



# Rolling Wheels

Suffolk Bicycle Riders' Association

---

OCTOBER 2007 - Volume 30 / No. 10

Member Paumonok Bicycling Advocacy

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

Touring with Dan

## Help Wanted!!!

It's time again next month to find replacements for SBRA officers, directors and key chair positions that are opening up for the 2008 season. Nominations take place in October and elections of SBRA officers and directors take place in November. Volunteers are needed to fill the following officer's positions:

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

Also the following key Chair positions must be filled:

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

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 and to help the club continue for it's 31 year. Other positions may also need to be filled, please check our message board for updates at [www.SBRAweb.org](http://www.SBRAweb.org).

Please if you are interested in filling any of these positions or have any questions about the positions please email or call Dan Mussler at [dmussler@optonline.net](mailto:dmussler@optonline.net) or 631-821-2219.

**OCTOBER'S MEETING**

**Thursday, October 4, 2004**

**7:30 PM**

**Speaker to be announced**

### 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*

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to

and families who wish to participate as member abiding by the constitution and bylaws of the club. The Club may not discriminate in admitting members, according to their age, race, nationality, sex, creed or religion.

### **New Members**

Alexis Lamb (Holbrook)  
Joann DeSantis (Oakdale)  
Richard Travis (Smithtown)  
James Zuber (Selden)  
William Walters (Medford)  
Tricia Brandt (Center Moriches)  
Scott Posner (St. James)  
Kenneth DeMulda (Bayport)  
Edward Barkan (Miller Place)  
George, Catherine, and Juliana Rostrup (East Islip)  
Aquiles, Suyapa, and Fabio Sanchez (Brentwood)

#### *Reinstatements:*

Welcome Back Tina Barkan (Miller Place)  
Total Active Members = 643; Families = 125; New  
Members = 15; Reinstated Members = 1

**Christine Marino**

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### **7/07 Special Events Calendar**

*Gordon Howard 631-878-1716*

#### Oct

**21 SBRA Hampton Maid Inn Ride**

**Michelle Dittmar 631-277-5226**

**28 Halloween Ride**

**Henry Schmidt 631-981-9496**

#### Jan

**19 SBRA Awards Dinner**

**Michelle Dittmar 631-277-5226**

#### **MEETING LOCATION:**

**SBRA meetings are held on the 1<sup>st</sup> Thursday of each month at the New Village Community Center in Brookhaven. Located near the intersection of Wireless Road and Hawkins Road East of Nicolls Road (CR97).**

The Purpose of the Suffolk Bicycle Riders Association is 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

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## **SEPTEMBER 6TH, 2007 MEETING MINUTES**



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*The Guide Dog Foundation is grateful to Suffolk Bicycle Riders Association for its support of our efforts to improve the quality of life for people with disabilities.*

I. Call to order. The meeting was called to order by President Dan Mussler at 7:35 PM. 30 members were in attendance.

II. Program - Dan introduced Barbara Romenoyske, an emergency medical technician serving with the Terryville Fire Department, who gave an interesting and informative talk on emergency first aid procedures. She emphasized the importance of summoning immediate assistance when there is a major medical emergency. She also offered practical suggestions for giving emergency first aid. Her presentation was well received by all attending.

III. The business portion of the meeting began at 8PM. The minutes of the August 2nd meeting were accepted as presented in the newsletter.

IV. Treasurer's report (Joe Matzelle) - Joe reported on the present club balance. All expenses associated with Bike-Boat-Bike have been paid.

V. Committee Reports.

A. Statistician (Joe Matzelle)- Joe reported that so far this riding year, club members have ridden a total of 95,767 miles. A full report will appear in the newsletter. Joe further commented that many of the ride sign up sheets are illegible or incomplete, and therefore he is unable to give ride credit to many

riders. For insurance purposes, all riders must sign the liability waiver for each ride they participate on.

B. Membership - Jack Steffens, reporting for Christine Marino, reported that the club presently has 643 individual members including 125 families. There are 15 new members and 1 reinstatement. Three new or prospective members (Tony, Fritz, Sofia) were introduced and welcomed by the club.

C. Rides- Dick Cunningham, reporting for Linda Kirk, stated that the Pedal-Paddle Ride is scheduled for September 29th, and encouraged everyone planning to participate to send in their registration. Lanny Wexler, representing the New York State Department of Transportation, reported that he will be leading a series of Bike 25 rides designed to publicize the State Bike Route 25.

D. Webmaster (Norm Samuels) Norm reported that Peter Oliveri has volunteered to assist with the managing of the message board. Thanks Pete for your help.

