



ORGANIZED 1977

Suffolk Bicycle Riders' Association Monthly Newsletter

Rolling Wheels

September 2008 - Volume 31 / No. 9

Member Paumonok Bicycling Advocacy

GEAR UP WITH GREGG

At our August club meeting, we had personal trainer and kinesiologist Christian DiSapio presented on the benefits of stretching and demonstrated some techniques. While researching this topic I came across an article on www.cobr.co.uk and felt I should share it with those of you who were not at the meeting.

While cycling has many healthy benefits there are potential drawbacks to this form of exercise that can be overcome with an effective regime of stretching. Stretching is a form of preventive medicine.

Cycling is described as a "mid-range" activity, involving a limited and repeated motion. During each revolution of the pedals, the leg is never fully straightened or bent to its fullest, so the muscles are never fully contracted or extended. Therefore the muscles used to pedal the bike strengthen but also become tighter and therefore shorter. This tightness can contribute to any number of overuse injuries including pain in the lower back, hamstrings and knees.

Cyclists who put in many hours on their bike are prone to what is known as "muscular rigor mortis." One of the curses of hard riding, especially in big gears, is a gradual loss of muscle elasticity and an overall decrease in joint flexibility. Stretching helps cyclists to make their muscles and joints more adaptable to the rigors of cycling. Stretching also reduces muscle soreness and stiffness during periods of intense workouts.

Since stretching improves flexibility and increases the range of motion, well-exercised muscles and joints will undergo less severe stress in a competitive situation. Muscles can also last longer during activity

www.SBRAweb.org

before tightening up if pre-stretched correctly.

The stiffness and tightness that are frequently felt after a workout can be brought under control, and even eliminated, with proper stretching. Stretching keeps the body fine-tuned and hastens recovery.

Get out there, RIDE and S-T-R-E-T-C-H!

Have Fun and ride safe!

**Gregg Eisenstein
President - SBRA**

September 4, 2008

7:30 PM

New Village Recreation Center
Wireless Road and Hawkins Road
Centereach, NY

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

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BIKE-BOAT-BIKE: Fred Greis
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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 August 2008

Cecile Pfingston	Coram
Charles Merritt	Oakdale
Donald Rollock	Wading River
George Rennison	Mastic
Glen Catalano	Smithtown
Jim Robinson	Sound Beach
Robert & Victoria Morgenstern	Mt. Sinai
Robert Mundy	Islip
Susan Campbell	Oakdale
Warren Staake	Smithtown

Active members: 647

Active families: 123

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

Norm Samuels, Membership Chair

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MEETING MINUTES August 7th, 2008

I. The meeting was called to order by President Gregg Eisenstein at 7:30 PM. 43 members and guests were present.

II. Treasurer's Report (Joe Matzelle) - Joe reported on the club balance, which does not include the picnic expenses. He further reported that there is \$425 remaining in the charitable contributions account that can be expended.

III. Correspondence (Jeff Cohen) - Jeff read an e-mail message from long-time member Dana Van Buskirk to membership chair Norm

Samuels explaining her reason for not renewing her membership (age). She ended her message by stating "My cycling days with SBRA were memorable." Jeff also read a thank-you note from SBRA scholarship recipient Emma Bowditch of Shelter Island High School.

IV. Reports

A. Statistician (Joe Matzelle)- Joe reported that members have ridden a total of 77,590 club miles so far this year. See the September Rolling Wheels for a complete report.

B. Rides

1. Guide Dog Ride (Jeff Meyer) - the ride will be held on Sunday, September 14th. He needs leaders to lead the new 5 mile family ride. He also needs help with road marking, parking and the water stops, and someone to volunteer to coordinate the SAG support.

2. The SBRA multi-club ride will be held on Sunday, August 17th from the County Center in Riverhead.

3. Barbara Braun reported that the 2nd SBRA Lobster Ride will be held on Sunday, August 24th. The club will provide an \$8.00 subsidy for up to 30 participants, who should send a \$10. deposit to Barbara as soon as possible.

C. Membership (Norm Samuels) - Norm reported that the club presently has 653 individual members including 123 families and 11 new members this past month.

V. Old Business - no old business.

VI. New Business - Pat Nett reported that member Ron Goodstadt has raised about \$1100 for the Raisin Hope Foundation, which funds research on traumatic brain injuries. He moved that SBRA contribute \$250 to the foundation. The motion passed. Norm Samuels moved that SBRA adopt a road within the Town of Brookhaven which the club would clean up four times a year. The motion passed. He further moved that the club adopt the section of Buckley Road from Woodside Ave to Blue Point Road. The motion passed. Joe Matzelle reported that additional funds will be needed in addition to the \$1,000 budgeted for special events. He proposed that \$250 be taken from both the Rides and Membership budgets, both of which have a surplus and added to the Special Events budget. The motion was approved. Gregg Eisenstein reported that agents of the DEC have been

checking for permits on the Rocky Point trail. He advised everyone using the trail to have up-to-date use and parking permits.

