



ORGANIZED 1977

Suffolk Bicycle Riders' Association Monthly Newsletter

Rolling Wheels

January 2009 - Volume 32 / No. 1

Member Paumonok Bicycling Advocacy

www.SBRAweb.org

GEAR UP WITH GREGG

Has anyone ever told you to go play in traffic? Here's the way Joe Lindsey recommends playing in traffic!

Sharing the road with your four-wheeled brethren doesn't have to be scary. You just have to know the rules.

Traffic may be nerve-racking to ride in, but it doesn't have to be a scene from Death Race 2000. To get from point A to point B in one piece, remember: Don't trust turn signals until drivers turn, don't assume motorists see you, and don't assume they know the rules of the road. Below are five skills, from easy to advanced, that will get you through the four-wheeled zoo legally and safely.

Beginner

Signal With Your Hands: Left arm straight out for a left turn; left arm bent up at a 90-degree angle for a right turn; left arm down at a 90-degree angle to signal a stop. Most drivers also accept a right arm straight out to signal a right turn.

Right Place, Right Time: State laws require that cyclists ride as far to the right as practicable. Exceptions are left turns, avoiding obstacles (such as car doors--see below) and traveling at the speed of traffic, when you're allowed to take up an entire lane.

Intermediate

Don't Get Doored: To avoid getting clothes lined by some chucklehead who throws open a car door, do this: On a road that's lined with parallel-parked cars, take up more of the lane; assume a person sitting in the driver's seat will open his/her door, look over your left shoulder to check that traffic's clear and give the car a wide berth; and look at wheels--if they're turned

toward traffic, be prepared for the car to pull out in front of you.

Read Lights: Stay clear of traffic by staying ahead of it. Watch the signal lights on cross traffic. When they turn yellow, roll forward slowly and clip into your pedals, then jump ahead before the drivers hit the gas. You'll probably beat them to the next red light.

Advanced

Turn from the Center Turn Lane of a Two-Lane Road: Fifty yards before the turn, from your spot on the right shoulder, look behind you to see where the cars are. Accelerate to traffic speed or as close to it as you can. Twenty-five yards before, identify two cars you'll merge between, signal and merge, drafting slightly off the lead car. Look left again, signal and move into the turn lane, staying to the center or right third of the lane. Check oncoming traffic and make the turn. Go to <http://www.nysgtsc.state.ny.us/bike-ndx.htm> to find out further information.

Have Fun and ride safe!

Gregg Eisenstein
President - SBRA

January Meeting

Thursday January 8, 2009

7:30 PM

New Village Recreation Center

SBRA meetings are held on the 1st Thursday of each month. At New Village Recreation Center in Brookhaven. Located near the intersection of Wireless Road and Hawkins Road East of Nicolls Road (CR97).

2008 EXECUTIVE COMMITTEE

PRESIDENT: Greg Eisenstein 516-383-1485
VICE-PRESIDENT: Bob DeVito/745-2282
TREASURER: Joe Matzelle/273-3578
RECORDING SECT: Dave DiRoma/821-7598
CORRESPONDING SECT: Nick Ambrosino/516-313-5800
DIRECTOR / Social: Mike Warner/727-1218
DIRECTOR / Ed & Safety: Gordon Howard/878-1716
DIRECTOR / Advocacy: Paul Miklean/689-7186
DIRECTOR / Rides: Bill Pope/475-4531

2008 CHAIRPERSONS

ADVERTISING: John Gennarella
BIKE-BOAT-BIKE: Sue Sherman/473-4732
GRAPHIC DESIGNER: Jim Deerfield/724-6401
GUIDE DOG RIDE: Jeff & Brenda Meyer/471-2129
LIBRARIAN:
REFRESHMENTS: Sue Sherman/473-4732
MEMBERSHIP: Norm Samuels/928-3913
MONTAUK CENTURY: Jack Steffens & Peter Olivieri
NEWSLETTER: Rona Dressler / 751-2135
PUBLIC RELATIONS: Phil Enright / 664-3151
QUARTERMASTER: Jack Steffens
RIDE COORDINATOR: Bill Pope/475-4531
MAPS & CUE SHEETS: Lili Burliuk
RIDES STATISTICIAN: Joe Matzelle
SUNSHINE: Bruce Presner / 476-3923
WEBMASTER: Percy Zahl

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

is printed by:
Professional Printing Services
1315 Middle Country Road
Centereach, NY 11720
451-0111
Fax: 451-0774

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.

