



Suffolk Bicycle Riders' Association Monthly Newsletter

Rolling Wheels

JUNE 2007 - Volume 30 / No. 6

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:

If you take a look at the club's website www.SBRAweb.org, you will notice that it now has a new look. The main page now includes ads for SBRA sponsors with a link to each Sponsor's website. Also at the top of where the sponsors are listed, is a **ASPONSOR PAGE@** link. This page will show the discounts these SBRA sponsors will give SBRA members off there regular prices, plus contact information for each sponsor. A copy of this **ASPONSOR PAGE@** is printed inside this issue of Rolling Wheels. With the addition of SBRA's web advertising program, SBRA will bring in total ad revenues of \$3,120 this year. I am still working on a few more leads, I hope to get the final number up \$3,840 in ad revenue for 2007. SBRA collected \$600.00 in ad income in 2006, so this year we have a 536% increase in ad income. With a successful Bike-Boat-Bike, I hope to spend these additional revenues to benefit all members of the club.

I asked Phil Enright, our Vice President to contact Suffolk Life to get pricing to run a business card size ad for new members. The ad will run, starting May 23, for 4 weeks through June 13. The ad will run in 6 zones, primarily central Suffolk plus the North Fork, for 220,000 households. The cost is \$480.00. I am hoping to see many new members joining our ranks in the months ahead. But our ingenious Vice President is in the process of talking to Suffolk Life, had Suffolk Life interview me for an article when I was on vacation in Florida during April. So on April 18, I was

typing out my answers to questions emailed to me by Michelle Gabreille Centamore of Suffolk Life, on my Sister-in-law's computer. Next year I will have to explain to Phil the meaning of a vacation (The reporter also wanted pictures, so Phil contacted Bruce Presner, and Bruce provided some pictures. So, in the April 25, 2007 issue of Suffolk Life an article entitled A Go For a Ride with Friends was written about SBRA, quoting this guy named AMussler over and over, with a picture of SBRA cyclists taken by Bruce Presner.

Boat-Bike-Boat is fast approaching and we still near one more person to Sag. If you are interested, please contact Barbara Abraham at abrahamb@optonline.net. We also need a few more people for registration would be helpful, if interested please contact Ronnie Levey at nurseRBL@hotmail.com.

Another topic of discussion that came up at this month's meeting was about giving Ride Leader credits for impromptu rides posted on SBRA message board. This topic has been discussed in the past and a proposal was put forward to give credits to impromptu rides, but it was voted down. Giving credits to impromptu rides has several problems. One problem is tracking the rides that were posted on SBRA's message board. The Club Statistician, in order give credit, would have to know that the ride was posted and was open to all members of SBRA before credit could be given. Due to the informal, unstructured form of our message board, tracking these rides is unworkable. Another objection to giving credit to impromptu rides is that opening these rides up for credit might take away from SBRA's current Ride Schedule with rides posted over 1 month in advance. Lastly, how much credit should a Ride Leader get for

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.

JUNE'S MEETING

Thursday, June 7, 2007

7:30 p.m.

MESSAGE THERAPY & STRETCHING

for BICYCLISTS by Jennifer Kirby, LMT

Port Jefferson Therapeutic Massage

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 Burluik / 589-7400
RIDES STATISTICIAN: Joe Matzelle
SUNSHINE: Bruce Presner / 476-3923
WEBMASTER: Norm Samuels

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

Rolling Wheels

is printed by:
Professional Printing Services
1315 Middle Country Road
Centereach, NY 11720
451-0111
Fax: 451-0774

The Purpose of the Suffolk Bicycle Riders Association is to teach members about bicycle mechanics, bike safety, the joy of bicycle touring, bicycling awareness for non-participants and to enjoy a mutual appreciation and compatibility during bicycle tours that may include camping and racing. Members shall consist of individuals and families who wish to participate as member abiding by the constitution and bylaws of the club. The Club may not discriminate in admitting members, according to their age, race, nationality, sex, creed or religion.

VOLUNTEERS NEEDED

I need your help. To date I have only 15 members signed up as volunteers for June 3, Bike Boat Bike. Over 100 volunteers are needed to run this event. By this time, the BBB committee is supposed to be allocating the volunteers to the different areas. Hard to do with only 15 volunteers. Volunteers are needed for: Registration, Parking, Sag Wagon, Road Marking, Horton Light House Rest Stop, Mattituck Rest Stop, Shelter Island Rest Stop, Shinnecock Rest Stop, Ammagansett Rest Stop. And we need a truck driver for the day prior and for the day of the event! Please don't delay. E-mail me ASAP @ President@SBRAWeb.org. Please specify the area you prefer in your e-mail. Assignments for your preference will be given on a first come basis. All volunteers must be in place by May 1.

Dan Mussler

New Members

Audrey Capozzi (Bellport)
Karen Catoggio (Nesconset)
Min Chan (Deer Park)
Frank Donato (Middle Island)
Donna English (Selden)
Glen Grumm (Oakdale)
Pat Knecht (Farmingville)
Tuan Le (Selden)
Forest Markowitz (New York City)
Jeffrey Orellana (Mastic Beach)
Rena Puco (Bohemia)
Lorraine Stone (Medford)
Total Members – 611; Families – 112: New Members - 12

CHRISTINE MARINO

THE NORTH SHORE COMPLETE BICYCLE CENTER
EXPERT REPAIRS ACCESSORIES CLOTHING



664 ROUTE 25A,
ROCKY POINT, NY 11778
www.rockypointcycles.com (631) 744-5372
YOUR MOUNTAIN BIKE HEADQUARTERS



25th Annual Gold Coast Tour Sunday, July 8, 2007

TOUR STARTS: All routes begin "rain or shine" on **Sunday, July 8, 2007** at BAE Systems (formerly Hazeltine Corporation) in Greenlawn, Long Island, NY. Five tours of different lengths are available.

