



Suffolk Bicycle Riders' Association Monthly Newsletter

Rolling Wheels

September 2007 - Volume 30 / No. 9

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:

Has anybody noticed that Long Island is getting smaller? I remember back in 1997 prior to joining SBRA, when Long Island looked so very large to me. Now I hear the world started to shrink in 1519, when Magellan started to circumnavigate the globe. I think that Long Island started to shrink for me after I completed my first "Circle the Peconic" ride. Those twin forks seem so inviting, with so many scenic roads where you could see the mansions of the Hampton's and the ocean shores. That relaxing ride on the ferry to Shelter Island with the fresh smell of the sea air. Then lunch in that quaint little town of Greenport, right by the harbor, before finally riding home through the farm fields and vineries of the North Fork. It was such a grand adventure at the time.

In following years I toured on my bike through Westhampton, Southampton and Easthampton. It's funny but I still have not found Northampton. Now between Easthampton and Southampton, which is really west of Easthampton, is Bridgehampton. But as much as I tried, I could never find the Bridge. But I did find in the Hampton's these two beautiful lakes, one called "Big Fresh Pond" and the other called "Little Fresh Pond". The bigger pond has these

warning signs about driving into the lake; you really have to see them. I also saw Long Island's historic windmills located in Water Mill and Easthampton.

My bicycle journeys took me to Bayport, Eastport, Jamesport and to wonderful Cheese Emporium in Greenport for many a fine lunch. I remember one lunch before riding back from Greenport with my good friend Bob Miller, when the rain started to come down in buckets, and the roads petty much became rivers. But upon returning to our cars, as I stood soaking wet, Bob told me it was a great ride. I didn't think so at the time, but my friend Bob was right, it was a great ride.

With Dick Cumingham I biked along the Tallmadge Trail. A trail starting at Cedar Point and ending at St. George Manor in Mastic. Benjamin Tallmadge used the trail in 1790 for a successful attack against the British, where he burned the fort to the ground at St. George Manor and captured the British soldiers. We had our lunch at the William Floyd Estates and we toured his home. William Floyd was a signer of the Declaration of Independence in 1776. On a ride with Billy Grosso, I toured the path of the Peconic River from Manorville on out to Riverhead.

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.

SEPTEMBER'S'S MEETING

Thursday, September 6, 2007

7:30 p.m.

EMS , First Aid, CPR: Barbara Romonoyske

7:30 PM New Village Recreation Center

ow I have been to Sag Harbor, Port Jefferson Harbor and Stony Brook Harbor where I had my lunch and watched the sailboats and other boats go by. I biked through towns with those funny Indian names, that I never been quite sure on how to pronounce. They are Aquebogue, Cutchogue, Patchogue and Quogue. Cutchogue and Patchogue and take their names from the Indian tribes that used to live there, the Corchaugs and Pochaug Indian Tribes. Aquebogue is derived from an Indian word that means "Head of the Bay". Quogue get its name from the following Indian word "Quaquanautock", which means cove.

Finally my bicycle travels all seem to come to a point as they took me to Cedar Point, Horton Point, Old Field Point, Orient Point and Paradise Point. Now at Horton Point located in Mattituck is a Light House that George Washington commissioned to be built in 1790, the Light House was not actually finished until 1857. And you all think our government is slow today. Old Field Point located in Stony Brook, also has a Light house that was built in 1868.

Now these days I search the map for new roads and destinations to ride my bike. But so many roads and places seem like old friends, so familiar to me now. Yes, Long Island is definitely getting smaller.

Safe Cycling,
Dan

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 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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1315 Middle Country Road
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451-0111
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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.

New Members

Thomas Marione (Lindenhurst)
Carol Krupinski (Plainview)
Paul Cammerato (Middle Island)
Jerry and Celeste Kizenberger (Stony Brook)
Laraine Burke and Tiffany Munn (Ronkonkoma)

Welcome Back !(reinstated) - Ed Kizenberger (Stony Brook)

Totals: Active Members – 635; Families – 122; New Members – 7; Reinstated - 1

Christine Marino

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Sept

6-9 Peanut Ride www.greatpeanuttour.com

**16 SBRA Guide Dog Ride Herb Krieger
631-473-5697**

23 Twin Lights Ride www.bikenewyork.org

29 SBRA Peddle Paddle Peddle

Linda Kirk 631-437-0689

29 Ancient Mariner

www.massparkbikeclub.org

28-30 Benefit HIV/AIDS

www.breakingthecycle.org

Jan

19 SBRA Awards Dinner Michelle Dittmar 631-277-5226

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Cochrane (10), Karin Gluth (10), Mark Sailer (10), Bonnie Vulin (9).

