



Rolling Wheels

April 2008 - Volume 31 / No. 4

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

Cross Training can make a huge improvement in your cycling performance and overall fitness

Riding a bike using proper techniques usually works just the lower half of your body. And even those muscle groups getting all the action are developed in some pretty specific ways. I love riding my bike; chances are that you love riding your bike, too, just by virtue of the fact that you're reading this article. But the truth is, if you really want to help yourself and your body, cross-training is not only a good idea, it's a necessity.

Cross-training means using other activities and exercises to enhance aspects of your physiology that your main workout doesn't hit. Cross-training offers a number of benefits including injury prevention, burning calories, increasing endurance and simple rejuvenation from the joy you may experience in taking part in something new. Here are a couple of activities that have helped me maximize myself as a cyclist.

Running has helped for several reasons; it's a powerful lower-body exercise that works many of the same muscle groups as cycling, so it is a great enhancement to existing leg strength. However, at the same time, running also develops to some degree the upper-body muscle groups that get ignored for the most part when you're busy pushing pedals on the bike, such as the upper back, upper arm and shoulder muscle groups.

For me, running is a much more physically demanding exercise in terms of cardiovascular output. Because of this, you can use running to enhance your endurance and ability

www.SBRAweb.org

to keep your wind on the bike. Last year I ran about 10 mile per week (April-September) and it was amazing to me how much stronger I became on the bike.

Additionally, the winter season means skiing. This is a good choice for cyclists as a cross-training exercise because the squatting motion used while skiing is similar to pushing up-and-down motion of the cyclist's pedals. That means you'll be working the some of the same major muscle groups but with variations that will strengthen some associated muscle groups. Skiing in particular works your quadriceps (thigh muscles) and gluteus (buttocks) which are major sources of power in your legs.

There are also many exercises that can be done in the weight room that will be beneficial to you on your bike, making you stronger and faster. Some that are particularly effective include: The Leg Press, Calf Raises, Hamstring Curls, Leg Extensions and Squats.

There are a multitude of activities that are available to enhance the sports we enjoy by simply participating in other activities we enjoy. These are all great activities to do in conjunction with your regular cycling regiment, Cross-training. Find your niche and stay active.

Have Fun and ride safe!

Gregg Eisenstein
President - SBRA

APRIL'S MEETING
Thursday, April 3, 2008
7:30 p.m.
PIZZA PARTY

Join us for an exciting program
New Village Recreation Center

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: Michelle Dittmar/277-5226
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 Burluik / 589-7400
RIDES STATISTICIAN: Joe Matzelle
SUNSHINE: Bruce Presner / 476-3923
WEBMASTER: Dan Mussler

For Newsletter Non-delivery or Address Change 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

Kathleen Berger -	Hicksville
Lee & Jean Jacobsen -	E. Islip
Jane Kreiling -	Mattituck
Jeffrey Martin -	Dix Hills
Dan Monk -	Port Jefferson
Sherri Nixon -	Nesconset
Laurie Seguin -	Lake Ronkonkoma
Tim & Pat Shea -	Bayshore
Bruce Texeira -	Mount Sinai
Mark Wagner -	St. James
Lawrence Zweibel -	Dix Hills

Norm Samuels

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Minutes - Meeting

The meeting was called to order on March 6, 2008 @ 7:40 PM. There were 40 members present.

Eve and Ken were the two new members present at the meeting. Welcome.

The minutes of the last meeting were accepted as read.

Joe Matzelle stated that the budget as of March 31, 2008 was \$22,767.17. There were to be no major expenditures this month. Joe then switched his hat and stated that the club's total miles so far were 3149.

Joe Cohen stated that we still need a SAG for the Montauk Century, If you would like to help out please contact Jeff Cohen. Jeff also spoke about preparations about Bike-Boat- Bike.

Fred, the BBB chairperson, informed us about needing volunteers, but other than that, things are “rolling along”. Deadlines were being met and paperwork was getting completed. Team leader positions need to be filled. Contact Susan Sherman, our Vice President, OR Fred if you would like to help for this wonderful, fun filled event.

Pat Brennan, our Bike Advocate, spoke about the possibility of SBRA sponsoring two memberships which would enable us to get information on the L.A.B. web site.