DIRECTIONS: By Car: Long Island Expressway to Northern State Parkway to Deer Park Ave. (Route 231) north. Bear left at the fork and continue for 3.5 miles. Turn right on Pulaski Road and proceed 1 mile to BAE Systems. By LIRR: Take the LIRR, Pt. Jefferson branch, to the Huntington Station. Go east on Broadway to the end (.85 mile). Turn right on Park Ave. - go .45 mile to next light. Turn left onto Pulaski Rd. - go 1.2 miles to BAE Systems.

PROVIDED: Food and beverages will be available at all rest stops. SAG wagons; clearly marked cue sheets; T-Shirts for all who are pre-registered by June 22.

HELMETS: ANSI or SNELL approved helmets and strict adherence to all cycling safety rules

MINORS: Riders under age 18 must be accompanied on the ride by a parent or guardian.

SUGGESTED START TIMES: (Tour closes at 5:00 pm)

100 miles - 7:00 am 70 miles - 7:30 am 55 miles - 8:00 am 25 miles - 8:30 am 12 miles - 9:00 am

FEES: Registration by mail must be received before July 6 - \$20.00 for all routes, **except** \$15.00 for 12 miler.

ON-SITE REGISTRATION FEE (July 9) - \$25.00 for all routes **except** \$20.00 for 12 miler. Info at : goldcoast@huntingtonbicycleclub.org

SIGN THIS FORM AND THE WAIVER & RETURN WITH YOUR CHECK TO: Gold Coast Tour, 97 Twin Lawns Ave. Hicksville, NY 11801 (Make check payable to Huntington Bicycle Club)

Name _____ Phone No. (____) _____ I plan to ride: _____ 100 miles
 Address _____ _____ 70 miles
 City _____ State _____ Zip _____ _____ 55 miles
 Emergency Contact _____ Phone No. _____ _____ 25 Miles
 Email Address _____ _____ 12 miles

T-shirt Size: ___ S ___ M ___ L ___ XL (Registrations RECEIVED BEFORE June 22 will receive free t-shirt)

Waivers

In consideration of being permitted to participate in any way in the HUNTINGTON BICYCLE CLUB (Club) GOLD COAST TOUR (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 or that of a minor under my guidance in the Activity.
3. Hereby release, discharge, and covenant not to sue the Club, the League of American Bicyclists ("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 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.
4. 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 also certify that I am at least eighteen (18) years old or otherwise accompanied by an adult and do hereby agree to wear an "ANSI/SNELL" approved helmet while participating in the Activity.

Signature

Signature of Parent or Guardian if under 18

Date

continued from p.1

committing to a ride at the last minute?.

But upon reflecting on this problem, I understand that many club members simply have work schedules, where they do not know for certain what days they will have off a month in advance. My own work schedule today is quite fixed, I work Monday through Friday, and I very rarely work on weekends. However many years ago when I first got out of college, I worked in retail and from week to week, I could never be certain what days I would have off. If I still had that job today, I would never have lead all the rides I have over the past 9 years, over 150 rides. I believe there are many members who wish to lead rides and contribute more to the club. But our current system is simply not flexible enough to accommodate these clubs members. So it can be also argued that the current system of posting rides is only geared to those club members lucky enough to have a fixed work week. The current system is taking away from all members fully participating in leading club rides.

Gordon Howard suggested that a committee be appointed to work on a solution to give credits to impromptu rides. I also think there is a workable solution to this problem, a balanced solution that will be fair to all club members - a balanced solution that would strengthen our ride schedule and not weaken it. So far Joe Matzelle, Norm Samuels and Barbara Braum have volunteered to join this committee. If you also are interested in joining this committee to recommend a solution please contact me at President@SBRAweb.org.

Safe Cycling,
Dan

6/07 Special Events Calendar

Gordon Howard 631-878-1716

June

3 SBRA Bike Boat Bike www.sbraweb.org
10 Mansion Ride www.mansionride.com
17 LIBC Multi Club Ride
www.bicyclelongisland.org

28-7/1 Pedal for Medals 2007
www.pedal4medals.org

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

Bike Discounters

*Bikes Accessories Repairs
Steve Boyle Owner*

427 Rt. 25A
Rocky Point NY 11778 USA
631-209-0825 phone & fax
www.ebikediscounters.com



2006/07 Ride Statistics

(Nov 06-Apr 07) as per ride information received by 5/2/07
Number of ride leader credits: 107.5
Total club miles: 27111



SBRA invites you to bicycle on Long Island's East End. Tour through the woodlands, fields, and shoreline of the North and South Forks. Take the ferry to Shelter Island. Cycle through the scenic coves and byways of beautiful Shelter Island. Ride with your friends, family or join a group and make new friends. Whether your preference is social, scenic viewing, or fast recreational cycling, we are sure you will enjoy the tour. Bike-Boat-Bike has flat to gently rolling routes, along with some hills on Shelter Island.