Mileage Leaders (Top 15): Joe Matzelle (1870), Bill Pope (1830), Ron Goodstadt (1468), Jack Steffens (1457), Billy Grosso (1329), Dick Cunningham (1100), Karin Gluth (1050), Bob Miller (1036), Dennis Jackson (963), Dan Mussler (948), Christine Marino (912), Adam Molny (876), Shannon Cain (721), Nick Kunda (716), Steve Sendrowski (694).

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

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

The **BICYCLE PLANET**

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2006/07 Ride Statistics (Nov 06 - Jul 07)

as per ride information received by 8/1/07
 Number of ride leader credits: 319
 Total club miles: 73968

Ride Leaders (Top 15): Joe Matzelle (39), Billy Grosso (25.5), Bob Miller (18), Gloria Sanicola (16), Gordon Howard (15.5), Dan Mussler (15), Bruce Presner (15), Jack Steffens (13.5), Bill Pope (12.5), Shannon Cain (12), Steve Sendrowski (12), Glen

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**AUGUST 2, 2007
 MEETING MINUTES**

- I. Call to order. The meeting was called to order by President Dan Mussler at 7:40 PM.
- II. Acceptance of Minutes. The minutes of the July 5th general meeting were accepted as published in the newsletter.
- III. Treasurer's report (Joe Matzelle) - Joe reported on the current club balance. He further reported that approximately 100 members and guests attended the annual club picnic and \$900 of club funds were expended to cover the costs.
- IV. Committee Reports.
 - A. Statistician (Joe Matzelle) (Joe Matzelle) - so far this ride year, members have ridden a total of 73,698 club miles. A full report will appear in the newsletter.
 - B. Membership (Christine Marino) - Christine reported that we presently have 635 individual members and 122 families. 7 new members have joined the club. 4 new members (Ken, Christina, Jim, and Rich) were introduced.
 - C. Sunshine (Bruce Presner) - Bruce reported that he sent out 3 condolence cards and get

well cards to Richard Dittmar and Carol Willis Falvey.

D. Guide Dog Ride (Herb Krieger) - Herb reported that he could still use volunteer to man the water stops. He is in particular need of a chief hot dog chef. The ride will be held on Sunday, September 16th.

E. Vice-president (Phil Enright) - Phil commented on the camaraderie displayed at the club picnic.

F. President (Dan Mussler) - Dan reported that he has written an article on The Guide Dog ride that will appear in the next issue of New Living magazine.

He also commented that he feels that volunteers other than ride leaders (officers, committee heads, etc.) should be eligible to receive some sort of award for their efforts. A motion was made and passed to have the matter discussed by the Executive Board and reported back to the membership at a future date.

V. Old Business. Diane Krieger, reporting for the club jersey design committee, stated that the committee has selected and contacted companies that will be considered to manufacture the jersey. They are also considering various options on the design of the jersey.

VI. New Business - no new business.

VII. Program - Phil Enright introduced Connie Keppert, Town of Brookhaven Council Woman and long-time bicycling advocate, who has been instrumental in having additional signed bike lanes on town roads and bike trails in Cathedral Pines and Glacier Ridge. She spoke of the need to have the NYS Department of Transportation to make roadways that are safe for all users, not just automobiles. She is also promoting the development of pedestrian oriented population centers. She responded to the questions and concerns of the audience. Thank you Connie for your presentation.

VIII. Adjournment - 8:45 PM.

Respectfully submitted,
 Dick Cunningham
 Recording Secretary

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BIKES BELONG

Bikes Belong has just launched a new and improved website that provides more in-depth and easily accessible information. The website caters to a variety of audiences, including Bikes Belong members, potential members, journalists, government leaders, grant seekers, bicycle advocates, and the general public.

One of the site's key features is a searchable map of all the community grants Bikes Belong has awarded since 1999 (143 and counting). Visitors can see what projects Bikes Belong has funded, and search for projects by location and type.