He also was kind enough to donate a Chris Carmichael book for the 50-50 raffle.

Norman Samuels, Membership, informed us that we have 641 Active Members, 121 Active families and 9 new members. Great. The club’s reputation for having a laid back, fun loving group is continually expanding.

Barbara Braun is now taking orders for a 2nd bike clothes order. She would like to put the order in next week. Contact her as soon as you can. I have been on rides where we have a huge club presence all wearing the club jersey and quite honestly it looks really cool. Buy it - and Wear it with pride !

Scott, our former VP, asked the club for a donation for a bike ride he is doing to help handicapped people. The ride is 100 miles long and is in Boston. You can log on to www.hpchallenge.org to make donations. Henry Schmidt suggested that the club donate \$75.00 to help Scott’s cause, Hava Samuels seconded the nomination. Thanks Scott for doing something so unselfish. There are many people out there who will thank you for your kind efforts.

Our Webmaster, Dan Mussler, told us that we had some technical difficulties but he mightily got the web site up and running once again. He upgraded the software and we are back in business. Way to go Dan!

Bruce Presner, Mr. Sunshine, regretfully informed the club that Barbara and Robert Braun’s mother passed away. Cards and a fruit basket were sent from the membership. Narine Ramloggin recently underwent bypass surgery. We wish Narine a speedy recovery. His bicycle misses him, as we all do,

Ira Marder was on a training ride and he stopped because he was feeling “woozy.” He has and is going to specialists to determine the cause and protocols to take for the future. Please take care of yourself Ira.

Mike Webber spoke about our “ANNUAL BOWLING NIGHT” on March 22nd, Contact Mike for details. Come on down to the Sayville Bowling Alley to “see” what your fellow bike riders look like with “real” clothes on ;)

The 50- 50 was won by Jeff Cohen, He won \$38.00. Fred won the Chris Carmichael book generously donated by Pat Brennan. The business end of the meeting was finished by 8:10.

Gary from Rocky Point Cycles gave a very friendly and informative lecture on tools to bring on your bike. He also gave lessons on how to change a flat. Changing a flat is one technique that we should all master. Thank you Gary, for all the years you have supported our club. A job well done.

Respectfully submitted. Recording Secretary in absentia.

Bruce Presner

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.

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Ride Leader Seminar/Training April 24

Attention all riders

We are going to have a seminar for all riders and all ride leaders to exchange ideas on what makes a good ride because rides is what we do. Please come and participate if you don't, don't complain about the ride you are on. We need your input, we will also will do some training for the "want to be" ride leader.

*Gordon Howard 631-878-1716
fortescu@optonline.net*

4/08 Special Events Calendar Gordon Howard 631-878-1716

April

24 SBRA Ride Leader Training
Gordon Howard 631-878-1716

May

4 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 2007
www.pedal4medals.org

July

? 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
Herb Krieger 631-473-5697
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

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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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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.

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Matzelle (223), Costa Triculis (215), Bob Miller (193), Tom Zanatta (192), Bonnie Vulin (174), Linda Resnick (164), Alan Yancovitz (162), Dick Cunningham (157), Steve Sendrowski (154), Fred Itkin (143), Dan Rogers (130), Henry Schmidt (100).

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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**2007/08 Ride Statistics (Nov 07 - Feb 08)
 as per ride information received by 3/6/08**

Number of ride leader credits: 30
 Total club miles: 8149

Ride Leaders: Billy Grosso (9.5), Pat Nett (4), Steve Sendrowski (3), Bob Miller (3), Joe Matzelle (2), Norm Samuels (1), Anita Risener (1), Bruce Presner (1), Bill Pope (1), Fred Itkin (1), Ron Goodstadt (1), Marianne Galati (1), Barbara Abraham (1).

Mileage Leaders (over 100 miles): Bill Pope (566), Ron Goodstadt (404), Dennis Jackson (340), Pat Nett (309), Billy Grosso (247), Joe


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Swiezy's Easy Montauk Railroad Century Memorial



Time: 7:00 am
Date: Saturday, May 10, 2008
Place: Babylon Train Station

Join the Suffolk Bicycle Riders Association for Long Island's premier 100 mile ride.

All riders receive snacks and a comfortable ride back to Babylon on the LIRR. Bicycles are individually padded by our experienced club members and returned to Babylon by moving van.