New Members

John Killelea	Northport
Art Searle	Lake Grove
Ann Searle	Lake Grove
Betty Tufariello	Mt Sinai
Domenique Tufariello	Mt Sinai
Sofia Tufariello	Mt Sinai
Angelo Tufariello	Mt Sinai

Total Members: 665 Total Families: 112
New Members: 7 new members (2 families)
Norm Samuels, Membership Chair

The
BICYCLE PLANET

540 Jericho Turnpike . Syosset . NY 11791

Assos . Bontrager . Burley . Castelli . Chariot . Dahon . DeRosa
Diamondback . Easton . Electra . Felt . Fisher . Fizik . Giant
Guru . Haro . Kettler . Klein . Kona . Lemond . Mavic . Orbea
Pearl Izumi . Pinarello . Raleigh . Seven . Specialized . Trek

We Offer...

- Professional Bicycle Fitting
- Custom Bicycles & Framesets
- One Year Free Service
- Free Assembly
- 30 Day Price Guarantee
- Delivery Service
- Rentals

NEW

- 0% Financing
- 3 & 5 Year Extended Warranty Plans

NY's Largest Selection of Clothing!
Cycle, Spin, Tri, Run,
Fitness & More!

www.TheBicyclePlanet.com 516-364-4434

THE NORTH SHORE COMPLETE BICYCLE CENTER
EXPERT REPAIRS ACCESSORIES CLOTHING

ROCKY POINT CYCLE

664 ROUTE 25A,
ROCKY POINT, NY 11778
www.rockypointcycles.com (631) 744-5372
YOUR MOUNTAIN BIKE HEADQUARTERS



Some day, I want to be just like him...

Help me grow up to be a guide dog



The Guide Dog Foundation is looking for special people to join our family of puppy raisers. Won't you open your heart and home to start a puppy on its career as a guide or service dog?

1-866-282-8046

www.guidedog.org

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.

January Birthdays

Ruth Abrams, Mary Lou Beldy, Michael Beukelaer, Barbara Braun, Robert Carlson, Frank Fumelli, Anthony Gulotta, Robert Hawkins, Gordon Howard, Nicholas J Kunda, Larry Leschen, Janet Mazzola, John McGrath, Howard Metzger, Ross Moore, Joan Nolan, Narine Ramlogan, James R. Riordan, Kristian Saether, Michael Schwenk, Maria Zacharoff

LONG ISLAND BICYCLES, INC

- BMX Bicycles • Mountain Bikes • Road Bikes
- Tricycles/Baby Trailers • Skateboards/Sneakers
- Helmets/Accessories

Free Assembly & Service
Bicycles Sales • Service • Repairs

Over 500 Ready To Ride Bikes On Display

www.longislandbicycles.com
318 E. Main St., Patchogue

BIG BMX/SKATE CLOTHING DEPARTMENT

631-758-2926

MEETING MINUTES December 5th, 2008

I. Call to order - the meeting was called to order by Vice-president Sue Sherman at 7:30 PM. 40 members and guests were present.

II. Acceptance of Minutes - the minutes of the November 6th meeting were accepted as published in the newsletter.

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

IV. Reports

A. Statistician (Joe Matzelle) - a total of 5,282 club miles have been ridden by members since the beginning of the current ride year (November 1st). A complete report will appear in the newsletter.

B. Sunshine (Bruce Presner)- Bruce has sent get-well cards to Peter Oliveri, Judy Onorato and Robin Shea.

C. Advocacy -(Paul Miklean) Paul reported on a meeting that he had on December 4th with Brookhaven Town Councilwoman Connie Kepert and Brookhaven Director of Public Safety Lynn Weyant. It was agreed to initiate a Brookhaven Bicycle Advisory Committee as a means of promoting bicycling in the town.

D. Nominating Committee (Anita Risener). Anita presented the slate of candidates for club offices for the year 2009. They are:

President - Gregg Eisenstein

Vice-president - Bob DeVito

Treasurer - Joe Matzelle

Recording Secretary - Dave Diroma

Corresponding Secretary - Nick Ambrosino

Social Director - Mike Warner

Education/Safety Director - Gordon Howard

Advocacy Director - Paul Miklean

Ride Director - Bill Pope

There being no additional nominations from the floor, the slate was accepted as presented by the membership.