27th Annual Bike-Boat-Bike

Presented by the Suffolk Bicycle Riders Association

Sunday, June 3, 2007 (Rain or Shine)

Location: North Fork Bank Corp. Headquarters, Mattituck N.Y

Routes: Easy Flat/North Fork/Horton Pt. Lighthouse 9:30 A.M.
 *25 miles: Remote Start/Shelter Island (Hilly) 9:00 A.M.

Register at North Fork Bank, pick up T-shirt, registration bracelet and cue sheets. Drive to the remote start at Greenport High School

*50 miles: North Fork/Extended Shelter Island 8:30 A.M.
 *65 miles: North & South Forks/Shelter Island 8:00 A.M.
 *100 miles: North & South Forks/Shelter Island/Hamptons 7:30 A.M.
 *125 miles: North & South Forks/Shelter Island/Montauk Pt. 7:00 A.M.

If you have any questions, see www.sbraweb.org

You can also register online at www.active.com

Fee/Registration: \$20.00 - Online registration at www.active.com. / \$25.00 - Mail-in registration. / \$30.00 - Day of event registration. Online registration up to April 25th and mail-in registration postmarked before April 25th entitle the registrant to an event tee-shirt. Registration after April 25th doesn't include a tee-shirt.

*Registration does not include ferry fare. Please bring \$10 in singles. Exact ferry fees will be posted at registration table. Children under 12 are half-price, but must be accompanied by a parent or guardian.

Tour Provides: There will be maps, cue sheets, registration bracelets and marked roads. Rest Stops along each route provide food and refreshments until 4:30 P.M. SAG support vehicles will assist riders until 5 PM.

Directions: By car—Take the Long Island Expressway (Route 495) to the end. Follow the signs to Orient Point. Stay on Route 25 to Mattituck, North Fork Bank Corp. Headquarters will be on the left side of the road. By train— Take the LIRR to Mattituck Station.

Requirements: All registrants must sign a release form. All riders must wear approved helmet. Cycling safety and strict adherence to all state cycling laws and rules of the road are imperative. We suggest you carry identification and any pertinent medical information with you at all times. Bicycle should be in good working order.

TO ENTER: Fill out the application, include non-refundable check made out to SBRA and mail to SBRA-BBB, 37 Franklin Street, Brentwood, NY 11717.

LAST NAME

FIRST NAME

STREET NAME

CITY or TOWN

STATE

ZIP CODE

EMAIL

EMERGENCY CONTACT

TELEPHONE

PLEASE CIRCLE YOUR INTENDED RIDE 25 (Remote) 25 50 65 100 125

Circle T-shirt size (if registered before April 25th) S M L XL XXL

All T-shirts must be picked up the day of the event

LEAGUE OF AMERICAN BICYCLISTS ("LAB") AND SUFFOLK BICYCLE RIDERS ASSOCIATION ("SBRA") RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY 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:

(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 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.

(3) 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 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, 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)

Signature of registrant _____

Parent or Guardian must accompany anyone under 18 years of age and sign a minor waiver on the day of the event.

Ride Leaders: Billy Grosso (15.5), Joe Matzelle (15.5), Bruce Presner (10), Glen Cochrane (9), Mark Sailer (8), Bob Miller (7), Bill Pope (5.5), Gordon Howard (5), Adam Molny (4), Dan Mussler (4), Dan Rogers (4).

Mileage Leaders: Bill Pope (1076), Joe Matzelle (798), Pat Nett (732), Billy Grosso (702), Carmine Marino (698), Gerry Klein (644), Dennis Jackson (625), Jack Steffens (609), Dan Mussler (592), Ron Goodstadt (565), Dick Cunningham (558), Linda Resnick (538), Christine Marino (508), Adam Molny (412), Glen Cochrane (405).

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

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



**GENERAL MEETING
MAY 3, 2007
MINUTES**

- I. Call to order. Meeting was called to order by President Dan Mussler at 7:30PM. 37 members were present.
- II. The minutes of the April 5th general meeting were accepted.
- III. Reports
 - A. Treasurer (Joe Matzelle) - Joe reported on the club's balance.
 - B. Statistician (Joe Matzelle) - Joe reported that up to April 30th, members had ridden a

total of 17,111 miles. Bill Pope has ridden the most individual miles (1,006).

C. Membership (Christine Marino) - The club has 611 individual members. It has 112 families, and 12 new members.

D. Rides (Bill Pope)- it was noted that Bill was present. He had nothing to report. There is still a need for Bike-Boat-Bike volunteers, particularly to help with SAG support.

E. President's Report (Dan Mussler) - Dan reported on an article including photographs that appeared in Suffolk Life featuring SBRA. He further reported that SBRA will be running an ad in the central Suffolk editions of that paper for four weeks advertising for new members.

IV. New Business

A. A proposed amendment to the Club's constitution (by-laws) was introduced by Dan Mussler, Joe Matzelle, and Norm Samuels to amend Article III - Membership of the Club - Section 4. The section presently reads as follows: Section 4. A membership list of all Members updated annually will be available to any Member at cost on the condition that it not be used for commercial purposes and that it shall exclude the names of those Members who have filed a written request not to be so listed. A request for the list may be made by any Member of SBRA in the month of October by submitting a self-addressed postage paid envelope, including the cost of reproduction. Notice of this is to be published in the October issue of the the SBRA newsletter. The list is to be compiled in January and available in February (2/7/91).