E. Sunshine (Bruce Presner)- Bruce reported that get-well cards have been sent to Dick Reed and Cathy Mulry.

VI. Old Business - none

VII. New Business

A. A motion was made and passed authorizing the club to contribute \$200 to a memorial fund to remember Jay Suslin, a member of the Massapequa Park Bicycle Club who died as a result of a cycling accident. A second motion was made and passed authorizing the club to contribute \$200 to support Jennifer Solomon's participation in the Lymphoma/Leukemia ride to be held in Tuscon, Arizona.

B. Club Jersey Committee Report - Barbara Braun, reporting for the committee that also includes Diane Krieger and Anita Risener, presented sample jerseys from three companies - Giordana, Louis Garneau, and Zbikewear. After a consideration of each of the products, the members present voted to select Giordana. The committee will make recommendations on colors and possible design and designers at the next meeting. A motion was made and passed authorizing the expenditure of sufficient monies to cover a 50% deposit on the minimum order of 30 jerseys, to be recovered as the finished jerseys are sold. It was also agreed that the club will cover the initial design and setup costs.

VIII. Fifty/Fifty- the fifty/fifty drawing was won by Gordon Howard.

There being no further business, the meeting was adjourned at 9:15.

Respectfully submitted,

Dick Cunningham, Recording Secretary



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## 2006/07 Ride Statistics

(Nov 06 - Aug 07) as per ride information received by 9/6/07

Number of ride leader credits: 444.5

Total club miles: 95767

Ride Leaders (Top 15): Joe Matzelle (50), Billy Grosso (32.5), Jack Steffens (32.5), Gloria Sanicola (25), Bob Miller (19.5), Dan Mussler (17.5), Gordon Howard (17), Bill Pope (16.5), Bruce Presner (16), Shannon Cain (14), Karin Gluth (14), Steve Sendrowski (12), Bonnie Vulin (11), Barbara Abraham (10), Glen Cochrane (10), Dick Cunningham (10), Bonnie Meyer (10), Mark Sailer (10).

Mileage Leaders (Top 15): Joe Matzelle (2402), Bill Pope (2161), Jack Steffens (1990), Ron Goodstadt (1899), Pat Nett (1774), Billy Grosso (1615), Bob Miller (1297), Dick Cunningham (1271), Christine Marino (1241), Carmine Marino (1231), Karin Gluth (1181), Dennis Jackson (1165), Dan Mussler (1052), Gloria Sanicola (892), Adam Molny (876).

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 receive mileage credit.

Joe Matzelle

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# SBRA Ride Classifications

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

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

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

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

Class	Ride Average (mph)	Cruising Speed (mph)	*Ride Average is what cycle computers calculate based on the total time the bike is moving *Cruising speed is the typical speed maintained for uninterrupted flat distances with no wind
AA	22+	24+	Rides have no upper limit to speed and should only be attempted by riders familiar with the ride leader and other riders
A+	20.1 - 22.0	20.0 - 24.0	Rides have infrequent stops, as determined by the group, and not formally planned. Ability to ride in a pace line required. Cue sheet may not be provided. No requirement to wait for stragglers. Riders are expected to be self-sufficient
A	18.1 - 20.0	18.0 - 22.0	
B+	16.1 - 18.0	16.0 - 20.0	
B	14.1 - 16.0	14.0 - 17.0	Stops are approximately half way through the ride, or when necessary. Cue sheets provided. No requirement to wait for stragglers, but ride leader will try to re-group at rest stops. Riders are expected to be mostly self-sufficient
B-	13.1 - 14.0	13.0 - 15.0	
C+	12.1 - 13.0	12.0 - 14.0	
C	11.1 - 12.0	11.0 - 13.0	Stops are frequent. Ride leaders will wait at turns for riders. Cue sheets provided
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

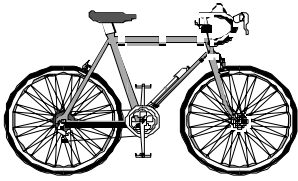
## Pre-Ride Checklist

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 October

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/>

Tue 10/2 5:30pm 15mi/B-/F/S "South Shore Ride"

Joe Matzelle (631)949-4458(H)

Meet at JFK school on Woodland Dr in East Islip. Note the earlier start time and slightly faster pace. We will try to be finished before dark.

Thu 10/4 9:15am 32mi/B+/F/S "Smith Point"

pat nett (631)286-6460(H) (631)563-1050(W)

Ride from 17 Skyhaven Drive in Patchogue to beach.

Sat 10/6 10:00am 30mi/C-/F/S "Eastport to Westhampton Beach"

Bob Miller 917-797-7873

Meet at Eastport King Kullen (#7) at Eastport-Manor Road & Montauk for a leisurely zig-zag DEAD ENDS ride to Westhampton Beach.

