



Suffolk Bicycle Riders' Association Monthly Newsletter

Rolling Wheels

MARCH 2007 - Volume 30 / No. 3

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:

What keeps a bike club like SBRA going? Certainly its 50+ Ride Leaders, who without them we would not have any rides. But there are also many other volunteers, who are not as visible as the Ride Leaders, that are just as critical to SBRA's continued success. For example, Christine Marino serves as our Membership Chair, Montauk Century Chair and also leads many rides. Without Christine efforts, members would not get their copies of Rolling Wheels and there would be no reserved train or truck, ready to take everyone and their bikes back to Babylon after the century ride. Then there is Joe Matzelle who serves as Treasurer, Statistician, is on the Bike-Boat-Bike Committee and was our top Ride Leader in rides lead for 2006. Without Joe's efforts, checks would not get deposited, SBRA's bills would not get paid, Ride Leaders would get no incentives due to the lack of statistical information and we would have a poorer ride schedule without Joe's rides. Then there is Jeff Cohen who despite having a job with a long commute to NYC, serves as the Correspondence Secretary and is on the Bike-Boat-Bike Committee. Now many of these 25+ members, as those mentioned above, take on multiple positions due to the lack of volunteers and/or make the time to serve despite having very demanding jobs. Without the dedication and hard work of these 25+ members who serve as officers, directors and Chairpersons, SBRA would cease to function. The work on Bike-Boat-Bike has now begun, which is SBRA's principal source of funds used to supplement the

cost of SBRA's member only events. By the time you read this article, the Bike-Boat-Bike Committee will have already met twice. Volunteers for the day of event are needed. Team Leader who take management responsibility for the numerous sites are needed to run the event. Team Leaders are needed for the 5 rest stops. A truck driver is needed, to transport the supplies for the event. Road markers are needed. Volunteering for Bike-Boat-Bike means contributing a day of your time, for a Team Leader perhaps two days. This is far less time than the 25+ members, described above give, so that all members can enjoy the Rides and Events that SBRA's offers its membership. **Show your support and appreciation for these members by volunteering yourself for Bike-Boat-Bike. Please contact our Vice President Phil Enright if you wish to volunteer your time for Bike-Boat-Bike, Phone 631-663-3151 or email PhilE123@AOL.COM.**

How to describe this year's SBRA Holiday Awards Party? Smoking!! It was the best party I have ever attended at SBRA. The country style atmosphere of Sunset Harbor was relaxing and comfortable. The appetizers and service was excellent, with a choice of beef, chicken or fish for the main meal. And the people, what can I say, they were simply the best as they danced the night away. Some of the main awards given away were as follows: Lil Burluk was given this year's Distinguished Service Award, Joe Matzelle was given the Ride Leader Award for leading the most rides, with 58 rides lead, Bob Miller was given the high mileage award with 2760 miles on SBRA rides, Glen Cochrane was awarded an engraved marble clock for his past years of service as SBRA President.

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.

MARCH'S MEETING

Thursday, March 1, 2007

7:30 p.m.

**Spring Tuneup Special - Campus Bicycle
7:30 PM New Village Recreation Center**

2007 EXECUTIVE COMMITTEE

PRESIDENT: Dan Mussler/422-2258
VICE-PRESIDENT: Phil Enright/664-3151
TREASURER: Joe Matzelle/273-3578
RECORDING SECT: Dick Cunningham/585-0868
CORRESPONDING SECT: Jeff Cohen/591-1079
DIRECTOR / Social: Michelle Dittmar/277-5226
DIRECTOR / Ed & Safety: Gordon Howard/878-1716
DIRECTOR / Advocacy:
DIRECTOR / Rides: Bill Pope/475-4531

2007 CHAIRPERSONS

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

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

Rolling Wheels

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

The award party was topped off by some special awards presented by Bruce Presner who gave SBRA club members a comedic performance similar to Billy Crystal, Fiddler on the Roof and Barbara Streisand all wrap up into one. One of Bruce's special awards was the Tooth Fairy Award. Bruce told his amazing tall tale for giving this special award, it went as follows. It seems that Laura Fallon got a flat on a SBRA ride, from what appeared to be a tooth. Much argument and examination of the questionable tooth took place, to verify that it was indeed a tooth. A dentist who just happened to be on the ride, testified that it was indeed a tooth. But ultimately Laura decided to put the tooth to the most positively, most absolutely, most undeniable and most scientific test known to man. She decided to take the tooth home and put it under her pillow to see if the Tooth Fairy would leave the currency of the land. So due to that remarkable flat tire, Laura Fallon was awarded the Tooth Fairy Award. So next time you see Laura, you must ask her, how much did the Tooth Fairy leave you for that tooth?

