center (#5) and enjoy a mostly flat ride to Sayville, with some rolling hills. At a true C pace, 11-12 Avg. Lunch Stop.

Sun 6/29 8:30am 40mi/B/R/F/Show & Go/U  
Meet at the Sunshine Mall \*(1) for a loop decided by the group. Deli stop.

Sun 6/29 9:00am 43mi/C+/R/F/S "Manorville Bagel Run"  
Bill Pope (631)475-4531(H) (631)439-9115(W)  
Meet at the Sunshine Mall (#1) for a leisurely C+ pace out to Manorville for some bagels. Check message board and/or call after 6am morning of ride if weather is questionable.

Sun 6/29 10:00am 36mi/C-/F/S "Mattituck - Henry's Hills Ride"  
Bob Miller 917-797-7873  
Meet at 10AM at Mattituck RR Station for ride in the vicinity of Southhold, Pleasure Point, etc.

Mon 6/30 5:30am 20mi/Multilevel B+/A/F/S "Roll out of bed jump on bike!"  
Richard Dittmar (631)882-9044(H)  
20 mile ride from my house in Islip Terrace starting at 5:30 am. Back before 7. Call the night before to confirm. 631-882-9044.

Newsletter via e-mail link (Standard)  
 Newsletter via first class mail (\$10.00/year fee)

**Join Suffolk Bicycle Riders Association!**

Become part of Suffolk's largest bicycle club. Standard membership provides electronic delivery of our Rolling Wheels newsletter, participation in club sponsored events, and local bicycle shop discounts. Standard membership dues rates are currently **\$20.00** for individuals and **\$25.00** for a family in the same household. The newsletter is also available via first class mail for an added fee of \$10.00 per year. **Please** check your preference in the box above. Complete the membership application and be sure to update any new information; **include your e-mail address** (even if you wish to receive the newsletter via 1<sup>st</sup> class mail). List all family members' names so that each can be issued a membership card. Be sure to include the proper dues.

Since our greatest expense is postage, we ask that you **include a self addressed stamped envelope** to insure that you receive your membership card. Printing out this form NOW will help you to remember to apply.

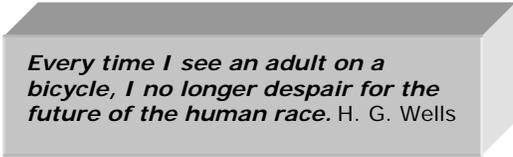
Our club runs on volunteers. You can help the club become an organization you want to belong to ... volunteer for a committee or lead a ride. SBRA is what you make it.

See you on our rides!

Sincerely,

*Norm Samuels*

Membership Chairman.



**SBRA Membership Application**

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

Renewal	Reinstatement	New Member	
First Name	Last Name	Date Of Birth	<b>Bike-Boat-Bike and Guide Dog Ride are SBRA's volunteer supported events. Check off a box and show up to support these activities:</b>  <input type="checkbox"/> Work a Waterstop <input type="checkbox"/> Mark a Route <input type="checkbox"/> Registration <input type="checkbox"/> Help Park Cars <input type="checkbox"/> Drive/Assist a Sag Wagon <input type="checkbox"/> Drive Supply Truck <input type="checkbox"/> Help At Ride Closeout
First Name	Last Name	Date Of Birth	
Street Address			
City	State	Zip	
eMail Address			
Evening Phone <i>With Area Code</i>	Day Phone <i>With Area Code</i>		
			Annual Dues Are: <b>\$20.00 individual, \$25.00 family</b> Make check payable to SBRA and mail to:  <b>SBRA c/o Norm Samuels</b> <b>11 Pine Street</b> <b>Port Jefferson Station, NY 11776</b>  <b>PLEASE INCLUDE A SELFADDRESSED STAMPED ENVELOPE FOR MEMBERSHIP CARD</b>

**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) ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

- 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.
- 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 conditions 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 may incur as a result of my participation in the Activity.
- HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, its 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 takes 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, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY 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. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. (1-2007)

I Have Read This Release. Signature Of Primary Applicants	Date
I Have Read This Release. Sign and print name & birthday of other family applicants not listed above	Date



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To All Members:

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

Thank you,

Rona Dressler  
Editor



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