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Suffolk Bicycle Riders' Association Monthly Newsletter

Rolling Wheels

December 2008 - Volume 31 / No. 12

Member Paumonok Bicycling Advocacy

GEAR UP WITH GREGG

Here's an article written by Nanna Meyer from Bicycling Magazine titled, "Losing Your Last 5". Something I have consistently battled and wanted to share with everyone.

As a nutritional consultant for several pro and amateur cyclists, I know what happens this time of year: The cycling season is ramping up, and riders want to melt off that last bit of winter weight while increasing their training at the same time.

Losing a little weight shouldn't be too difficult. Nutrition is like a balanced system: To maintain your weight, the calories consumed should equal those burned in daily living and exercise. For the scale to dip south, you need to eat a bit less or exercise a bit more, or both. The goal is to lose fat gradually, ounce by ounce; rapid weight loss can lead to a sluggish metabolism and muscle breakdown--both of which make your body want to hang on to fat to preserve itself. But with a bit of discipline you'll reach your goal weight while riding faster, stronger and longer.

Eat according to your ride When your training volume and intensity are low, eat smaller meals, reduce snacks and avoid extra calories from sports drinks, gels and bars. You need only a handful of carbohydrates such as pasta or rice with your meals on days when you don't ride or go for only an hour. For long or intense rides and races, I suggest that riders double or triple their servings of carbs at dinner and breakfast beforehand, and then at lunch and dinner afterward to recover. During the ride, use sports drinks, gels and bars to prolong your endurance capacity and prevent you from hitting the wall.

Recover with real foods While recovery products are convenient and effective, they add extra calories that you may not need on easier training days. Instead, make your next meal a recovery meal with a little more carbohydrate (50 to 100 grams, depending on your body weight) and a medium portion (slightly bigger than the size of your palm) of lean protein such as fish, chicken or red meat. Eat it within two hours of the ride. The longer and harder the ride, the more critical it is to refuel quickly.

www.SBRAweb.org

If you can't eat for a couple of hours after a killer ride, refuel with a recovery product or snack including some protein (10 to 15 grams).

Don't skimp on protein When restricting calories, don't cut protein, which is key for maintaining your muscle strength and power. As a bonus, protein also helps you feel full, as does fiber and water. On easier riding days, build your meals on fruits and vegetables to ensure you get plenty of nutrients and fiber. Salads, stir-fries, steamed vegetables and fresh fruits are ideal. Accompany them with lean proteins: eggs and egg whites, lowfat yogurt and milk, cottage cheese, poultry, fish, extra-lean beef, beans and other legumes.

For your primary carbohydrate sources, select unprocessed whole grains, such as wild and brown rice, or whole-wheat pasta. These will have more fiber and be processed more slowly by your body. When your training ramps up and you eat more carbohydrate, you also want more refined ones, such as white rice and white pasta, because your body converts these to energy more quickly. Finally, add fats sparingly: Drizzle salads and veggies with olive oil, crumble flavorful cheese onto your meal, or toss in a handful of nuts or slices of avocado.

continued on p.13

December Meeting

Thursday December 4, 2008

7:30 PM

New Village Recreation Center

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).

2008 EXECUTIVE COMMITTEE

PRESIDENT: Greg Eisenstein 516-383-1485
VICE-PRESIDENT: Sue Sherman 631 473-4732
TREASURER: Joe Matzelle/273-3578
RECORDING SECT: Dick Cunningham/585-0868
CORRESPONDING SECT: Jeff Cohen/591-1079
DIRECTOR / Social: Patricia Knecht/877-5896
DIRECTOR / Ed & Safety: Gordon Howard/878-1716
DIRECTOR / Advocacy: Pat Brennan
DIRECTOR / Rides: Bill Pope/475-4531

2008 CHAIRPERSONS

ADVERTISING: Dan Mussler/831-3172
BIKE-BOAT-BIKE: Fred Greis
GRAPHIC DESIGNER: Jim Deerfield/724-6401
GUIDE DOG RIDE: Jeff & Brenda Meyer/471-2129
Bob Devito
LIBRARIAN: Bruce Pressner / 476-3923
REFRESHMENTS: Janet Mazzola
MEMBERSHIP: Norm Samuels/928-3913
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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: Dan Mussler

For Newsletter Non-delivery or with any changes to membership related information, especially email and telephone contact data call Norm Samuels (631) 928-3913 or nsamuels@optonline.net

Rolling Wheels

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The purpose of the Suffolk County 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 members 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.