In addition, the website features an expanded resources section, including a new press kit for journalists, tip sheets on how to make bicycling better in your community, bicycling photos, and more. Bikes Belong plans to expand this section to provide a growing library of essential information for the bicycling community.

The website demonstrates how Bikes Belong's work is creating better bicycling in America by maximizing federal funding for bicycling, helping create new and better places

to ride, and promoting bicycling.

Visit the new website at <http://www.bikesbelong.org>

About Bikes Belong Bikes Belong is the national coalition of bicycle suppliers and retailers working together to put more people on bicycles more often. Through national leadership, federal policy, community grants, and promotion, Bikes Belong works to make bicycling safe, convenient, and fun.

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SPORTS MEDICINE WISDOM:

Floating Pedals. The old, slotted cleats and soft leather cycling shoes allowed feet a bit of movement, but step-in cleats and more rigid shoes with a heel counter lock feet in one position. The injury rate has gone way down due to cleats that float, allowing each foot to find its best position on the pedal.”

Bike Fit. The reach to the handlebar along with the height difference between the bar and the saddle are the two most personal aspects of bike fit. If they aren't right, you'll be miserable. We're seeing more riders who want to raise their handlebars for increased comfort.”

Patellar Tendinitis. “Strain of the tendons around the knee happens in the early season when riders get caught out in the cold and wind and decide to get home fast. They push a big gear, maybe they aren't wearing leg warmers, and the next morning they have an ominous twinge. The problem is that in the early season, your muscles can bear a lot more strain than your connective tissue.”

SUFFOLK BICYCLE RIDERS ASSOCIATION
9TH ANNUAL

PEDAL-PADDLE-PEDAL
SATURDAY, September 29, 2007
9:30 AM

(Rain date: Sunday, September 30, 2007)

Start at the Sunshine Mall at CR 101 & Station Rd. in Medford. Bike either 15 or 25 miles at a B, C or D pace (your choice) to Glacier Bay Sports on Montauk Highway in Brookhaven. Paddle your kayak or canoe down the Carmans River to Bellport Bay and return (a 3 hour ride). Bring your lunch to eat on the river. Return the boat and bike 4 miles back to the start to end the day.

Reserve early. The cost for a single kayak is \$26.00; A canoe or double kayak is \$36.00. To reserve, complete the attached form and return with a check made out to **SBRA** to:

Linda Kirk
8 Reeves Road
Pt. Jefferson, NY 11777

Any questions: call Linda Kirk at 631-473-0689 or Dick Cunningham at 631-585-0868.

ALL RESERVATIONS MUST BE MADE BY SEPTEMBER 22, 2007

-----**Complete and Return**-----

Reservation for September 29/ Rain date September 30, 2007

Name _____

Address _____

_____ Phone: _____

Email: _____

I would like to reserve the following:

_____ Single Kayak @ \$26.00

_____ Double Kayak @ \$36.00

_____ Canoe @ \$36.00

I will be sharing a kayak or canoe with _____

About the Bike-A-Thon

The annual Second Sight® Bike-A-Thon is a tour of Long Island's North Shore to benefit the Guide Dog Foundation for the Blind. For 2007, the Suffolk Bicycle Riders Association has developed new and exciting routes ranging from flat terrain for casual riders to challenging courses for expert riders.

Rides start at 10 miles and go up to 65 miles. Depending on the length of the route, riders will tour St. James, Head of the Harbor, Stony Brook, Old Field, Port Jefferson, Belle Terre, and points east.

The 10-, 20-, and 30-mile tours are escorted by volunteer marshals from the Suffolk Bicycle Riders Association (SBRA). The 50- and 65-mile tours will be unescorted; cue sheets will be provided and the roads will be marked. Participants may ride at their own pace using the cue sheets.

SAG support vehicles can assist riders with difficulties. Rest/water/food stops are available along the route.

65 mile Unescorted, 8:00 a.m. suggested start
50 mile Unescorted, 8:30 a.m. suggested start
30 mile* Escorted, leaves at 9:30 a.m.
20 mile* Escorted, leaves at 10:00 a.m.
10 mile* Escorted, leaves at 10:30 a.m.

Helmets are required for all riders.

Pledges will be accepted the day of the ride. Pledges are not required in order to ride in the Bike-A-Thon. Pre-register to get your free 2007 Bike-A-Thon commemorative t-shirt.
(Shirts are available for sale for walk-in registrants.)

