



ORGANIZED 1977

Suffolk Bicycle Riders' Association Monthly Newsletter

Rolling Wheels

November 2007 - Volume 30 / No. 11

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 :

Again these positions all have a term of 1 year and they all must be filled if the club is to continue. This is your chance to volunteer and to make a difference. To help the club continue for it's 31 year.

A nominations committee has been formed to find candidates for these open positions. The members of the committee are as follows:

Help Still Wanted!!!

November is election time for SBRA officers and Directors. But no elections will be held, since currently not a single volunteer has stepped forward to volunteer for any of the following open positions.

- President
- Vice President
- Recording Secretary
- Corresponding Secretary
- Director of Advocacy

- Susan Sherman
susherman@optonline.net
- Joan Nolan
engelschjon@yahoo.com
- Janet Mazzola
planetj10@msn.com
- Gregg Eisenstein
greggiz@aol.com

Please don't wait to be contacted, your help is urgently needed. Please contract a member of nomination committee and volunteer for one of the open positions.

If you have any questions about the positions please email Dan Mussler at dmussler@optonline.net or call 631-821-2219.

Also the following key Chair positions must be filled:

- Guide Dog Ride Chair
- Bike-Boat-Bike Chair

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.

NOVEMBER' MEETING
Thursday, November 1, 2007
7:30 p.m.
"Everything you should know about your estate"
by Deborah Amilowski, Ameriprise Financial

7:30 PM New Village Recreation Center

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 Burliuk / 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

New Members

New Families:

Nicholas and Mary Attison (Medford)
David and Nancy Bye (Smithtown)

New Members:

Thomas Barna (Medford)
Peter DeCastro (Oakdale)
Alejandro Mirles (Stony Brook)
Marianne Nigro (Smithtown)
Janine Schwartz (Hauppauge)
Jennifer Solomon (East Setauket)

Reinstated - Welcome Back!

Martin Redmond (Port Jefferson)
Carol Rivadeneyra (Ridge)

Totals: Active Members – 626; Families – 119; New Members – 10; Reinstated - 2

Christine Marino

Bike Discounters

Bikes Accessories Repairs
Steve Boyle Owner

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



Ride Statistics (Nov 06 - Sep 07)

as per ride information received by 10/4/07

Number of ride leader credits: 521.5
Total club miles: 107194

Ride Leaders (Top 15): Joe Matzelle (57.5), Billy Grosso (36.5), Jack Steffens (36.5), Gloria Sanicola (34), Dan Mussler (22.5), Bob Miller (20.5), Bill Pope (19.5), Karin Gluth (18), Gordon Howard (17), Bruce Presner (16), Shannon Cain (15), Bonnie Meyer (14), Steve Sendrowski (13), Barbara Abraham (13), Richard Dittmar (12).

Mileage Leaders (Top 15): Joe Matzelle (2718), Bill Pope (2461), Ron Goodstadt (2295), Jack Steffens (2288), Pat Nett (2062),

Billy Grosso (1730), Bob Miller (1494), Dick Cunningham (1341), Carmine Marino (1302), Christine Marino (1295), Dennis Jackson (1295), Gloria Sanicola (1271), Karin Gluth (1251), Dan Mussler (1171), Judy Onorato (960).

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

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

Note: Riders MUST complete and sign the sign-in sheet to

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.

receive mileage credit.

Joe Matzelle

Meeting Minutes October 4th, 2007

cyclesplus.com
*414 New York Ave.,
Huntington, NY 11743*
631-271-4242
Since 1986
"Pro's know us, Beginners need us"

THE NORTH SHORE COMPLETE BICYCLE CENTER
EXPERT REPAIRS ACCESSORIES CLOTHING
ROCKY POINT CYCLE
664 ROUTE 25A,
ROCKY POINT, NY 11778 (631) 744-5372
www.rockypointcycles.com
YOUR MOUNTAIN BIKE HEADQUARTERS