The proposed amendment states:
Section 4. A membership list of all Members shall be maintained by the club and the list will not be used for commercial purposes. A copy of the list may be requested by any member by submitting a written request with reason for wanting the list to the Executive Board, by presenting the request to the Club's Recording Secretary. The Executive Board by the next club meeting may either deny or grant the request to access to the list to that member. Also, the list shall exclude the names of those

Members who have filed a written request to keep that information private.

The proposed amendment will be voted upon at the May General Meeting.

B. Dan reported on an e-mail received from the president of the Long Island Bicycling Club concerning SBRA's scheduling rides on the dates of other Long Island clubs' multi-club rides, including LIBC's. Dan commented that this policy should be changed, and that SBRA not schedule rides on the dates of other Long Island cycling club's major events, including multi-club rides. He proposed that SBRA return to its previous policy of not scheduling rides on the dates of other clubs' multi-club rides and major events.

A motion was made and seconded that it will be the policy of SBRA not to schedule rides on the dates of other clubs' multi-club rides and major events. Following a discussion, the motion passed.

C. Credit for rides scheduled on the website. Barbara Braun requested that consideration be given to giving ride credit for leading rides posted on the web site. In the discussion concern was expressed about the difficulties of keeping records of such rides. The matter will be discussed further at a future meeting.

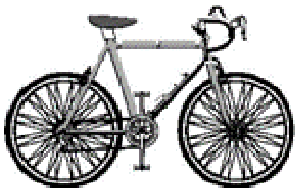
V. 50/50 Drawing - the 50/50 drawing was won by Bill Pope.

VI. Adjournment.- the business portion of the meeting adjourned at 8:20 and was followed by a program featuring Pete Mosen of Bikram Hot Yoga, located in Setauket. Hot Yoga is a system of yoga that takes place in a hot room and involves all systems and organs of the body.

Respectfully Submitted:

Dick Cunningham

Recording Secretary



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



SBRA Rides for June

June ride coordinator: Bill Pope

EARLY BIRDS

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

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

Repeating Weekday Rides

[6/4, 6/6, 6/7, 6/11, 6/14, 6/15, 6/18, 6/21, 6/22, 6/25, 6/28, 6/29]

5:30am 20mi/Multilevel B+/A/F/S "Am I up yet?"

Richard Dittmar (631)277-5226(H) (631)882-9044(W)

Richard's early morning ride for those that would like to go for a

little jaunt before heading off to work. 20 miles flat leaving promptly at 5:30 am and back by 6:45 from my house at 56 Craig Road, Islip Terrace. Please call day before to RSVP.

Fri 6/1 9:00am 31mi/C+/F/S "Start the weekend early"

Joe Matzelle (631)949-4458(H)

Meet at Holtsville Ecology Center *(5). Ride to Ridge. Bring snacks, optional food stop. Check Message Board before 8:00am for cancellation.

Fri 6/1 8:30am 30mi/B/F/S "Islip to Bellport"

Michelle Dittmar (631)277-5226(H)

leave from 56 Craig Road Islip Terrace to Bellport with food stop. Please RSVP evening before 631 277 5226

Fri 6/1 6:00pm 36mi/Multilevel B+/A/R/U "Mt. Sinai King Kullen to Old Field"

Bonnie Vulin

Unstructured ride with some regrouping. Bring snacks. Meet at Mt. Sinai King Kullen (#6) See website for cue sheet.

Sat 6/2 10:00am 20mi/D/F/R/S "Yaphank easy rider"

Steve Sendrowski (631)889-2242(H) (212)782-5675(W)

Meet me at Holtsville Ecology Center Park (#5) for a easy ride to

Yaphank and back. Must haves: water, snack and spare tube. There is an optional deli stop - up to the group. No go if rain.

Sat 6/2 9:00am 27mi/C/F/S "Sunshine Mall to Manorville short route"

Shannon Cain (631)357-2338(H)

For C riders, or for D's looking to move up, we'll leave out of the same location at C+ group (#1). You can print the cue sheet off SBRA Home page, under "ride information" Cell 631-357-2338

Sat 6/2 9:00am 42mi/C+/R/S "Just Ducky Mountain Goat Version"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). Last 9:00 Am start time until the Fall. Lunch at Wading River Bagel Cafe. We will be biking the Scenic North Shore. No go rain or drizzle rain.

Sat 6/2 9:00am 35mi/Multilevel B+/A/H/U "Hill ride for the hill lover in you"

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

Ride starts at the Stony Brook RR Station (#4). The ride goes through Stony Brook, Setauket and Port Jefferson. It is an unstructured ride but there will be lots of regrouping. Deli stop in Port Jefferson.

Tue 6/5 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 weekly but includes East Islip, Islip, Bay Shore and Brightwaters. Lights recommended. Check Message Board before 5:00pm for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Tue 6/5 9:00am 35mi/B+/R/S "Recovery Day"

Gloria Sanicola (631)878-5716(H)

Leave from location #7, Eastport King Kullen Shopping Center, for a short post BBB recovery ride to Wildwood. Bring a snack. No go rain. Call up to 1/2 hour before ride.