VII. There being no further business, the business portion of the meeting adjourned at 8:15.

VIII. Program - Vice-president Sue Sherman introduced Christian DiSapio, a personal trainer and kinesiologist, who gave an informative talk and demonstration of stretching exercises.

*Respectfully submitted,
Dick Cunningham
Recording Secretary*



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Guide Dog Ride

It started because of SBRA and we've been an essential part of the Guide Dog Ride for more than 10 years. Volunteers are needed for September 14th!

There are openings for:

Road Marking

Parking

Belle Terre Water Stop

Old Field Water Stop

5-mile Tour (this new ride is for people with kids, and will include a tour of the Smithtown Fire Department)

10-mile tour

20-mile tour

Food Helpers

SAG Coordinator - a very important position to coordinate the volunteer radio helpers in SAG wagons with riders who need help.

Please contact Jeff at jeffski@optonline.net or Bob DeVito at RBJD1@aol.com to volunteer.



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2007/08 Ride Statistics (Nov 07-Jul 08) as per ride information received by 8/6/08

Number of ride leader credits: 322.5
 Total club miles: 77590

Ride Leaders: Joe Matzelle (37.5), Billy Grosso (29.5), Bob Miller (27), Pat Nett (18), Bill Pope (12), Bruce Presner (11), Bonnie Meyer (11), Richard Cunningham (10), Glen Cochrane (10), Ron Goodstadt (9.5), Lili Burliuk (9.5), Bob Goykin (9), Josie Goykin (9), Linda Resnick (8), Gordon Howard (8).

Mileage Leaders (over 750 miles): Joe Matzelle (1949), Ron Goodstadt (1849), Bill Pope (1680), Dennis Jackson (1549), Pat Nett (1544), Bob Miller (1290), Richard Cunningham (1127), Paul Miklean (987), Jack Steffens (985), Linda Resnick (981), Billy Grosso (904), Lili Burliuk (886), Keri Lukin-Page (866), Adam Molny (784), Bonnie Vulin (761), Karin Gluth (753).

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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9/08 Special Events Calendar

Gordon Howard 631-878-1716

Sept

14 SBRA Guide Dog Ride

Jeff and Bob Devito

21 Tour of the Hamptons

www.massparkbikeclub.org

28 Twin Lights Ride www.bikenewyork.org

Oct.

4 Seagull Century www.seagullcentury.org

26 SBRA Halloween Ride

Jan

31 SBRA Awards Dinner

RAISIN HOPE

The SBRA 150 was held on August 3, 2008. This was a fun filled day of cycling with over 3500 miles logged by over 30 different riders with 5 (crazy) riders doing the full 156 mile ride. also, over \$1500 was raised to benefit the raisin hope foundation (<http://www.saulraisin.org>).

I would like to thank the friends of the SBRA 150:

BAGEL PARADISE***SAINT JAMES
CAMPUS BICYCLE***STONY BROOK
ALPINE BAKERY***SMITHTOWN
T CARLTON SALON***SMITHTOWN
ROCAKABILYBARBERS***STONY
BROOK
SUNRISE FITNESS***HOLBROOK
CRUNCH GYM***HAUPPAUGE
NY SPORTS CLUB***SMITHTOWN
ENERGY GYM***SAINT JAMES
TRUE SPORT CARE***SAINT JAMES
KREBS CYCLE***BELLPORT
TCBY***COMMACK

Thanks to all that participated and helped make this a day to remember!

Ron

2008 EMPIRE STATE GAMES

At the Empire State Games in July, the Long Island Women's Time Trial Team won a hard-earned Gold Medal against very powerful adversaries. Plaudits to Jennifer Soloman, Donna McMahon and SBRA member Robin Shea, who were expertly coached by Krieb's Gregory Durovich. The team completed the course a full minute better than any rivals. Nice going, people!!! Donna also won Bronze Medals in the Open Road Race and the Individual Time Trial. Keep it up Donna!!!

The Adirondack Team from up-state New York dominated the bicycling events with exceptionally strong riders in both men's and women's competitions. Long Island's 14 year old Chris Zerverdes (the son of Joe Zerverdes, who had won two Gold Medals in Open Events in last year's games) was participating in the Open Road Race when he was stopped by a female racer who had just been stung by a bee. She explained to him that she is extremely allergic to bee stings and that she had almost died on two previous bee encounters. She had to have help immediately. Chris called 911 on a cell phone, but on this unfamiliar road, he had no idea as to his location. He got on his bike and rode back to a farmhouse whose occupants pinpointed his location and he ultimately got an ambulance to the injured gal in time. Chris obviously was out of the race by this time; but at the Games conclusion, when medals were being distributed, he was summoned up to the podium, and amidst enthusiastic applause, was congratulated for his efforts. The world needs more 14 year olds like Chris. And besides, Chris is a top-notch biker who equally competes against the adults.