I would like to thank Barbara Braum for recommending Sunset Harbor for this year Holiday Awards Party and I would like to thank our Social Director Michelle Dittmar for having the wisdom to book the party at this wonderful new location. For members who missed the party this year, Sunset Harbor has already been booked for SBRA Awards Party next year.

SBRA website cue sheet page has been updated with an additional 30 new rides, for a total of 70 rides. The number of starting locations went from 12 to 23, with starting location listed for just about every part of Suffolk County. SBRA now has one of the largest collections of online cue sheets of any bike club on Long Island, with more to be added in the months ahead. I would like to thank Bill Pope and Norm Samuels for their

contributions to this effort to increase the club's online cue sheet collection.

Safe Cycling
Dan

NEW MEMBERS

Bonnie Vulin LAKE GROVE
Janet Mangiaracina FARMINGVILLE

Total Active Members – 640, Families - 110
New Members – 2, Electronic newsletter - 241
Printed newsletter - 399

Christine Marino

RIDE LEADER TRAINING

April 26 New Village Community Center
7:30 pm

Everyone is welcome please RSVP
Gordon 631-878-1716 or fortescu@
optonline.net

We need all the input we can get from experienced ride leaders and new riders who would like to lead their 1st ride. A lot of our club members do a lot of rides but only a few of us lead rides we could use some help. Wouldn't you like to share your favorite training ride with us? We have lots of cue sheets with many great rides you can lead. We will have Pizza so I would like to know about how many are coming, if you decide at the last moment, please come anyway.

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YOUR MOUNTAIN BIKE HEADQUARTERS

2006/07 Ride Statistics (Nov 06 -
Jan 07) as per ride information

received by 2/1/07

Number of ride leader credits: 27
Total club miles: 7244

Ride Leaders: Billy Grosso (8.5), Mark Sailer (4), Joe Matzelle (3), Dan Mussler (2), Bill Pope (2), Dick Cunningham (1), Gordon Howard (1), Fred Itkin (1), Christine Marino (1), Adam Molny (1), Bob Miller (1), Bruce Presner (1).

Mileage Leaders: Bill Pope (571), Carmine Marino (510), Billy Grosso (479), Joe Matzelle (298), Dick Cunningham (298), Dan Mussler (235), Gerry Klein (229), Linda Resnick (224), Bob Miller (204), Mark Sailer (179), Margaret Matthews-Ziel (177), Judith Onorato (176).

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

Help Wanted For Montauk Century Ride

Plans for the Swezey's Montauk Railroad Century Ride are underway! The train and moving van are booked. Training rides will begin on Sunday, March 4. The days are quickly passing. May 12th will be here before we know it; and the Montauk Century ride will take place. However, it will not be a success without some very needed volunteers. Please help to make this ride a success. I am still in need of people to do sag wagon, route checking and loading of bikes on and off the moving van at the end of the ride. If you would like to help, contact me at rocky02@verizon.net / 631-471-2081 / 516-578-8478.

Christine



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

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2/07 Special Events Calendar
Gordon Howard 631-878-1716

April

26 SBRA Ride Leader Training
Gordon Howard 631-878-1716

May

6 Five Boro Tour www.bikenewyork.org
25-28 Kent County Spring Fling
www.baltobikeclub.org

12 SBRA Montauk RR Century
Christine Marino rocky02@verizon.net

16 Ride of Silence www.rideofsilence.com
20 Bloomin Metric www.soundcyclists.com
25-28 Kent County Spring Fling
www.baltobikeclub.org

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

Aug

19 Tour of the Hamptons
www.massparkbikeclub.org

Sept

6-9 Peanut Ride www.greatpeanuttour.com
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

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.

