



Suffolk Bicycle Riders' Association Monthly Newsletter

Rolling Wheels

October 2008 -

Volume 31 / No. 10

Member Paumanok Bicycling Advocacy

GEAR UP WITH GREGG

Here is an article, Posted by Liama (<http://www.tuvie.com>), I found to be interesting with respect to the cost of fuel and as something that supports cycling.

With increasing vehicular traffic on the road and resulting pollution each passing day, more and more emphasis is being given in finding alternate means of transportation. Obviously green fuel and the vehicles running on the same is quite a craze, but the same is in conceptual stage it would be a while before the same will be in mass production. But what about the good old bicycle? With the advent of cars and other motor vehicles it somehow went into oblivion. But not anymore. With Ubicycle-Public Service, an initiative which seems to bring the bicycle back in fashion.

There are many advantages that can be said about the usage of bicycles. It is environment friendly, no pollution, and the best part is that it is health friendly as well. The main goal of Ubicycle-public bicycle service is encouraging people to use bicycles as an alternative means to commute, thus providing easy-to-access public bicycles to and from transit or nearby home, school, and workplace.

The Ubicycle service provides Easy access a Key card- Charged or credited key cards which are not only used for bicycle service but also public transportation. An Installed Smart chip identifies the user and allows unlocking of the rack and bicycle. It occupies lesser space as a modular rack unit allows parking 14 bicycles within one car parking space. Self-solar power help running the unmanned secured bicycle service system. Also its unique shape and green color is useful for easy recognition

www.SBRAweb.org

and theft deterrent. There is a built in locking device and adjustable seat height which kind of completes the ease of maintaining one. So go ahead and start Ubicycling.

Have Fun and ride safe!

**Gregg Eisenstein
President - SBRA**

October Meeting

Thursday October 2, 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).

**Guest Speaker
Eileen Peters
Department of Transportation**

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
MONTAUK CENTURY: Christine Marino
NEWSLETTER: Rona Dressler / 751-2135
PUBLIC RELATIONS: Phil Enright / 664-3151
QUARTERMASTER: Jack Steffens
RIDE COORDINATOR: Bill Pope/475-4531
RIDE MAPS & CUE SHEETS: Lili Burliuk / 589-7400
RIDES STATISTICIAN: Joe Matzelle
SUNSHINE: Bruce Presner / 476-3923
WEBMASTER: 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 September 2008

	Middle	
Gary	Bass	Island
Beth	Borowy	Mattituck
Susan	Campbell	Oakdale
Michael	Card	Stony Brook
John	Cass	Farmingdale
Karen	Langone	Manorville
Charles	Merritt	Oakdale

Active members: 623

Active families: 111

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

Norm Samuels, Membership Chair

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YOUR MOUNTAIN BIKE HEADQUARTERS

2007/08 Ride Statistics (Nov 07 - Aug 08) as per ride information received by 9/4/08

Number of ride leader credits: 414
Total club miles: 100397

Ride Leaders: Joe Matzelle (49), Billy Gross (32.5), Bob Miller (28), Pat Nett (23), Richard Cunningham (17), Ron Goodstadt (15.5), Bonnie Meyer (13), Gordon Howard (13), Karin Gluth (12.5), Barbara Abraham (12.5), Bruce Presner (12), Bill Pope (12), Glen Cochrane (10), Jack Steffens (10), Ronnie Levy (10), Anita Risener (10).

Mileage Leaders (over 1000 miles): Ron Goodstadt (2445), Joe Matzelle (2358), Dennis Jackson (2026), Pat Nett (1880), Bill Pope (1826), Bob Miller (1700), Jack Steffens (1603), Richard Cunningham (1431), Adam Molny (1203), Linda Resnick (1122), Keri Lukin-Page (1115), Paul Miklean (1038), Karin Gluth (1021).

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.

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

Joe Matzelle



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

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MEETING MINUTES September 4th, 2008

- I. The meeting was called to order by President Gregg Eisenstein at 7:40 PM. 32 members and guests were present.
- II. Acceptance of minutes - the minutes of the August meeting were accepted as published in the September issue of Rolling Wheels.
- III. Treasurer's Report (Joe Matzelle) - Joe reported on the club's balance. He further reported that it is presently costing the club \$1.75 each to mail the newsletter to the 140 members who have chosen to receive it by mail.

He suggested that the matter be reviewed by the Executive Board.

