



Rolling Wheels

May 2008 - Volume 31 / No. 5

Member Paumonok Bicycling Advocacy

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 Norm Samuels at Membership@sbraweb.org.

GEAR UP WITH GREGG

I was in search of some ideas for this month's article and came across this article that I hope you will find as interesting as I did.

Andy Pruitt's name has become synonymous with sports medicine for cycling. As director of the Boulder Center for Sports Medicine in Boulder, CO, Pruitt has made a career out of treating world-class riders such as Lance Armstrong and George Hincapie. In 1996, Pruitt served as chief medical officer for the U.S. Olympic Cycling Team.

Pruitt is an elite athlete in his own right, too. He lost his lower leg in a hunting accident at age 14 but still wrestled and participated in track, eventually winning 12 high school varsity letters. When he took up cycling he earned a category 2 ranking in able-bodied racing and was twice a world champion in disabled cycling.

But the Boulder Center isn't reserved for elite clients. Pruitt wanted to develop a sports medicine center equal to any university or Olympic training facility but available to recreational athletes of any age. That's what he has accomplished

Here's a sampling of Pruitt's sports medicine wisdom.

Floating Pedals. "In the late eighties, the cycling injury rate soared due to step-in pedals. The old, slotted cleats and soft leather cycling shoes allowed feet quite a bit of movement, but the newer step-in cleats and more rigid shoes with a heel counter locked feet in one position. Now 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. "I've done thousands of bike fits. Much is made of saddle height and saddle fore-and-aft position. It's true—they're important. But 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."

www.SBRAweb.org

Chondromalacia. "When cyclists have chondromalacia (pain under the kneecap) it's not good medical advice to keep them off the bike. They need to ride. The knee likes motion and riders want to be on their bikes. So we check saddle height and other bike fit factors like cleat position and let them ride. Most chondromalacia sufferers can ride at some level no matter how severe the degeneration. I've seen riders with a back of the kneecap that was full of gouges. It looked like one of those rural road signs peppered with bullet holes. But they can still ride without pain."

Patellar Tendinitis. "Strain of the tendons around the knee often 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."

Saddle Position. "Greg LeMond has extremely long femurs. His kneecaps are slightly above his ankles. So for him a bike with a slack seat tube angle, a long top tube, and the saddle jammed all the way back is appropriate. But most people aren't built that way. For example, Ron Kiefel moved his saddle back when a famous pro he admired told him he'd be faster if he did. Ron didn't get faster; instead he got severe back pain and missed several weeks of racing. The moral of this story: Let your femur length determine your saddle position, not your hero."

Have Fun and ride safe!

Gregg Eisenstein

President - SBRA

MAY'S MEETING
Thursday, May 1, 2008
7:30 p.m.

**Join us for an exciting program
New Village Recreation Center**

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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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JOIN THE FERRY TRIP TO THE BLOOMIN' METRIC:CONNECTICUT'S BEST RIDE!

I will lead a "B" paced group for this multi-level ride. All other riders welcome to bring own group. We will meet at Pt. Jeff ferry dock at 7 am for the 7:30 boat. Currently the ferry is on a 2-boat schedule; if they go to the 3 boat, we will take the 8 am and meet at 7:30. The Ferry will be \$16 if we have at least 20 for the group price otherwise a few \$\$ more.

For the Bloomin' Metric, on-line registration is recommended due to price & convenience. Bring your receipt. Currently Sound Cyclists will not allow us to register and get wrist bands & T-shirts at the 1st water stop as has been our history. If you take this route you WILL NOT get your t-shirt unless you cycle over to the ride start. Or you can drive around. The benefit of this trip, is the friendship and enjoyment of taking the ferry together. On the way over we share a bagel breakfast & on the way back we share a beer (or whatever!). I have cue sheets to get you to the first water stop where we will get on the route; after the last water stop we get on the beginning of the route and then veer off to the ferry. I have cue sheets to get you back to the ferry. Call or email me if you have any questions. Due to Sound Cyclists latest policy (they are trying to drop the numbers of

riders) this is much more unstructured than I have been able to provide in the past. The "B" group will stay together as a structured group.

No calls after 9 pm the night before the ride please. Anita Risener (631-331-8595) or arisener@optonline.net



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MEETING MINUTES APRIL 3RD, 2008

I. Call to order: The meeting was called to order by President Gregg Eisenstein at 7:35 PM. 41 members and guests were present.

II. Acceptance of minutes - the minutes of the March 6th meeting were accepted as published in the newsletter. A hand of appreciation was extended to Bruce Presner for having taken the minutes.

III. Treasurer's Report (Joe Matzelle) - Joe reported on the club's treasury balance.

IV. Reports

A. Vice -president (Sue Sherman) - Bike-Boat-Bike is on schedule to be held on June 1st. She reported that due to family circumstances, Fred Griess has had to resign as BBB chair, and that she will be replacing him. 81 members have already volunteered to assist at the event in some capacity. She asked for additional volunteers.