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Ride Leader, Ride Leader please find me a date, before the end of the ride, I'll think it's fate.

Ride Leader, Ride Leader, look at your ride, find me someone, to ride by my side.

Ride Leader, Ride Leader, please look at your books,

I DO NOT CARE if they have stunning good looks.

Just make them brainy and CAN make me laugh Is that so much to ask?

Ride Leader, Ride Leader, right from the start, show me someone who has a good heart.

Ride after ride I go riding alone,

wishing for someone to come with me home.

All I want is someone who I can talk to, and I'd be content that's true.

For him, well, make him pleasant and strong
 For her.. please, make her shapely and chatty
 and make her so she can ride along.

Ride Leader, Ride Leader, I don't care if they ski,

Please just make sure....they can do more than just breathe,

Bring me a person who likes me for me, and I could become happy.

Ride Leader, what I want to know? would they mind riding a slow Show and Go?

I do not care if they are a true B,
 as long as they will be riding with me.

Dear leader... it's really **NOT** about money
 I just want someone who won't put my heart in a sling.

What I truly want is a bike rider who's funny
 And will help me ride through most any-thing!

Ride leader,...please make sure that they're gentle,

can I ask that they be tender as well?

REMEMBER, you were once the lone rider
 and you were the one who was looking for love.

Our dates, really don't have to be posh, we could just stop for a bagel and maybe a nosh.

Dating bike riders can sometimes be a flop.

You will be on a bike ride and then you'll get dropped!! OY

Ride Leader, Ride Leader, please find me a pal

All I am looking for, is a nice guy or gal.

Is that too much to ask for that I am looking for love?

I just want a bike rider who fits like a glove.

So. Make me no match Find me no find

Catch me no catch

Unless they're a match for me.

Meeting Minutes February 1, 2007

1. Call to Order – the meeting was called to order by President Dan Mussler @7:40 P.M. 45 members were present. It was pizza night. We had very little pizza left over. Thanks to Laura Fallon and Bruce Riberio for their ordering finesse. YUM.
2. Acceptance of Minutes – the minutes of the January meeting were accepted as printed in the January Rolling Wheels newsletter by Jeff Cohen. The club's checkbook balance is \$20,696.50
3. President's Report – Dan discussed the 2 amendments to the constitution that were passed by the membership at the meeting. We also need an advertising chairperson. Contact Dan Mussler for details. There was also some discussion about a new club jersey. The intensity of the colors on the jersey, the number of pockets and the design/logo were also discussed. The artistic talents of Jim Deerfield will be brought in to save the day. This also will be up for even more discussion at future meeting.
4. Committee Reports-
 - a. Sunshine (Bruce Presner) – Bruce sent get well cards to John Shea on his bicycle accident and to Henry Schmidt who underwent surgery. Henry was present at the meeting and is expecting to be back riding his bike in time for the training rides. Way to go Henry ☺
 - b. Membership – Christine Marino reports that we have 110 families and 640 Active members. Maybe we have an advertising chairperson in those ACTIVE members?? Anyone?
 - c. Rides – The Montauk Century Ride will be held Saturday, May 12th 2007. The training ride leaders are “gearing up” for another fun filled training season.
 - d. Statician – (Joe Matzelle) – Joe once again presented statistics as printed in the Rolling Wheels newsletter.

- e. Social – (Michelle Dittmar)- Michelle and Richard were thanked for a wonderful, elegant, tasteful, and overall rockin' good time at the holiday party. Pictures are now posted on the SBRA website. Norman and Bruce took some great “action” shots of the dancing at the party. Everyone agreed that we all look *even better* with our “real” clothes on.
5. Old Business – NONE
6. NEW Business – Norman instructs ALL new members to email Norman to obtain a password to enable you to enter postings on the message board. This is being done as a safety precaution.
7. 50/50 Drawing – the drawing was won by Jack Steffens. He won \$18.00. WOW...He can now buy good quality SBRA socks!!
8. Adjournment – The business portion of the meeting was adjourned at 8:15 P.M.
9. The special guest speaker discussed cardio kick boxing. He got us all on our feet and helped us with exercises to aid in the digestion of the pizza. Very entertaining.