Wed 6/6 6:00pm 17+mi/C+/H/S "Wed Nite Roller Coaster Ride"

Barbara Abraham (631)265-0021(H) (631)219-2684(W)

B/C+; ride start: parking lot north of Smithtown Library on N Country Rd; Multiple routes/options; Mileage determined by available daylight. No Go rain. Plan to return before dusk.

Wed 6/6 5:30pm 30mi/AA/H/R/F/S "Hell of the North"

Christian Escudero (631)484-2735(H)

Start from 1650 Sycamore Plaza Parking lot Bohemia ny 11716. Between seventh st and Vets HWY. need more information please contact christian @ 631-484-2735 christian@broadviewnet.net

Thu 6/7 6:00pm 22-25mi/C+/R/S "Thursday Riverhead Ride"

Karin G (631)885-2541(H)

Meet in the south Municipal Parking lot. Note the change from last season.(Take McDermott South from Main St. and make a right at the end.)We will take the scenic ride to Mattituck.

Thu 6/7 5:30pm 35mi/B+/F/S "After Work Delight"

Gloria Sanicola (631)878-5716(H)

Leave from location #7, Eastport King Kullen Shopping Center, for a ride to Tulley's via Dune Road. Quick stop at Tulley's. No go

rain.

Call up to 1/2 hour before ride start.

Fri 6/8 9:00am 37mi/C+/F/S "Start the weekend early"

Joe Matzelle (631)949-4458(H)

Meet at Holtsville Ecology Center *(5). Ride to Manorville. Deli stop. Check Message Board before 8:00am for cancellation.

Sat 6/9 10:00am 17mi/D/R/S "Eastport to Quogue"

Gordon Howard (631)878-1716(H)

Meet at the Eastport King Kullen (#7) for a ride to the Quogue Wildlife Refuge bring water and snacks. No Go Rain. Questions call

home or cell 631-484-1650

Pick Your Poison - Bob or Marianne

Sat 6/9 9:30am 44mi/C-/F/S "Jamesport to Greenport"

Bob Miller 917-797-7873

We'll go at a C- pace and do the 44 miles and beat Marianne's C+ ride back after they generously treat us to lunch. Bring tacks.

Sat 6/9 9:30am 44mi/C+/R/F/S "Jamesport to Greenport"

Marianne Galati (631)750-5003(H)

Meet at Jamesport Community Center, off route 25. If the weather

smiles on us, we will enjoy a leisurely cafe lunch and gelato at Bob

Miller's new favorite place in Greenport. If weather does not smile,

we will find an inside place. If it is really really not smiling, I will cancel on the message board by 8 AM.

Sat 6/9 8:30am 48mi/C+/R/F/S "Tour Historical Old Field"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine mall (#1). new Summer 8: 30 AM start time. WE will bike to Old Field. WE will eat lunch at Stony Brook. We will use Bicycle Path. No Go rain or Drizzle rain.

Sat 6/9 8:00am 35mi/B/F/S "Islip to Babylon"

Michelle Dittmar (631)277-5226(H)

Leave from 56 Craig Road to Babylon with food stop

Sat 6/9 9:00am 35mi/Multilevel B+/A/H/U "Hill ride for the hill lover in you"

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

Ride starts at the Stony Brook RR Station (#4). The ride goes through Stony Brook, Setauket and Port Jefferson. It is an unstructured ride but there will be lots of regrouping. Deli stop in Port Jefferson

Sun 6/10 9:30am 36mi/C-/F/S "Eastport to Tully's"

Bob Miller 917-797-7873 (631)000-0000(H) (631)000-0000(W)

Leave King Kullen parking lot at Eastport-Manor Road and Montauk Highway (#7) at 9:30AM. We'll ride along Dune Road before those bothersome NewYawkers despoil our pristine environment. On the way we'll traverse Cedar Path.

Sun 6/10 9:00am 39mi/C+/R/F/S "Where the Hill?"

Dan Mussler (631)821-2219(H)

Start from Patchogue RR Station and ride to Port Jefferson.

Mostly flat except for one hill. Deli Stop.

Sun 6/10 9:00am 65mi/B/H/S "Islandia to Oyster Bay EMS ride"

Steve Sendrowski (631)889-2242(H) (212)782-5675(W)

No, not a charity ride, but you may need EMS by the end of the ride. start at Park n' Ride @ LIE exit 58 (just west of Old Nichols rd.) Follow the Service road to Woodbury, then north for a very hilly ride into Oyster Bay, etc. Make no mistake, this is a challenging ride. No go if rain or wet roads.

Sun 6/10 8:00am 36mi/B/H/R/F/S "Stony Brook to Ridge"

Mark Sailer (631)648-3485(H) (516)390-5816(W)

Ride starts at the Stony Brook RR Station parking (#4). Pleasant/Scenic ride to Ridge. Cue Sheets provided. Deli stop in Ridge. 13-14 mph average. This is a structured ride and there will still be lots of regrouping.

Sun 6/10 8:30am 45mi/Multilevel B+/A/R/U "Stony Brook to Wildwood Park"

Bonnie Vulin (631)793-3720(H)

Unstructured ride with re-grouping. Short deli stop. Please see website for route information (Cue Sheets). One small change: we will not eat lunch at the park. Meet at the Stony Brook Rail Road Station parking lot(#4).