B. Corresponding Secretary (Jeff Cohen)-Jeff reported that all permits for BBB are in place. There was some difficulty with Suffolk County in the use of the Hampton Bays site, but he feels that it has been resolved.

C. Membership (Norm Samuels) - Norm reported that the club presently has 653 individual members, including 125 families. 16 new members joined this past month. Three new or prospective members were introduced at the meeting.

New Members

Stuart Cohen	DIX HILLS, NY
John Dispaltro	ST JAMES, NY
Virginia Dispaltro	ST JAMES, NY
Tom Donlon	MIDDLE ISLAND, NY
Debra Giucietti	NESCONSET, NY
Dina Giucietti	NESCONSET, NY
Nicky Giucietti	NESCONSET, NY
Andrew Gray	NESCONSET, NY
Andrew Gray Jr.	NESCONSET, NY
Mark Josepher	SYOSSET, NY
Evangelia Karakatsanis	MILLER PLACE, NY
Jeffrey Lieberman	NEW YORK, NY
Brian McSweeney	NESCONSET, NY
Susan McSweeney	NESCONSET, NY
Tom Monks	HUNTINGTON, NY
Kenneth Moreira	ST JAMES, NY

Please contact the Membership officer with any changes to this information.

Norm Samuels, Membership Chair

D. Statistician (Joe Matzelle) - Joe reported that a total of 11,888 club miles have been ridden since last November 1st. See the newsletter for a complete report.

E. Rides.

i. Training rides (Bruce Presner) - Bruce invited all interested members to participate in the weekly training rides in preparation for the Montauk Century.

ii. Guide Dog Ride (Jeff Meyer) - the ride will be held on Sunday, September 14th. Water bottles, T-shirts and a free 1 year club electronic membership will be offered as inducements to ride. A 5 mile family ride will be added to the program, and the 10 mile ride will be made easier to encourage younger riders to participate. A barbecue, music, and a tour of the Foundation's facilities will follow the ride.

iii. Bloomin' Metric (Anita Risener) - Anita reported that Sound Cyclists will no longer accommodate registration at the first water stop as it has done in the past. Participants who plan to take the ferry will have to register in advance online and carry their receipts with them as proof of payment. Members planning to participate in the event should contact Anita.

iv. Montauk Century (Christine Marino) The event is scheduled for May 10th with early registration ending on April 21st. Christine announced that this will be her last year of coordinating the event, and asked for a volunteer to succeed her. Thanks Christine for a job well done.

v. Sunshine (Bruce Presner) - Bruce reported that he has not had to send any get-well cards this past month.

vi. Club Jerseys (Barbara Braun, Diane Krieger) -The initial order for the new club jerseys is due to be received on April 21st. They are now taking orders for a second purchase. They will also be offering club windbreakers.

V. Old Business - none

VI. New Business - none

VII. Fifty-Fifty - the drawing was won by Brian Brill.

VIII. Adjournment - the business portion of the meeting was adjourned at 8:05.

Program -Sue Sherman introduced Danielle Tarantola, director of the Yoga Foundation, who

gave a talk and demonstration of yoga. The program was enjoyed by all.

Respectfully submitted,
Dick Cunningham
Recording Secretary

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**2007/08 Ride Statistics (Nov 07 - Mar 08)
as per ride information received by 4/3/08**

Number of ride leader credits: 56.5

Total club miles: 11888

Ride Leaders: Billy Grosso (14.5), Joe Matzelle (6), Pat Nett (4), Gordon Howard (4), Bonnie Vulin (3), Steve Sendrowski (3), Bill Pope (3), Bob Miller (3), Lili Burliuk (3), Norm Samuels (2), Anita Risener (2).

Mileage Leaders (over 200 miles): Bill Pope (728), Ron Goodstadt (455), Joe Matzelle (410), Dennis Jackson (405), Pat Nett (403), Billy Grosso (368), Tom Zanatta (349), Linda Resnick (301), Dick Cunningham (259), Bob Miller (240), Bonnie Vulin (233), Costa Triculis (215), Keri Lukin-Page (211).

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: Riders MUST complete and sign the sign-in sheet to receive mileage credit.

Joe Matzelle



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

Help Wanted For Montauk Century Ride 2008

Plans for the Sweizey's Montauk Railroad Century Ride are underway! The train and moving van are booked. Training rides will begin on Sunday March 9. The days are quickly passing. May 10th will be here before we know it; and the Montauk Century ride will take place. However, it will not be a success without some very needed volunteers. Please help to make this ride a success. I am still in need of people to do sag wagon. If you would like to help, contact me at rocky02@verizon.net / 631-471-2081 / 516-578-8478.

Christine



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MAJOR News

Todd Balf, a writer who has contributed to Outside and other magazines, has just released a book titled "Major: A Black Athlete, a White Era, and the Fight to Be the World's Fastest Human Being." From the publisher, Random House, comes these words: "At the turn of the 20th century, hundreds of handsome, lightning-fast racers won the hearts and minds of a bicycling-crazed public. Scientists studied

them, newspapers glorified them, and millions of dollars in purse money was awarded to them. Major Taylor aimed to be the fastest of them all. A prominent black man at a time when such a thing was deemed scandalous, his mounting victories, high moral virtue, and bullet-like riding style made him a target for ridicule from the press and sabotage by the white riders who shared the track with him."