Respectfully submitted,
Bruce Presner, Recording Secretary in
absentiawelcome back Dick

Update from the NY Bicycling Coalition February 2007

The spring tends to be the busiest time of year for us here at the Coalition and this year is no exception. For the past few months, we have been talking about our legislative agenda for the year and we are hard at work to introduce a Safe Passing Law for NYS and require the mandatory inclusion of Share the Road material in all Drivers' Education curriculum. Our long term goal is to pass “Complete Streets” legislation which would dictate that all new or reconstructed roads contain routine treatments for people bicycling and walking.

Another initiate which we are promoting is the statewide Safe Routes to School program. Unfortunately, NYS is falling behind the curve

in the implementation of this program but we are working with NYSDOT to roll out the early phases of the program and finally make the money available to interested schools. Over the past few months, we have also been working with different tourism resources to promote NYS as a premier bicycle touring destination. As many of you know, our scenic and natural resources are a true treasure and we'd like to share that with the rest of the bicycling community.

The annual NYBC Events Calendar will be out at the beginning of April and if the club has any events that you would like listed make sure you send them in so we can include them on both the printed and online versions of the calendar. The last thing that I want to mention is NYBC's upcoming Road I and League Cycling Instructor (LCI) classes. Some of you may be familiar with the League of American Bicyclists' Education curriculum and we are trying to expand that education here in NYS. On April 13th and 14th we will be offering our first Road I class of the spring season and then we plan to offer an LCI class as part of our National Bike Week activities in May.

For more information on the classes or any of the above mentioned programs, please drop us a line at nybc@nybc.net or 518.436.0889. The Coalition is a registered 501c3 organization (all donations are tax deductible) whose mission is to provide a coherent, credible voice for the interests of all bicyclists in the state and encourage the use of bicycles for transportation, sport, recreation, and health.

Continued from page 10 RIDES

"C+" Joe Matzelle (631)949-4458(H) [45mi]
"B" Bruce Presner (631)476-3923(H)
(516)481-6640(W) [60mi]
"B+" (16mph Average) Mark Sailer (631)648-3485(H) [60mi]
"B+/A" Glen Cochrane (631)689-8027(H) [60mi]

Wed 3/28 5:45pm 12mi/C+/F/S "Wednesday 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 to be determined, depending on available daylight. Lights recommended. Check Message Board before 4:30pm for cancellation.

Sat 3/31 9:30am 40mi/C+/R/F/S "Polar Bear ride C+"

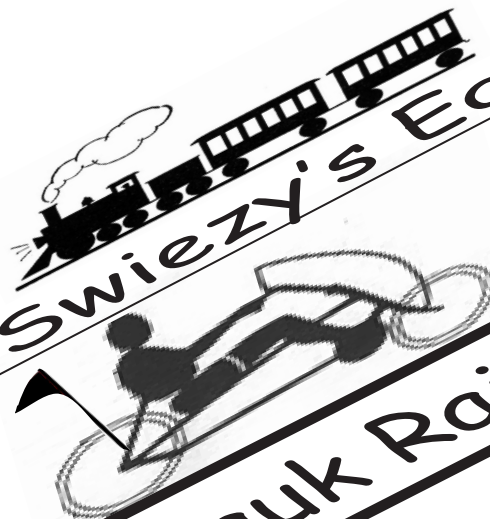
Billy Grosso (631)628-6604(H)
Leave out of the Sunshine mall (#1) for a 30 to 40+ mile ride with a deli stop. Distance and terrain will depend on the Group and Weather conditions. NO GO RAIN OR DRIZZLE SNOW OR ICY ROADS. CHECK MESSAGE BOARD IF THE TEMPS ARE BELOW 30 F OR EXTREME WIND CHILLS OR BAD ROADS WE MAY HIKE

Sat 3/31 9:00am 55mi/B/F/S "Montauk Century pre-ride 2"

Jack Steffens (631)669-4740(H) (631)632-8296(W)
Take a sneak peek at miles 25 through 50 of the Montauk Century. This "out and back" ride follows the Century course from Bellport to East Quogue and back, ending at the Sunrise Mall. Deli Stop in East Quogue. Start at Sunrise Mall (#1) in Medford.