The
BICYCLE PLANET
540 Jericho Turnpike . Syosset . NY 11791
Assos . Bontrager . Burley . Castelli . Chariot . Dahon . DeRosa
Diamondback . Easton . Electra . Felt . Fisher . Fizik . Giant
Guru . Haro . Kettler . Klein . Kona . Lemond . Mavic . Orbea
Pearl Izumi . Pinarello . Raleigh . Seven . Specialized . Trek
We Offer...
Professional Bicycle Fitting
Custom Bicycles & Framesets
One Year Free Service
Free Assembly
30 Day Price Guarantee
Delivery Service
Rentals
NEW
0%
Financing
3 & 5 Year
Extended
Warranty
Plans
NY's Largest
Selection of Clothing!
Cycle, Spin, Tri, Run,
Fitness & More!
www.TheBicyclePlanet.com 516-364-4434

I. Call to Order - the meeting was called to order by President Dan Mussler at 7:35. 39 members were present.

II. Treasurer's Report (Joe Matzelle) - Joe reported on the club balance. The club incurred no major expenses the past month.

III. Committee Reports

A. Statistician (Joe Matzelle) - Joe reported that a total of 107,194 club miles have been ridden so far this year. Joe also reminded everyone that the ride year ends on October 30th, and all ride leaders should get their ride sheets to him by early November to receive credit for the year.

B. Membership- (Jack Steffins for Christine Marino) - Jack reported that the club presently has 626 individual members and 119 families. There were 10 new members this past month and 2 reinstatements. Two new or prospective members were introduced (Chris, Bruce).

C. Sunshine (Bruce Presner) - Bruce reported that Jerry Klein is recovering from a household accident.

D. Rides - Henry Schmidt reported that the annual Halloween Ride will be held on October 28th at the Town of Brookhaven Ecology Park. Phil Enright complimented all the volunteers, particularly Diane and Herb Krieger, who made this year's Guide Dog ride a successful one. Linda Kirk was recognized for her successful efforts on the Pedal-Paddle ride.

E. Club Jersey (Anita Risener) - Anita reported that the committee will be meeting in the near future to discuss a design.

IV. President's Report (Dan Mussler) -Dan announced that the annual elections must be held before the end of the year. All elected positions (president, vice-president, recording secretary, corresponding secretary, social director, ride director, safety/education director, advocacy director) need to be filled.

A nominating committee consisting of Ray Eisenstein, Susan Sherman, Janet Mazzola, and Joan Nolan was named to present a slate of candidates at the November meeting.

V. Program (Phil Enright) - Phil introduced Dr. Thomas J. Ianniello of North Isle Wellness Center, located in Miller Place. Dr. Ianniello, a licensed chiropractor, spoke on three solutions to common health problems. These

solutions include: 1. restoring proper nerve function, 2. reducing stress, and 3, restoring proper nutrition and reducing chemical toxicity.

VI. Adjournment - the meeting adjourned at 9:15 PM.

Respectfully submitted,

Dick Cunningham
Recording Secretary

CARL HART BICYCLES Mountain Bike Pro Shop

THE TRIATHLON SPECIALIST
Swim • Bike • Run

OVER 1000 BIKES IN STOCK...

- Aegis • Bianchi • BMX • Cannondale • Cervelo • Colnago
- Dahon • DeRosa • Diamond Back • DK • Electra • Elite
- Felt • Fisher • Free Agent • Fuji • Giant • G.T. • Guru
- Haro • Hoffman • Ironhorse • Kestrel • Klein • K 2
- Lemond • Litespeed • Look • Merckx • Merlin • Mongoose
- Pinnarello • Quintana Roo • Raleigh • Redline • Santana
- Schwinn • Serotta • Seven Cycles • Softride • Specialized
- Terry • Thule • Townie • Trek • Workman

ONE OF THE LARGEST SELECTIONS OF PRO PARTS
TEST RIDES • ATB'S • HYBRIDS • CUSTOM WHEELS
We Beat Any Competitor's Price
Visit Our Large Showroom For The Latest in Cycling Fashions & Accessories

631-924-5850 For Our Monthly Web Specials Visit: **carlhart.com**
620 Middle Country Rd. Middle Island