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New Members

Alice Butkos
Darryl Butkos
Kenneth Hirsch
Sonya Hirsch
M.David Laufer
Jennifer Monahan
Michael Monahan
Lori Weisinger

Active Members: 677; Current Families: 112; New Members: 8

Norm Samuels, Membership Chair

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YOUR MOUNTAIN BIKE HEADQUARTERS

Winter biking? Go for it THE RIDE | Tips to keep you rolling along

October 27, 2008
 WITH MARY WISNIEWSKI
mwisniewski@suntimes.com

"There's so much attrition because of winter," said Glowacz, who wrote the book *Urban Bikers' Tips and Tricks*. "So many people went to bicycling this year, I want to try to keep some of them on their bikes." The big fears for would-be winter bikers are snow, ice and cold. Snow and ice are not as big a problem as people think, Glowacz said. Even after a big storm, big streets are usually clear a day later. "For every one snowflake, the city throws five grains of salt," Glowacz said. As for the cold, the key is to know how to dress. Biking in winter means layering, so you can strip a layer as the exercise warms you up. On cold days, ski goggles keep your nose from running, according to Martin Hazard, a bike shop worker who co-chairs Chicago Bike Winter, a program for keeping people biking all year. Hazard also likes balaclavas – those knit hats favored by bank robbers.

Another big deterrent for bikers is rain. One way to protect against the wet is fenders, to keep water from splashing up from the tires, Glowacz said. Fenders are also useful for protecting your bike against salt and other winter muck, said Hazard. It also helps to keep bikes indoors when they're not in use. "Every spring, we have the Night of the Living Dead Bikes, with people coming in to the shop with chains that are one solid piece of rusted metal," Hazard said.

To keep off the wet, zippered galoshes like Totes or even plastic grocery

bags will protect your feet. Nylon pants and a waterproof jacket will protect the rest of you. It's also crucial to stay visible with light-colored clothing, lights and reflective gear, as it gets dark early in the winter. "One of the things I notice the most in Chicago is that people ride at night wearing black," Glowacz said. "I want to ask them, 'Do you want to paint a bull's-eye on your back?'"

Both Hazard and Glowacz emphasized that winter biking can be fun. "It keeps off the winter weight," Hazard said. "It's gratifying when it's 30 below biking past a bus stop full of people who are shivering because they're not moving. They look at me like I'm crazy, but I'm comfortable." Glowacz said that since he started biking in winter, he spends more time outdoors and has a greater tolerance to cold. "I don't dread winter," Glowacz said. "I'm looking forward to my first snow ride."

For more information, see www.mrbike.com or www.bikewinter.org.



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**2007/08 Ride Statistics (Nov 07 - Oct 08)
as per ride information received by 11/7**

Number of ride leader credits: 648
Total club miles: 132212
Ride Leaders: Joe Matzelle (61), Billy Grosso (41.5), Bob Miller (35), Pat Nett (33), Jack Steffens (20), Richard Cunningham (19), Ron Goodstadt (16.5), Bill Pope (16.5), Karin Gluth (15.5), Barbara Abraham (15.5), Linda Resnick (15), Lili Burliuk (14.5), Gordon Howard (14.5), Bruce Presner (14), Bonnie Meyer (14), Anita Risener (14), Barbara Braun (12.5), Marty

Thomassen (12), Ronnie Levy (12), Don Rollock (12).

Mileage Leaders (over 1000 miles): Joe Matzelle (3659), Ron Goodstadt (2967), Bill Pope (2879), Dennis Jackson (2696), Pat Nett (2652), Bob Miller (2298), Jack Steffens (1997), Richard Cunningham (1796), Paul Miklean (1732), Adam Molny (1690), Gerry Klein (1685), Linda Resnick (1606), Margaret Matthews-Ziel (1552), Lili Burliuk (1489), Liz Williams (1472), John Bambach (1430), Keri Lukin-Page (1302), Billy Grosso (1279), Karin Gluth (1267), David Holbrook (1205), Barbara Braun (1158), Steve Atwood (1102), Norm Samuels (1073), Ronnie Levy (1024).

Note: Monthly mileage statistics are provided only for those individuals with ride leader credits. For the first 6 months of '08 season, this will include individuals with ride credits in 2007.

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

Note: Message Board rides DO NOT receive ride leader credits, only mileage credit.

Note: Sign-in sheets not submitted on an official SBRA sign-in sheet (including the SBRA waiver language) or submitted without rider signatures will no longer be accepted and will NOT receive ride leader or mileage credit.

Joe Matzelle

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10/08 Special Events Calendar

Gordon Howard 631-878-1716

Jan

31 SBRA Awards Dinner

MEETING MINUTES

November 6th, 2008

I. Call to Order- the meeting was called to order by President Gregg Eisenstein at 7:35 PM. Thirty-five members and guests were in attendance.

II. Acceptance of Minutes - the minutes of the October 2nd 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 he will be presenting a proposed budget for 2009 at the next meeting.

IV. Correspondence - A letter from David Alt, president of the Community Foundation of Northwest Georgia, was read thanking the club for its \$250 contribution to the Raisin Hope

Fund of the Community Foundation of Northwest Georgia.