Tue 6/12 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 weekly but includes East Islip, Islip, Bay Shore and Brightwaters. Lights recommended. Check Message Board before 5:00pm for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Tue 6/12 9:00am 48mi/B+/R/S "PIE RUN!!!!"

Gloria Sanicola (631)878-5716(H)

Leave from Location #7, Eastport King Kullen Shopping Center, for a ride to Northville. The tank loop is mandatory. Stop at Briermere's. No go rain. Call up to 1/2 hour before ride start.

Wed 6/13 6:00pm 17mi/C+/H/R/S "3 Village Ride - North Shore Ride"

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

Ride through the 3 Village area to Old Field Lighthouse. Leaving from 10 Stuyvesant Circle East, E. Setauket. Route to be determined by available daylight. No go in rain.

Wed 6/13 5:30pm 30mi/AA/H/R/F/S "Hell of the North"

Christian Escudero (631)484-2735(H)

Start from 1650 Sycamore Plaza Parking lot Bohemia NY 11716. Between seventh st and Vets HWY. need more information please contact christian @ 631-484-2735 christian@broadviewnet.net

Thu 6/14 6:00pm 22-25mi/C+/R/S "Thursday Riverhead Ride"

Karin G (631)885-2541(H)

Meet in the south Municipal Parking lot. Note the change from last season.(Take McDermott South from Main St.and make a right at the end.)We will take the scenic ride to Mattituck.

Thu 6/14 5:30pm 35mi/B+/R/S "Wildwood"

Gloria Sanicola (631)878-5716(H)
Leave from location #7, Eastport King Kullen Shopping Center, for an after work ride to Wildwood. Bring a snack. No go rain. Call up to 1/2 hour before ride start.

Thu 6/14 6:00pm 30mi/Multilevel B+/A/H/U "Stony Brook to Belle Terre"
Bonnie Vulin (631)793-3720(H)
Unstructured ride with some regrouping. Bring snacks. Meet at Stony Brook University Parking lot "P." Check message board for any changes. Cue Sheets will be provided.

Fri 6/15 9:00am 39mi/C+/F/S "Start the weekend early"
Joe Matzelle (631)949-4458(H)
Meet at Sunshine Mall *(1). Ride to Smith Point. Food stop at beach. Check Message Board before 8:00am for cancellation.

Sat 6/16 10:00am 17mi/D/R/S "Manorville D Ride"
Gordon Howard (631)878-1716(H)
Meet at the Manorville King Kullen LIE exit 70 south 1/2 mile on CR 111. NO Go Rain. Questions call home or cell 631-484-1650

Sat 6/16 9:00am 69mi/C+/R/F/S "Circle The Peconic"
Dan Mussler (631)821-2219(H)
Start from Riverhead North Municipal Parking Lot off Main Street & East Ave. Ride to South Fork, stopping at Sag Harbor for Lunch, crossing Shelter Island to North Fork, then riding back to Riverhead. Bring \$8.00 for Ferry.

Sat 6/16 9:00am 42mi/Multilevel B+/A/R/U "Fast Spin to Ridge"
Dennis Jackson (631)878-0184(H)
Leave Sunshine Mall (#1) for a fast spin out east to Calverton with a food stop in Ridge. Although ride is unstructured, we will have several wait-ups to regroup.

Sat 6/16 9:00am 35mi/Multilevel B+/A/H/U "Hill ride for the hill lover in you"
Jack Steffens (631)669-4740(H) (631)632-8296(W)
Ride starts at the Stony Brook RR Station (#4). The ride goes through Stony Brook, Setauket and Port Jefferson. It is an unstructured ride but there will be lots of regrouping. Deli stop in Port Jefferson.

Sun 6/17/07 LIBC Multi-Club Ride
The rides will start from the Westbury High School, leaving 9 a.m. promptly. Directions: Northern State to exit 32 north (Post Avenue). Continue north on Post, crossing Jericho Turnpike. The school is visible before you cross. Park at the second parking lot (the one with tennis courts). There will be A, B, B- and C rides, all with leaders. The distance will be roughly 45-50 miles for each, maybe less for the C ride. As I have more ride details.

Tue 6/19 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 weekly but includes

East Islip, Islip, Bay Shore and Brightwaters. Lights recommended. Check Message Board before 5:00pm for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Tue 6/19 9:00am 42mi/B+/R/S "Riverhead"
Gloria Sanicola (631)878-5716(H)
Leave from Location #7, Eastport King Kullen Shopping Center, and ride to Riverhead for a bagel. No go rain. Call up to 1/2 hour before ride start.

Wed 6/20 6:00pm 17+mi/C+/H/S "Wed Nite Roller Coaster Ride"
Barbara Abraham (631)265-0021(H) (631)219-2684(W)
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.

Wed 6/20 5:30pm 30mi/AA/H/R/F/S "Hell of the North"
Christian Escudero (631)484-2735(H)
Start from 1650 Sycamore Plaza Parking lot Bohemia NY 11716. Between seventh st and Vets HWY. need more information please contact christian @ 631-484-2735 christian@broadviewnet.net

Thu 6/21 6:00pm 22-25mi/C+/R/S "Thursday Riverhead Ride"
Karin G (631)885-2541(H)
Meet in the south Municipal Parking lot. Note the change from last season.(Take McDermott South from Main St.and make a right at the end.)We will take the scenic ride to Mattituck.