BYRON LAKE SCHWINN CYCLING AND FITNESS
The County's Largest Schwinn Dealer **BOWFLEX**

HUGE DISPLAY OF BICYCLES & FITNESS EQUIPMENT
Large Selection Accessories, Parts, Clothing, Shoes, Helmets, Sunglasses

LIFETIME MAINTENANCE WE WILL NOT BE UNDERSOLD

- Baby Joggers
- Bike Trailers
- Car Racks
- DVD's • Videos
- Elliptical Machines
- Exercise Bicycles
- Fitness Accessories
- Pulseometers
- Recumbent Exercisers
- Ski Machines
- Spinners
- Steppers
- Treadmills
- Weight Stacks
- Air-Dyne
- Bianchi
- Bowflex
- Calixa
- Cannondale
- Colnago
- Dahon
- Elite
- FX
- Focus
- GT
- Guru
- Haro
- Independent
- Falseturbin
- Intense
- Kestrel
- Klein
- Litespeed
- Macmill
- Merida
- Moots
- Neffites
- Nirro
- Redline
- Selarian
- Specialized
- T-1
- Tarmac
- Trek
- Workman
- Yeti

FACTORY TRAINED MECHANICS
100's of Ready To Ride Bicycles
All Bikes & Exercisers Fully Assembled
"IF YOU CAN'T FIND IT, WE CAN"
TEST RIDES - PRO SHOP
Best Prices
Financing Available

FAMILY OPERATED FOR OVER 26 YEARS
Senior & Club Discounts

DELIVERY & PHONE ORDERS
4551 N. SUNRISE HWY • BOHEMIA (Exit 48 Sunrise Hwy)
631 589-3912
www.byronlake.com

From League of American Bicyclists

New York for the first time is creating a special lane, modeled on those used in European cities such as Copenhagen, Denmark, that will separate bicyclists from motorists. The Ninth Avenue bike lane in Manhattan is being built between a sidewalk and a lane for parked cars.

"We're re-imagining the streets of New York," says Janette Sadik-Khan, the city's transportation commissioner. Mayor Michael Bloomberg wants to add 200 miles of bike lanes by 2010 to serve a growing population. "The city is going to add a million new residents over the next 25 years," Sadik-Khan says.

Inspectors recently began focusing specifically on bike lanes, looking for potholes and other problems. "We're going to have to look at greener modes of transportation ... and reduce our reliance on cars to get around town," she says.

BRANDS CYCLE & FITNESS

THE LARGEST SELECTION OF BICYCLES & FITNESS EQUIPMENT ON L. I.
We have all the famous makes under one roof!

**CUSTOM FITTING
FREE ASSEMBLY
FREE ONE YEAR SERVICE
REPAIRS ON ALL MAKES
FREE REPAIR CLASSES**

Bianchi DK Ellsworth Guru Kettler Phat Cycles Specialized
Burley Diamondback Fit Haro LeMond Pinarello Quintana Roo Standard
Cannondale Eastern Gary Fisher Hampton Litespeed Quintana Roo Tomac
Colnago Eddy Merckx Giant Iron Horse Mongoose Raleigh Schwinn Trek
Dahon Electra GT Jamis Orbea Yeti

DELIVERY, SET-UP & SERVICE BY BRANDS OWN TECHNICIANS!

**FINANCING AVAILABLE
30 DAY PRICE GUARANTEE
30 DAY FREE TRIAL ON MOST EQUIPMENT
DELIVERY AVAILABLE**

Air Dynes Recumbents Treadmills
Bowflex Rowers Upright Bikes
Ellipticals Indoor Training Cycles Weight Machines

*Ankle & Wrist Weights • Balance Boards • Bodybars • Bodyfat Calipers • Bodywedge 21
Equipment Mats • Freeweights & Accessories • Gripmasters • Heartrate Monitors & Straps
Inversion Tables • Mini-Cycles • Portable Back Stretchers • Reading Racks • Resist-A-Balls
Weightlifting Gloves & Belts • Workout Mats • Kerballs • Kertubes • Yoga Balls • Yoga Mats*