SCHEDULE OF EVENTS

May 4, 2008

Five Boro Tour www.bikenewyork.org

10 SBRA Montauk RR Century

Christine Marino rocky02@verizon.net

18 Bloomin Metric www.soundcyclists.com

23-26 Kent County Spring Fling

www.baltobikeclub.org

June

1 SBRA Bike Boat Bike

www.sbraweb.org

8 Mansion Ride www.mansionride.com

14 Tour De Cure www.tour.diabetes.org

21 The Ride To Montauk

www.ridetomotauk.com

25-29 Pedal for Medals 2008

www.pedal4medals.org

July

13 Gold Coast Tour

www.huntingtonbicycleclub.org

13 SBRA Picnic Michelle Dittmar 631-277-5226

20 MPBC Multi Club Ride

www.massparkbikeclub.org

Aug

17 Tour of the Hamptons

www.massparkbikeclub.org

Sept

? SBRA Guide Dog Ride

Jeff and Brenda Meyer 631-471-2129

28 Twin Lights Ride www.bikenewyork.org

Oct.

4 Seagull Century www.seagullcentury.org

26 SBRA Halloween Ride

Michelle Dittmar 631-277-5226

Jan

? SBRA Awards Dinner

Michelle Dittmar 631-277-5226

Bike-Boat-Bike: June 1, 2008

Registration Form

Please submit SEPARATE application for EACH participant. Photo-copies accepted.

LAST NAME _____ FIRST NAME _____

STREET NAME _____

CITY or TOWN _____ STATE _____ ZIP CODE _____

EMAIL _____

EMERGENCY CONTACT NAME AND PHONE _____

PLEASE CIRCLE YOUR INTENDED RIDE 25 (Remote) 25 50 65 100 125

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) ("Club") 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 each 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 conditions 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 may incur as a result of my participation in the Activity.

(3) HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" hereinafter) 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, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. (1-2007)

PARTICIPANT'S SIGNATURE _____ DATE _____

MINOR RELEASE (COMPLETE BELOW ONLY FOR PARTICIPANTS UNDER THE AGE OF 18)

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S 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 FURTHER AGREE THAT IF DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

MINOR'S NAME (PRINTED): _____

MINOR'S SIGNATURE: _____ MINOR'S BIRTH DATE: _____

PARENT/GUARDIAN NAME (PRINTED): _____

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____

28th Annual Bike-Boat-Bike

Presented by the Suffolk Bicycle Riders Association

Sunday, June 1, 2008 • Rain or Shine

SBRA invites you to cycle Long Island's East End Tour through the woodlands, fields, and shoreline of the North and South Forks. Cycle through the scenic coves and byways of Shelter Island. Whether your preference is social, scenic viewing, or fast recreational cycling, we are sure you will enjoy the tour. Bike-Boat-Bike has flat to gently rolling routes, along with some hills on Shelter Island.

Location:	Capital One Headquarters, Mattituck N.Y.	Suggested Departure Times
Routes:	25 miles: Easy Flat/North Fork/Horton Pt. Lighthouse	9:30 A.M.
	* 25 miles: Remote Start/Shelter Island (Hilly)	9:00 A.M.
	Register at Capital One Headquarters, pick up T-shirt, registration bracelet and cue sheets. Then drive to the remote start at Greenport High School	
	* 50 miles: North Fork/Extended Shelter Island	8:30 A.M.
	* 65 miles: North & South Forks/Shelter Island	8:00 A.M.
	* 100 miles: North & South Forks/Shelter Island/Hampton	7:30 A.M.
	* 125 miles: North & South Forks/Shelter Island/Montauk Pt.	7:00 A.M.

Fee/Registration: \$30 – Day of event registration
 \$25 – Mail-in registration
 \$20 Online registration at active.com (plus active.com fee)
 Bring Active.com receipt at check-in.

Children under 12 are half-price but MUST be accompanied by parent or guardian.
 *Registration does NOT include ferry fare. Please bring \$10 in singles. Exact ferry fares will be posted at registration table.

Tour Provides: FREE event T-shirt to the FIRST 400 pre-registered riders (size not guaranteed), FREE water bottle to the NEXT 200 pre-registered riders.
 All T-shirts and water bottles must be claimed the morning of the event.
 There will be maps, cue sheets, registration bracelets and marked roads. Rest stops along each route provide food and refreshments until 4:30 PM. SAG support vehicles will assist BRACELETED RIDERS until 5:00 PM.

Directions: Take the Long Island Expressway (Route 495) east to the end. Follow the signs to Orient Point. Stay on Route 25 to Mattituck, Capital One. Headquarters will be on the left side of the road.