Sat 3/31 9:00am 55mi/B+/F/S "Montauk Century pre-ride 2"

Adam Molny (631)672-9386(H)
Take a sneak peek at miles 25 through 50 of the Montauk Century. This "out-and-back" ride follows the Century course from Bellport to East Quogue and back, ending at the Sunshine mall. Deli stop in East Quogue. Start at the Sunshine Mall (#1) in Medford.



Swiezy's Easy Montauk Railroad Memorial Montauk Railroad Century



Time: 7:00 am
Date: Saturday, May 12, 2007
Place: Babylon Train Station

Join the Suffolk Bicycle Riders Association for Long Island's premier 100 mile ride.

All riders receive snacks and a comfortable ride back to Babylon on the LIRR. Bicycles are individually padded by our experienced club members and returned to Babylon by moving van.

Registration is by check only and must be accompanied with a signed entry form. Early Registration fee is \$20 and must be postmarked by April 23th. The regular entry fee is \$25. No checks will be accepted after May 9th. There is no day of event registration. SAG service will be limited: If you have never done a long ride please have an alternate ride home.

Due to insurance rules, SBRA membership is now required.

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY
SUFFOLK BICYCLE RIDERS ("SBRA")
LEAGUE OF AMERICAN WHEELMAN D/B/A LEAGUE OF AMERICAN BICYCLISTS ("LAB")**

IN CONSIDERATION of being permitted to participate in any way in Suffolk Bicycle Riders Association ("SBRA") sponsored Bicycling Activities, 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 travelling 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, AND COVENANT NOT TO SUE the SBRA, 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 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.

PARTICIPANT'S NAME (Printed): _____

PARTICIPANT'S SIGNATURE (only if age 18 or over): _____

(An additional waiver for all minors under 18 must be signed by parent or guardian on the day of the event.)

ADDRESS: _____

Street City State Zip

PHONE: () _____ **EMAIL:** _____ **DATE:** _____

TO ENTER: Fill out the information above, sign the waiver above, include a non-refundable check made out to SBRA and mail to Anna K. Seda, P.O. Box 926, Upton NY11973. Call Anna at 631 793-4551, Christine Marino at 631 471-2081 or 516 578-8478 or visit us at www.sbraweb.org for further information.



SBRA Rides for March

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.
 March ride coordinator: Bill Pope

NOTE: Helmets are Required on all SBRA rides!

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

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

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

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

EARLY BIRDS

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

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

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

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

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

*(5) Holtsville Ecology Site: Buckley Road, ¼ mile North of Woodside Ave (CR-99).

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

* (7) Eastport King Cullen Shopping Center: Eastport Manor Rd Corner Montauk Hwy. Sunrise Hwy exit 61. Follow signs to Eastport. Right on Eastport Manor Rd 0.8 mi. Shopping center is on left

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

*(9) Suffolk County Court Complex in Riverhead: (a)Via LIE - (I-495) east to exit 71 (Rt-24) right on to Rt-24 then right on Center Drive (just past the jail) into the parking lot.

(b)Via Sunrise Hwy (NY-27) East to exit 61 (CR-51) then North on CR-51 towards Riverhead (about 7.5 miles) turn left in to parking lot
The message board is a great asset to all members for current riding information. Check it often!
<http://www.sbraweb.org/>

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

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

Multilevel Century Training Rides

Rides will start at 25-30+ miles and increase 5-10 miles, ending with 80 miles. Rides will be adjusted depending on weather conditions etc. The week following a rained out ride will continue

with the lower mileage and not increase. Check out the SBRA message board www.sbraweb.org for updates or call the ride leader if you have questions. All rides leave from the

Ronkonkoma LIRR parking lot *(2)
Sat 3/3 9:30am 40mi/C+/R/F/S "Polar Bear ride C+"
Billy Grosso (631)628-6604(H)

Leave out of the Sunshine mall (#1) for a 30 to 40+ mile ride with a deli stop. Distance and terrain will depend on the Group and Weather conditions. NO GO RAIN OR DRIZZLE SNOW OR ICY ROADS. CHECK MESSAGE BOARD IF THE TEMPS ARE BELOW 30 F OR EXTREME WIND CHILLS OR BAD ROADS WE MAY HIKE