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

1966 WANTAGH AVENUE SINCE 1954
WANTAGH, NY (@ Sunrise Hwy) (516) **781-6100**
www.brandscycle.com www.brandsfitness.com

LONG ISLAND BICYCLES, INC

- BMX Bicycles • Mountain Bikes • Road Bikes
- Tricycles/Baby Trailers • Skateboards/Sneakers
- Helmets/Accessories

Free Assembly & Service
Bicycles Sales • Service • Repairs

Over 500 Ready To Ride Bikes On Display

BIG BMX/SKATE CLOTHING DEPARTMENT

www.longislandbicycles.com
318 E. Main St., Patchogue

631-758-2926

Mapping the Future of Bicycling

Erica Barnett: *World Changing* 10/10/07

What if you want to bicycle long-distance? the American Association of State Highway Transportation Officials, in coordination with the Adventure Cycling Association, has developed a draft of a nationwide system of bike corridors, which would connect state and national bike routes and trails across the United States. (Via [Green Car Congress](#).) The goal is to give cyclists a one-stop tool to travel by accessible road or bike path anywhere in the US. The European Cycling Federation is attempting to develop a similar system in Europe, which would connect the entire European continent with twelve bike routes totaling more than 65,000 kilometers.

Winter Cycling Tips

Cycling generates a lot of heat so clothes that are warm and comfortable have to control the buildup of heat and moisture as well as insulate and protect from wind.

Your particular metabolism, physical condition and riding style will determine what's needed to keep you warm. We see people who ride in Carhartts and bunny boots and others who ride in lightweight ski gear. You'll have to experiment.

Below zero, cycling speeds generate enough wind chill to freeze exposed skin quickly. If parts of your face feel cold or numb, stop and warm them before they get frostbitten. If you're riding with others, watch each others' faces for white spots.

Be careful with glasses, watches, jewelry and zipper pulls. Small metal and plastic objects can get cold enough to cause frostbite.

Carry emergency food in your tool bag so it's always on the bike. Energy food, like a Powerbar, works well

Carry an extra clothes layer, about 20 degrees worth. Windshells, an insulated jacket, something to keep you warmer if you have to walk for a while.

If your feet get cold, run with the bike.

Most states require bicycles to have a white light in front and a red light in back, both visible at 500 feet, as well as side reflectors and a red rear reflector. Red flashers that meet this requirement are available for about \$16.

White strobes are brighter and are visible at a greater distance but alone they don't meet legal requirements. Also, they blink less frequently, making it harder for drivers to see your position and direction.

Flashers are best mounted on your bike or rear rack, where they can be aimed precisely, rather than on clothes or packs, where they shift around. Many people install more than one rear flasher.

Headlights that meet the state requirements also start at about \$16 These are basic, non-rechargeable lights that will make you legal, let you be seen and help you see under some conditions. This is often enough. However, people who ride longer distances and in all conditions usually use more powerful lights. One popular high-power system uses dual beams, produces 35 watts and costs \$300. There are many systems available between these extremes. Each system offers a particular combination of power, endurance, weight and price.

Winter trail riding requires surprisingly little light; 4-5 watts is plenty The snow reflects well and there are no other light sources so your eyes can adapt to low light. If the moon is bright or the clouds are reflecting light from the city, try turning your light off. For long trail rides try installing a lower wattage bulb to get more battery life. Make sure to match bulb and battery voltages.

Reflectors are available as vests, straps, tape and plastic pieces that mount to bicycles.

Clear (white) reflectors return twice as much light as amber ones and more than three times as much as red ones

Temp	Hands	Feet	Head	Torso	Legs
60 F	fingerless gloves	light socks, shoes	helmet	jersey	lycra shorts
50 F	fingered gloves	light socks, shoes	helmet	jersey	lycra shorts, lycra tights
40 F	fingered gloves	medium socks, shoes	helmet, head band	jersey	lycra shorts, lycra tights shoes

Continued pg.8



SBRA Ride Classifications

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

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

Note: Helmets are Required on all SBRA rides!