Bike-A-Thon Sponsors

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In recognition of your participation:

All registered riders return to the Guide Dog Foundation for an after-the-ride celebration.

- Barbecue from 11 a.m. to 4 p.m.
- Music
- Raffle prizes
- Tours of the Guide Dog Foundation.
- The top 3 fundraisers will receive gift certificates from Campus Bicycle & Fitness.
- All registered riders receive a free first-year membership in the Suffolk Bicycle Riders Association.
- All participants are entered into a random drawing to win gift certificates to Carl Hart Bicycles.

18th Annual



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Sunday, September 16, 2007

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America's VetDogs® helps disabled veterans who have served our country to live again with dignity and self-reliance.

We rely on the generosity of individuals, private foundations, and fundraising events such as the bike-a-thon to continue to provide our services at no cost to the people we serve.

If you have any questions, please contact Susan Sabatino, special projects coordinator, 631-930-9000 x1120; susans@guidedog.org

Visit www.guidedog.org for directions & more information.



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

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.

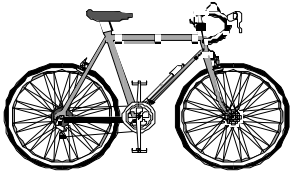
I Have Read This Release. Signature of Primary Applicant

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.



Ride Schedule September

September 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.sbrweb.org/>

Sat 9/1 9:00am 25mi/D+/R/F/S "Linda's Lighthouse Run"
Linda Abraham (631)979-0951(H)
Meet at Mattituck Train station, off Love Lane and ride the roads of Mattituck. Meet up with the other rides to enjoy the farm stands at the end ...

Sat 9/1 9:00am 30mi/C/F/S "Revolutionary War History Ride"
Billy Grosso (631)682-6604(H)
Meet at the Sunshine Mall (#1) for an honest C level ride. No Hammerheads allowed. I will bring a slower Bike. We will tour the William Floyd Estate and the manor of St Geroge. We will have a deli stop and eat lunch somewhere. No go rain Bob Miller.

Sat 9/1 9:00am 36mi/C+/R/F/S "Mattituck Hills"
Marianne Galati (631)750-5003(H)
Meet at Mattituck Train station, off Love Lane and ride the roads of Mattituck. Enjoy the farm stands at the end...

Sat 9/1 8:00am 50mi/B/H/S "Jack's Stony Brook-Setauket-PJ Ride"
Norman Samuels (631)928-3913(H) (631)262-8358(W)
We will leave the lot w/Jack's ride and maintain a strong B pace. We will ride as a group; wait ups as needed. After 15 miles we will pass by the start and riders can bail. There will be a short deli stop.
Meet at the Stony Brook RR Station parking lot next to the Getty

Station (#4). Info: (h)928-3913; cell 816-0583.

Sat 9/1 8:00am 50mi/Multilevel B+/A/H/U "Stony Brook-Setauket-Port Jeff Hill Ride"
Jack Steffens (631)669-4740(H) (631)632-8296(W)
We will ride as a group and have wait ups as needed. The course is laid out so that after 15 miles we will pass by the start and riders with second thoughts can bail. There will be a short deli stop. Meet at the Stony Brook RR Station parking lot next to the Getty Station (#4).

Sun 9/2 9:00am 35mi/C+/R/F/S "Rainbow Highway to be Found"
Dan Mussler (631)821-2219(H)
Start at Riverhead Northside Municipal Parking Lot, North of Main Street, behind North Fork Bank and ride to Mattituck. Lunch Stop.

Sun 9/2 7:30am 32mi/B/F/S "see you in september"
pat nett (631)286-6460(H)
sayville train station to babylon. deli stop.

Mon 9/3 9:00am 36mi/C/C+/R/F/S "Eastport to Tully's Multi Level"
"C":Linda Abraham (631)979-0951(H)
"C+":Marianne Galati (631)750-5003(H)
Meet at Eastport King Kullen (#7) parking lot and ride to Tully's via Dune Road for lunch/snack. Ice Cream break at the end.

Mon 9/3 9:00am 43mi/B-/F/S "Miller Place to William Floyd Estate"
Jeff Meyer (631)471-2129(H)

Join us for a scenic ride on Labor Day. The ride will average 13.5. We will make a deli stop and then have lunch when we get into the William Floyd Estate. Cell phone day of ride - 631-523-2129. Ride starts at Miller Place shopping center (#3).

