



Welcome to SBRA

Suffolk Bicycle Riders Association

SBRA is the largest bicycle club on Long Island. Founded in 1977

We are riders of all cycling abilities.

Come Ride With Us!

For more information
please visit our website
www.SBRAweb.org



Come Join Us

We invite you to join us on a variety of rides and activities. Our goal is to provide enjoyable rides, a safe and friendly environment, and an assortment of social activities. There are plenty of bike riding opportunities of every sort for everyone.

Website

Most of our club information can be found on our website www.sbraweb.org. You will find:

- Details of upcoming meetings and social events
- Our ride calendar
- Current events, activities and news
- The Club Store
- A forum on various bicycle topics
- Past newsletters
- Up-to-Date Weather Reports
- Discounts with bike shop sponsors

Monthly Meetings

Meetings are held on the first Thursday of each month at the New Village Recreation Center in Centereach (intersection of Wireless and Hawkins, just east of Nicolls Road) and are open for anyone to attend. General meetings start at 7:00 p.m. and often include guest speakers that may discuss cycling, safety, health, exercise and other helpful topics. Light refreshments are served.

Our Rides

Members who are trained Ride Leaders volunteer to organize group rides leaving from locations throughout Suffolk County. Rides can be anywhere from 10 to 100+ miles, with different degrees of speed and terrain. We grade our rides so that you can choose the ones that are most appropriate for you.

With SBRA You'll

- Connect with other bicycle riders
- Experience the joy of bicycling
- Make friends, live better and stay healthy
- Enjoy social activities
- **Discover the many benefits we offer**

Enjoy Riding More

We enjoy riding together year-round in a relaxed and friendly group atmosphere from beginners to moderately paced, to more challenging and competitive rides. We also have a variety of activities throughout the year such as our annual Awards Dinner, Super Cycle Saturday, Montauk Century Ride, Bike Boat Bike, Picnic, Lobster Ride, Halloween Ride and more.

Great Ride Calendar

Check out our ride calendar. You'll find rides scheduled almost every day of the week: www.sbraweb.org, "Ride Calendar."

Membership Information

DUES: Membership dues are \$20 annually, March 1st to end of February, for an individual 18 years of age or older. Children of Members are welcome to participate in many of our club activities & rides (member parent must be present).

SBRA NEWSLETTER: All members receive our monthly newsletter **Rolling Wheels** via email. **Rolling Wheels** includes detailed information about upcoming club activities, articles of interest, bike shop discounts and minutes of our last meeting.

NON-MEMBER PARTICIPATION: You are welcome to come on one club ride (no cost involved), and/or come meet our club members at a monthly meeting. On your first ride with SBRA we hope you will enjoy the experience, decide to become a Member, and continue riding with us.

Join SBRA

Become a member today. It's easy and only \$20 for an annual membership, March 1st to the end of February.

Preferred method is online:

www.sbraweb.org

Click the "[Join/Renew SBRA Now](#)" link for instructions.

Or, use the Membership Application on the next page. Mail the completed Application with a \$20 check made payable to "SBRA."

Mail to: SBRA c/o Ronnie Levy
4 Chippendale Drive, Mt. Sinai, NY 11766

Now, how do I get started?

New members are encouraged to get out and ride. Go to www.sbraweb.org, click on "**Ride Calendar,**" select a ride within your skill level and show up for the ride.

Beginners should start with a "D" level ride.

Experienced riders should consider starting at least one ride level below what you think you can handle.

Preparing for Your First Ride

- Bring a helmet – wearing a biking helmet is a club requirement.
- Ensure your bike is in good mechanical condition.
- Properly inflate tires.
- Bring a water bottle, energy bars, etc.
- Have a spare tube or patch kit and a pump or CO² cartridge.
- Have personal identification and insurance information.

Safety Tips for Riding in a Group

Riding in a group carries responsibilities for all riders. Stay alert, ride predictably, and follow your Ride Leader's instructions.

SBRA Membership Application and Renewal Form

SBRA membership allows unlimited access to our club rides, participation in club-sponsored events, electronic delivery of our **Rolling Wheels** newsletter, and discounts at our local bike shop sponsors. Annual membership dues \$20, March 1st to the end of February.

Welcome to SBRA!

Ronnie Levy

Membership Director

SBRA Membership Application

New Member Renewal



First Name: _____ Last Name: _____

Street Address: _____ Date of Birth: _____

City: _____ State: _____ Zip: _____

Email address: (required) _____

Preferred phone: (____) _____ Additional phone: (____) _____

Annual Dues:

\$20 individual, 18 yrs. or older.

Check payable to SBRA

Mail to:

SBRA c/o Ronnie Levy
4 Chippendale Drive
Mt. Sinai, NY 11766

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 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 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" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releases, 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)

I Have Read This Release.

Applicant / Guardian Signature _____ Date: _____

Family members in your household under 18 years of age listed with your membership:

Child's Name _____ Date of Birth: _____

Child's Name _____ Date of Birth: _____