Registration is by check only and must be accompanied with a signed entry form. Early Registration fee is \$20 and must be postmarked by April 21th. The regular entry fee is \$25. No checks will be accepted after May 1th. There is no day of event registration. SAG service will be limited: If you have never done a long ride please have an alternate ride home.

Due to insurance rules, SBRA membership is now required.

NAME _____
Print Clearly

MAILING ADDRESS _____

TELEPHONE _____ **E-MAIL** _____

TO ENTER: Fill out the information above, sign the waiver below, include a non-refundable check made out to SBRA and mail to Anna K. Seda, P.O. Box 926, Upton NY11973. Call Anna at 631 793-4551, Christine Marino at 631 471-2081 or 516 578-8478 or visit us at www.sbraweb.org for further information.

**LEAGUE OF AMERICAN BICYCLISTS (LAB)
 SUFFOLK BICYCLE RIDERS ASSOCIATION (SBRA)
 RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT**

IN CONSIDERATION of being permitted to participate in any way in Suffolk Bicycle Riders Association ("SBRA") sponsored Cycling Activities, I for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Cycling 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 travelling 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 in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the SBRA, 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 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 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.

Signature of registrant _____

(Or parent if under 18) Parent or Guardian must accompany anyone under 18 years of age.



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 April

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.

Tue 4/1 5:45pm 15mi/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 cancelled, ride may be rescheduled for Wednesday.

Thu 4/3 9:15am 20mi/B/S "(#5) ecology center"
pat nett (631)286-6460(H)
mid week stay in shape

Sat 4/5 9:30am 35mi/B/R/S
Lili Burluik (631)673-7946(H) (631)589-7400(W)
Meet at the Coram Pines *(8) for a loop to Wading River. Short deli stop. Check message board for ride update.

Sat 4/5 9:30am 36mi/C+/R/F/S ".Polar Bear ride"
Billy Grosso (631)682-6604(H)
Leave out of the Sunshine Mall (#1). We will bike 30 to 42 miles with a deli lunch stop. distance and terrain depends on the group and weather. no go rain snow or icy roads or temps or wind chills below 28F.

Sat 4/5 9:30am 15mi/D/F/S "Center Moriches Meander"
Bob Miller 917-797-7873
Meet at (Waldbaum?/King Kullen?) Mall Parking lot at Long Neck Blvd. and Montauk Highway in Center Moriches for slow introduction ride.

Sat 4/5 1:30pm 15mi/D/F/S "Eastport Meander"
Bob Miller 917-797-7873
Meet at Mall parking lot (#7) at Montauk Highway and Eastport-Manor Road in Eastport.

Sun 4/6 8:30am Multilevel Century Training Rides
Start location *(2) Ronkonkoma LIRR. Deli stop, bring snacks. See article at top of schedule for more info and check the message board for weather updates, changes, etc.
"B+/A": [50mi] Glen Cochrane (631)689-8027(H)

"B": [50mi] Bruce Presner (631)476-3923(H) (516)481-6640(W)
"C+": [50mi] Dan Mussler (631)821-2219(H)

Tue 4/8 5:45pm 15mi/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.

Sat 4/12 9:00am 34mi/Multilevel B+/A/R/U "Sunshine to Ridge"
Dennis Jackson (631)878-0184(H)
Bring out your fast bike and meet at the Sunshine Mall (#1) for a pacerline ride out to Ridge and back. Although an unstructured ride, we will have several wait-up points on the ride. Possible short stop near mid point of ride.

Sat 4/12 10:00am 32mi/B/H/R/S "Bloomin' Trainin' to Cedar Beach"
Anita Risener (631)331-8595(H)
Meet at Pine Cinema *(8) for a somewhat hilly ride to start training for the Bloomin' Metric. Bring snacks, no formal lunch stop but we will pass a deli before the beach.

Sat 4/12 9:30am 36mi/C+/R/F/S ".Polar Bear ride"
Billy Grosso (631)682-6604(H)
Leave out of the Sunshine Mall (#1). We will bike 30 to 42 miles with a deli lunch stop. distance and terrain depends on the group and weather. no go rain snow or icy roads or temps or wind chills below 28F.