OK, Long Island - 2009 is another year -

DICK REED



THE MASSAPEQUA PARK BICYCLE CLUB PRESENTS
2008 TOUR OF THE HAMPTONS
SUNDAY SEPT. 21, 2008, RAIN OR SHINE

The Tour

The Tour of the Hamptons begins in Southampton and travels through mostly flat terrain and rolling hills on the south fork of Long Island, passing farmlands, beaches, mansions and historic towns such as East Hampton, Amagansett and Montauk before returning to Southampton. The tour has routes of 25, 50, 65 and 100 miles. Proceeds from the tour fund a generous contribution to the Make-A-Wish Foundation of Suffolk County and to the Massapequa High School and Southampton High School Scholarship Funds.

Registration

Prepaid registration is \$25. Tour-day registration is \$35. Registration may be done online at www.active.com, www.massparkbikeclub.org or by mail. Prepaid registrations completed online, or postmarked by August 22, 2008, will receive a free commemorative T-Shirt. To register by mail, complete, sign, detach and send the registration form below with a \$25.00 check or money order, payable to the **MPBC**, to:

TOH, c/o Ed Major, 76 Miller Blvd, Syosset, NY 11791

Starting Place And Directions

The Tour starts at Southampton High School, Southampton NY. Coming from the north, take the Long Island Expressway (495) east to exit 70 and follow Route 111 south to Route 27 east. Continue on Route 27 east to Hampton Road. Turn right onto Hampton Road and take the first left onto Narrow Lane. Southampton High School is on the right, 141 Narrow Lane Southampton, NY 11968. Coming from the south, take the Southern State Parkway to exit 44, Route 27 east. Follow the directions from Route 27 east given above.

Starting Times: 100-mile route, 7:30 a.m. 50 and 65-mile routes, 8:00 a.m. 25-mile route, 9:00 a.m.

Support: SAG wagon, route sheets, road markings and rest stops with refreshments are provided for all routes. We suggest you bring extra cash and a cell phone. SAG Support Stops at 4:30 pm and Food Stops Close at 5:00 pm.

Raffle: Day of Event Raffle, a Trek 2.1 Road Bicycle, Retail Value \$1,259, Courtesy of The Bicycle Planet

Helmets are Required for All Riders Regardless of Age. The Tour Closes at 5:00PM

----- Detach Here -----

Name _____ Home Phone _____

Address _____ City _____ State _____ Zip _____

Emergency Contact _____ Phone _____

Release and Waiver of Liability

In consideration of being permitted to participate in any way in Massapequa Park Bicycle Club ("Club") sponsored 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 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 participation in the Activity.
2. Fully understand that: (a) bicycling activities involve risks and dangers of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the "releasees" named below; (c) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs and damages I incur as a result of my participation in the Activity.
3. Hereby release, discharge, and covenant not to sue the Club, the LAB, their respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity 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 part by the negligence of the releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this 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's fees, loss, liability, or cost which any may incur as the result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, not withstanding, shall continue in full force and effect. I further understand that I must be at least 18 years of age or otherwise accompanied by a parent or guardian and do hereby agree to wear an ANSI or SNELL or CPSC approved helmet during the Activity.

Signature (of Parent or Guardian if under 18) _____ Date _____

I will Ride (check one): 25 Miles _____ 50 Miles _____ 65 Miles _____ 100 Miles _____

My T- Shirt size is (check one if postmarked by August 22, 2008) S _____ M _____ L _____ XL _____ XXL _____

Check here if you want information about becoming a Massapequa Park Bicycle Club Member _____.



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 September

Ride Coordinator: Bill Pope

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

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

Tue 9/2 6:00pm 15mi/C+/F/S "South Shore Ride"
Joe Matzelle (631)949-4458(H)

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

Tue 9/2 9:00am 30mi/C+/R/F/S "Back to Manorville"
Dick Cunningham (631)846-7825(H)

Meet at Sunshine Mall (#1) for the final Tues. AM ride of the season. We'll ride to Manorville for bagels. No one will be dropped.

Wed 9/3 5:45pm 26mi/B+/R/S "Wednesday De-stress"
Marty Thomassen (631)764-8898(H) (631)764-8898(W)

Meet at Pine Cinema (Location #8) for a ride north west to the Old Field lighthouse. No cue sheets. Will regroup as needed.