Sat 10/6 9:00am 40mi/C+/H/R/S "King of Port Jeff... A Hilly Billy Ride"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). We will bike through Belle Terre and have lunch at Port Jeff. We will bike back on Bicycle Path.

Sat 10/6 9:00am 36mi/B/R/F/S "Onward to Old Field Point"

Dick Cunningham (631)585-0868(H)

Meet at the Mt. Sinai Shopping Center (#6) for a ride through Bel Terre and onward to Old Field Point with a bagel/deli stop. Leader will maintain a true B pace.

Sat 10/6 9:00am 50mi/Multilevel B+/A/H/U "Stony Brook-Setauket-Port Jeff Hill Ride"

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

This is a challenging hill ride. The ride is layered so that we pass by the start after 25 miles giving riders a chance to bail out if the ride is too much. There will be wait ups. Meet in the Stony Brook RR Station Parking lot next to the Getty Station (#4).

Sun 10/7 1:00pm 24mi/C+/C-/R/F/S "Sayville to Bellport"

"C-": Linda Abraham (631)979-0951(H)

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

Enjoy the fall foliage on this short ride to Bellport and back. Meet south side of the Sayville train station. Stop for snack in Bellport.

Sun 10/7 7:00am 100mi/C+/R/F/S "Fall Century"

Joe Matzelle (631)949-4458(H)

Meet at Sunshine Mall \*(1). Ride to Water Mill. Food and rest stops as needed, you may want to bring your own lunch. Experienced riders only, there is NO SAG support. Please have an alternate means of getting back to the ride start. RSVP to [joematz17@aol.com](mailto:joematz17@aol.com) no later than 9/29.

Sun 10/7 9:30am 38mi/B-/R/F/S "North Fork Tour (Strong C+/B- Pace)"

Jeff Meyer (631)471-2129(H)

Meet at Jamesport Community Center, Main Rd. (Rt. 25/58), Jamesport. This ride will average between 13.0 and 13.5. We will take a rest at Briermere and have lunch in New Suffolk. No go rain. Call cell phone 631-523-2129 morning of ride only.

Sun 10/7 8:00am 32mi/B/F/S "Say - Baby"

Mark Sailer (631)648-3485(H)

Sayville train station to Babylon. Deli stop in Babylon Easy B ride. Cue Sheets.

Sun 10/7 9:30am 38mi/B/R/F/S "North Fork Tour"

Anita Risener (631)331-8595(H)

Meet at Jamesport Community Center, Main Rd.Rt.25/58),Jamesport for a scenic ride with open roads. We will have a brief Briermere stop (who can resist those muffins?),do the gas tank roller coaster, a quick view of the beach; later a short deli stop in New Suffolk. Two-level ride; same as Jeff's B-/C+. No go if rain.

Mon 10/8 9:00am 54mi/Multilevel B+/A/H/U "Heavenly Hill Ride"

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

This ride consists of two 27 mile loops. The second loop starts at about 11:30 am depending on the pace of the first loop. You can ride loop 1, loop 2 or both. A sign will be displayed in the rear window of my gray Seria pickup truck stating which ride is in progress. Ride starts at the standard start location #4.

Mon 10/8 9:30am 20/25mi/D+/F/S "Speonk/Remsenburg-Dune Rd"

Artie & Bronna Johnsen (631)325-3516(H)

Meet at Speonk R/R Station E/S Ride thru country roads & Dune Rd. with a lunch stop in Westhampton Bch. or Speonk (to be decided).

Mon 10/8 9:00am 32mi/C+/R/F/S "Cycling to Cedar Beach"

Dick Cunningham (631)585-0868(H)

Meet at Sunshine Mall (#1) for an end-of-the season ride to Cedar Beach. We'll stop at either Ralph's Fishing Station (if open) or a nearby deli for a snack. Leader will adjust pace to needs of group.

Mon 10/8 8:00am 32mi/B+/F/S "Discovery ride for Columbus Day"

Pat Nett (631)286-6460(H) (631)563-1050(W)

Find the way from Sayville train station to Babylon.

Tue 10/9 5:30pm 15mi/B-/F/S "South Shore Ride - Season Finale"

Joe Matzelle (631)949-4458(H)

Meet at JFK school on Woodland Dr in East Islip. Note the earlier start time and slightly faster pace. We will try to be finished before dark. This is the last Tuesday ride of the season.

Thu 10/11 9:15am 20mi/B+/R/S "Ecology 101"

pat nett (631)286-6460(H) (631)563-1050(W)

Holtsville ecology center ride 1.