In addition, the following members will serve as committee chairs:

Quartermaster - Jack Steffens

Bike-Boat-Bike - Sue Sherman

Guide Dog Ride - Jeff and Brenda Meyer, Bob DeVito

Sunshine -Bruce Presner

Membership - Norm Samuels

Ride Statistician - Joe Matzelle

Ride Coordinator - Bill Pope

Web Master - Percy Zahl

Newsletter - Rona Dressler

Refreshments - Sue Sherman

Public Relations - Phil Enright

Volunteers are needed to serve on the web site committee.

E. Guide Dog Ride (Jeff Meyer)- Jeff reported that this year's Guide Dog Ride raised over \$10,000 for the Guide Dog Foundation. The 2009 Guide Dog Ride has been scheduled for Sunday, September 13th. Jeff also announced that Guide Dog Jerseys are available for \$75.

F. Social (Pat Knecht) -Pat reported the holiday party will be held on Saturday, January 31st at Sunset Harbor in Patchogue. Details will be published in the January newsletter and on the club's web site.

V. Old Business - Norm Samuels still has club business cards available for distribution.

VI. New Business - Treasurer Joe Matzelle reported on the club's 2008 profit and loss statement. He then presented a proposed budget for the year 2009. Following a discussion, it was accepted as presented. Copies are available from Joe.

VII. Fifty/Fifty - the fifty/fifty raffle was won by Jack Steffens.

VIII. Adjournment - the meeting was adjourned at 8:30 PM.

Respectfully Submitted,
Dick Cunningham
 Recording Secretary.

cyclesplus.com

*414 New York Ave.,
 Huntington, NY 11743*

631-271-4242
Since 1986

"Pro's know us, Beginners need us"

BRANDS
CYCLE & FITNESS

THE LARGEST SELECTION OF BICYCLES & FITNESS EQUIPMENT ON L. I.
We have all the famous makes under one roof!

**CUSTOM FITTING
 FREE ASSEMBLY
 FREE ONE YEAR SERVICE
 REPAIRS ON ALL MAKES
 FREE REPAIR CLASSES**

Bianchi	DK	Ellsworth	Guru	Kettler	Phat Cycles	Specialized
Burley	Diamondback	Fit	Haro	LeMond	Pinarelli	Standard
Cannondale	Eastern	Gary Fisher	Hampton	Litespeed	Quintana Roo	Tomac
Colnago	Eddy Merckx	Giant	Iron Horse	Mongoose	Raleigh	Trek
DaHon	Electra	GT	Jamis	Orbea	Schwinn	Yeti

**DELIVERY,
 SET-UP &
 SERVICE BY
 BRANDS
 OWN
 TECHNICIANS!**

**FINANCING AVAILABLE
 30 DAY PRICE GUARANTEE
 30 DAY FREE TRIAL ON
 MOST EQUIPMENT
 DELIVERY AVAILABLE**

Air Dynes	Recumbents	Treadmills
Bowflex	Rowers	Upright Bikes
Ellipticals	Indoor Training Cycles	Weight Machines

Ankle & Wrist Weights - Balance Boards - Bodybars - Bodyfat Calipers - Bodywedge 21 Equipment Mats - Freeweights & Accessories - Gripmasters - Heartrate Monitors & Straps Inversion Tables - Mini-Cycles - Portable Back Stretchers - Reading Racks - Resist-A-Balls Weightlifting Gloves & Belts - Workout Mats - Xerballs - Xertubes - Yoga Balls - Yoga Mats
 HOURS: Monday thru Friday 9:30-9, Saturday: 9:30-6, Sunday 11-5

**1966 WANTAGH AVENUE
 WANTAGH, NY (@ Sunrise Hwy)** SINCE 1954
(516) 781-6100

www.brandscycle.com www.brandsfitness.com

Bike Discounters

*Bikes Accessories Repairs
 Steve Boyle Owner*

*427 Rt. 25A
 Rocky Point NY 11778 USA
 631-209-0825 phone & fax
 www.ebikediscounters.com*



Bike Friends

SBRA is much more than a bicycle club. It is a group of caring, supportive people, who are there for you and your needs, whatever they may be. We consider you family, and you truly are the best medicine anyone can receive. We want to thank you for all your cards, visits, telephone calls, offering of rides, prayer, the generous monetary gift, the leaf raking and goodies, and especially for just being you. You have blessed us in so many ways. Keep doing what you're doing.

Appreciatively,
Henry and Joan Schmidt



• SALES • SERVICE • ACCESSORIES • APPAREL & MORE

• ROAD BIKES • MOUNTAIN BIKES
• BMX BIKES • JUVENILE BIKES

BICYCLES FOR EVERYONE!