Sat 3/3 9:30am 48mi/B/R/S "LIE SVC road to Milleridge Inn"
Steve Sendrowski (631)889-2242(H) (212)782-5675(W)
Fast/moderate B pace on the LIE svc road to Hicksville & back - if roads are ok, we might go north for a bit. Lunch stop at Milleridge Inn Village. Return via LIE svc road. Ride starts at Park n'ride lot (expy drive north – LIE svc road) just west of Old Nichols Rd (LIE exit 58). No go if rain/snow or temps below 35.

Sun 3/4 9:30am Multilevel Century Training Rides
Start location *(2) Ronkonkoma LIRR. Deli stop, bring snacks. See article at top of schedule for more info and check the message board for weather updates, changes, etc.
"C+" Dan Mussler (631)821-2219(H) [30mi]
"B" Bruce Presner (631)476-3923(H) (516)481-6640(W) [30mi]
"B+" (16mph Average) Mark Sailer (631)648-3485(H) [30mi]
"B+/A" Glen Cochrane (631)689-8027(H) [30mi]

Sat 3/10 10:00am 20mi/D/F/S "Blue Point<=>Bellport Slow Ride"
Dan Rogers (631)363-7614(H)
10 MPH or bust. Check website at 9am for go/nogo. We'll stop for some ice cream and Coffee. No Go rain, temps <25, ice, snow, meteors, bears or other nastiness. Meet at south end of Blue Point Av at the Gazebo Dock. email me for more info

Sat 3/10 9:30am 40mi/C+/R/F/S "Polar Bear ride C+"
Billy Grosso (631)628-6604(H)
Leave out of the Sunshine mall (#1) for a 30 to 40+ mile ride with a deli stop. Distance and terrain will depend on the Group and Weather conditions. NO GO RAIN OR DRIZZLE SNOW OR ICY ROADS. CHECK MESSAGE BOARD IF THE TEMPS ARE BELOW 30 F OR EXTREME WIND CHILLS OR BAD ROADS WE MAY HIKE

Sun 3/11 9:30am Multilevel Century Training Rides
Start location *(2) Ronkonkoma LIRR. Deli stop, bring snacks. See article at top of schedule for more info and check the message board for weather updates, changes, etc.
"C+" Joe Matzelle (631)949-4458(H) [35mi]
"B" Bruce Presner (631)476-3923(H) (516)481-6640(W) [40mi]
"B+" (16mph Average) Mark Sailer (631)648-3485(H) [40mi]
"B+/A" Glen Cochrane (631)689-8027(H) [40mi]

Sat 3/17 9:30am 40mi/C+/R/F/S "Polar Bear ride C+"
Billy Grosso (631)628-6604(H)
Leave out of the Sunshine mall (#1) for a 30 to 40+ mile ride with a deli stop. Distance and terrain will depend on the Group and Weather conditions. NO GO RAIN OR DRIZZLE SNOW OR ICY ROADS. CHECK MESSAGE BOARD IF THE

TEMPS ARE BELOW 30 F OR EXTREME WIND CHILLS OR BAD ROADS WE MAY HIKE

Sat 3/17 9:00am 48mi/B/F/S "Montauk Century pre-ride"
Jack Steffens (631)669-4740(H) (631)632-8296(W)
Take a sneak peek at the first 25 miles of the Montauk Century. This "out and back" ride follows the Century course from Bellport to Babylon and back, ending at the Sunrise Mall. Deli stop in Babylon. Start at the Sunrise Mall (#1) in Medford.

Sat 3/17 9:00am 48mi/B+/F/S "Montauk Century pre-ride 1"
Adam Molny (631)672-9386(H)
Take a sneak peek at the first 25 miles of the Montauk Century. This "out-and-back" ride follows the Century course from Bellport to Babylon and back, ending at the Sunshine Mall. Deli stop in Babylon. Start at the Sunshine Mall (#1) in Medford.