IV. Reports

A. President (Gregg Eisenstein) Gregg reported that we are in need of a new Web Master. Norm Samuels suggested that the Web Master be assisted by a committee to deal with the various aspects of the Web e.g., development, message board. Any interested parties should contact Gregg. Gregg also called for volunteers to serve on a nominating committee for next year's officers.

B. Statistician (Joe Matzelle) - Joe reported that a total of 97,825 club miles have been ridden so far this ride year. A full report will appear in the next issue of Rolling Wheels. He further stated that ride leaders frequently do not return their ride sheets. He urged them to do so in order to receive credits for leading rides.

C. Guide Dog Ride (Jeff Meyer) - The event will be held on Sunday, September 14th. Jeff reported that he still needs a volunteer to lead the 5 mile family ride and volunteers to assist at the water stops and with parking at the Foundation. He has received donations from Carl Hart and Campus Cycles.

D. Rides - The annual Hampton Maid ride has been scheduled for Sunday, October 19th, and the Halloween Ride for October 19th. See the newsletter for further details. Ken Weismann invited members to participate in CLIMB's Fat Tire Festival to be held on Saturday, September 20th at Cathedral Pines County Park.

E. Sunshine - Norm Samuels, reporting for Bruce Presner, reported that Dick Reed is recovering from recent knee replacement surgery. Shannon Cain reported on her recent cycling accident. Henry Schmidt is recuperating from a bout of pneumonia.

F. Membership (Norm Samuels) - Norm reported that the club presently has 623 individual members, including 111 families. 11 new members joined this past month. One new member (Joe) was introduced at the meeting.

V. Old Business - Norm Samuels reported on the Adopt-a-Road program, which the membership agreed to participate in at the August meeting. The club will be required to clean up the section of Buckley Road from the intersection of Blue

Point Rd. to CR 99 overpass 4 times a year. The Town will provide all necessary equipment. Norm asked for a volunteer to coordinate the program. Karin Gluth expressed interest in serving. Thanks Karin.

VI. New Business - Norm Samuels suggested that there be no evening rides on club meeting dates unless it begins and ends at the meeting site in time to attend the meeting.

Norm Samuels also reported that member Petra Lee recently placed 4th in her age category in the Cycle to the Sun race, climbing 10,000 ft from sea level to the Haleakala crater, located on the island of Maui, Hawaii.

VII. There being no further business nor program, the meeting was adjourned at 8:15 PM.

*Respectfully submitted,
Dick Cunningham
Recording Secretary*

NICK ATTISANO'S



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10/08 Special Events Calendar

Gordon Howard 631-878-1716

Oct.

4 Seagull Century www.seagullcentury.org

26 SBRA Halloween Ride

Jan

31 SBRA Awards Dinner



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Task Force Releases SRTS Final Report

The National Safe Routes to School Task Force has released its final report, Safe Routes to School: A Transportation Legacy. To access the full report, visit www.saferoutesinfo.org/task_force. The Task Force was established by the U.S. Department of Transportation to study and develop a strategy for advancing programs that enable and encourage children to walk and bicycle to school. Among the recommendations made by the Task Force are to effectively spend current Federal SRTS funds, initiate innovative solutions to advance SRTS, and encourage support from SRTS stakeholders at the local,

state and national level. The Task Force also recommends an increase in funding for the program at the Federal level. The report outlines the early successes of the Federal Safe Routes to School program. As of March 2008, states have committed to spending approximately \$222 million on SRTS programs. Forty-two states have announced funding for local and/or statewide programs involving nearly 2,600 schools. The remaining states are either working to set up their programs or are in various stages of the first application cycle. The report also outlines the importance of advancing opportunities and addressing challenges that face Safe Routes to School. The Task Force recommends working on solutions to address issues that limit or prevent walking and bicycling such as liability concerns from schools, the design and location of school campuses and personal safety concerns among parents.

American Bicyclist Update---August 4, 2008

Three Essential Techniques for Roadies By Fred Matheny of www.RoadBikeRider.com

Pro athletes develop simple techniques that become automatic. A three-point shooter's follow through or a golfer's silky stroke are techniques they've honed until they no longer think about them.

Pro cyclists, too, develop characteristics that separate how they look on a bike from the rest of us. It's not simply a matter of appearance. Unlike golf, when you're riding, you can get scuffed up out there. Looking like a pro means safety as well as style.

Want the look? Master these three techniques and you'll be on your way.

Replenish Glycogen Supplies. A 150-pound cyclist needs 80 to 100 grams of carbohydrate in the two hours immediately after riding. An energy bar contains about 40 grams of carbo, a bagel and banana about 60.