Tue 9/4 5:45pm 15mi/C+/F/S "South Shore Ride"
Joe Matzelle (631)949-4458(H)
NOTE THE EARLIER START TIME. Meet at JFK school on Woodland Dr in East Islip. Route goes through East Islip, Islip and Bay Shore. Lights and/or bright/reflective clothing recommended. Check Message Board before 4:30 for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Tue 9/4 8:30am 20mi/B/H/R/S "Holtsville to Yaphank"
Barbara Braun (631)472-4061(H)
Meet at the Holtsville Ecology Center (#5). Optional bagel stop at deli at end of ride. Check message board at 7am on morning of ride for possible cancelation.

Tue 9/4 9:00am 48mi/B+/R/S
Gloria Sanicola (631)878-5716(H)
Meet at Location #7, Eastport King Kullen, for a ride to Northville.

Wed 9/5 6:00pm 18mi/B/H/S
"NorthShoreRollerCoasterRide"
Barbara Abraham (631)265-0021(H)
B/C+; ride start: parking lot north of Smithtown Library on N Country Rd; Multiple routes/options; Mileage determined by available daylight. NoGo rain. Plan to return before dusk.

Thu 9/6 5:45pm 21mi/B-/R/S "Thursday Riverhead Ride"
Karin G (631)885-2541(H)
Meet at the South Municipal lot in Riverhead (Take McDermott South from Main St. and make a right.) We will take the scenic ride to Mattituck. Bring a light in case we get back late.

Thu 9/6 9:15am 32mi/B/F/S "beach bingo"
pat nett (631)286-6460(H)
my house to Smith Point with deli stop and snack at beach.17 skyhaven drive, patchogue.

Fri 9/7 9:00am 56mi/B+/R/S "Wine Country"
Gloria Sanicola (631)878-5716(H)
Meet at the "paper road" next to Michangelo's, County Road 111 just south of LIE. Ride to Cutchogue. Deli stop halfway.

Sat 9/8 9:30am 16mi/D/R/S "Ride along the Peconic River"
Claire Reed 772-546-0247 (631)000-0000(H)
Some hills, but scenic. No lunch stop so we can get back before it gets hot. Bring a snack for rest stop. Will stop for brunch after ride at bagel shop. Meet at Chapman and Rte 111, Manorville along side Michaelangelo's- first light off LIE at exit 70.

Sat 9/8 8:30am 31mi/C+/R/F/S "North Mid Island first time C+ ride"
Billy Grosso (631)682-6604(H)
Meet at the Sunshine Mall (#1). First time C+ ride. We will bike through North Middle Island and have a deli lunch in Ridge. We will average a speed in the low 12's. We will bike up some easy rolling hills and through a lot of flatland. No go rain.

Sat 9/8 8:30am 22mi/C+/H/R/S "Short and Sweet"
Bonnie Meyer (631)751-7018(H) (631)724-6900(W)
Start at Stony Brook North P Parking lot(campus side)Ride around Setauket Harbor, Old Field Light house, and Stony Brook Harbor, be home in time for lunch. Bring snacks. No go if rain.

Sat 9/8 9:15am 35mi/B/H/R/S "Cedar Beach Hills"
Anita Risener (631)331-8595(H)

Meet at Pine Rd (Movieland)*8, for a scenic ride to Cedar Beach. It wouldn't be the North Shore w/o some good hills so prepare to meet some. Bring snacks, fluid; no lunch stop. No go in rain.

Sat 9/8 8:00am 55mi/Multilevel B+/A/R/F/U "Holtsville Ecology Ctr. (#5) to Wildwood Park" Bonnie Vulin (631)793-3720(H) Unstructured ride geared towards strong B+/A riders. Please see Cue Sheets for route information. Brief stop at Deli. No go rain. Please see ride guidelines for further ride description.

Sat 9/8 7:00am 103mi/Multilevel B+/A/F/U "Are we there yet?" Jack Steffens (631)669-4740(H) (631)632-8296(W) This is a long one so we need to keep moving. We will try to keep the group together but be prepared to make it on your own. Stops as needed. Meet at standard ride start location #1, Sunshine Mall.

Sun 9/9 9:00am 42mi/Multilevel B+/A/F/U "Paceline Fun" Dennis Jackson (631)878-0184(H) Bring out your fast bike & wheels and join us for a paceline ride. Ride from Sunshine Mall (#1) out to Calverton with a short stop in Ridge. While the ride is unstructured, we will have several regrouping stops.