Requirements: All registrants must sign a release form. Participants under 18 years of age MUST be accompanied by a parent or guardian. All riders must wear an approved helmet (ANSI or SNELL). Cycling safety and strict adherence to all state cycling laws and rules of the road are imperative. We suggest you carry identification and any pertinent medical information with you at all times. Bicycles should be in good working order.

If you have additional questions visit www.sbraweb.org

MAIL REGISTRATION: Fill out the Registration Form, include a non-refundable check for \$25.00 made out to SBRA, and mail to SBRA-BBB, 37 Franklin St., Brentwood, NY 11717.



SBRA Ride Classifications

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

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

Note: Helmets are Required on all SBRA rides!

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

Class	Ride Average (mph)	Cruising Speed (mph)	*Ride Average is what cycle computers calculate based on the total time the bike is moving *Cruising speed is the typical speed maintained for uninterrupted flat distances with no wind
AA	22+	24+	Rides have no upper limit to speed and should only be attempted by riders familiar with the ride leader and other riders
A+	20.1 - 22.0	20.0 - 24.0	Rides have infrequent stops, as determined by the group, and not formally planned. Ability to ride in a pace line required. Cue sheet may not be provided. No requirement to wait for stragglers. Riders are expected to be self-sufficient
A	18.1 - 20.0	18.0 - 22.0	
B+	16.1 - 18.0	16.0 - 20.0	Stops are approximately half way through the ride, or when necessary. Cue sheets provided. No requirement to wait for stragglers, but ride leader will try to re-group at rest stops. Riders are expected to be mostly self-sufficient
B	14.1 - 16.0	14.0 - 17.0	
B-	13.1 - 14.0	13.0 - 15.0	
C+	12.1 - 13.0	12.0 - 14.0	Stops are frequent. Ride leaders will wait at turns for riders. Cue sheets provided
C	11.1 - 12.0	11.0 - 13.0	
C-	10.1 - 11.0	10.0 - 12.0	
D	6.0 - 10.0	< 10	Stops are frequent. Cue sheets provided. A good ride for beginners
B+/A	16.1 - 20+	16.0 - 22+	These multilevel rides are unstructured and will break into several groups, traveling standard routes, cue sheets available. Bring a friend if you're concerned about having someone to ride with at the slower pace
Show & Go		No Ride Leader & Cue Sheet. Group determines route & distance	M Mountain Biking. Approximately 1/2 the cruising road speed

Rides are classified by distance, speed, terrain and structure.

S = Structured, entire group rides together.

U = Unstructured, faster/slower riders ride at own pace.

Terrain: H = Hilly, R = Rolling, F = Flat

Pre-Ride Checklist

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

Standard Ride Locations

Please park away from any stores.

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

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

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

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

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

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

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

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

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



Ride Schedule May

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/>

Multilevel Century Training Rides

Rides will start at 25-30+ miles and increase 5-10 miles, ending with 80 miles. Rides will be adjusted depending on weather conditions etc. The week following a rained out ride will continue with the lower mileage and not increase. Check out the SBRA message board www.sbraweb.org for updates or call the ride leader if you have questions. All rides leave from the Ronkonkoma LIRR parking lot *(2). Mileage subject to change, based on previous week's mileage.

Thu 5/1 9:15am 20mi/B/R/S "ecology center ride 1"
pat nett (631)286-6460(H)
Thursday day off exercise

Fri 5/2 8:30am 35mi/C+/R/S "Start the weekend early"
Joe Matzelle (631)949-4458(H)
Meet at Sunshine Mall *(1). Route to be determined. Deli stop.
Check Message Board before 7:30 for cancellation.

Sat 5/3 9:00am 40mi/B/F/S "Saturday bagel run"
pat nett (631)286-6460(H)
Sunshine Mall (#1) to Manorville

Sat 5/3 9:00am 43mi/C+/S "Just Ducky/View the LI Sound Combo ride"
Billy Grosso (631)682-6604(H)
Leave out of the Sunshine Mall (#1). We will bike out the North Shore through Shoreham and eat lunch at the deli in Wading River. We will bike back through Manorville. NO GO RAIN OR DRIZZLE.

Sat 5/3 9:00am 25mi/C/R/F/S "Quogue Wildlife Preserve"
Bill Pope (631)475-4531(H) (631)439-9115(W)
Meet at the Eastport King Kullen (#7) for a leisurely ride to the State wildlife preserve in Quogue. This is the ride for those who feel the "D" level is too slow. Nobody gets dropped. No go rain. Check message board or call after 6:30am day of ride.

Sun 5/4 8:00am 80mi/Multilevel "Final Multilevel Century Training Ride"
Multilevel Century Training Rides Start location *(2) Ronkonkoma LIRR. Deli stop, bring snacks. Check the message board for weather updates, changes, etc.
[B+/A] - 80mi B+/A/R/S -- Glen Cochrane (631)689-8027(H)
[B] 80mi/B/H/R/S -- Bruce Presner (631)476-3923(H) (516)481-6640(W)

Sun 5/4 9:00am 70mi/C+/R/S "Final Training Ride"
Bill Pope (631)475-4531(H) (631)439-9115(W)
Meet at the Sunshine Mall (#1) for the final training ride. Lunch stop, ice cream stop in Manorville.