Wed 9/3 3:45pm 15mi/D/F/S "the return of Wednesday wanderlust"

Linda Resnick (631)751-6237(H)

Meet at the Marshall's parking lot on Hallock Rd. (off Route 347) in Stony Brook. A leisurely ride through mostly flat areas of St. James and Stony Brook. Ride leaves no later than 4PM.

Thu 9/4 9:00am 35mi/B+/R/S "big Mac drive by"

Pat Nett (631)286-6460(H)

Holtsville Ecology Center (#5) to Ridge

Thu 9/4 5:45pm 20-25mi/B/R/S "Karin's Moriches Ride"

Karin G. (631)885-2541(H)

Meet at the Waldbaum's shopping center (park all the way to the west-furthest from Wendy's). Flat/rolling depending on the route chosen. Likely a scenic ride to towards Eastport or Manorville. Bring a light. Food stop after the ride.

Thu 9/4 5:30pm 20mi/B-/H/S "Four Peninsula"

Paul Miklean (631)689-7186(H) (631)689-2489(W)

Meet at Stony Brook RR Lot (4). Stony Brook, Old Field and Setauket waterviews. Hilly. Check message board before 4:30PM for cancellation

Sat 9/6 8:00am 27mi/Multilevel B+/A/H/U "Heavenly Hill Ride East"

Jack Steffens (631)669-4740(H)

Meet up at standard ride start location #4. We will ride from Stony Brook to Mt Sinai. The ride is unstructured but every effort will be made to keep the group together. Cue sheets will be provided.

Sat 9/6 10:30am 27mi/B/H/S "Heavenly Hill Ride East"

Jack Steffens (631)669-4740(H)

Meet up at standard ride start location #4. We will ride from Stony Brook to Mt Sinai. There will be a deli stop. Cue sheets will be provided

Sat 9/6 8:30am 35mi/B/F/Show & Go/U

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

Sat 9/6 8:30am 33mi/C+/F/S "Follow the Pope's new C+'s welcome"

Billy Grosso (631)682-6604(H)

Leave out of the Sunshine Mall (#1). WE will bike to Smiths Point and join Bill Popes C group for lunch. Bill Popes C group will pick up any stragglers along the route. No go rain

Sat 9/6 8:30am 33mi/C/F/S "To The Beach"

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

Meet at the Sunshine Mall (#1) for an easy ride to Smith Point. Snack at the beach with deli stop prior. This is a beginner level "C" ride for those who have graduated from "D" rides or are already in shape. Cell: (631) 338-1682 day of ride only.

Sun 9/7 8:00am 35mi/B+/R/S "See you in September"

Pat Nett (631)286-6460(H)

Ride from Michaelangelos in Manorville to Quogue.

Sun 9/7 9:30am 34mi/B/R/S "Coram to Bellport"

Anita Risener (631)331-8595(H)

Join me at start #8 for a mostly flat/partly hilly ride to Bellport for a snack stop & view of the Bay. Bring food/liquids. Brief snack stop at water. Group can decide on a brief Krieb stop to say hi to Chris (if open). Pace will be moderate; I'll be just getting back from a trip.

Sun 9/7 8:30am 46mi/C+/H/S "Wildwood Park"

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

Meet at the Sunshine Mall (#1) for a somewhat hilly ride out to Wildwood Park and beyond. Lunch at the park with deli stop prior. NO PACE PUSHERS PLEASE! Cell: (631)338-1682 (day of ride only).

Mon 9/8 9:00am 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 9/9 6:00pm 15mi/C+/F/S "South Shore Ride"
Joe Matzelle (631)949-4458(H)
Meet at JFK school on Woodland Dr in East Islip. Ride through East Islip, Islip and Bay Shore. Lights and/or reflective clothing recommended. Check Message Board before 4:30 for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Wed 9/10 3:45pm 15mi/D/F/S "The return of Wednesday Wanderlust"
Linda Resnick (631)751-6237(H)
Meet at the Marshall's parking lot on Hallock Rd. (off Route 347) in Stony Brook. A leisurely ride through mostly flat areas of St. James and Stony Brook. Ride leaves no later than 4PM.

Thu 9/11 5:45pm 20-25mi/B/R/S "Karin's Moriches Ride"
Karin G. (631)885-2541(H)
Meet at the Waldbaum's shopping center (park all the way to the west-futhest from Wendy's). Flat/rolling depending on the route chosen. Likely a scenic ride to towards Eastport or Manorville. Bring a light. Food stop after the ride.

Thu 9/11 5:30pm 20mi/C+/H/S "Hills and Harbors"
Paul Miklean (631)689-7186(H) (631)689-2489(W)
Meet at Stony Brook RR Lot (4). Stony Brook, Mt. Sinai, Port Jefferson and Setauket Harbor views. Hilly. Check message board before 4:30PM for cancellation.