- SCHWINN
- GT
- MONGOOSE
- SCOTT
- JAMIS
- DK
- EASTERN
- HARO
- SHIMANO
- CAMPAGNOLO
- CONTINENTAL
- MICHELIN
- PROFILE
- CAT EYE
- BELL
- GIRO
- LOUIS GARNEAU
- DESCENTE
- BLACKBURN
- FIT KIT SIZING SYSTEM

WE SERVICE ALL BRANDS

(631)591-3082

419 Osborn Ave. Riverhead

10/08 Special Events Calendar

Gordon Howard 631-878-1716

Jan

31 SBRA Awards Dinner

The New York City Department of Transportation announced findings showing that commuter bicycling in New York City has increased an unprecedented 35 percent between 2007-2008. Cycling levels in the city have doubled during the last six years.

http://www.nyc.gov/html/dot/html/pr2008/pr08_047.shtml

reprinted from League of American Bicyclists: American Bicyclist Update, November 24, 2008

Suffolk Bicycle Riders Association 2009 Budget

Income	
Bike-Boat-Bike	20500
Membership Dues	9580
Advertising	2000
Holiday Party	2500
Montauk Century	1750
Picnic	0
Fifty-Fifty	150
Miscellaneous	100
Total Income	36580
Expenses	
Bike-Boat-Bike	13500
Holiday Party	6250
Newsletter	4440
Ride Leader Incentive	1950
Charitable Contributions	2000
Montauk Century	1750
Picnic	2500
Insurance	950
Special Events	2000
Meetings	900
Membership Committee	500
Rides Committee	50
Awards	1200
Advocacy & Public Relations	750
Education & Safety	250
Website	300
Sunshine	150
Club Membership – LAB	85
Miscellaneous	750
Total Expenses	40275
Net Income	(3695)



ADVENTURE CYCLES
& SPORTS
Farmingdale, NY 516-755-BIKE www.GoRideABike.com

Bicycles by:
• Jamis • Giant • GT
• Schwinn • Mongoose

FREE Assembly & 1 Year Service on New Bikes
Friendly, professional service on all makes and models

Boats & Accessories by:
• Sevylor • Seal Line

Plus a Large selection of accessories from
• Saris • Bell • Mountain Smith • MSR
• Thermarest • Topeak • and more!

211 Main Street.
Farmingdale, NY, 11735
516-755-BIKE (2453)
www.gorideabike.com
(Formerly Peters Bicycle Center)

10% Discount for Club Members
(excludes boats)



CARL HART BICYCLES Mountain Bike Pro Shop

THE TRIATHLON SPECIALIST
Swim • Bike • Run

OVER 1000 BIKES IN STOCK...

- Aegis • Bianchi • BMX • Cannondale • Cervelo • Colnago
- Dahon • DeRosa • Diamond Back • DK • Electra • Elite
- Felt • Fisher • Free Agent • Fuji • Giant • G.T. • Guru
- Haro • Hoffman • Ironhorse • Kestrel • Klein • K 2
- Lemond • Litespeed • Look • Merckx • Merlin • Mongoose
- Pinnarello • Quintana Roo • Raleigh • Redline • Santana
- Schwinn • Serotta • Seven Cycles • Softride • Specialized
- Terry • Thule • Townie • Trek • Workman

ONE OF THE LARGEST SELECTIONS OF PRO PARTS
TEST RIDES • ATB'S • HYBRIDS • CUSTOM WHEELS
We Beat Any Competitor's Price
Visit Our Large Showroom For The Latest in Cycling Fashions & Accessories

631-924-5850 For Our Monthly Web Specials Visit :
620 Middle Country Rd. Middle Island **carlhart.com**

2008/09 Ride Statistics (Nov 08) as per ride information received by 12/4/08

Number of ride leader credits: 24
Total club miles: 5282

Ride Leaders: Pat Nett (5), Jack Steffens (4), Barbara Braun (3), Don Rollock (2), Joe Matzelle (2), Billy Grosso (2), Marty Thomassen (1), Steve Sendrowski (1), Bruce Presner (1), Dennis Jackson (1), Ron Goodstadt (1), Barbara Abraham (1).

Mileage Leaders (over 100 miles): Jack Steffens (300), Gerry Klein (215), Bill Pope (205), Joe Matzelle (201), Margaret Matthews-Ziel (174), Bob Miller (173), Paul Miklean (171), John Bambach (166), Richard Cunningham (159), Dennis Jackson (155), Linda Resnick (142), Ron Goodstadt (120), Tom Tilford (106), Karin Gluth (101), Liz Williams (100).