Sat 10/13 10:00am 35mi/C/F/S "BIKE ROUTE 25 - THE VINEYARDS RIDE"

Lanny Wexler (516)644-5867(H)  
[highpt39@optonline.net](mailto:highpt39@optonline.net)

Meet at the Gazebo in the parking lot South of Main St in Riverhead for a 35 mile ride on the bucolic North Fork passing farm stands and vineyards. Plan to a stop at a vineyard to tour and sample wines. Brief stop at Hortons Pt Lighthouse. Stop at Briermere Farms to sample delicious pies. REGISTER OCT 11. NO GO IN RAIN. Rain date Oct 14.

Sat 10/13 9:00am 25mi/C/F/S "Beginner 'C' Ride"

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

Meet at King Kullen in Eastport (#7) for an honest "C" ride to the wildlife refuge in Quogue. Perfect ride for a beginner who doesn't want to ride at a slow "D" pace. Bring snack. No go rain.

Sat 10/13 9:00am 41mi/C+/R/F/S "Wild and Woolly ride new 41 mile version"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). Bike out the North Shore and back Manorville. Deli Lunch at Wildwood State park. No go rain.

Sat 10/13 8:00am 103mi/Multilevel B+/A/F/U "Water Mill (Dune Rd.)"

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

Meet at the Sunshine Mall (#1). The group will stay together but have a plan to get back if you have to leave the group. We will stop when needed for water, food, bathroom, etc.

Sun 10/14 1:00pm 24mi/C+/C-/R/F/S "Bellport to Smith's Point"

"C-": Linda Abraham (631)979-0951(H)

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

Stop the chores. Put down that rake! If the weather is good these are the golden days of summer. Come along with us for a short and sweet ride to Smith's Point. Meet in parking lot opposite Kreb's cycle. Stop for snack in Bellport at the end.

Sun 10/14 9:00am 32mi/B/R/S "Commack to Fort Salonga"

Fredric Itkin (631)957-4943(H)

Leave from SE corner of Vanderbilt Parkway and Commack Road (between McDonalds and Bagel Shop) Ride the rolling hills to Fort Salonga, Deli stop.

Thu 10/18 9:15am 32mi/B+/F/S "beach boys and girls"

pat nett (631)286-6460(H) (631)563-1050(W)

17 skyhaven drive, Patchogue to Smith Point.

Sat 10/20 10:00am 35mi/C/F/S "BIKE ROUTE 25 POLKA & PINES RIDE"

Ride through open fields of Calverton and Riverhead. Enjoy a picnic lunch along the Peconic River. Pedal through Polish Town. Return trip will be along quiet piney roads, that look like the Old South. MEET: NYS DEC Rocky Point Conservation Area, on NY 25A, 1 mile east of CR 21. Please call (516-644-5867) or email me ([highpt39@optonline.net](mailto:highpt39@optonline.net)), by THU Oct 18, if you plan on riding with me. Raindate Oct 21.

Sat 10/20 9:00am 41mi/C+/F/S "Graces Replacement ride"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). We will bike through Manorville. Bagel deli Lunch.

Sat 10/20 9:00am 50mi/Multilevel B+/A/H/U "Stony Brook-Setauket-Port Jeff Hill Ride"

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

This is a challenging hill ride. The ride is layed out so that we pass by the start after 25 miles giving riders a chance



to bail out if the ride is too much. There will be wait ups. Meet in the Stony Brook RR Station Parking lot next to the Getty Station (#4).

Sun 10/21 8:30am "Hampton Maid Inn"

Meet for this multilevel ride at the Hampton Bays HS on Argonne, off Ponquogue. Tour the area and meet back at the Hampton Maid Inn for brunch at 11:30-12. Riders responsible for their meals. Limit 50 riders. Must RSVP Michelle Dittmar by phone only (631) 277-5226. Cutoff October 18th. Rain, no ride but still meet for brunch.

"D": To Be Announced

"C": To Be Announced

"C-": Gordon Howard 22 mi (631) 878-1716

"C+": To Be Announced

"B-": Joe Matzelle 35mi (631)949-4458(H)

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

Thu 10/25 9:15am 20mi/B+/R/S "stay in summer shape" pat nett (631)286-6460(H) (631)563-1050(W) holtsville ecology center ride 1.