Sat 4/12 9:30am 42mi/C/F/S "Jamesport to Greenport"
Bob Miller 917-797-7873
Meet at Jamesport Community Center at South Jamesport Ave. and Main Street (Route 25) in Jamesport.

Sun 4/13 8:30am Multilevel Century Training Rides
Start location *(2) Ronkonkoma LIRR. Deli stop, bring snacks. See article at top of schedule for more info and check the message board for weather updates, changes, etc.
"B+/A": [60mi] Glen Cochrane (631)689-8027(H)
"B": [60mi] Bruce Presner (631)476-3923(H) (516)481-6640(W)
"C+": [50mi] Joe Matzelle (631)949-4458(H)

Tue 4/15 5:45pm 15mi/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.

Thu 4/17 7:00pm 8mi/B/R/Mtn/S "Full Moon Ride!"
Norm Samuels (631)928-3913(H) (631)262-8353(W)
The sun will be setting just as we kick out of the parking lot @ Calverton. Maybe some black diamonds. 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

Thu 4/17 9:15am 20mi/B/S "(#5) ecology center"
pat nett (631)286-6460(H)
warm up for the weekend.

Sat 4/19 10:00am 34mi/B/H/R/S "More Bloomin' Trainin"
Anita Risener (631)331-8595(H)
Meet at Movieland Cinema *(8)for a moderate B ride, some flat with a few hills to train for the Bloomin'Metric. Destination to be determined. Bring snacks; no formal lunch stop.

Sat 4/19 9:30am 40mi/C+/R/F/S "Polar Bear ride last 9:30 AM Start time"
Billy Grosso (631)682-6604(H)
Leave out of the Sunshine Mall (#1). We will bike 35 to 42 miles with a deli lunch stop. I am closing down the SBRA Polar Bear division until November 08. No go rain Snow or Icy roads or temps or wind chills below 30F.

Sat 4/19 9:15am 20mi/D/R/S "(#5) ecology center"
pat nett (631)286-6460(H)
start to get in shape for the summer.

Sun 4/20 8:00am Multilevel Century Training Rides
Start location *(2) Ronkonkoma LIRR. Deli stop, bring snacks. See article at top of schedule for more info and check the message board for weather updates, changes, etc.
"B+/A+": [70mi] Glen Cochrane (631)689-8027(H)
"B+": [70mi] Bruce Presner (631)476-3923(H) (516)481-6640(W)
"C+": [55mi] Joe Matzelle (631)949-4458(H)

Sun 4/20 9:00am 35mi/B/R/S "Manorville or bust"
Henry S. Schmidt (631)981-9496(H)
Start at the CVS shopping Center on Hawkins Ave.in Ronkonkoma at the North end of the parking lot. Located just south of Smith St. at Five Corners. Ride to Manorville with stop for breakfast. Honest "B" pace. Check message board if weather is questionable.

Sun 4/20 9:30am 35mi/C/F/S "Riverhead to Cutchogue"
Bob Miller 917-797-7873 (631)000-0000(H)
Meet in downtown Riverhead by the waterfront in back of Main street dinosaur place.

Tue 4/22 5:45pm 15mi/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 cancelled, ride may be rescheduled for Wednesday.

Wed 4/23 6:00pm 12+mi/C+/H/S "WedNite NorthShore RollerCoaster Rides"
Barbara Abraham (631)265-0021(H)

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

Fri 4/25 9:00am 30mi/B-/R/S "Start the weekend early"
Joe Matzelle (631)949-4458(H)
Meet at Holtsville Ecology Park *(5). Route to be determined. Bring snacks, no deli stop. Check Message Board before 8:00am for cancellation.

Sat 4/26 9:30am 23mi/B/H/S "N2SBC Warmup"
Lili Burliuk (631)673-7946(H) (631)589-7400(W)
Meet in the Stony Brook RR lot next to the Getty (start location #4) for a loop through the hills. I'll lead at an easy B pace, no stops so bring a snack if you need one. Check the message board for ride update.

Sat 4/26 9:00am 42mi/C+/H/R/F/S "Just Ducky View the IL Sound Combo ride"
Billy Grosso (631)682-6604(H)
Leave out of the Sunshine Mall (#1). new (9:00 AM spring start time. WE will bike to Wading River for a deli Lunch stop. WE will bike back through Manorville. NO go rain or drizzle rain.