V. Reports.

A. Statistician (Joe Matzelle) - Joe reported that a total of 132,110 club miles were ridden during the last club ride year (11/1/07 to 10/30/08), which is a new club record. A full annual ride report will appear in the January issue of Rolling Wheels. He further reported that 29 members have lead 8 or more rides, entitling them to receive a ride leader jersey. Joe further stated that due to insurance liability considerations henceforth he will only accept ride sign-in sheets that are reported on the club's official waiver form. No credit will be given for rides that are reported on non-official sign-in sheets. The waiver of liability must be signed by all riders participating on a club sponsored ride.

B. Membership (Norm Samuels) -the club presently has 677 individual members, including 112 families. 8 new members joined the club during the past month. Four new members (Laurie, Art, Betty, Peter) were introduced at the meeting.

C. Rides - Anita Risener reminded everyone of the SBRA/CLIMB multi-club mountain bike ride scheduled to be held on Sunday, November 9 at the Eastport trail.

D. Sunshine - member Gloria Sanicola is recovering from rotator cuff surgery. Henry Schmidt is out of the hospital and is at home.

E. Nominating Committee (Anita Risener) - Anita presented the proposed slate of elective officers for 2009. They are:

President - Gregg Eisenstein

Vice-president - Sue Sherman

Treasurer - Joe Matzelle

Recording Secretary - Dave Diroma

Corresponding Secretary - Nick Ambrosino

Social Director - Mike Warner

Education/Safety Director - Gordon Howard

Advocacy Director - Paul Miklean

Ride Director - Bill Pope

No additional nominations were made from the floor. Additional nominations may be made from the floor at the December 4th meeting, at which time the elections will be held.

In addition the following members have volunteered to serve as committee chairpersons:

Advertising - Bob DeVito and John Gennarella
 Bike-Boat-Bike - Sue Sherman
 Guide Dog Ride - Jeff and Brenda Meyer, Bob DeVito
 Librarian/Sunshine - Bruce Presner
 Membership - Norm Samuels
 Newsletter - Rona Dressler
 Public Relations - Phil Enright
 Quartermaster - Jack Steffens
 Ride Statistician - Joe Matzelle
 Web Master - Percy Zahl
 Ride Coordinator - Bill Pope
 F. Web Master (Percy Zahl) - Percy announced that he has replaced Dan Mussler as Web Master. He is in the process of redesigning the club's web site, and asked for volunteers to assist in the maintenance of the site.
 VI. Old Business - no old business
 VII. New Business - no new business
 VIII. Adjournment - there being no further business, the business portion of the meeting was adjourned 8:15 PM
 IX. Program Gregg Eisenstein introduced Karen E. Giles, Licensed Acupuncturist, who gave an informative presentation on acupuncture. A question and answer session followed.

Richard Cunningham
 Secretary

Continued from page 9

- 20 percent of respondents ages 21-30 had used energy drinks in high school or college to stay awake longer to study or write a paper.
- 70 percent of respondents knew someone who had a cup of brewed coffee has between 80 and 135 milligrams of caffeine. Some energy drinks contain two to three times that amount plus the equivalent of 5 teaspoons of sugar.

"My colleagues and I are seeing more patients coming in with sleep disturbances, often caused by energy drinks," notes Philadelphia family physician and Chair of the Philadelphia Assembly, PA Academy of Family Physicians, Suzanne Steele, MD. "They can often be harmful. Energy drinks contribute to sleep disturbances, obesity, tooth decay, and dehydration. Children should be drinking milk instead to strengthen their growing bones. We're looking at a generation that will have serious problems with osteoporosis based on a lack of calcium intake and obesity from too much sugar. Brittle bones and too much weight on them just spells trouble."

Dr. Steele also cautions that if you have an undiagnosed heart condition, you could be risking your life by consuming so much caffeine. Additionally, combining alcohol and/or anti-

depressants with energy drinks can be hazardous. "If you need an energy boost, eat a complex carbohydrate like organic trail mix or a spoonful of peanut butter and a glass of water. Increase your energy level slowly and safely, not with a caffeine/sugar rush."

Running on Empty: Elevated caffeine poses particular risks for athletes, according to Pittsburgh pediatrician Anthony Kovatch, MD, who runs regularly.

"In the humid heat of summer, you often hear of high school athletes having adverse effects," Dr. Kovatch says, cautioning that while some athletes consider energy drinks as performance boosters, they may in fact do the reverse. "If you drink this stuff because you're hot, you're defeating the purpose. Not only does caffeine raise your heart rate, it's a diuretic. It increases the kidney's disposal of fluid from the body."

Energy drink alternatives?