Sat 10/27 10:00am 35mi/C/F/S "BIKE ROUTE 25 ORIENT POINT THE END"

Ride from Southold to Orient Pt, passing white steeple churches, crossing the isthmus and explore Orient Village. Stop for short hike at Orient Pt. Early seafood dinner in Greenport. Please call (516-644-5867) or email me ([highpt39@optonline.net](mailto:highpt39@optonline.net)), by THU Oct 25, if you plan on riding with me. MEET: Southold LIRR Station on Youngs Avenue, 1 block north of NY 25. Please call (516-644-5867) or email me ([highpt39@optonline.net](mailto:highpt39@optonline.net)), by THU Oct 25, if you plan on riding with me. NO GO IN RAIN. Rain date Sun Oct 28.

Sat 10/27 9:00am 38mi/C+/R/F/S "Miller Time Rocky Point Version"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). Ww will bike to the Bagel Deli in Miller Place for Lunch. No go rain.

Sat 10/27 8:00am 37mi/B/H/R/F/S "Stony Brook to Ridge"

Mark Sailer (631)648-3485(H)

This ride has a bit of everything. Meet at the Getty Station parking Lot in Stony Brook. Cue sheets provided. Deli stop in Ridge.

Sat 10/27 8:00am 103mi/Multilevel B+/A/F/U "Water Mill (Dune Rd.)"

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

Meet at the Sunshine Mall (#1). The group will stay together but have a plan to get back if you have to leave the group. We will stop when needed for water, food, bathroom, etc.

Sun 10/28 9:00am "Multilevel Halloween Ride"

Starting at the Holtsville Ecology Park (#5). Pleasant Rides through the Town of Brookhaven. Upon return Soup and Sandwich will be served. \$7.00 ea. Members only. See article in October Rolling Wheels for complete details and

registration form. Checks must be received by 10/24.

"D+": 20mi/D+/R/F/S Linda Abraham (631)979-0951(H)

"C+": 25mi/R/F/S Jeff Meyer (631)471-2129(H)

"C": 30mi/C/F/S Dan Mussler (631)821-2219(H)

"B-": 30mi/B-/F/S Joe Matzelle (631)949-4458(H)

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

WANTED: Used Hybrid or Mountain Bike, for a male, approx. 5'5". Call Ronnie 631-696-0832, if you have one you'd like to sell.

## Bikes Belong, Interbike Sign 10 Year Agreement

The Bikes Belong Coalition and Nielsen Media, parent company of Interbike, have signed a 10-year, multi-million dollar alliance that will boost efforts to get more Americans riding bicycles. Interbike will become a top financial contributor to Bikes Belong and a primary sponsor of two innovative Bikes Belong projects. Interbike and Bikes Belong will also partner to support a high profile bicycle project each year in the show's host city (currently Las Vegas). For its part, Bikes Belong will officially endorse Interbike as the U.S. bike industry's trade show and will end its consideration of launching or supporting a competing event. Bikes Belong will also work closely with Interbike's staff to maximize the appeal of the show and its related events to suppliers, retailers, and bike advocates.

SBRA ANNUAL  
**HALLOWEEN  
RIDE**



October 28, 2007  
9:00 AM

Join us at the Hoitsville Ecology Center  
for a multi-level ride. Bring a snack.  
Costume optional. Return for a barbecue  
prepared by John Licata and Henry Schmidt.

**PRICE: \$ 8.00 per person**

Checks must be in by October 22, 2001.

SORRY, NO "DAY OF" REGISTRATION



**Reservation for Halloween Ride**

No refunds, ride will take place rain or shine.

Number of guests \_\_\_\_\_

Choose any two:

\_\_\_\_\_ Hamburger      \_\_\_\_\_ Veggie Burger

\_\_\_\_\_ Chicken

Name \_\_\_\_\_

Address \_\_\_\_\_

Send check to: SBRA, c/o Henry Schmidt  
2 Willow Place, Ronkonkoma, NY 11779

## 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](http://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>

v. 02/06

# SBRA Membership Application

New Member     Renewal     Reinstatement

Newsletters delivered by Email unless Mail Delivery Indicated

<b>First Name</b>	<b>Last Name</b>	<b>Annual Dues:</b> \$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
<b>Address</b>		
<b>City</b>	<b>State</b>	
<b>Day Phone</b> ( )	<b>Evening Phone</b> ( )	<b>Email Address</b>
<i>I prefer to receive the Newsletter via:</i> <input type="checkbox"/> First Class mail <u>OR</u> <input type="checkbox"/> <b>50% Discount off SBRA Annual Picnic with Email Delivery</b>		

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

IN CONSIDERATION of being permitted to participate in any way in Suffolk Bicycle Riders Association (SBRA) 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](http://www.sbraweb.org)

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



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To All Members:

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

Thank you,  
Rona Dressler  
Editor

# Suffolk Bicycle Riders Association

PO Box 404  
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