Sun 5/4 9:00am 40mi/B/R/S "Service road ride"
Steve Sendrowski (631)889-2242(H) (212)782-5675(W)
My first LIE svc road ride of season starts at park n'ride just west of Old Nichols Road on the svc road. Pace will be dictated by group - I will bring up rear. Strip mall by Milleridge Inn is food stop turnaround point. No go if rain.

Sun 5/4 9:30am 46mi/C-/F/S "Jamesport to Greenport"
Bob Miller 917-797-7873
Meet at Jamesport Community Center (South Jamesport Ave. and Main Street) for famous ride to Greenport where we'll eat at fashionable cafe.

Tue 5/6 6:00pm 17mi/C+/F/S "South Shore Ride"
Joe Matzelle (631)949-4458(H)
Meet at JFK school on Woodland Dr in East Islip. Route goes through East Islip, Islip and Bay Shore. Lights and bright/reflective clothing recommended. Check Message Board before 4:30 for cancellation. If canceled, ride may be rescheduled for Wednesday.

Wed 5/7 6:00pm 17mi/C+/H/R/F/S "Three Village North Shore Ride"
Bonnie Meyer (631)751-7018(H) (631)724-6900(W)
Start at 10 Stuyvesant Circle East, E. Setauket. Ride to different points of the 3 Village area. No go if rain.

Fri 5/9 9:00am 30mi/B-/R/S "Pre-Century Warmup"
Joe Matzelle (631)949-4458(H)
Last ride before the Montauk Century. Non-Century riders welcome. Meet at Holtsville Ecology Center *(5). Route to be determined. Bring snacks, no food stop. Check Message Board before 8:00am for cancellation.

Sat 5/10 9:00am 30mi/C/F/S "Graces Replacement ride honest C pace"
Billy Grosso (631)682-6604(H)
Non Century Riders. Leave out of the Sunshine Mall (#1). We will bike 30 miles with a possible extra 5 mile loop. Bagel deli lunch stop.

Sat 5/10 8:30am 40mi/B/R/F/Show & Go/U
Meet at the Coram Pines*(8) for a loop decided by the group. Print out a cue sheet from the website or bring a route suggestion.

Sun 5/11 9:30am 40mi/B/H/R/S "Hill Practice"
Anita Risener (631)331-8595(H)
Meet at Coram Pine shop center *(8) for a practice ride for the Bloomin' Metric hills. We will ride the north shore where we could climb a few good hills.

Sun 5/11 9:00am 32mi/C+/R/S "The Wedding Bell Blues"
Ronnie Levy (631)696-0832(H)
Meet at the K-Mart parking lot, just north of exit 63 (N. Ocean Ave.) in Farmingville for a scenic tour south to Bellport. Deli stop. Home in time for Mother's Day Dinner.

Sun 5/11 9:30am 32mi/C-/F/S "Patchogue to Smith Point"
Bob Miller 917-797-7873
Meet at Patchogue RR Station.

Tue 5/13 6:00pm 17mi/C+/F/S "South Shore Ride"
Joe Matzelle (631)949-4458(H)
Meet at JFK school on Woodland Dr in East Islip. Route goes through East Islip, Islip and Bay Shore. Lights and bright/reflective clothing recommended. Check Message Board before 4:30 for cancellation. If canceled, ride may be rescheduled for Wednesday.

Wed 5/14 6:00pm 17mi/C+/H/S "Wed Nite North Shore Roller Coaster Ride"
Barbara Abraham (631)265-0021(H)
Start: Parking Lot north of Smithtown Library on North Country Road. Description: Multiple routes. Mileage determined by available daylight. Quiet roads, exquisite scenery, great companionship & lots of fun. Challenging opportunity to strive for your personal best. Everyone will get stronger. No Go in rain.

Thu 5/15 9:15am 20mi/B/R/S "ecology center ride 1"
pat nett (631)286-6460(H)
Thursday day off exercise

Fri 5/16 8:30am 35mi/C+/R/S "Start the weekend early"
Joe Matzelle (631)949-4458(H)
Meet at Sunshine Mall *(1). Route to be determined. Deli stop. Check Message Board before 7:30 for cancellation.

Sat 5/17 9:00am 41mi/C+/H/R/S "King of Port Jeff"
Billy Grosso (631)682-6604(H)
Leave out of the Sunshine Mall (#1). We will bike to Port Jeff the scenic way. Deli lunch in Port Jeff. We will bike back Bicycle Path. no go rain or drizzle.

Sat 5/17 9:00am 25mi/C/F/S "Take me Home Country Roads"
Dan Mussler (631)821-2219(H)
Start at Eastport King Kullen (#7) off Eastport Manor Road & Montauk Hwy and ride the country roads to Manorville. Lunch Stop. True C Pace.