Sat 9/13 8:00am 27mi/Multilevel B+/A/U "Heavenly Hill Ride West"
Jack Steffens (631)669-4740(H)
Meet up at standard ride start location #4. Cue sheets will be provided. We will ride from Stony Brook to Nissequogue. This ride is unstructured but every effort will be made to keep the group together

Sat 9/13 9:00am 42mi/Multilevel B+/A/F/U "Sunshine - Paceline"
Dennis Jackson (631)878-0184(H)
Leave from the Sunshine Mall (#1) on a paceline ride out to Calverton and back. Extra points for the longest pull. Although the ride is unstructured, there will be several wait-up points during the ride to allow riders off the back to rejoin the group. There will be a short water stop at the midpoint of the ride.

Sat 9/13 10:30am 27mi/B/H/S "Heavenly Hill Ride West"
Jack Steffens (631)669-4740(H)
Meet up at standard ride start location #4. Cue sheets will be provided. We will ride from Stony Brook to Nissequogue.

Sat 9/13 8:30am 35mi/B/F/Show & Go/U

Meet at the Sunshine Mall for a loop decided by the group. Deli stop.

Sat 9/13 8:30am 30mi/C+/R/F/S "Cedar Beach mini ride"
Billy Grosso (631)682-6604(H)
The last beach stop until spring. Leave out of the Sunshine Mall (#1). WE will bike to Cedar Beach for a rest stop. Deli pit or lunch stop depends on the group?? No go rain

Sat 9/13 9:00am 25mi/C-/R/F/S "Still time for the Beach"
Tricia Brandt (631)874-2686(H)
Meet in the parking lot across from Krieb Cycle in Bellport for a "It's still Summer" ride to Smith Point. Call 516-330-1542 morning of ride if weather is questionable.

Tue 9/16 5:45pm 15mi/C+/F/S "South Shore Ride - new fall start time"
Joe Matzelle (631)949-4458(H)
NOTE THE EARLIER START TIME. Meet at JFK school on Woodland Dr in East Islip. Ride through East Islip, Islip and Bay Shore. Lights and/or reflective clothing recommended. Check Message Board before 4:30 for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Wed 9/17 3:45pm 15mi/D/F/S "The return of Wednesday Wanderlust"
Linda Resnick (631)751-6237(H)
Meet at the Marshall's parking lot on Hallock Rd. (off Route 347) in Stony Brook. A leisurely ride through mostly flat areas of St. James and Stony Brook. Ride leaves no later than 4PM.

Thu 9/18 5:45pm 20-25mi/B/R/S "Karin's Moriches Ride"
Karin G. (631)885-2541(H)
Meet at the Waldbaum's shopping center (park all the way to the west-futhest from Wendy's). Flat/rolling depending on the route chosen. Likely a scenic ride to towards Eastport or Manorville. Bring a light. Food stop after the ride.

Thu 9/18 5:30pm 20mi/B-/H/S "Four Peninsula"
Paul Miklean (631)689-7186(H) (631)689-2489(W)
Meet at Stony Brook RR Lot (4). Stony Brook, Old Field and Setauket waterviews. Hilly. Check message board before 4:30PM for cancellation

Sat 9/20 9:30am 33mi/C-/F/S "Eastport zig-zag to Westhampton Beach"
Bob Miller 917-797-7873
Meet at Eastport KK (#7) at 9:30AM. Ride to Westhampton beach.

Sat 9/20 7:00am 103mi/Multilevel B+/A/F/U "Sunshine Mall to Water Mill (Dune Rd)"
Jack Steffens (631)669-4740(H)
Meet up at standard ride start location #1 (Sunshine Mall). The ride is unstructured but every effort will be made to keep the group together. There will be several deli stops. Cue sheets will be provided

Sat 9/20 8:00am 35mi/B+/R/S "Saturday run"
Pat Nett (631)286-6460(H)
Holtsville Ecology (#5) Center to Ridge.

Sat 9/20 9:00am 28mi/B-/H/R/S "Mystery spin low end B-13.1 average"
Billy Grosso (631)682-6604(H)
Leave out of the Sunshine Mall (#1). WE will bike 26 to 30 miles and stop somewhere for a bathroom pit stop. We can have lunch or get home early after the ride.

Sat 9/20 9:00am 25mi/C+/H/R/S "North Shore 3 Village Ride"
Bonnie Meyer (631)751-7018(H) (631)724-6900(W)
Meet at the North Entrance P Parking lot at SUNY Stony Brook (by RR Station) Ride to Setauket Harbor, Strongs Neck, Old Field Lighthouse, Cranes Neck & Stony Brook Harbor. Bring snack, home in time for lunch or stop at Golden Pear. No go if rain.