Sat 4/26 9:30am 42mi/C/F/S "Mattituck RR Station to Orient State Park"
Bob Miller 917-797-7873
Meet at Mattituck RR station. Remind me to get lunch BEFORE biking into the park - at the place where they don't use English.

Sun 4/27 8:00am Multilevel Century Training Rides
Start location *(2) Ronkonkoma LIRR. Deli stop, bring snacks. See article at top of schedule for more info and check the message board for weather updates, changes, etc.
"B+/A+": [70mi] Glen Cochrane (631)689-8027(H)
"B+": [70mi] Bruce Presner (631)476-3923(H) (516)481-6640(W)
"C+": [65mi] Dan Mussler (631)821-2219(H)

Tue 4/29 5:45pm 15mi/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 cancelled, ride may be rescheduled for Wednesday.

Wed 4/30 6:00pm 15mi/C+/H/S "WedNite NorthShore RollerCoaster Rides"
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.

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

April 24
April 27
May 4
May 10
May 18
May 21
May 23-26
June 1
June 8
June 14
June 25-29
July 13
July 27
July 24
Sept 6
Sept 20-21
Sept 28
Jan 31, 2009

2008 Cycling Events

SBRA Ride Leader Training, email for info: [Safety and Education](#)

Kiwanis Club Ride - [Nassau to Suffolk Bicycle Challenge](#)

Five Boro Tour - www.BikeNewYork.org

SBRA Sweizy's Easy Memorial Montauk RR Century - [SBRA](#)

Bloomin Metric - [Sound Cyclists](#)

Ride of Silence - [Remember The Cyclists We Lost](#)

Kent County - [Spring Fling](#)

SBRA Bike Boat Bike - [SBRA](#)

Mansion Ride for Autism - [Mansion Ride](#)

Tour De Cure - Tour.Diabetes.org

Pedals for Medals - [Special Olympics Ride](#)

SBRA Picnic [SBRA](#)

Harlem Valley Rail Ride - www.BikeNewYork.org

Tour de Putnam - www.VisitPutnam.org

Montauk We Hope Bike Tour - www.MontaukWeHope.org

Tri-State Seacoast Century - www.GraniteStateWheelmen.org

Twin Lights Ride - www.BikeNewYork.org

SBRA 2008 Awards & Holiday Party

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Sport fit, Loose Fit and Women Sizes available.

Shorts, Long Sleeve Shirts, Jackets to be Available



- I prefer to receive my newsletter via first class mail
 I prefer to receive my newsletter via e-mail

Dear SBRA Member,

It's that time again. Your membership is about to **EXPIRE...** Yearly dues are currently **\$20.00** for individuals and **\$25.00** for a family in the same household. The newsletter is available via either first class mail or E-mail (in PDF format). Please consider receiving the newsletter via E-mail as postage is one of our highest expenses. Check your preference in the box above. Please 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 receive your membership card. Cost prohibits us from sending any other notice, so take a moment to **RENEW NOW.**

Our club runs on volunteers. If you haven't already done so, volunteer for a committee or lead a ride. SBRA is what you make it.

See you on our rides!
Sincerely,
Norm Samuels
Membership Chairman.

Your membership expires
at the end of *next month*



SBRA Membership Application

Renewal Reinstatement

WWW.SBRAWEB.ORG

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	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
First Name	Last Name	Date Of Birth		
Street Address	E-Mail Address			
City	State	Zip		
Evening Phone <u>With Area Code</u>	Day Phone <u>With Area Code</u>			
() -	() -			

**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) 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 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.
- 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 inaction's, the actions or inaction's 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.
- HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO IDEMNIFY AND SAVE AND HOLD HARMLESS the Suffolk Bicycle Riders Association, the LAB, their respective administrators, directors, agents, and employees, other participants, and sponsors, advertisers, and, if applicable, owners and leasers of premises on which the Activity take 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.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANSIAL 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. (1-1996)

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



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- YAKIMA
- And much more

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Stony Brook, NY 11790
631-689-1200
www.CampusBicycle.com

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 rdressle@suffolk.lib.ny.us.

Thank you,

Rona Dressler
Editor



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