- Low fat milk
- Water, but not flavored waters. Try lemon and honey, or mint leaves in water.
- Diluted fruit juice
- Vegetable juice

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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	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 December

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 12/6 9:30am 30mi/B-/R/F/S "Shufflin' Off to Shoreham"

Dick Cunningham (631)846-7825(H)
Meet at the Pine Shopping Center (#8)(Coram Cinemas) for a ride to Shoreham for bagels at the Bagel Lady. Leader will maintain a 13-15 mph pace.

Sat 12/6 9:00am 35mi/C/R/F/Show & Go/U "C/C+ Winter Show & Go"

Meet at the Sunshine Mall for a ride to be determined by the group.

Sat 12/6 9:00am 30mi/Multilevel B+/A/F/S "West Islip to Bohemia"

Jack Steffens (631)669-4740(H)
Meet in the Rite Aid Pharmacy parking lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Sat 12/6 9:00am 35mi/C-/F/S "Follow the C Show N go"
Bob Miller 917-797-7873

Wherever thou, Billy, leadest me, I shall follow. We'll start with the C riders from Sunshine Mall - and may drop back to our pace.

Sun 12/7 9:00am 35mi/C/R/F/Show & Go/U "C/C+ Winter Show & Go"

Meet at the Sunshine Mall for a ride to be determined by the group.

Sun 12/7 9:00am 30mi/B/F/S "West Islip to Bohemia"
Jack Steffens (631)669-4740(H)

Meet in the Rite Aid Pharmacy Parking Lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Sun 12/7 9:00am 46mi/B/R/F/S "Jamesport Community Center to Greenport"

Robert Halversen (631)873-7227(H)
Cooler weather in a quiet part of LI. There will be a deli stop halfway. An honest B. No go if rain.

Sun 12/7 9:30am 35mi/C-/F/S "Mattituck - Henry's Hills Ride"

Bob Miller 917-797-7873
Start from Mattituck RR station

Sat 12/13 9:00am 35mi/C/R/F/Show & Go/U "C/C+ Winter Show & Go"

Meet at the Sunshine Mall for a ride to be determined by the group.

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Jack Steffens (631)669-4740(H)
Meet in the Rite Aid Pharmacy parking lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Sat 12/13 9:00am 35mi/B/Show & Go/U "Winter Spin"

Meet at the Sunshine Mall *(1) for a loop decided by the group.

Sun 12/14 9:00am 35mi/C/R/F/Show & Go/U "C/C+ Winter Show & Go"

Meet at the Sunshine Mall for a ride to be determined by the group.

Sun 12/14 9:00am 30mi/B/F/S "West Islip to Bohemia"

Jack Steffens (631)669-4740(H)
Meet in the Rite Aid Pharmacy Parking Lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Sun 12/14 10:00am 8+mi/B/Mtn/S ""B" MTN BIKE"
Anita Risener (631)331-8595(H)

Let the C riders chase us through Eastport trails on this intermediate level mtn bike ride. One loop or two--Rider's choice. Check message board for updates. No go rain/snow.

Sun 12/14 9:30am 33mi/C-/F/S "Center Moriches to Manorville Bagel Shop"

Bob Miller 917-797-7873
Leave from Waldbaum Shopping Center (At Long Neck and Montauk)

Sat 12/20 9:00am 35mi/C/R/F/Show & Go/U "C/C+ Winter Show & Go"
Meet at the Sunshine Mall for a ride to be determined by the group.

Sat 12/20 9:00am 30mi/Multilevel B+/A/F/S "West Islip to Bohemia"
Jack Steffens (631)669-4740(H)
Meet in the Rite Aid Pharmacy parking lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Sat 12/20 9:00am 35mi/B/Show & Go/U "Winter Spin"
Meet at the Sunshine Mall *(1) for a loop decided by the group.

Sun 12/21 9:00am 35mi/C/R/F/Show & Go/U "C/C+ Winter Show & Go"
Meet at the Sunshine Mall for a ride to be determined by the group.

Sun 12/21 9:00am 30mi/B/F/S "West Islip to Bohemia"
Jack Steffens (631)669-4740(H)
Meet in the Rite Aid Pharmacy Parking Lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Sun 12/21 9:30am 29mi/C-/F/S "Holtsville Ecology Center to Sayville"
Bob Miller 917-797-7873
The Halloween ride

Thu 12/25 9:00am 10/30mi/B+/H/R/F/U "the jew crew"
Ron Goodstadt<sheronrx@aol.com> (631)236-6879(H)
Show off your new bike and clothes before going to the in-laws for dinner. Ride start, mtn or road, and mileage will depend on weather/road conditions. Check the message board during the week. Riders of all faiths are welcome.

Sat 12/27 9:00am 35mi/C/R/F/Show & Go/U "C/C+ Winter Show & Go"
Meet at the Sunshine Mall for a ride to be determined by the group.