Sat 9/20 9:00am 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 9/23 5:45pm 15mi/C+/F/S "South Shore Ride - new fall start time"
Joe Matzelle (631)949-4458(H)
NOTE THE EARLIER START TIME. Meet at JFK school on Woodland Dr in East Islip. Ride through East Islip, Islip and Bay Shore. Lights and/or reflective clothing recommended. Check Message Board before 4:30 for cancellation. If cancelled, ride may be rescheduled for Wednesday.

Wed 9/24 6:00pm 17mi/C+/H/S "Wednesday Nite Roller Coaster Dinner Ride"
Barbara Abraham (631)265-0021(H)
Season Finale: Ride/Dine - Start Parking Lot north of Smithtown Library on North Country Road. First we ride - then we dine...and speak of all good things to come.

Wed 9/24 9:00am 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.

Wed 9/24 3:45pm 15mi/D/F/S "The return of Wednesday Wanderlust"
Linda Resnick (631)751-6237(H)
Meet at the Marshall's parking lot on Hallock Rd. (off Route 347) in Stony Brook. A leisurely ride through mostly flat areas of St. James and Stony Brook. Ride leaves no later than 4PM.

Thu 9/25 9:00am 20mi/B-/F/S "Holtsville to Bellport"
Barbara Braun (631)472-4061(H)

Meet me at the Holtsville Ecology Center (#5) for a nice morning ride to Bellport. We can have breakfast in town or at the beach. Group decides.

Thu 9/25 5:30pm 20mi/C+/H/S "Hills and Harbors"
Paul Miklean (631)689-7186(H) (631)689-2489(W)
Meet at Stony Brook RR Lot (4). Stony Brook, Mt. Sinai, Port Jefferson and Setauket Harbor views. Hilly. Check message board before 4:30PM for cancellation.

Sat 9/27 9:00am 47mi/Multilevel B+/A/H/U "Goat Ride"
Jack Steffens (631)669-4740(H)
Meet at standard ride start location #4. This ride is unstructured but every effort will be made to keep the group together. We will ride from Stony Brook to Kings Park. There will be a deli stop. Cue sheets will be provided.

Sat 9/27 8:00am 49mi/B+/R/U "Marty's ride"
Marty Thomassen (631)764-8898(H) (631)764-8898(W)
Meet at Pine Cinema (Location 8). We will head out east on the north shore to Manorville. There will be a Bagel Stop. There are shortcuts to do either 37 or 44 miles if wanted. This is unstructured but we will regroup as needed. Cue Sheets will be provided.

Sat 9/27 8:30am 37mi/B-/F/Show & Go/U
Meet at the Coram Pines for a loop decided by the group. Deli stop.

Sat 9/27 9:00am 35mi/B-/R/F/S "North Shore Meander"
Dick Cunningham (631)846-7825(H)
Meet at the Coram Pine Cinemas (#8) for a scenic ride through Harbor Hills, Setauket and Stony Brook. We will stop at a deli along the way.

Sat 9/27 9:00am 32mi/C-/F/S "Mystery ride Honest C pace"
Billy Grosso (631)682-6604(H)
Leave out of the Sunshine Mall (#1). We will bike somewhere for a deli lunch stop. We will not drop Bob Miller. No Go rain or drizzle Bob Miller.

Sun 9/28 8:00am 32mi/B+/F/S "Watch the Gaps"
Pat Nett (631)286-6460(H)
Ride from Sayville train station to Babylon train station

Sun 9/28 8:30am 40mi/B-/H/S "Stony Brook to Northport"
Steve Sendrowski (631)889-2242(H) (212)782-5675(W)
B-paced ride with some hills -- maybe we add a few of the "favorite" hills, if the group is so inclined. Start at Stony Brook RR station parking lot (#4 next to Getty on 25A). Food break in Northport harbor. Remember our goal is to be nice to the ride leader. No go if rain or temp under 30.

Sun 9/28 9:00am 34mi/B-/R/S "Manorville to Bagel Lady"
Gordon Howard (631)878-1716(H)

Meet at the Manorville King Kullen LIE exit 70 south 1/2 mile on CR 111 on the right. There will be a lunch stop. No Go Rain. Questions call home or cell 631-484-1650.

Tue 9/30 5:45pm 15mi/C+/F/S "South Shore Ride - new fall start time"

Joe Matzelle (631)949-4458(H)

NOTE THE EARLIER START TIME. Meet at JFK school on Woodland Dr in East Islip. Ride through East Islip, Islip and Bay Shore. Lights and/or reflective clothing recommended. Check Message Board before 4:30 for cancellation. If cancelled, ride may be rescheduled for Wednesday.