Rest. Pros sleep nine or ten hours a night and often take an afternoon nap after training. We

can't do that because we have real jobs and the boss would frown. But because sufficient rest is crucial to recovery, try to fit in at least eight restful hours of sleep each night and catch a 15-minute "power nap" in the afternoon.

1. Relax. Great athletes in any sport let it flow, making impossible moves and extreme effort look easy. Here's how to be loose as a goose on the bike:

Face Off. If your facial muscles are tight, your whole body follows. Consciously relax your face and neck. Loosen your jaw muscles. Don't clench your teeth in grim-faced determination.

No Turtles. Tense riders hunch their shoulders until their ears disappear. Drop your shoulders and relax the muscles that run from the top of the shoulder to your neck. Don't look like a turtle hiding from danger.

Get a (Light) Grip. Bend your elbows slightly and relax your forearms and hands. If you hit a bump or get bumped, loose arms absorb the blow without affecting the front wheel. You keep your line and stay in control.

2. Pedal Smoothly. It's easy to spot the smooth pedal stroke of a pro compared to a novice's lumpy plodding. Here's how to get supple stroke:

Practice Slowly. A rapid cadence of 90 to 110 revolutions per minute is efficient and stylish. But it's hard for your brain to keep up with your feet going that fast. Practice at a slower rpm of 60 to 70 so you can concentrate on your stroke all the way around.

Remember Mud. Three-time Tour de France winner Greg LeMond first gave us this tip in 1985, and it's just as helpful today: When you pull your foot through the bottom of the stroke, imagine you're scraping mud off your shoe. This will help you pull your foot through smoothly with added power.

Knee the Bar. As your foot comes up and over the top, pull your knee forward like you want it to touch the handlebar. This adds power to the weakest part of the stroke.

3. Recover Fast.

Pump Fluids.



SBRA Ride Classifications

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

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

Note: Helmets are Required on all SBRA rides!

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

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

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

S = Structured, entire group rides together.

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

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

Pre-Ride Checklist

Riders must sign the sign-in sheet.	Helmets are required on all SBRA rides
Riders should have water, spare tube, patch kit, tools & pump.	Riders should carry identification and emergency phone number
Ride Leaders are not responsible for cyclist who ride ahead of the ride leader	If you leave the ride, inform the Ride Leader or sweep
Stop for all Red Lights	Do not block turn lanes or intersections
Ride Single File. If someone calls "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 cyclists as well as to motorists. The way we behave as a group is a reflection on all cyclists

Standard Ride Locations

Please park away from any stores.

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

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

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

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

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

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

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

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

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



Ride Schedule October

Ride Coordinator: Bill Pope

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

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

Thu 10/2 9:00am 32mi/B+/R/S "Another easy B ride?"

Pat Nett (631)286-6460(H)
Holtsville Ecology Center to Ridge

Sat 10/4 9:00am 36mi/B+/R/S "Just a bike ride"

Pat Nett (631)286-6460(H)
Sunshine Mall to Manorville with a deli stop

Sat 10/4 9:00am 45mi/B/F/S "Bayshore to Stony Brook"

Jack Steffens (631)669-4740(H)
Meet at the Bayshore Train Station. There will be a deli stop in Stony Brook. Cue sheets will be provided.

Sat 10/4 9:00am 24mi/B-/H/R/S "the Dubble Dipper"

Billy Grosso (631)682-6604(H)
Leave out of the Sunshine Mall (#1). We will bike up and down Bicycle Path and then on to Spring Lake and Mount Ashton. we will have a bathroom stop, no deli stop. No go rain.

Sat 10/4 9:30am 32mi/C/R/F/S "Annual Blue Point Brewery ride"

Marianne Galati (631)750-5003(H)
Meet southeast corner of Patchogue Train Station for a ride to Smith Point Park and back. Upon return... visit Blue Point Brewery for a toast to Octoberfest. no go if rain, snow, earthquake etc. Check message board by 8:30 AM for cancellations.

Sun 10/5 9:30am 16mi/C/R/Mtn/U "Rocky Point Trails Multi-Level Ride"

Barbara Abraham (631)265-0021(H)
Rock 'n roll thru Rocky Point (West loop and Main trail) at a C pace - diamonds optional. Last month to enjoy this special place in 2008. Ride cancels for heavy rain overnight or AM rain. Call before 9pm or after 8am if uncertain.