Sat 12/27 9:00am 30mi/Multilevel B+/A/F/S "West Islip to Bohemia"
Jack Steffens (631)669-4740(H)
Meet in the Rite Aid Pharmacy parking lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Sat 12/27 9:00am 35mi/B/Show & Go/U "Winter Spin"
Meet at the Sunshine Mall *(1) for a loop decided by the group.

Sun 12/28 9:30am 38mi/C-/R/S "Mattituck to Greenport"
Bob Miller 917-797-7873
Meet at the Mattituck train station.

Sun 12/28 9:00am 35mi/C/R/F/Show & Go/U "C/C+ Winter Show & Go"
Meet at the Sunshine Mall for a ride to be determined by the group.

Sun 12/28 9:00am 30mi/B/F/S "West Islip to Bohemia"
Jack Steffens (631)669-4740(H)
Meet in the Rite Aid Pharmacy Parking Lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Tue 12/30 9:00am 30mi/Multilevel B+/A/F/S "West Islip to Bohemia"
Jack Steffens (631)669-4740(H)
Meet in the Rite Aid Pharmacy parking lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Wed 12/31 2:00pm 20mi/B/R/F/U "08 out/09 in"
ron goodstadt<sheronrx@aol.com> (631)236-6879(H)
Leave work early/put evening plans on hold...ecology center (#5) to Yapank. relaxed social ride with your bike buddies. riders of all levels/all ride leaders are invited. new year's toast after ride. Check msg bd for updates/cancellations.

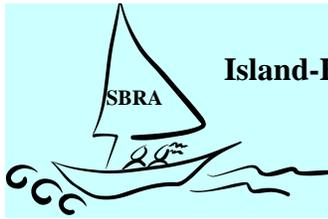
Energy Drinks – Busting Your Health for the Buzz

[Pennsylvania Medical Society](#)

Newswise — Energy drinks: They're readily accessible, legal, and potentially addictive. They claim to improve performance, increase concentration, and stimulate metabolism, yet these highly caffeinated, sugar-laden beverages are causing considerable concern among health professionals.

Excessive caffeine has been linked to elevated heart rates, hypertension, anxiety, headaches, and interrupted sleep patterns. Some energy drinks warn that they're not for use by individuals younger than 18, those pregnant or nursing, or if there's a family history of heart disease, high blood pressure, depression, caffeine-sensitivity, glaucoma, and other ailments. But most carry no warning.

A recent statewide Patient Poll conducted by the Pennsylvania Medical Society's Institute for Good Medicine found that: continued on page 6



Island-Hopping in the Adriatic Sea off the Coast of Croatia

(aka)

“Tour De Gelato”

Written (as recalled) by Steve Sendrowski

FOREWORD:

Back in late 2007 a group of your fellow riders started to think about where to travel to as a group in 2008. We needed to find something that was affordable, involved biking and would be an “adventure”. Barbara (aka **Babs**) Braun, our resident travel diva, found this Island Hopping Tour and we decided that this might be just what we were looking for. We found that Croatia, long being a favorite vacation spot for Europeans, primarily Italians and Russians, was considered one of the few remaining bargains in Europe. Bargain, biking, European beaches???. Need I say more? So, we booked the tour and our airfares and then spent the next 8 months reflecting on our wisdom as the dollar slid ever deeper... Oh well... As trips like this go, you can have all kinds of problems. However, we had pretty close to no problem at all – this was directly due to Babs’ efforts.

Let me say right here that if it were not for Babs, this trip would never have gotten past the initial planning stages. And, last but not least, any of you who remember my story about our trip to France in 2003 should know that you will need some time to get through this story, as I tend to go on and on – I call it “creative writing”, because I have short term memory problems. Now for the good news...this is the shortened version – there is an unabridged version reserved for the group that traveled. If you ask real nice, I could let you read that one. Anyway, if you like the story, let me know. If you don’t, shut up!

AND SO THE STORY BEGINS...

Without further delay, let’s get on with the story of our trip. First the participants (in last name alphabetical order, so you can find your names):

Barbara Abraham	Mary Anne Galanti	Steve Sendrowski (journalist-in-training)
Linda Abraham	Ronnie Levy	Elaine Sullivan
Mary Lou Beldy	Richard Mardosa	Richard Travis
Barbara Braun (our Travel Diva)	Bonnie Meyer	Karen Walker
Brian & Ellen Brill		

First, a little background...