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Cycling Techniques

Reprinted from travel.state.mt.us

It is essential that you develop a smooth, straight form while riding. Cyclists who weave all over the road are dangerous to themselves and to others. Practice these skills:

Steering. It is likely that you have been riding a bicycle for years, and that your sense of balance is well developed. Remember that a bicycle with a camera-laden handlebar bag and possibly panniers will handle differently. Don't trust to luck. Put your panniers and handlebar bag on your bicycle, and load them with

weight equivalent to what you'll be carrying on your ride. Then find a straight line on a little-used road or in a deserted parking lot, and practice.

One thing you'll want to do on any ride is to keep an eye on what's happening behind you. If you're like most people, the bicycle will automatically veer to the left or right as soon as you turn your head to look back over your shoulder. Learn to anticipate this sudden change in course, and correct for it. Placing your hands far apart on the handlebars will give you more steering stability for a quick turn-around and glance. Small mirrors that attach to caps, helmets, or glasses are readily available and are highly recommended.

Steering a bicycle is accomplished by both turning the handlebars and leaning the body. Don't make abrupt steering movements, especially on down hills or on slippery surfaces such as wet asphalt or gravel. Loss of traction is all too easy with the thin tires used on touring bicycles. The wider mountain bike tires fare better, but you can still find yourself quickly unseated from rapid steering movements.

Be careful not to pedal when leaning sharply into a turn; a pedal or toe clip could catch on the pavement and result in a tumble. Also avoid shifting in turns -- the forces and counter forces involved in shifting in a curve could tax anyone's equilibrium.

Cadence and gearing. The system of gears found on multi-speed bicycles lets you choose different pedaling rates, or cadences. Spinning your pedals in too low a gear is very tiring, and results in choppy, wobbly riding. A laborious, grinding cadence in too high a gear (a more common error) also results in instability, and is a primary cause of knee problems for many cyclists.

Skillful riders often use a brisk, steady cadence of 65 to 80 pedal revolutions per minute. Your choice of cadence may vary from this average, but your steady, even style should not. You may choose to start at a lower cadence of, say, 50 rpm, and gradually work up to a cadence that is comfortable over long distances.

Use the number of gears at your disposal religiously to maintain constant cadence over varying terrain. Avoid jumping from very high to low gears too quickly when trying to maintain cadence. You'll only lose your momentum. One trick used by some cyclists is to choose a gear combination that they feel they could maintain over a given headwind or terrain situation, and then click down to the next lowest gear. This slightly easier gear can then be easily maintained, even allowing for minor terrain changes or headwind gusts.

Braking and emergencies. A cardinal rule of bicycling is to brake before you have to. This especially relates to curves and down hills. Brake just before getting

into a curve; then, if you need to reduce your speed further, brake gently with the rear brake while in the curve. Always apply brakes evenly; do not slam on both brakes, and never slam on just the front brake.

On down hills, many cyclists make the mistake of waiting too long before they start braking. A bicycle – especially one loaded with equipment – can pick up speed with surprising swiftness. Loose gravel or rocks, vehicles, cattle guards, and other obstructions can come up quickly at 40 or 50 mph.

Keep your body in an upright position on steep down hills. This will provide increased wind resistance and help to slow your speed. Brake in a rhythmic on-again-off-again pattern, holding the brakes on for a few seconds, and then releasing them. Continuous braking will glaze the surface of the brake pads and heat the rims, resulting in a partial or complete loss of braking power. On long downhill stretches where you feel you must brake continuously, it is a good idea to stop frequently to allow the tire rims to cool. Failure to do so can result in actually blowing the tire off of the rim as the heated air within the tire expands.

Emergency braking is a very important technique. It involves three actions that must be performed as one continuous motion. To brake rapidly, (1) shift your weight toward the rear of the saddle, while (2) moving your hands onto the brake handles and (3) apply firm even pressure to both brakes. Practice this technique both with and without equipment on the bike, on level and down-hill surfaces.

Ankling. This technique – more useful for the road cyclist than for the off-road cyclist – allows you to distribute your effort evenly over most of the pedal revolution, increasing riding efficiency and smoothness. Ankling makes full use of the ankle and leg muscles, because you are pulling up on one pedal while pushing down on the other. Toe clips and straps, or quick-release pedals locked into your cycling shoes, are a must for ankling.

In normal pedaling, the foot applies downward thrust from about the two o'clock to the six o'clock position (viewed from the right side of the cranks). Then the foot, still parallel to the ground, rides the pedal as dead weight from the six o'clock position back to about the 1 o'clock position, where another power stroke begins.

In ankling, the foot pivots at the ankle joint from a toes-up position at 12 o'clock to a toes-down (with reference to the ankle) attitude at the six o'clock position. The ankle then swings the foot back up to a toes-up position while the pedal moves from six o'clock to 12

o'clock. The ankle and leg muscles are all pulling up on the pedal during the second half of the cycle.