Sun 3/18 9:30am Multilevel Century Training Rides
Start location *(2) Ronkonkoma LIRR. Deli stop, bring snacks. See article at top of schedule for more info and check the message board for weather updates, changes, etc.
"C+" Bill Pope (631)475-4531(H) (631)439-9115(W) [46mi]
"B" Bruce Presner (631)476-3923(H) (516)481-6640(W) [50mi]
"B+" (16mph Average) Mark Sailer (631)648-3485(H) [50mi]
"B+/A" Glen Cochrane (631)689-8027(H) [50mi]

Sun 3/18 9:00am 48mi/B/R/S "alt. training ride -post green beer ride"
steve sendrowski (631)889-2242(H) (212)782-5675(W)
Fast to moderate B pace on the LIE svc road to Hicksville and back, maybe north to the hills for a bit if roads are ok. Lunch stop at Milleridge Inn Village. Return via svc road. Ride starts at Park n'ride lot (expy drive north – LIE svc rd) just west of Old Nichols Rd (LIE exit 58). No go if rain/snow, temp <35.

Wed 3/21 5:45pm 12mi/C+/F/S "Wednesday 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 to be determined, depending on available daylight. Lights recommended. Check Message Board before 4:30pm for cancellation.

Sat 3/24 9:30am 40mi/C+/R/F/S "Polar Bear ride C+"
Billy Grosso (631)628-6604(H)
Leave out of the Sunshine mall (#1) for a 30 to 40+ mile ride with a deli stop. Distance and terrain will depend on the Group and Weather conditions. NO GO RAIN OR DRIZZLE SNOW OR ICY ROADS. CHECK MESSAGE BOARD IF THE TEMPS ARE BELOW 30 F OR EXTREME WIND CHILLS OR BAD ROADS WE MAY HIKE

Sun 3/25 9:00am Multilevel Century Training Rides
Start location *(2) Ronkonkoma LIRR. Deli stop, bring snacks. See article at top of schedule for more info and check the message board for weather updates, changes, etc.
"C+" Joe Matzelle (631)949-4458(H) [45mi]

Continued on page 7

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 Alam Lind Lane Nesconset, NY 11767
Address				
City	State	ZIP		
Day Phone () ()		Evening Phone () ()		Email Address
I prefer to receive the Newsletter via: <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 NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, make a claim against any of the releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THESE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

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

I Have Read This Release. Signature of Primary Applicant

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

Signature and Title of Witness

www.sbraweb.org

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

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>

The Montauk Century Training Rides

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

Swiezy's Easy Memorial Montauk

Railroad Century will take place on Saturday, May 12. If you have never experienced this great ride



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

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

New Rider Training Rides

SBRA Century Training School

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

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

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

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

PLEASE CALL AHEAD TO REGISTER FOR THE TRAINING SCHOOL RIDES. Part of the success of this program is a result of the development of



the same group riding together each week. Anyone who sticks it out and follows a few simple tips will succeed.

For Century Training School details contact: Bob or Josie Goykin at 737-1871 or rgoykin@suffolk.lib.ny.us

Are You Experienced? Select your Ride Level.

SBRA training rides on Sundays beginning in March.

A: Check Newsletter or Website.

B+ Mark Sailor, 648-3485, msailer@gmail.com

B: Bruce "Almighty" Presner: 516 702-5639, eyeman56@optonline.net (no complaining allowed)

C+ Joe Matzelle, 273-3578, Bill Pope 439-9151

Dan Mussler, 821-2219, dmussler@optonline.net

C: Check Newsletter or Website.

Help the Montauk Century continue to be a classic

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

Contact: Christine Marino rocky02@verizon.net

516 578-8478 or 631 471-2081.



Nine Things to Keep Your Bicycle Healthy

1 - Shift properly (for bikes with derailleurs)
-Only shift while you are actively pedaling. Anticipate your terrain. Is there a hill ahead? Take pressure off your pedals and shift to a lower (easier to pedal) gear. You should always shift *before* you need the gear. Shifting to a lower gear when standing on your pedals can bend or break links in your chain as well as cause other problems. Important note: Never “pedal through” if you gears don’t shift properly. Putting pressure on your pedals does not help engage gears—it ruins your drivetrain.