Sun 10/5 9:00am 34mi/B/R/S "Coram to Cedar Beach via the Hills"

Ronnie Levy (631)696-0832(H)

HONEST B pace (avg. 14.8-15.4). Meet at the Coram Pines Cinema parking lot (#8) for a scenic ride to the beach. Deli stop, lunch at the beach.

Sun 10/5 9:30am 12-20mi/B/R/Mtn/U "Rocky Point Trails Multi-Level Ride"

Anita Risener (631)331-8595(H)
Join Anita for a "B" paced ride in Rocky Pt Trails incl. Westside Loop, black & dbl black diamonds or rider's choice to do all, some or none of the diamonds. All levels welcome. Ride cancels for heavy rain overnight or am rain Call before 9p or after 8a if uncertain.

Sun 10/5 9:00am 40mi/B/R/S "Hooters Ride"

Steve Sendrowski (631)889-2242(H) (212)782-5675(W)
Yes, the Hooters ride is back, AKA, LIE service road ride. Ride from LIE exit 58 to Milleridge Inn (Hicksville) for snack stop and back. My Pace will be a B, faster riders can go ahead on their own. Ride start at Park-n-ride west of LIE Exit 58 (just past Hooters, hence the ride name). No go if rain.

Sun 10/5 7:30am 100mi/B-/R/F/S "Fall Century Ride"

Joe Matzelle (631)949-4458(H)
Meet at Waldbaums in Center Moriches (corner of Montauk Hwy and Old Neck Rd). Ride to Greenport. Food and rest stops as needed. There is NO SAG support. Please have an alternate means of returning to the ride start. RSVP to joematz17@aol.com no later than 9/27.

Sun 10/5 9:30am 16mi/C/R/Mtn/U "Rocky Point Trails Multi-Level Ride"

Barbara Abraham (631)265-0021(H)
Rock 'n roll thru Rocky Point (West loop and Main trail) at a C pace - diamonds optional. Last month to enjoy this special place in 2008. Ride cancels for heavy rain overnight or AM rain. Call before 9pm or after 8am if uncertain.

Sun 10/5 9:30am 36mi/C-/R/S "Mattituck to Greenport"

Bob Miller 917-797-7873
Meet at Mattituck RR Station and ride to Greenport to give moral, spiritual and monetary support to Joe Matzelle's century riders.

Mon 10/6 9:30am 20mi/D/F/S "Real "D" Ride"

Don (631)929-0705(H)
The pace is "D" no higher. We will make real stops and a stop at the Bagel Lady. Meet at Wading River King Kullen

Tue 10/7 5:15pm 15mi/B-/F/S "Heckscher Loops"

Joe Matzelle (631)949-4458(H)

Meet at JFK elementary school on Woodland Dr in East Islip. Ride to Heckscher Park, do 3 loops through the park and return to the school. Bring lights. Check Message Board for cancellations.

Sat 10/11 9:00am 45mi/B/F/S "Bayshore to Stony Brook"

Jack Steffens (631)669-4740(H)

Meet at the Bayshore Train Station. There will be a deli stop in Stony Brook. Cue sheets will be provided.

Sat 10/11 9:00am 28mi/B-/R/F/S "Honest B- Mid Island Roller Coaster"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). We will bike through Ridge and back through North Mid Island. We will have a bathroom stop, no deli stop. No go rain.

Sat 10/11 9:30am 35mi/C-/F/S "Center Moriches Zig-Zag Ride"

Bob Miller 917-797-7873

Meet at KK mall on Long Neck Blvd and Montauk Highway in Center Moriches. Park near Long Neck Blvd. We'll do Dan's zig-zag ride to Manorville Bagel Store.

Sun 10/12 9:00am 35mi/B/F>Show & Go/U

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

Sun 10/12 8:00am 32mi/B+/F/S "Ready for the winter"

Pat Nett (631)286-6460(H)

Sayville train station to Babylon

Sun 10/12 2:00pm 25mi/C-/R/F/S "Take a Break from Fall Clean Up"

Tricia Brandt (631)874-2686(H)

Meet at Westhampton Beach High School (corner of Mill Rd-park by tennis courts) for a ride down Dune Road and around town. Call 516-330-1542 if weather is questionable.

Mon 10/13 9:00am 35mi/B/H/S "BADA-BING ride"

Steve Sendrowski (631)889-2242(H) (212)782-5675(W)

Doesn't everyone have Columbus Day off?? Ride some hills in Stony Brook, maybe Port Jefferson, depending on how I feel. A B pace, not hammering the hills, no one is dropped, just a hilly ride. Mileage will be 35 give or take. Meet at parking lot next to Getty Station (#4) across from SB RR station.