Note: Monthly mileage statistics are provided only for those individuals with ride leader credits. For the first 6 months of '09 season, this will include individuals with ride credits in 2008.

Note: Ride leaders MUST submit sign-in sheets for all rides, including weather cancellations, to receive ride leader credit.

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

Note: Sign-in sheets not submitted on an official SBRA sign-in sheet (including the SBRA waiver language) or submitted without rider signatures will no longer be accepted and will NOT receive ride leader or mileage credit.

Joe Matzelle

SBRA 2008 Ride Season (Nov 07 - Oct 08) - Final Statistics

Name	Ride	Name	Ride	Name	Miles	Name	Miles
	Credits		Credits				
Matzelle, Joe	61	Weber, Mike	1.5	Matzelle, Joe	3659	Mardosa, Richard	698
Grosso, Billy	41.5	Ambrosino, Nick	1	Goodstadt, Ron	2967	Abraham, Barbara	693
Miller, Bob	35	Braun, Margaret	1	Pope, Bill	2879	Branca, Larry	685
Nett, Pat	33	Braun, Robert	1	Jackson, Dennis	2696	Sendrowski, Steve	683
Steffens, Jack	20	Card, Mike	1	Nett, Pat	2652	Jessup, Bill	683
Cunningham, Dick	19	Cohen, Jeff	1	Miller, Bob	2298	Zanatta, Tom	679
Goodstadt, Ron	16.5	Cunningham, Erna	1	Steffens, Jack	1997	Presner, Bruce	671
Pope, Bill	16.5	Deerfield, Elizabeth	1	Cunningham, Dick	1796	Watts, Ray	647
Abraham, Barbara	15.5	Deerfield, Jim	1	Miklean, Paul	1732	Steffens, Denise	639
Gluth, Karin	15.5	DeVito, Bob	1	Molny, Adam	1690	Meyer, Bonnie	636
Resnick, Linda	15	Doyle, Liz	1	Paoli, Drew	1686	Risener, Anita	616
Burliuk, Lili	14.5	Enright, Phil	1	Klein, Gerry	1685	Taranto, Michael	615
Howard, Gordon	14.5	Fallon, Laura	1	Resnick, Linda	1606	Onorato, Judy	613
Meyer, Bonnie	14	Fischer, Dan	1	Matthews-Ziel, Margaret	1552	Sullivan, Elaine	601
Presner, Bruce	14	Jackson, Margaret	1	Burliuk, Lili	1489	Itkin, Fred	593
Risener, Anita	14	Karpf, Ed	1	Williams, Liz	1472	Wiesmann, Ken	582
Braun, Barbara	12.5	Karpf, Harriet	1	Cherry, Tom	1448	Mazur, Matty	577
Levy, Ronnie	12	Krupinski, Carolyn	1	Bambach, John	1430	Roesch, Roberta	564
Rollock, Don	12	Lamb, Alexis	1	Lukin-Page, Keri	1302	Meyer, Brenda	560
Thomassen, Marty	12	Licata, John	1	Grosso, Billy	1279	Bergen, Janice	554
Mussler, Dan	11	Lukin, Sy	1	Gluth, Karin	1267	Kunda, Nick	550
Samuels, Norm	10.5	Lukin-Page, Keri	1	Dinger, Brian	1234	Moreira, Kenneth	546
Cochrane, Glen	10	Marder, Ira	1	Holbrook, David	1205	Odynocki, Wienczyslav	543
Pfisterer, Tom	10	Matthews-Ziel, Margaret	1	Braun, Barbara	1158	Mussler, Dan	535
Sendrowski, Steve	10	Mazzola, Janet	1	Atwood, Steve	1102	DellaVedora, Robert	534
Brandt, Tricia	9.5	Meer, Bob	1	Samuels, Norm	1073	Catoggio, Karen	529
Goykin, Bob	9	Meyer, Jeff	1	Schwartz, Janine	1033	Leschen, Larry	526
Goykin, Josie	9	Olivieri, Peter	1	Levy, Ronnie	1024	Travis, Richard	523
Miklean, Paul	8	Posner, Scott	1	Karakatsanis, Evangelia	1022	Rogers, Dan	520
Jackson, Dennis	6.5	Resnick, Harry	1	Brown, Herbert	976	Cass, John	520
Cain, Shannon	5	Rogers, Dan	1	Cochrane, Glen	934	Giorello, Carol	516
Itkin, Fred	4	Roesch, Roberta	1	Howard, Gordon	917	Dittmar, Richard	502
Meyer, Brenda	3.5	Samuels, Hava	1	Graham, Steve	896	DeVito, Bob	483
Molny, Adam	3.5	Sherman, Susan	1	Beldy, Mary Lou	890	Mordini, Paula	480
DiRoma, Dave	3	Syska, Bozena	1	Brown, Brant	888	Brill, Brian	479
Reed, Claire	3	Tanney, Christine	1	Yancovitz, Alan	865	Delio, Anthony	474
Vulin, Bonnie	3	Tilford, Tom	1	Marino, Christine	863	Bock, Jay	465
Wiesmann, Ken	3	Verdrager, Jane	1	Thomassen, Marty	860	Deerfield, Elizabeth	464
Bambach, John	2.5	Wood, Chris	1	Mulry, Kathy	858	Ribeiro, Bruce	459
Travis, Richard	2.5	Beldy, Mary Lou	0.5	Aguayo, Rafael	850	Beukelaer, Michael	450
Dittmar, Michelle	2	Eisenstein, Gregg	0.5	Vulin, Bonnie	832	Giucietti, Dina	445
Galati, Marianne	2	Klein, Gerry	0.5	Saether, Kristian	831	Krieger, Diane	440
Halversen, Robert	2	Walker, Karen	0.5	Olivieri, Peter	815	Galati, Marianne	440
Holbrook, David	2	Williams, Liz	0.5	Festa, Robert	801	Rollock, Don	432
Jessup, Bill	2			Westrich, Barbara	798	Ford, Charles	430
Krieger, Diane	2			Triculis, Costa	796	Pfisterer, Tom	427
Krieger, Herb	2			Jorquera, Erika	779	Tilford, Tom	421
Kunda, Nick	2			Skoldberg, Chris	772	Goykin, Bob	420
Onorato, Judy	2			Tanney, CJ	771	Farre, Tom	417
Puccio, Joseph	2			Willis, Carolyn	760	Mazzola, Janet	416
Rivera, David	2			Cain, Shannon	760	Knecht, Pat	411
Rivera, Joe	2			Walker, Karen	748	Krieger, Herb	405
Schmidt, Henry	2			Cohen, Jeff	743	Goykin, Josie	405
Atwood, Steve	1.5			DePalma, Joseph	737	Donato, Frank	405
Giorello, Carol	1.5			DiRoma, Dave	717	Kreiling, Jane	403
Reed, Richard	1.5			Roth, Anita	699	Licata, John	401