Sun 9/9 9:00am 32mi/C/R/F/S "Round & Round" Dan Mussler (631)821-2219(H) Start at Wading River King Kullen off 25A and ride all around Manorville. Lunch Stop. True C Pace, 11-12 Average.

Sun 9/9 9:15am 36mi/B-/R/F/S "Ding a Derry" Jeff Meyer (631)471-2129(H) Start at Stony Brook North P Parking lot (campus side). We will ride to Middle Island with a lunch stop. Ride pace will be 13.5 average.

Cell phone day of ride (631) 523-2129.

Sun 9/9 9:00am 39mi/B/R/F/S "Southampton to Sag Harbor" Barbara Braun (631)472-4061(H) Meet at the Southampton Railroad Station on North Main St. Take Sunrise Hwy east to a right onto North Main St going south to the railroad station. Check the message board at 7am for possible cancellation.

Tue 9/11 5:45pm 15mi/C+/F/S "South Shore Ride" Joe Matzelle (631)949-4458(H) NOTE THE EARLIER START TIME. Meet at JFK school on Woodland Dr in East Islip. Route goes through East Islip, Islip and Bay Shore. Lights and/or bright/reflective clothing recommended. Check Message Board before 4:30 for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Tue 9/11 9:00am 42mi/B+/R/S Gloria Sanicola (631)878-5716(H) Meet at Location #7 for a ride to Riverhead.

Wed 9/12 8:30am 32mi/B/H/R/S "Coram Pines Cinema to Cedar Beach" Barbara Braun (631)472-4061(H) Meet at the Coram Pine Cinema (#8) on Rte 112. Bring breakfast or buy at the marina cafe. Check message board at 700am for possible cancellation.

Wed 9/12 6:00pm 17-18mi/C+/H/R/S "North Shore Ride" Bonnie Meyer (631)751-7018(H) (631)724-6900(W) Leave from 10 Stuyvesant Circle East. E Setauket. Ride to the Light house or Setauket Harbor. No go if rain.

Thu 9/13 5:45pm 21mi/B-/R/S "Thursday Riverhead Ride" Karin G (631)885-2541(H) Meet at the South Municipal lot in Riverhead (Take McDermott South from Main St. and make a right.) We will take the scenic ride to

Mattituck. Bring a light in case we get back late.

Thu 9/13 9:00am 30mi/C+/R/S "Holtsville to Ridge"

Joe Matzelle (631)949-4458(H)
Meet at Holtsville Ecology Center *(5).
Bring snacks, no food stop.
Check Message Board before 8:00am for cancellation.

Thu 9/13 9:15am 20mi/B/R/S "be green"
pat nett (631)286-6460(H)
holtsville ecology center ride 1

Fri 9/14 2:00pm 22mi/D/F/S "Blue Point <=>Bellport Pick your Mileage"
Dan Rogers (631)363-7614(H)
7 mile loop then 15 miles... pick 7/15/or 22 miles. for 15, show at 2:30-45. Check web at noon for rain or other go/nogo. Ice cream and Coffee stop. Meet at south end of Blue Point Av at the Gazebo Dock. Take Nicholls Road to south end, then Blue point avenue to south end.

Fri 9/14 9:00am 35mi/C+/R/F/S "Start the weekend early"
Joe Matzelle (631)949-4458(H)
Meet at Sunshine Mall *(1). Ride to Manorville. Deli stop. Check Message Board before 8:00am for cancellation.

Fri 9/14 9:00am 54mi/B+/R/S "Later Birds"
Gloria Sanicola (631)878-5716(H)
Meet at the "paper road" next to Michandelo's in Manorville on County Road 111 just south of the LIE. Follow the Early Birds north route. Deli stop.

Sat 9/15 9:00am 36mi/C/R/F/S "3 Point Ride"
Dan Mussler (631)821-2219(H)
Start at Mattituck Train Station and ride to Cedar Point, Paradise Point and Horton Point. Lunch Stop with Lunch at Horton Point. True C Pace 11-12 Average. No Apple Picking on this ride.