Mon 10/13 9:30am 20mi/D/F/S ""Real "D" Ride""

Don (631)929-0705(H)

The pace is "D" no higher. We will make real stops and a stop at the Bagel Lady. Meet at Wading River King Kullen

Tue 10/14 5:15pm 15mi/B-/F/S "Heckscher Loops"

Joe Matzelle (631)949-4458(H)

Meet at JFK elementary school on Woodland Dr in East Islip. Ride to Heckscher Park, do 3 loops through the park and return to the school. Bring lights. Check Message Board for cancellations.

Thu 10/16 8:30am 35mi/B+/R/U "Protect the grey"

Ron Goodstadt<sheronrx@aol.com> (631)236-6879(H)

Holtsville Ecology start.... Holtsville Ecology (#5) end.... 35 miles in between.... don't let the pace keep you away

Sat 10/18 8:00am 32mi/B+/R/S "So happy together"

Pat Nett (631)286-6460(H)

Ride from Michaelangelos in Manorville(exit 70S on LIE) to Quogue. Short stop to see Turtles.

Sat 10/18 9:00am 45mi/B/F/S "Bayshore to Stony Brook"

Jack Steffens (631)669-4740(H)

Meet at the Bayshore Train Station. There will be a deli stop in Stony Brook. Cue sheets will be provided.

Sat 10/18 9:00am 30mi/C/R/F/S "Honest C ride Yaphank German Deli ride"

Billy Grosso (631)682-6604(H)

Last Honest C ride until March 09. Leave out of the Sunshine Mall (#1). We will bike through some flat to slightly rolling country side. Lunch at the German Deli in Yaphank. No go rain or drizzle rain.

Sun 10/19 8:00am 30mi/C+/R/F/S "Multilevel Hampton Maid Inn Ride"

Leader Needed C+/B- (631)000-0000(H)

Meet at the Hampton Bays HS on Argonne, off Ponquogue. Rides will tour the area and return for 11:30am brunch at the Hampton Maid Inn. Bring a snack if you need one. Limit 55 riders, RSVP BY PHONE ONLY 631 277-5226 by 10/16/08.

Sun 10/19 9:00am 35mi/Multilevel B+/A/R/S "Lapping the Loop"

Dennis Jackson (631)878-0184(H)

Leave Manorville King Kullen, off LIE Exit 70, to do two laps of the 17+ mile loop which includes the Route 51 hill. Waitups at several locations along the loop.

Sun 10/19 9:00am 40mi/B/R/S "Hooters Ride"

Steve Sendrowski (631)889-2242(H) (212)782-5675(W)

Yes, the Hooters ride again, AKA, LIE service road ride. Ride from LIE exit 58 to Milleridge Inn (Hicksville) for snack stop and back. My Pace will be a B, faster riders can go ahead on

their own. Ride start - Park-n-ride west of LIE Exit 58 (just past Hooters, hence the ride name). No go if rain.

Sun 10/19 8am Multilevel Hampton Maid Ride
Meet at the Hampton Bays HS on Argonne, off Ponquogue. Rides will tour the area and return for 11:30am brunch at the Hampton Maid Inn. Bring a snack if you need one. Limit 55 riders, RSVP BY PHONE ONLY 631 277-5226 by 10/16/08.
"D": Jack Steffens (631)669-4740(H)
"C, C+,B-": Leader Needed
"C-": Bob Miller 917-797-7873
"B": Bruce Presner (631)476-3923(H) (516)481-6640(W)(516)702-5639(Cell)

Sun 10/19 9:00am 27mi/C/F/S "Beginner C Ride"
Bill Pope (631)475-4531(H) (631)439-9115(W)
If a "D" is too slow and a "C+" is too fast, this ride is for you. Nobody gets dropped. Meet at the Sunshine Mall (#1) for a scenic run out to Manorville for a snack.

Mon 10/20 9:30am 20mi/D/F/S "Real "D" Ride"
Don (631)929-0705(H)
The pace is "D" no higher. We will make real stops and a stop at the Bagel Lady. Meet at Wading River King Kullen

Tue 10/21 5:15pm 15mi/B-/F/S "Heckscher Loops"
Joe Matzelle (631)949-4458(H)
Meet at JFK elementary school on Woodland Dr in East Islip. Ride to Heckscher Park, do 3 loops through the park and return to the school. Bring lights. Check Message Board for cancellations.