- ❖ **Our travel companions:** two couples from Montreal, 3 people from Australia and 6 from Germany.
- ❖ **The boat and Crew.** An 84-foot “motor yacht” named the “Kapetan Jure. We had two biking guides, Klaus, from New Zealand, and Davod, from Germany. The crew was Dranko (waiter/bartender, who we all got to know very well), Vicko (chef), Miro, Lleno, Jure (all sailors) and Anton, the captain, owner and operator.
- ❖ **Oh Captain, my Captain.** Captain Anton deserves special mention here: This guy never stopped smiling (except at one point, which we will cover later on) and every time you greeted him, he smiled and gave you a thumbs-up (since this also meant the number 1 there, I was never sure exactly what he meant). And our group was always referred to as “Nice ladies and old men”. He was forever saying, with that Croatian accent, “Tankyouverymuch nice ladies”. It was like having Latka as our captain (those who remember the Andy Kaufman character on “Taxi”).
- ❖ **Cabins.** Our cabins were split between topside and below deck. The cabins were on the small side, but...it’s a boat! Bonnie and I had a room below deck, a queen size room...with a queen size bed! Yeh...just a little tight. More than one person trying to change their clothes inside the cabin was hazardous.
- ❖ **Bathrooms.** Each cabin had a bathroom. The bathroom was a challenge. The shower was a flexible hose from the sink faucet you pulled out. The commode was sitting on a raised platform (really felt like you were on the “throne.”) Yes, it was a sight to see someone sitting on it...and yes, we have a picture! And NO, you will not get to see it.
- ❖ **Air conditioning?** We had AC in all the cabins and dining room, however what became very apparent in a short period of time was that the AC did not run that well when we were docked overnight – not enough power was available at the harbors (or so they said). Of course, when the ship was on the move it generated its own power and the AC was a delight. Downside was that we were rarely on the ship when it was moving – we were out biking on the island of the day!
- ❖ **Water.** We were told that though there was a water tank on board, it would probably be advisable that we limit use to brushing out teeth and bathing. Drinking it might not be healthy.

However, they had bottled water on board we could buy anytime we wanted...hmm, sounds like a plan?

- ❖ **The bikes.** The bikes were hybrids with triples and panniers, if you wanted them. The bikes were relatively heavy, but very reliable. We had one flat for the whole trip and even though we were constantly running through gears, never a problem. The seat was relatively large and cushiony, but it was ok – on the rocky roads, it was welcome! The bikes are replaced every three years.
- ❖ **The cycling.** The cycling was hilly for the most part -- each ride start was in a harbor and you would have to climb up into the hills. (It was like having a ride start from Port Jefferson Harbor every day.) Some had to walk sometimes, but everyone toughed through it one way or the other. Descents could be dangerous at times, with narrow roads, cars whizzing by and nothing to stop you from going over a cliff if you made a mistake. But, the views were well worth it. Distance varied each day, but never amounted to more than 40 miles. Total distance for the week was around 280 km...ok, ok about 175 miles (distance in km sounds much more impressive.)
- ❖ **Meals.** I might as well mention our meal arrangements. All meals were on board. The food was served family style and bread was plentiful at each meal and always fresh. Wine, beer was plentiful, but you were very limited in what there was – I have always found that if you drink enough of it, it becomes very good.
- ❖ **Weather:** Could not have been better. From the moment we got there until we ended our island-hopping tour, it was sunny and in the 80s to 90s. After our tour though, the weather was sketchy with a couple of days of rain.
- ❖ **Tour de Gelato??** Some of you might be wondering what the title of our ride is all about, “Tour De Gelato”. Well, gelato was plentiful and excellent everywhere we went. And a couple of the ladies, I will not mention names, Linda and Karen, to protect the innocent, made it their goal for this trip to see if they could purchase gelato at every gelato stand they could find. I think they missed a few, but good job ladies! Of course they convinced some of us to tag along from time to time.

Back to the trip...

Getting there: Our first wrinkle was in-flight, as we crossed the Atlantic Ocean on Aer Lingus. Though there was no noticeable turbulence, we were consistently warned that it was coming and required to be buckled up and not allowed to use the bathroom. This, despite the fact that they kept feeding us more coffee, tea and other beverages. It seemed that this was some kind of bladder test. We all passed...(get it??) In Dubrovnik we were met by our driver, Devor, who would take us from Dubrovnik to Trogir, where we would start our Island Hopping journey

Starting the actual tour... The first morning we boarded the Kapetan, and after settling into our cabins, we had our first on-board meal and then sailed from Trogir to Split (still part of mainland Croatia). This was the first night of our “no AC” and some of us slept on the top deck of the boat. Amazingly, and this goes for the whole trip, we never had a problem with insects. Sometimes when we rode, we would have some flies around us (no comments please) or bees, but never a real problem.

The “Willy Warmer”. I think it was in split that I was presented with a gift by Karen Walker and Linda Abraham. Prior to our trip, through several of our myriad of emails, I had some discussion about thongs. Well, with this group, all they need is a nudge. The ladies presented me with a string of thongs/panties, with a single crocheted “willy warmer” for me (question – who was the model?). They proceeded to string this up on the top deck, from one side of the ship to the other. It was pretty funny. And Captain Anton loved it! In fact, he liked it so much, that he insisted it stay up through the entire cruise, and kept it for the next tour!! Needless to say, Linda has no more underwear and I have no willy warmer.