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

Class	Ride Average (mph)	Cruising Speed (mph)	*Ride Average is what cycle computers calculate based on the total time the bike is moving *Cruising speed is the typical speed maintained for uninterrupted flat distances with no wind
AA	22+	24+	Rides have no upper limit to speed and should only be attempted by riders familiar with the ride leader and other riders
A+	20.1 - 22.0	20.0 - 24.0	Rides have infrequent stops, as determined by the group, and not formally planned. Ability to ride in a pace line required. Cue sheet may not be provided. No requirement to wait for stragglers. Riders are expected to be self-sufficient
A	18.1 - 20.0	18.0 - 22.0	
B+	16.1 - 18.0	16.0 - 20.0	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

Pre-Ride Checklist

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

Standard Ride Locations

Please park away from any stores.

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

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

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

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

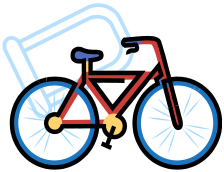
*** (5) Holtsville Ecology Park:** Buckley Road, 1/4 mile North of Woodside Ave (CR-99).

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

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

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

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



Ride Schedule November

Ride Coordinator: Bill Pope

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

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

Sat 11/3 9:00am 41mi/C+/R/F/S "Just Ducky last 9:00 Am start time"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). Lunch at the Wading River Bagel Cafe. We will bike out on the North Shore and back Manorville. Last 9:00 AM Start until spring. No go rain.

Sat 11/3 10:00am 20mi/D+/R/F/S "Novemberfest (AKA the beer ride)"

Linda Abraham (631)979-0951(H)

Different Ride Start BELLPORT RR station & ride to Smith Point Park. Bring snack for the beach. After the ride we will conduct our annual invasion of the Blue Point Brewery. Optional lunch afterwards if you can stay. No go rain or temps below 50. Check message board if weather doubtful.

Sat 11/3 10:00am 32mi/C+/B/R/F/S "Novemberfest (AKA the beer ride)"

"C+": Marianne Galati (631)750-5003(H)

"B": Anita Risener (631)331-8595(H)

Meet southeast side Patchogue RR station & ride to Smith Point Park. Bring snack for the beach. After the ride we will conduct our annual invasion of the Blue Point Brewery. Optional lunch afterwards if you can stay. No go rain or temps below 50. Check message board if weather doubtful. Both rides follow the same route but the "B" ride may be a bit longer.

Sun 11/4 9:00am 48mi/C+/H/R/S "Sunshine Mall to Wildwood Park"

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

Meet at the Sunshine Mall (#1) and ride to Wildwood Park for a scenic lunch stop. Deli stop prior to park. Check message board 7am day of ride for weather cancellation.

Sun 11/4 9:00am 8mi/D/B-/B/B+/R/Mtn/S "Climb Multi-Club, Multi-Level Ride"

ken wiesmann (631)949-7111(H)

Or the Ultimate beginner's ride. Eastport trail parking lot (CR-51 & CR-111). Bagels/coffee after all the riders are back in the parking lot.

"D" 9:15am: Barbara Abraham

"C+/B" 9:00am: Bruce Presner

"B+" 9:00am: Jim Parker

Sun 11/4 9:00am 37mi/B/R/S "Commack McDonalds to Stony Brook"

Fredric Itkin (631)957-4943(H)

Weather permitting this is a pretty ride with changing leaves with snack at the Golden Pear cafe. Meet in parking lot on SE corner of Vanderbilt Parkway and Commack Rd between McDonalds and Bagel Shop. No go in rain, wet roads or temps below 37.

Sun 11/4 9:00am 38mi/B/H/S "Stonybrook & PJ hills"

steve sendrowski (631)889-2242(H) (212)782-5675(W)

The usual drill-Stony Brook to PJ for the hills, then back to Stony Brook for more hills, with a deli stop. There will be wait-ups and group will stay together. Ride start at Stony Brook RR station parking lot by Getty (#4). No go if rain.