Sat 5/17 9:00am 15mi/D/F/S "Spring Welcome Ride"
Dick & Erna Cunningham (631)846-7825(H)
Meet at the Mt. Sinai Shopping Center (King Kullen)-location # 6 – for a relaxing ride to Middle Island. Time will be devoted to a review of safe riding practices. Beginner group riders are more than welcome.

Sat 5/17 9:00am 15-20mi/D/F/S "East Islip Meander"
shannon cain (631)225-1201(H) (631)357-2338(W)
Start at JFK school, Woodland Drive (south extension of Carleton Ave), E. Islip. Ride to Heckscher Park. Bring snacks and water, the park only has a pit stop but no refreshments. Check message board at 8:00 am for weather cancellation. Call my cell 631-357-2338 for info.

Sun 5/18 8:00am 27mi/Multilevel B+/A/H/U "Goat Ride"
Jack Steffens (631)669-4740(H)
Meet at ride start location #4. Ride will start at 8:00am. This is a very hilly ride passing through Stony Brook, Head of the Harbor, Nissequogue, Old Field and Setauket. The ride is unstructured but there will be regrouping. No planned stops. Cue sheets will be provided.

Sun 5/18 10:00am 27mi/B/H/S "North Country Ride"
Jack Steffens (631)669-4740(H)
Meet at ride start location #4. This is a very hilly ride passing through Stony Brook, Head of the Harbor, Nissequogue, Old Field and Setauket. Rest stop at the Golden Pear. Cue sheets will be provided.

Sun 5/18 9:00am 37mi/B/R/S "Commack McDonalds to Stony Brook"
Fred Itkin (631)957-4943(H)
Ride the rolling hills from Commack McDonalds (SE Corner of Vanderbilt Parkway and Commack Rd) to Stony Brook. Snack stop at Golden Pear Cafe No go in rain.

Sat 5/17 9:00am 35mi/B/R/F/Show & Go/U
Meet at the Sunshine Mall *(1) for a loop decided by the group

Sun 5/18 7:00am 63mi/Multi Level/H/R/S "Bloomin' Metric via Ferry"
Anita Risener (631)331-8595(H)
Multi-level ride over the P.Jeff Ferry for usual ride to 1st water stop start. I will lead the "B" group. Other levels welcome. Check Message board for updates on reg/wrist band status/ ferry schedule for possible changes. Check article for further details. Pre-registration recommended. No calls after 9 the night before.

Sun 5/18 9:00am 57mi/C+/R/S "Peconic Riverfront"
Bill Pope (631)475-4531(H) (631)439-9115(W)
Meet at the Sunshine Mall *(1) and enjoy a scenic ride out to the Peconic Riverfront for a snack overlooking the river. All your favorite hills on this ride! Please note that I observe all traffic regulations on my rides. Deli stop at river front. No go rain. Check message board or call after 6:30am day of ride.

Sun 5/18 9:30am 52mi/C-/F/S "Mattituck to Orient Point"
Bob Miller 917-797-7873
Meet at Mattituck RR Station. View beautiful views. See Slave Cemetery. Bring lots of water. Remind me to stop for eats at the place where they speak Polish ONLY.

Tue 5/20 7:30pm 8mi/B/R/Mtn/S "Full Moon Ride"
Norman Samuels (631)928-3913(H) (631)262-8353(W)
Both the sun and moon will be out when we kick out of the parking lot @ Calverton. Maybe some black diamonds. Next month we'll move to CP. NO ONE GETS LEFT BEHIND! Headlight/bar lights are a MUST. Please email me if you plan on riding. Check the message board for weather related cancellation. Cell: 631-988-6557.

Tue 5/20 6:00pm 17mi/C+/F/S "South Shore Ride - new location"
Joe Matzelle (631)949-4458(H)
New location this week only. Meet at Oakdale train station (SW corner of lot). Ride through Oakdale and Sayville. Lights and bright/reflective clothing recommended. Check Message Board before 4:30 for cancellation. If canceled, ride may be rescheduled for Wednesday.

Wed 5/21 6:00pm 17mi/C+/H/R/F/S "Three Village North Shore Ride"
Bonnie Meyer (631)751-7018(H) (631)724-6900(W)
Start at 10 Stuyvesant Circle East, E. Setauket. Ride to different points of the 3 Village area. No go if rain.

Thu 5/22 9:30am 12/16mi/B/R/F/Mtn/S "Rocky Point Ramble"
Anita Risener (631)331-8595(H)
Meet at RP park lot on Rocky Pt Rd just N of Whiskey. Group will decide on the diamonds & extra loop.

Fri 5/23 9:00am 30mi/B-/R/S "Start the weekend early"
Joe Matzelle (631)949-4458(H)
Meet at Holtsville Ecology Center *(5). Route to be determined. Bring snacks, no food stop. Check Message Board before 8:00am for cancellation.

Sat 5/24 8:30am 40mi/B/F/S
Lili Burluk (631)673-7946(H) (631)589-7400(W)

Meet at the Sunshine Mall *(1) for a faster paced loop out to Manorville. Short deli stop. Check message board for ride updates. Please no calls morning of ride!