Thu 6/21 5:30pm 35mi/B+/F/S "First Day of Summer"
Gloria Sanicola (631)878-5716(H)
What better way to spend it than on your bike! Leave from Location #7, Eastport King Kullen Shopping Center, for a ride to Tulley's via Dune Road. Short stop at Tulley's. No go rain. Call up to 1/2 hour before ride start.

Sat 6/23 9:00am 20mi/D/R/S "Holtsville Ecology Site to Yaphank"
Shannon Cain (631)357-2338(H)
Meet at the Holtsville Ecology Site (#5).This has a couple of rolling hills before the deli stop. You can print the cue sheet off SBRA Homepage under "Ride Information". Cell 631-357-2338. check message board at 8:00 a.m. for rain cancellation.

Pick Your Poison - Bob or Marianne
Sat 6/23 9:30am 38mi/C+/H/R/F/S "Farm stand ride...sugar snaps are in!"
Marianne Galati (631)750-5003(H)
Meet at Mattituck Train station off of Love lane. We will stop for lunch about 3/4 of the way thru. Afterwards, if you can stay, join me at a nearby farm to pick sugar snap peas. Will cancel by 8 AM on message board if weather is not good.

Sat 6/23 9:30am 38mi/C/F/S "Mattituck RR Farm Stand Ride"
Bob Miller 917-797-7873
This time we'll try to stay within visual distance of the C+ group.
A
must ride if you've never seen a farm stand.

Sat 6/23 8:30am 45mi/C+/R/F/S "Just Ducky View the L.I. Sound Combo ride"

Billy Grosso (631)682-6604(H)

Leave out of th Sunshine Mall (#1). We will bike through Shoreham and have Lunch at Wading River Bagel Cafe. We will bike back through Manorville. No go rain or drizzle rain.

Ride with Jack or Steve

Sat 6/23 9:00am 35mi/Multilevel B+/A/H/U "Hill ride for the hill lover in you"

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

Ride starts at the Stony Brook RR Station (#4). The ride goes through Stony Brook, Setauket and Port Jefferson. It is an unstructured ride but there will be lots of regrouping. Deli stop in Port Jefferson.

Sat 6/23 9:00am 35mi/B/H/S "the mother hill ride"

Steve Sendrowski (631)889-2242(H) (212)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. 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 in Port Jefferson.

Sun 6/24 9:00am 29mi/C/R/F/S "Wiz of a Wiz"

Dan Mussler (631)821-2219(H)

Start from Holtsville Ecology Center (#5) and Ride to Sayville, Deli Stop. True C pace 11-12 Average.

Sun 6/24 9:00am 64mi/C+/R/F/S "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 Nort Fork loop out to Orient for a picnic lunch. Deli stop prior to entering park (not the slow deli!)

Sun 6/24 8:30am 46mi/B/R/S "Commack McDonalds to Port Jefferson"

Fredric Itkin (631)957-4943(H)

Riding the rolling hills from the Commack McDonalds on the SE corner of Vanderbilt Parkway and Commack Rd with deli stop in Port Jefferson. No go in rain.

Mon 6/25 6:00pm 36mi/Multilevel B+/A/R/U "Mt. Sinai King Kullen to Old Field"

Bonnie Vulin

Unstructured ride with some regrouping. Bring snacks. Meet at Mt. Sinai King Kullen (#6) See website for cue sheet.

Tue 6/26 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 weekly but includes E. Islip, Islip, Bay Shore and Brightwaters. Lights recommended. Check Message Board before 5:00pm for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Tue 6/26 9:00am 48mi/B+/R/S "PIE RUN!!!!"

Gloria Sanicola (631)878-5716(H)

Leave from Location #7, Eastport King Kullen Shopping Center, for a ride to Northville. The tank loop is mandatory. Stop at Briermere's. No go rain. Call up to 1/2 hour before ride start.

Wed 6/27 6:00pm 17mi/C+/H/R/S "3 Village Ride - North Shore Ride"

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

Ride through the 3 Village area to Old Field Lighthouse. Leaving from 10 Stuyvesant Circle East, E. Setauket. Route to be determined by available daylight. No go in rain.

Wed 6/27 5:30pm 30mi/AA/H/R/F/S "Hell of the North"

Christian Escudero (631)484-2735(H)

Start from 1650 Sycamore Plaza Parking lot Bohemia NY 11716. Between seventh st and Vets HWY. need more information please contact christian @ 631-484-2735 christian@broadviewnet.net

Thu 6/28 6:00pm 22-25mi/C+/R/S "Thursday Riverhead Ride"

Karin G (631)885-2541(H)

Meet in the south Municipal Parking lot. Note the change from last season.(Take McDermott South from Main St.and make a right at the end.)We will take the scenic ride to Mattituck.

Thu 6/28 5:30pm 35mi/B+/R/S "Wildwood"

Gloria Sanicola (631)878-5716(H)

Leave from location #7, Eastport King Kullen Shopping Center, for an after work ride to Wildwood. Bring a snack. No go rain. Call up to 1/2 hour before ride start.

Sat 6/30 9:00am 25mi/D/F/S "Dan's First D Ride"

Dan Mussler (631)821-2219(H)

Start from Sayville Railroad Station and ride to Bellport stopping by the harbor for lunch. Deli Stop.