The Islands: We visited several islands on the tour:

- ❖ Cetina-tal: A small, very hilly island
- ❖ Brac: Home of the world’s only Stone Mason School. Students from all over the world come to stay at this school to learn the art of granite and marble masonry. Also the city of Bol, which is close to the Golden Horn, claimed to be one of the most beautiful beaches of Croatia.
- ❖ Hvar: The city of Hvar, had a large Renaissance square lined with cathedrals and other gothic structures.
- ❖ Korcula: The city of Korcula was a great town, with many shops, crafts and beautiful structures, and yes, gelato stands. Korcula claims, as Venice does, to be the birthplace of Marco Polo, so there was plenty of merchandise available with his name.
- ❖ Mljet
- ❖ Sipan (one of the elafiti Islands)

There were some memorable things that happened during our island riding, which are worth noting:

Dees vay, dees vay... During our ride on the island of Brac, we came to a fork in the road and were unsure which way to go. There was a lone old woman dressed in black standing at the crossroad, smiling and pointing in a direction, saying something that passed for “...dees vay...dees vay...” After thanking her in English and she saying whatever in Croatian, we went “dat vay”, hoping this was not a cruel trick on her part. She invited some other riders into her home to use the toilet -- This was an example of the people in Croatia –

for the most part, very trusting, friendly and accommodating.

Coffee (strong enough to put hair on your chest):

Before breakfast each morning, we had coffee available. I'll tell you, if this coffee did not wake you up, you had to be a corpse! Even the women on the trip, those who didn't have it before (no names mentioned here), had hair on their chests by the end of this trip.

A word about picture taking. One of the annoying things about our group is that whenever we see a good photo op, everyone wants to take the same picture! This also happened every time we had someone take a group photo of us, giving them a zillion cameras to take the same damned picture with. After awhile, whenever we started forming a group in a scenic spot, people on our tour would go somewhere else.

Best ride: On the island of Korcula some of us embarked on the longest ride (67k) that took us on some big climbs (to 570meters). All in all, this was probably the best ride of the entire tour – varied terrain, wine tasting stop and lunch in a nice café. Part of the ride was on a new roadbed cut into the side of a small mountain -- sweet! As we continued the ride into Korcula we negotiated another steep descent, with some nasty switchbacks, which took us into Kneza, another coastal town. From there we would follow the coastline, which was absolutely beautiful! Along the way, I found a typical European topless beach. I was tired so I took a rest to replenish fluids, etc., before continuing on. (It was very relaxing!)

“Nices Ladies” no mo’: One day a number of us decided to stay on board after lunch and swim off the boat. The water was clear and cool. This is where the “nice ladies” became the “American b-----s”. Someone decided that it would be great to use the life preservers under our bunks as flotation devices. Everything was fine until Captain Anton saw what was going on. He went BESERK! To quote him, “oh no, no, no, you must not do this. Bring preserves back on boat, please do it now...” (or words to that effect, again with the Latka accent). He was doing this while tearing at his hair and pacing back and forth on the upper deck. Then, everyone was asked to get out of the water and the engines started – we hauled outta' there right then and there. The “nice ladies” were nice no mo’, at least for a while.

DUBROVNIK, THE END OF OUR JOURNEY.

In the morning we said our good-byes and left the “Kapetan Jure” for the last time. Suffice it to say

Dubrovnik was a fascinating city, dating back to the 13th or 14th century. After leaving the boat we stayed within the old city for a few days. Great food and there was so much to see – large cruise ships made this a regular stop – at one point there were three in the harbor. Our last excursion on our own was to the island of Lokrum, considered to have some of the best beaches in Croatia. On the island, we hiked up to Fort Royal, built in a shape of five-pointed star by French army in 1806. From this high point, you could see for miles. We then made our way to a small lake linked with the open sea, called *Mrtvo More* - Dead Sea. Some of us took advantage of this and got a swim in. We basically spent our day here.

We then extended our tour to two more countries: **MONTENEGRO:** We made a day trip to the city of Kotar. Much like Croatia, they are still recovering somewhat from the wars, but have a great deal of finance and influence from the Russians. Kotar's notable feature was a climb on a path that was crumbling in parts – this led to a fort about 4 or 5k overlooking the city. Some of our hearty souls made this hike – I declined, thank you very much!

BOSNIA: Yes, I know, “why Bosnia?” Why, you ask? Because we were there and it was easy to get to and we are trying to fill up our passports. We opted not to do any “landmine searches” and did a one-day tour to Mostar, a city that was heavily damaged during the war and is still being rebuilt – kind of a disappointment though – very touristy. After this, we made a trip to Medjurje, famous for some kind of religious miracle that happened there some years ago. Some went into the church, others milled around, then we left. You can tell this was the highlight of my trip!