Sat 11/10 9:30am 36mi/C+/R/F/S "Polar Bear ride or Hike in the woods"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). We will bike 30 to 42 miles. The ride will be flat to rolling depending on the weather and the group. Deli lunch stop. No bike, maybe a hike if temps or wind chill below 28F. no go rain or icy and snowy roads. Check message board prior to ride.

Sun 11/11 10:00am 33mi/C-/F/S "Eastport to Westhampton Beach"

Bob Miller 917-797-7873

Meet at southern end of parking lot in the King Kullen Mall at Montauk Highway and Eastport-Manor Road for a zig-zag dead ends ride to Westhampton Beach.

Sun 11/11 9:00am 48mi/B/R/S "LIE service road ride"

steve sendrowski (631)889-2242(H) (212)782-5675(W)

Fast to moderate B ride --svc road to Milleridge Inn and back. Rollers, flats, wind, a little bit for everyone. Ride starts at Park'n Ride on North svc road just west of Old Nichols road (LIE exit 58). No go if rain.

Sat 11/17 9:30am 36mi/C+/R/F/S "Polar Bear ride or Hike in the woods"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). We will bike 30 to 42 miles. The ride will be flat to rolling depending on the weather and the group. Deli lunch Stop. NO bike, maybe a hike if temps or wind chill below 28F. no go rain or icy and snowy roads. Check message board prior to ride.

Sun 11/18 10:00am 36mi/C-/F/S "Henry's Hills Ride"
Bob Miller 917-797-7873
Meet at the Mattituck RR Station. Weather will be in low 70's.

Sun 11/18 9:00am 72mi/B+/H/S "Islandia to Oyster Bay Hooters Ride"
Steve Sendrowski (631)889-2242(H) (212)782-5675(W)
Challenging ride w/wait-ups for B+ & strong B riders. (I will bring my shoes this time.) Starts on the LIE svc road, then north to the hills in Huntington/Oyster Bay and back. Some difficult climbs so bring your gears. Deli stop for lunch in Oyster Bay. Ride start@Park-n-ride west of LIE Exit 58 (just after Hooters).

Thu 11/22 8:30am 40mi/B+/R/U "Turkey Day Delight"
Ron (631)236-6879(H)
Off from work, might as well ride!!Stony Brook RR to Northport... cuesheet on web.... be home in time for food and football!! May change to mountain bike if weather is bad.

Sat 11/24 9:30am 36mi/C+/R/F/S "Polar Bear ride or Hike in the woods"
Billy Grosso (631)682-6604(H)
Leave out of the Sunshine Mall (#1). We will bike 30 to 42 miles. The ride will be flat to rolling depending on the weather and the group. Deli lunch stop. No Bike, maybe a hike if temps or wind chill below 28F. No go rain or icy and snowy roads. Check message board prior to ride.

Sun 11/25 10:00am 33mi/C-/F/S "Riverhead to Cutchogue"
Bob Miller 917-797-7873
Meet by the River Park back of what had been Sears (and is now a Workman's Comp bldg.) It is also to rear of Dragon Exhibit Building (which fronts on Main street).

Winter Cycling Tips *continued*

Your outer layer on top and bottom should have a windproof front and breathable sides and rear.

Goretex and other "breathable" waterproof materials become clogged with ice at below-freezing temperatures. As windproof front materials these fabrics are acceptable but unnecessarily expensive. On the sides and back of your riding clothes they'll trap moisture and freeze you.

Layer various weights of polypro, capilene, drilete or thermax under your outer, breathable/windproof clothes. Multiple light layers with neck zippers let you adjust your ventilation as you ride.

Your base layer (against your skin) and mid-layers should be synthetics or wool. Cotton in these layers will feel wetter and colder than the above materials. No T-shirts!

Windproof jocks, as used by skiers, are much appreciated by men. In an emergency, stuff a mitten or hat in your pants.

If you feel warm as you start out then you're probably overdressed for any ride longer than a half hour.

Kinneys' snow jogger boots are light, warm and inexpensive. They can be adapted to use SPD or Grafton cleats. Try them on with at least two pairs of heavy socks. If Kinneys doesn't have them this year, Big Rays, LL Bean, REI and Eddy Bauer have similar shoes. For extreme cold or sensitive feet try Sorels or neoprene boot covers.