Sat 6/30 8:30am 46mi/C+/H/R/F/S "Wild and Wooly ride"

Billy Grosso (631)682-6604(H)

Meet at the Sunshine Mall (#1). We will bike out the North Shore. WE will have a deli Lunch at Wildwood State Park. We will bike up Corkscrew hill. We will bike back through Manorville. no go rain.

Sat 6/30 8:00am 32mi/B/F/S "Patchogue to Smiths Point"

Michelle Dittmar (631)277-5226(H)

ride to Smith Point with food stop

Sat 6/30 9:00am 35mi/Multilevel B+/A/H/U "Hill ride for the hill lover in you"

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

Ride starts at Stony Brook RR Station (#4). The ride goes through Stony Brook, Setauket and Port Jefferson. It is an unstructured ride but there will be lots of regrouping. Deli Stop in Port Jefferson.

ADVENTURE CYCLES & SPORTS
Farmingdale, NY 516-755-8083 www.gorideabike.com

Bicycles by:
• Jamis • Giant • GT
• Schwinn • Mongoose

FREE Assembly & 1 Year Service on New Bikes
Friendly, professional service on all makes and models

Boats & Accessories by:
• Searlor • Seal Line

Plus a Large selection of accessories from
• Saris • Bell • Mountain Smith • MSR
• Thermarest • Topeak • and more!

211 Main Street, Farmingdale, NY, 11735
516-755-BIKE (2453)
www.gorideabike.com
(Formerly Peters Bicycle Center)

10% Discount for Club Members
(excludes boats)

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!



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: _____

Please Support Our Sponsors

Sponsors' Discounts

The sponsors listed below have agreed to give discounts to SBRA members. Members must present a proof of membership, either by presenting a recent newsletter with a mailing label or a membership card. Unless otherwise stated the discount is 10% on parts, accessories, clothing, and repairs. Discounts are not offered on sales merchandize. Shops reserve the right to determine the final discount.

Code: P = Parts | A = Accessories | C = Clothings | R = Repairs

| Sponsor Name | Address | Phone / Web site | P | A | C | R | Bicycles | Custom Bike Fitting |
|---------------------------|--|--|-----|-----|-----|-----|-------------------------|--------------------------|
| Adventure Cycles & Sports | 211 Main Street Farmingdale, NY | 516-755-Bike (2453) www.GoRideABike.com | 10% | 10% | 10% | 10% | 10% off all bikes | |
| The Bicycle Planet | 540 Jericho Turnpike Syossett, NY | 516-364-4434 www.TheBicyclePlanet.com | 10% | 10% | 10% | | 5% off all bikes | 10% off bike fit service |
| Campus Bicycles | 1077 Route 25A Stony Brook NY | 631-689-1200 www.CampusBicycle.com | 10% | 10% | 10% | | Varies | 20% off bike fit service |
| Carl Hart Bicycles | 620 Middle Country Road Middle Island, NY | 631-924-5850 www.CarlHart.com | 10% | 10% | 10% | 10% | 5% or more on all bikes | 10% off bike fit service |
| Cycles Plus | 414 New York Ave Huntington, NY | 631-271-4242 www.CyclesPlus.com | 10% | 10% | 10% | 10% | 5% off all Bikes | 10% off bike fit service |
| The Kreb Cycle | 10 Bell Street Bellport NY | 631-286-1829 www.KrebCycle.com | 10% | 10% | 10% | | Varies | 10% off bike fit service |
| Rocky Point Cycle | 644 Route 25A Rocky Point, NY | 631-744-5372 www.RockyPointCycles.com | 10% | 10% | 15% | 14% | 5% off all bikes | |

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 OR <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 Wavier OF Liability, Assumption of Risk, and Indemnity Agreement ("Agreement")

IN CONSIDERATION of being permitted to participate in any way in Suffolk Bicycle Riders Association (SBRA) sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

- (1) ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
- (2) FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, OR THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
- (3) HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE the Suffolk Bicycle Riders Association, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable owners and lessors of premises on which the Activity take place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, make a claim against any of the releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THESE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

I Have Read This Release. Signature of Primary Applicant

I Have Read This Release. Sign and print name and relation of other family applicants not listed above

Signature and Title of Witness

www.sbraweb.org

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

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>



Guaranteed Lowest Prices

2 year new bike parts and service warranty

We carry a full line of top quality bikes, parts, accessories and clothing from:

- TREK
- GARY FISHER
- KLEIN
- LEMOND
- FREE AGENT
- BONTRAGER
- CAT EYE
- CHRIS KING
- LOOK
- NIKE
- PARK
- PROFILE
- SARIS
- SHIMANO
- SIDI
- SPEEDPLAY
- YAKIMA
- And much more

1077 Rte. 25A
Stony Brook, NY 11790
631-689-1200
www.CampusBicycle.com

Photos

Have you gone on any club rides lately? Would you like to show our new members all the fun we have on our rides? If you have any photos of club rides, please send them to me in jpg format and I'll add them to the newsletter. Please let me know which ride it was and if possible, the names of the riders in the photo. Send to rdressle@suffolk.lib.ny.us.

Thank you.



THE KREB CYCLE

SALES • SERVICE • REPAIRS

Repairs On All Makes & Models - SEROTTA Certified Fitting Svce

Visit us @ www.krebcycle.com

631-286-1829

10 BELL ST. • BELLPORT VILLAGE



Suffolk Bicycle Riders Association
PO Box 404
St. James, NY 11780