GOING HOME, the final insult: Our plane was delayed in Dublin for 4 hours due to “technical problem”. Finally they said the engineer gave them clearance to fly. I asked if that engineer would be flying with us... no answer. Now here's the best part! We get on the plane, they close the doors and we taxi out, only to be told that our meals have been on board too long to be safely served. Hmmmm, 7 hour flight + 4 hour delay + no meal. And, no complimentary drinks!! They did have some sandwiches, which everyone devoured. Flight home hit some turbulence, but we could use the bathrooms! By the way, the Dublin Airport should be renamed “Guinness Airport”. I have never seen so much Guinness in my life. Yes, I know we were in Ireland.

That concludes our adventure. Anyone for gelato? And, as they say in Croatia,...

“Koliko za male djevojčica?”

Continued from p. 1

A Pro Fat-Burning Secret

Here's a trick that flies counter to the conventional nutrition theory that you should begin the day properly fueled. But it works. Ride easy for up to an hour first thing in the morning, in a fasted state. Before you go you can drink water or tea or coffee, but no sugar or milk. While sleeping, your body enters a resting mode, using fat as its main energy source. You can prolong this state while cycling, though now the body has to mobilize even more fat as well as muscle glycogen because your heart rate is elevated. Cautions: If you go too hard or too long, you'll run out of glycogen, start burning protein (i.e., muscle) for energy and feel spacy because your brain isn't getting enough glucose--bring gels just in case. And do this ride only for weight control early in the season, no more than three times per week. Afterward, eat a breakfast of whole-grain cereal, fresh fruit and yogurt, or eggs with toast and juice. Of course, you could also burn more fat by increasing the duration and intensity of your regular rides, no starvation needed.

Have Fun and ride safe!

Gregg Eisenstein

President - SBRA

Twelve tips for cool weather bicycling

OCTOBER 22, 2008 MARIONSTAR.COM

Cool autumn days cause many cyclists to put away their bicycles until the first warm days of spring. However, cool weather cycling can be a great way to stay active and ward off cabin fever. I try to ride year round, and usually start building up my miles in late February so that I'm ready for long rides in April and May.

Use these tips to enjoy cycling when the temperature drops:

Wind chill - Since bicyclists move faster than pedestrians, they create their own wind chill in cool weather. If you keep almost all of your skin covered, you will negate the wind chill.

Keep your head warm - Cool air in the ear canal can be painful. Experienced cyclists often wear thin balaclavas to keep their heads warm when the

temperature is below about 55 degrees. Balaclavas easily fit under a bicycle helmet, and can be adjusted to cover the mouth if desired. Several balaclavas can be layered when the temperature drops further.

Eyes - A pair of wrap-around sunglasses will keep the cool air out of your eyes.

Hands - Many cyclists keep their hands warm with their regular winter gloves while riding. Others wear thin "liner gloves" under their bicycling gloves, and (as the temperature drops further) pull on a pair of "lobster gloves" over their cycling gloves and liner gloves. Lobster gloves are a cross between mittens and gloves, with thumbs and two "claws."

Dress in layers - For a short trip, a winter jacket works fine. For a longer trip, a wicking material near the skin (such as polypropylene long underwear) will help to keep you warm and dry. A brightly colored jacket that blocks the wind makes a great outer layer, and a wool sweater will provide insulation.

Legs - Cycling tights will help to keep your legs warm, and it's easy to add a pair of long underwear underneath on cooler days. Sweatpants will also work. Some riders purchase cool weather tights, which have thick windproof material in front and a fleece-like material in the back.

Feet - Many cyclists ride in winter hiking boots when the temperatures drop. Others pull neoprene booties over their cycling shoes.

Cool first mile - It may take a mile or so for cyclists to start generating body heat, so they are often a little cool at first. In a few minutes, they will usually be comfortable.

Accept slower speed - For many reasons, bicycle riders tend to go slower in the cooler months. The thicker clothes on our legs add resistance to the pedal strokes, and we may be wearing heavier footwear that does not stay on the pedals as well. We're not riding as often, so our conditioning is not as good. Cool air is a bit thicker than warm air, so there may be a little more wind resistance.

Spin - If short days or treacherous road conditions won't permit a bicycle ride, or you just can't bring yourself to go outside in the cool weather, consider riding a trainer (an indoor bicycling device) or joining a spinning class at the YMCA. My cycling friends who take spinning classes are in great shape when spring arrives.

Hike - Many organizations offer peaceful hikes during the cooler months. On the web - Icebike (<http://www.icebike.org/>) is a Web site with many excellent tips for cool weather cycling.

Dan Sheridan is a member of the Heart of Ohio Tailwinds Bicycle Club.



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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.

Thank you,

Rona Dressler
Editor



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