Sat 9/15 8:30am 40mi/C+/R/F/S "View the Harbor ride"
Billy Grosso (631)682-6604(H)
Meet at the Sunshine Mall (#1). We will bike to Stonybrook through story book land and we will bike up and down Bicycle Path. We will have lunch in Stonybrook at Fratelli's Market Place. No go rain.

Sat 9/15 9:00am 36mi/C-/C+/B/R/F/S "Multi-Level Apple picking ride"
"C-" 30 miles: Linda Abraham (631)979-0951(H)
"C+" 36 miles: Marianne Galati (631)750-5003(H)
"B" 36 miles: Barbara Abraham (631)265-0021(H)
Meet at Mattituck Train station off of Love Lane, and ride Dan's three points cue. Afterwards if you are able, stay to pick apples at Wickham's orchards.

Sat 9/15 8:00am 50mi/Multilevel B+/A/H/U "Stony Brook-Setauket-Port Jeff Hill Ride"
Jack Steffens (631)669-4740(H) (631)632-8296(W)
We will ride as a group and have wait ups as needed. The course is laid out so that after 15 miles we will pass by the start and riders with second thoughts can bail. There will be a short deli stop. Meet at the Stony Brook RR Station parking lot next to the Getty Station (#4).

Sunday September 16, 2006 - Guide Dog Ride

Mon 9/17 9:30am 25mi/B/F/S "Holbrook to Bellport"
Barbara Braun (631)472-4061(H)
Meet at my home for a ride to Bellport for a snack at the beach. Call for directions 631 472-4061. Check message board at 8am for possible cancellation.

Tue 9/18 5:45pm 15mi/C+/F/S "South Shore Ride"
Joe Matzelle (631)949-4458(H)
NOTE THE EARLIER START TIME. Meet at JFK school on Woodland Dr in

East Islip. Route goes through East Islip, Islip and Bay Shore. Lights and/or bright/reflective clothing recommended. Check Message Board before 4:30 for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Tue 9/18 9:00am 48mi/B+/R/S
Gloria Sanicola (631)878-5716(H)
Meet at Location #7, Eastport King Kullen, for a ride to Northville.

Wed 9/19 6:00pm 18mi/B/H/S
"NorthShoreRollerCoasterRide"
Barbara Abraham (631)265-0021(H)
B/C+; ride start: parking lot north of Smithtown Library on N Country Rd; Multiple routes/options; Mileage determined by available daylight. NoGo rain. Plan to return before dusk.

Thu 9/20 5:45pm 21mi/B-/R/S "Thursday Riverhead Ride"
Karin G (631)885-2541(H)
Meet at the South Municipal lot in Riverhead (Take McDermott South from Main St. and make a right.) We will take the scenic ride to Mattituck. Bring a light in case we get back late.

Thu 9/20 9:15am 32mi/B/F/S "on the beach"
pat nett (631)286-6460(H)
patchogue to smithpoint, 17 skyhaven drive, Patchogue.

Fri 9/21 9:00am 56mi/B+/R/S "Wine Country"
Gloria Sanicola (631)878-5716(H)
Meet at the "paper road" next to Michelangelo's, County Road 111 just south of LIE. Ride to Cutchogue. Deli stop halfway.

Sat 9/22 8:30am 44mi/C+/F/S "view the Peconic Rver last 8:30 start"
Billy Grosso (631)682-6604(H)
Leave out of the Sunshine Mall. We will follow the Peconic River out to Riverhead. This is a modified version of Bill Pope's and Bob

Fountain's rides. Lunch at the bagel deli in Manorville. No go rain.

Sat 9/22 8:00am 50mi/Multilevel B+/A/H/U
"Stony Brook-Setauket-Port Jeff Hill Ride"
Jack Steffens (631)669-4740(H) (631)632-8296(W)
We will ride as a group and have wait ups as needed. The course is laid out so that after 15 miles we will pass by the start and riders with second thoughts can bail. There will be a short deli stop. Meet at the Stony Brook RR Station parking lot next to the Getty Station (#4).

Sun 9/23 9:00am 25mi/C/R/F/S "Were off to see the Wizard"
Dan Mussler (631)821-2219(H)
Start at Mt. Sinai King Kullen (#6) off 25A and ride to Wading River. Lunch Stop.

Sun 9/23 8:30am 50mi/C+/R/F/S "Fall Century Training Ride #1"
Joe Matzelle (631)949-4458(H)
Meet at Holtsville Ecology Center (#5). This is the first of two rides to prepare for the Fall Century in October. Deli stop. Check Message Board before 7:30am for cancellation.