2 - Clean, lube and check your chain regularly

-Keeping your chain clean and lubed provides greater efficiency, proper functioning of shifting and a longer life for you chain, chainrings and rear cogs. Use bicycle specific chain lubes and follow the instructions on the bottle. Use a ruler to check your chain every couple of months. From the center of one pin on the chain, a ruler should measure 12” exactly to the middle of a pin along the chain. If your chain measures 12 1/8” or more, it’s time for a new chain. A chain can be replaced inexpensively before damage occurs on the rest of your drivetrain.

3 - Keep tires inflated

-Tires have a pressure rating (PSI) on the sidewall of the tire. Make sure that you have at least the minimum pressure in your tires at all time. Tires keep your rims off the road. When your ride with tires with too little air, you may damage your rim beyond repair. If you don’t have a gauge, make sure that your tires are hard enough to prevent your rim from bottoming out when you are riding. Never ride on a wheel when you have a flat.

4. - Check brake pads regularly: Brake pads should be checked for two things: 1) wear: every brake pad has a line or indication when the pad needs to be replaced. Make sure to periodically check so you can replace pads before they are completely worn out. Uneven pad wear can indicate improper

brake adjustment and/or a “crooked” wheel. No brake pads, no brakes. 2) position: Periodically check how your brake pads are hitting the rim. The pads should never rub the tire or go below the bottom of the rim when brakes are engaged. Deal with brake problems immediately. The brakes stop the bike.

5 - Check housings and cables for wear

Housings hold your cables. Eventually, they will crack and/or kink and need to be replaced. Check the areas where the cables enter and exit the housing. These areas are especially susceptible to wear. Cables can rust, break and fray. If there is a lot of rust or corrosion on your cables, it may be time to get new ones—an inexpensive fix that can greatly increase shifting and braking quality. If, you notice major cable/housing problems that seem to prevent your shifter from working, don’t force your shifter. You could break it.

6. Learn how to change a flat


-Everyone will get a flat sometime in their bicycling career. A flat should not be the end of your use of your bicycle. Learning how to patch a tube will help you become more self-reliant. Instructions are available at The Freewheel Collective’s open hours.

7. Buy a mini tool kit: -A community bike shop may not always be near or open. If you commute, you should have these items so you can get to your destination without too much trouble: 1) mini tool (that works with your bike) 2) Tire levers 3) patch kit 4) chain lube 5) pump. You can get all these items for about \$45-\$75.

8. Take a maintenance class: -Get hands on explanations and experience of procedures you can read in numerous books. The Freewheel Collective’s current Skill Share schedule is posted on our website. Performing your own maintenance can be a rewarding experience, save you money and provide self-reliance.

9. Perform regular maintenance

Once you learn maintenance tips and procedures, it’s now time to put them to use. In this disposable world, it is one of the few machines we are able to perform self-service to keep it healthy.



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- SHIMANO
- SIDI
- SPEEDPLAY
- YAKIMA
- And much more

1077 Rte. 25A
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631-689-1200
www.CampusBicycle.com

One Thing to Keep Your Bicycle Healthy

Bicycles have various uses. Whether used for recreation or commuting, **all** bicycles need maintenance to continue to function. We realize that not everyone is a bike mechanic, so below are some tips to keep your bike healthy.

Park and store your bicycle properly -A lot of problems can be avoided if you park and store your bike properly. First, don't store your bike in the rain (or snow). Keep it under cover, in the garage or even inside your home if that's the only place. Water tends to whisk away oil and grease (things that protect your bike's moving parts). When you store it at home, pay attention to the spokes and rear derailleur. Don't lean your bike against anything on the derailleur side of the bike. Damage to your rear derailleur hanger can cause major problems with shifting and might also cause your derailleur to shift into the spokes. Also, make sure nothing is getting stuck in your spokes. If you are parking it with other bikes, watch out for the surrounding bikes' pedals getting into your spokes. Damage to spokes will cause your wheel to be crooked (out of true). When parking it in public, make sure to lock your frame and at least one of your wheels to a strong object. Do not leave the bike there for extended periods of time. Bikes that look abandoned will be removed by thieves or groundskeepers.

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