At the top both the stroke (12 o'clock), the foot is again in a toes-up position, ready to apply downward trust on the pedal. Of course, the opposite foot just starting to pull the other pedal upwards at this moment. Thus, you have immediate power at the top of each stroke, and increased efficiency because you aren't pushing the other foot as dead weight through half of a power stroke.

LAIID-BACK CALIFORNIANS

Recumbent bicycles may not be for everyone, but you'll find that a lot of those who ride them promote and defend their attributes with tremendous zeal and fervor. For one thing, they say, recumbents are great for people who've suffered injuries to their backs, necks, and other, more sensitive, parts of the body. Take, for example, former recumbent skeptic Gary Souza of Sacramento. About a decade ago, due to a rupture in the area of his rear end, Souza was told by his doctor to stay off bicycles for a year. But for Souza, an avid, high-mileage cyclist, that was unthinkable. "He had seen a few quirky souls, mostly aging baby-boomer men, on the road, pedaling away on what seemed like a modified Barcalounger," writes Sam McManis of the McClatchy Newspapers. "These guys always drew snickers from the serious cyclists. But Souza was desperate to ride." So, he got a recumbent--and he hasn't looked down from the seat of a standard diamond-frame bike since.

Bike Bits Vol. 10, No. 13, July 2, 2008

League Supports Gas Price Relief Efforts

The League is encouraging support for the latest Congressional effort to provide relief from high gas prices: Congressman Blumenauer's Transportation and Housing Choices for Gas Price Relief Act (H.R. 6495). "This legislation combines several proven strategies to promote transportation choices that save people money, reduce our dependence on foreign oil, and help tackle the national obesity epidemic and global warming all at the same time," said Andy Clarke, president of the League.

"We've seen over the past few months that Americans are ready and willing to get on their bikes and ride – and with a little more encouragement, even greater numbers can gain the benefits and re-discover the joys of bicycling." In addition to supporting this legislation, the League has launched a new section of its website, www.bikeleague.org, to offer advice and assistance to people returning to bicycling or bicycle commuting after many years out of the saddle. "Millions of Americans are dusting off their bikes and riding again," said Clarke. "We want to make sure they have a safe and enjoyable ride." Resources include a 7-minute safety video, tips and presentations on bicycle commuting, and information on safety and skills training offered by the League's 1,200 certified instructors.

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

Name

Address

Newsletter via e-mail link (Standard)
 Newsletter via first class mail (\$10.00/year fee)

Join Suffolk Bicycle Riders Association!

Become part of Suffolk's largest bicycle club. Standard membership provides electronic delivery of our Rolling Wheels newsletter, participation in club sponsored events, and local bicycle shop discounts. Standard membership dues rates are currently **\$20.00** for individuals and **\$25.00** for a family in the same household. The newsletter is also available via first class mail for an added fee of \$10.00 per year. **Please** check your preference in the box above. Complete the membership application and be sure to update any new information; **include your e-mail address** (even if you wish to receive the newsletter via 1st class mail). List all family members' names so that each can be issued a membership card. Be sure to include the proper dues.

Since our greatest expense is postage, we ask that you **include a self addressed stamped envelope** to insure that you receive your membership card. Printing out this form NOW will help you to remember to apply.

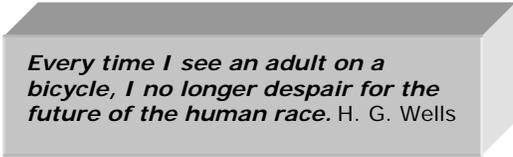
Our club runs on volunteers. You can help the club become an organization you want to belong to ... volunteer for a committee or lead a ride. SBRA is what you make it.

See you on our rides!

Sincerely,

Norm Samuels

Membership Chairman.



SBRA Membership Application

<http://www.sbraweb.org/>

Renewal	Reinstatement	New Member	
First Name	Last Name	Date Of Birth	Bike-Boat-Bike and Guide Dog Ride are SBRA's volunteer supported events. Check off a box and show up to support these activities: <input type="checkbox"/> Work a Waterstop <input type="checkbox"/> Mark a Route <input type="checkbox"/> Registration <input type="checkbox"/> Help Park Cars <input type="checkbox"/> Drive/Assist a Sag Wagon <input type="checkbox"/> Drive Supply Truck <input type="checkbox"/> Help At Ride Closeout
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			Annual Dues Are: \$20.00 individual, \$25.00 family Make check payable to SBRA and mail to: SBRA c/o Norm Samuels 11 Pine Street Port Jefferson Station, NY 11776 PLEASE INCLUDE A SELFADDRESSED STAMPED ENVELOPE FOR MEMBERSHIP CARD

**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:

- 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 agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
- 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.
- 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 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.

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. Signature Of Primary Applicants	Date
I Have Read This Release. Sign and print name & birthday of other family applicants not listed above	Date



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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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