Sat 5/24 8:45am 25+mi/C+/H/S "Bike/Hike/Bike"

Ronnie Levy (631)696-0832(H)

Meet at the Greenport Ferry. Ride 25 hilly miles on Shelter Island, and Hike 6 miles at Mashomack Preserve. Bring sneakers, lunch and \$\$ for the ferry. Immerse yourself in the beauty of Shelter Island for the day.

Sat 5/24 9:00am 40mi/C+/R/F/S "View the Harbor ride"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). We will bike to Stony Brook for a deli lunch. We will bike back on Bicycle Path. no go rain or drizzle rain

Sat 5/24 9:30am 33mi/C-/F/S "Riverhead to Cutchogue"

Bob Miller 917-797-7873

Meet in the heart of Riverhead by the river. Get to East Main Street - when the Bagel store is on your left going east, make the next right. Remember, the river is parallel to Main Street.

Sat 5/24 9:00am 22mi/D/R/F/S "Spring Welcome Ride #2"

Dick & Erna Cunningham (631)846-7825(H)

Meet at the Mt. Sinai Shopping Center (King Kullen) -location #6 - for a relaxing ride to Cathedral Pines to watch the mountain bikers. We'll try our hand at a few easy hills. Safe riding procedures will be emphasized.

Sun 5/25 7:00am 100mi/B+/R/S "b-b-b pre-ride 100miles"

ron goodstadt (631)236-6879(H) (sheronrx@aol.com)

Meet at North Fork Bank Mattituck at 6:45 for bagels, ride at 7am. RSVP with Ron (via email) and check message board for updates. Bring money for ferry and food. SBRA members ONLY!

Sun 5/25 8:30am 65mi/B/R/S "BBB Pre-ride"

Dave DiRoma (631)835-9046(H)

Meet at the Capital One (formerly North Fork) Bank in Mattituck. Bring money for food and the ferry. SBRA members only. B pace (really!)

Sun 5/25 9:00am 50mi/C+/R/S "BBB Pre-Ride"

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

Members only. Meet at the North Fork Bank in Mattituck. Bring \$\$ for ferry.

Sun 5/25 9:00am 25mi/C/R/F/S "BBB Pre Ride"

Dan Mussler (631)821-2219(H)

Members only. Meet at the North Fork Bank in Mattituck, ride to Horton Point. Lunch Stop. True C pace.

Tue 5/27 6:00pm 17mi/C+/F/S "South Shore Ride"

Joe Matzelle (631)949-4458(H)

Meet at JFK school on Woodland Dr in East Islip. Route goes through East Islip, Islip and Bay Shore. Lights and bright/reflective clothing recommended. Check Message Board before 4:30 for cancellation. If canceled, ride may be rescheduled for Wednesday.

Wed 5/28 6:00pm 17mi/C+/H/S "Wed Nite North Shore Roller Coaster Ride"

Barbara Abraham (631)265-0021(H)

Start: Parking Lot north of Smithtown Library on North Country Road.

Description: Multiple routes. Mileage determined by available daylight. Quiet roads, exquisite scenery, great companionship & lots of fun. Challenging opportunity to strive for your personal best. Everyone will get stronger. No Go in rain.

Thu 5/29 9:15am 20mi/B/R/S "ecology center ride 1"

pat nett (631)286-6460(H)

Thursday day off exercise

Fri 5/30 8:30am 35mi/C+/R/S "Start the weekend early"

Joe Matzelle (631)949-4458(H)

Meet at Sunshine Mall *(1). Route to be determined. Deli stop. Check Message Board before 7:30 for cancellation.

Sat 5/31 9:00am 40mi/C+/R/F/S "Just Ducky Mountain Goat Version"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). We will bike to Wading River for a deli lunch. We will bike back through Ridge. No go rain.

Sat 5/31 9:30am 33mi/C-/F/S "Mattituck Henry's Hills"

Bob Miller 917-797-7873

On Memorial Day, make your country proud of you. Meet at Mattituck RR Station. Do famous ride designed by Henry. See where Einstein hung out - before he wuz Einstein.

Sat 5/31 8:30am 36mi/B/R/S

Lili Burliuk (631)673-7946(H) (631)589-7400(W)

Meet at the Coram Pines *(8) for a faster loop out to Wading River. Short deli stop. Check message board for ride update. Please no calls morning of ride!

Philly Ride

May 2-4, 2008 - "Spring-n2-Cycling Weekend", Bicycle Club of Philadelphia, Tour the Susquehanna Valley region of Pennsylvania. Stay at Quality Inn of Danville, Pa. Includes 2 breakfasts, welcome reception & buffet dinner, rest. dinner; led rides and cue sheets; snacks; Saturday & Sunday parties. \$175 pp dbl by 4/2. www.phillybikeclub.org or call: Linda at 267-251-7862; or email: mcgrane_linda_a@yahoo.com

Fall Foliage Weekend in Hanover/Gettysburg, PA, Oct. 17-19, 2008.

Bicycle Tour of Colorado: June 22-28, 2008. 403 miles. 303-985-1180 phone. www.bicycletourcolorado.com.