Power grips are a type of oversized toestraps used in place of toeclips. They work well summer or winter and they're available in an extra-long version for winter footwear. Because they're made of fabric and don't compress your toes, they're warmer than toeclips.

Bike pogies are oversized mittens that fit over the handlebars. They let you ride barehanded when you'd wear gloves and let you wear gloves when you'd need heavy mittens. This improves your control of the bike and makes eating, drinking, clothes adjusting and nose wiping easier.

Disposable heat packs can be part of your normal system or can be carried for emergencies. They come in hand and foot varieties and last for 2-5 hours, depending on conditions. The reusable types are heavy and bulky and less effective.

Carry headband, hat and facemask and try them in different combinations. Neck gaitors and balaclavas are variations on the theme you may find useful. Your face, head and neck will need different amounts of protection as conditions vary. Uncovering your head is usually the simplest way to dump heat.

You may need to change the sizing pads in your helmet or remove them entirely to fit your winter headgear. Some hats are made specifically to fit under helmets. Try taping over the vents in your helmet if your head gets too cold.

If you're riding in a headwind or falling snow you'll find eye protection very helpful.

It's easy to get dehydrated just living up here in the winter. Exercising outdoors makes it even easier. Dehydration causes decreased blood volume which makes us more susceptible to hypothermia and frostbite. It's important to drink water frequently if you're riding for more than one hour. Some people use insulated waterbottles but the most popular and generally successful system is the Camelbak, usually worn under the outer layer of clothes.

How Do I Get Started?

Newcomers are always welcome to try rides with us before becoming members. Just go to our website (www.sbraweb.org), click on "Ride Calendar" select a ride within your skill level and show up for the ride.

Standard Club Ride Levels

- "AA" – 22+ MPH
- "A" – 18-24 MPH
- "B" – 14-17 MPH
- "C" – 11-13 MPH
- "D" – 10 MPH or Less

Beginners should start with a "D" level ride.

Experienced Riders it is recommended that experienced riders start at least one ride level below what they think you can handle.

Preparing For Your First Club Ride

Before arriving at a first club ride:

- Bring a helmet (wearing a biking helmet is a club requirement)
- Ensure bike is in good mechanical condition
- Properly inflate tires
- Bring a water bottle, spare tube or patch kit, pump, personal ID, and Insurance ID card (if available)

Tips for Riding in a Group

Riding in a group carries responsibilities for all riders. Riders need to stay alert, ride predictably, and follow your ride leader's instructions.

Review our web link

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

SBRA Membership Application

New Member Renewal Reinstatement

Newsletters delivered by Email unless Mail Delivery Indicated

First Name	Last Name	Annual Dues: \$20 individual/\$25 family membership Make check payable to SBRA Send form, membership payment and SASE to: SBRA c/o Christine Marino 10 Alma Lind Lane Nesconset, NY 11767
Address		
City	State	
Day Phone ()	Evening Phone ()	Email Address
<i>I prefer to receive the Newsletter via:</i> <input type="checkbox"/> First Class mail <u>OR</u> <input type="checkbox"/> 50% Discount off SBRA Annual Picnic with Email Delivery		

League of American Bicyclists ("LAB") and Suffolk Bicycle Riders Association ("SBRA")
Release and Waiver OF Liability, Assumption of Risk, and Indemnity Agreement ("Agreement")

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

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

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


I Have Read This Release. Signature of Primary Applicant

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

Signature and Title of Witness

www.sbraweb.org

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



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

To All Members:

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

Thank you,

Rona Dressler
Editor



THE KREB CYCLE

SALES • SERVICE • REPAIRS

Repairs On All Makes & Models - SEROTTA Certified Fitting Svce

- SPECIALIZED
- DK
- GIRO
- ORBEA
- SEROTTA
- JAMIS
- MERCKX
- ELECTRA CRUISERS
- GIORGANA

Visit us @ www.krebcycle.com

631-286-1829

10 BELL ST - BELLPORT VILLAGE



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