Sun 9/23 9:00am 37-40mi/B/R/S "Commack to Stony Brook"
Fredric Itkin (631)957-4943(H)
Ride the rolling hills from Commack to Stony Brook. Stop at Golden Pear Cafe May be an added loop Meet at SE Corner of Vanderbilt Parkway and Commack Road between McDonalds and Bagel Shop.

Sun 9/23 9:00am 64mi/B+/R/S "First Day of Autumn"
Gloria Sanicola (631)878-5716(H)
Meet at the Jamesport Community Center, RTE 25 for a ride to Orient Point. Deli stop.

Tue 9/25 5:45pm 15mi/C+/F/S "South Shore Ride"

Joe Matzelle (631)949-4458(H)
NOTE THE EARLIER START TIME. Meet at JFK school on Woodland Dr in East Islip. Route goes through East Islip, Islip and Bay Shore. Lights and/or bright/reflective clothing recommended. Check Message Board before 4:30 for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Tue 9/25 9:00am 42mi/B+/R/S
Gloria Sanicola (631)878-5716(H)
Meet at Location #7 for a ride to Riverhead.

Wed 9/26 6:00pm 17-18mi/C+/H/R/S "North Shore Ride"
Bonnie Meyer (631)751-7018(H) (631)724-6900(W)
Leave from 10 Stuyvesant Circle East. E Setauket. Ride to the Light house or Setauket Harbor. No go if rain.

Thu 9/27 5:45pm 21mi/B-/R/S "Thursday Riverhead Ride"
Karin G (631)885-2541(H)
Meet at the South Municipal lot in Riverhead (Take McDermott South from Main St. and make a right.) We will take the scenic ride to Mattituck. Bring a light in case we get back late.

Thu 9/27 9:15am 20mi/B/R/S "ecology 101" pat nett (631)286-6460(H)
holtsville ecology center (#5) ride 1.

Fri 9/28 9:00am 54mi/B+/R/S "Later Birds"
Gloria Sanicola (631)878-5716(H)
Meet at the "paper road" next to Michaelangelo's in Manorville on County Road 111 just south of the LIE. Follow the Early Birds south route. Deli stop.

Sat 9/29 9:30am 20-25mi/B/C/F/S "Paddle Paddle - Follow the Carmans River"
"C": Billy Grosso (631)682-6604(H)
"B": Anita Risener (631)331-8595(H)
Leave out of the Sunshine Mall (#1), pick your ride leader and ride.
Lunch on Indian Landing on the River.


Ride to Glacier Bay Sports, paddle canoe or kayak (be sure to reserve & pay Linda Kirk, event organizer). 3 hour ride...4 miles bike back. Bring lunch, lots of water, sunscreen, hat, bathing suit & towel.
Rain date 9/30.
Check message board morning of ride.

Sat 9/29 8:00am 50mi/Multilevel B+/A/H/U "Stony Brook-Setauket-Port Jeff Hill Ride"
Jack Steffens (631)669-4740(H) (631)632-8296(W)
We will ride as a group and have wait ups as needed. The course is laid out so that after 15 miles we will pass by the start and riders with second thoughts can bail. There will be a short deli stop. Meet at the Stony Brook RR Station parking lot next to the Getty Station (#4).

Sun 9/30 9:30am 35mi/C-/F/S "Patchogue RR Station to Smith Point"
Bob Miller 917-797-7873
Meet at Patchogue RR Station to follow Dan's "Great Train Bicycle Ride" of 8/5/2007.

Sun 9/30 8:00am 69mi/C+/R/F/S "Fall Century Training Ride #2"
Bill Pope (631)475-4531(H) (631)439-9115(W)
Meet at the Sunshine Mall (#1) and get in shape for the SBRA fall century next week. Lunch at Tully's.

Sun 9/30 8:30am 65mi/B/H/S "Islandia to Oyster Bay EMS ride"
steve sendrowski (631)889-2242(H) (212)782-5675(W)
Challenging ride (with wait-ups) starting on the LIE svc road, then north into Huntington and Oyster Bay, before we turn around to come back. Lunch in Oyster Bay. Different route from the June ride - less traffic, same hills. Ride starts at Park-n-ride just west of LIE exit 58 (next to Hooters). No go if rain.



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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



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