Thu 10/23 9:00am 32mi/B+/R/S "Big mac drive by maybe"
Pat Nett (631)286-6460(H)
Holtsville Ecology Center to Ridge

Sat 10/25 9:00am 35mi/C+/H/R/S "Just Ducky Moutain Goat Mini Version"
Billy Grosso (631)682-6604(H)
A strong C+ to low B- 12.9 to 13.2 Average speed. Leave out of the Sunshine Mall (#1). We will bike to Wading River for a deli Lunch stop. We will bike out and back on the Scenic North Shore. No go rain.

Sat 10/25 9:00am 42mi/Multilevel B+/A/R/U "Paceline Ride"
Dennis jackson (631)878-0184(H)
The usual route leaving the Sunshine Mall for some fast-paced riding out to Calverton and Ridge. While unstructured, we will have several stops to let riders regroup. Short stop near the middle of the ride.

Sat 10/25 9:30am 16mi/C/R/Mtn/U "Rocky Point Trails Multi-Level Ride"
Barbara Abraham (631)265-0021(H)

Rock 'n roll thru Rocky Point (West loop and Main trail) at a C pace - diamonds optional. Last month to enjoy this special place in 2008. Ride cancels for heavy rain overnight or AM rain. Call before 9pm or after 8am if uncertain.

Sat 10/25 9:30am 12-20mi/B/R/Mtn/U "Rocky Point Trails Multi-Level Ride"
Anita Risener (631)331-8595(H)
Join Anita for a "B" paced ride in Rocky Pt Trails incl. Westside Loop, black & dbl black diamonds or rider's choice to do all, some or none of the diamonds. All levels welcome. Ride cancels for heavy rain overnight or am rain. Call before 9p or after 8a if uncertain.

Sat 10/25 9:30am 16mi/C/R/Mtn/U "Rocky Point Trails Multi-Level Ride"
Barbara Abraham (631)265-0021(H)
Rock 'n roll thru Rocky Point (West loop and Main trail) at a C pace - diamonds optional. Last month to enjoy this special place in 2008. Ride cancels for heavy rain overnight or AM rain. Call before 9pm or after 8am if uncertain.

Sat 10/25 9:00am 45mi/B/F/S "Bayshore to Stony Brook"
Jack Steffens (631)669-4740(H)
Meet at the Bayshore Train Station. There will be a deli stop in Stony Brook. Cue sheets will be provided.

Sat 10/25 9:00am 25-30mi/C/R/F/S "See the Foliage at QWR"
Tricia Brandt (631)874-2686(H)
Meet at the King Kullen in Eastport (#7) for a low C paced ride to the Quogue Wildlife Refuge to view the fall foliage. Call 516-330-1542 if weather is questionable.

Sun 10/26 9:00am "Multilevel Halloween Ride"
Starting at the Holtsville Ecology Park (#5). Pleasant Rides through the Town of Brookhaven. Upon return Soup and Sandwich will be served. \$10.00 ea. Members only. See article in October Rolling Wheels for complete details and registration form. Checks must be received by 10/24.
"D": Jack Steffens (631)669-4740(H)
"C": Bob Miller 917-797-7873
"C+": Bill Pope (631)475-4531(H) (631)439-9115(W)
"B-": Joe Matzelle (631)949-4458(H)
"B": Leader needed
"B+": Adam Molny (631)672-9386(H)

Tue 10/28 5:15pm 15mi/B-/F/S "Heckscher Loops"
Joe Matzelle (631)949-4458(H)
Meet at JFK elementary school on Woodland Dr in East Islip. Ride to Heckscher Park, do 3 loops through the park and return to the school. Bring lights. Check Message Board for cancellations.

SBRA ANNUAL HALLOWEEN RIDE



October 26, 2008

9:00 AM

PRICE: \$10.00 per person

Checks must be in by October 19, 2008.

SORRY, NO "DAY OF" OR LATE REGISTRATION, NO EXCEPTIONS

Join us at the Holtsville Ecology Center for a multi-level ride. Costume optional.

After the ride we will be inside this year to enjoy some hot soups, sandwiches and salads. C'mon down for some Halloween fun.

Reservation for Halloween Ride

No refunds, ride will take place rain or shine.

Number of guests @ \$10.00 =

Send check to: SBRA,
c/o Pat Knecht
7 Circle Ct. Farmingville, NY 11738

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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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