Cycling the Erie Canal. www.ptny.org/canaltour. July 6-13, 2008. 400 miles. 518-434-1583.

Mayor Michael R. Bloomberg and Department of Transportation (DOT) Commissioner Janette Sadik-Khan accepted the Bicycle Friendly Community (BFC) Award from the League of American Bicyclists during a meeting at City Hall. The award recognizes New York's commitment to improving conditions for bicycling and its investment in bicycling programs and facilities.



26th Annual Gold Coast Tour Sunday, July 13, 2008

TOUR STARTS: All routes begin "rain or shine" on **Sunday, July 13, 2008** at BAE Systems (formally Hazeltine Corporation) in Greenlawn, Long Island, NY. Five tours of different lengths are available.

DIRECTIONS: By Car: Long Island Expressway to Northern State Parkway to Deer Park Ave. (Route 231) north. Bear left at the fork and continue for 3.5 miles. Turn right on Pulaski Road and proceed 1 mile to BAE Systems. By LIRR: Take the LIRR, Pt. Jefferson branch, to the Huntington Station. Go east on Broadway to the end (.85 mile). Turn right on Park Ave. - go .45 mile to next light. Turn left onto Pulaski Rd. - go 1.2 miles to BAE Systems.

PROVIDED: Food and beverages will be available at all rest stops. SAG wagons; clearly marked cue sheets; T-Shirts for all who are pre-registered by June 26. **HELMETS:** ANSI or SNELL approved helmets and strict adherence to all cycling safety rules

MINORS: Riders under age 18 must be accompanied on the ride by a parent or guardian.

SUGGESTED START TIMES: (Tour closes at 5:00 pm)

100 miles - 7:00 am 70 miles - 7:30 am 55 miles - 8:00 am 25 miles - 8:30 am 12 miles - 9:00 am

FEES: Registration by mail must be received before July 6 - \$20.00 for all routes, **except** \$15.00 for 12 miler.

ON-SITE REGISTRATION FEE (July 13) - \$25.00 for all routes **except** \$20.00 for 12 miler. Info at : goldcoast@huntingtonbicycleclub.org

SIGN THIS FORM AND THE WAIVER & RETURN WITH YOUR CHECK TO: Gold Coast Tour, 97 Twin Lawns Ave. Hicksville, NY 11801 (Make check payable to Huntington Bicycle Club)

Name _____ Phone No. (_____) _____ I plan to ride: _____ 100 miles

Address _____ _____ 70 miles

City _____ State _____ Zip _____ _____ 55 miles

Emergency Contact _____ Phone No. _____ _____ 25 Miles

Email Address _____ _____ 12 miles

T-shirt Size: ____ S ____ M ____ L ____ XL (Registrations RECEIVED BEFORE June 26 will receive free t-shirt)

Waiver:

In consideration of being permitted to participate in any way in the HUNTINGTON BICYCLE CLUB (Club) GOLD COAST TOUR (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 or that of a minor under my guidance in the Activity.
3. Hereby release, discharge, and covenant not to sue the Club, the League of American Bicyclists ("LAB"), their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "Releasees" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "Releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement I, or anyone on my behalf, makes a claim against any of the "Releasees", I Will indemnify, save, and hold harmless each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.
4. 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 also certify that I am at least eighteen (18) years old or otherwise accompanied by an adult and do hereby agree to wear an "ANSI/SNELL" approved helmet while participating in the Activity.

Signature

Signature of Parent or Guardian if under 18

Date

SBRA Jersey by Giordana

Contact Barbara Braun to order: basbs2@optonline.net

Prices start at \$65.00 for a short sleeve Jersey.

Sport Fit, Loose Fit and Women Sizes available. Shorts, Long Sleeve Jersey, Jackets to be available.

Jersey samples sizes will be available to try on at the January club meeting.

Orders will be taken. Make checks out to SBRA.



SBRA Bike-Boat-Bike

Volunteers Needed For

Water Stops

Registration

Parking

Road marking

BBB Pre Party

After BBB Clean Up

Email Sue Sherman

vice_president@sbraweb.org

How to Find Time for Cycling

By Fred Matheny of www.RoadBikeRider.com

Evening Rides

If your schedule prohibits riding most of the day, try from 9 to 10 or 10:30 p.m. For most people, the kids are in bed, the chores around the house complete, and you're probably wasting time watching TV.

To make this work, eat a moderate dinner at 6 or 7 p.m., allowing the food to digest by riding time. As an additional benefit this provides motivation not to overeat.

Riding in the dark used to be dangerous because lights were poor. You couldn't see road hazards clearly, and motorists couldn't see you. Modern lighting systems make night riding safer, but it's still smart to use lighted parks or suburban streets if they're available.



Guaranteed Lowest Prices

2 year new bike parts and service warranty

We carry a full line of top quality bikes, parts, accessories and clothing from:

- TREK
- GARY FISHER
- KLEIN
- LEMOND
- FREE AGENT
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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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