Holiday Party

January 31, 2009 • 7 PM • \$20 per person

Sunset Harbor

90 Colonial Drive

East Patchogue, NY 11752

One hour cocktail party with 3 hour sit down dinner. Price includes choice of dinner, beer, wine and soda. DJ and dancing and dinner music. Club awards and more.

Name _____

Number of people attending _____

Amount enclosed (\$20 per person) _____

**Checks must be received
by January 15, 2007**

Please send form with check. **Mail \$20 pp to Patricia Knecht, 7 Circle Ct., Farmingville, NY 11738**
Late checks WILL be returned, NO exceptions



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 January

Ride Coordinator: Bill Pope

Trevor's Ride (A and AA) riders start at Bagels and a Hole Lot More..Rt 112 one block north of Rt 347 at 8:30am.

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

Thu 1/1 10:00am 30mi/Multilevel B+/A/F/S "Happy New Year Ride"

Jack Steffens (631)669-4740(H)

Meet in the Rite Aid Pharmacy parking lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Thu 1/1 10:00am 8mi/B/R/Mtn/S "Bruce's Happy New Year Ride"

Bruce Presner (631)476-3923(H) (516)481-6641(W)

"Take the lampshade off your head" and meet Bruce at Calverton for a MTB ride to start the New Year off. We can have different groups going at different paces. Yes, the diamonds are optional but figure on doing them :) If the group wants to..we can go to a local diner for breakfast after the ride.
CELL: 516-702-5639

Sat 1/3 10:00am 30mi/B+/F/S "The answer is blowing in the wind"

Jack Steffens (631)669-4740(H)

Meet in the Rite Aid Pharmacy parking lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Sat 1/3 10:00am 35mi/B/F/Show & Go/U "Winter Spin"

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

Sat 1/3 9:30am 35mi/C+/R/F/Show & Go/U "Winter Snow & Go"

C/C+ -- Meet at the Sunshine Mall (#1) for a ride to be determined by the group.

Sun 1/4 9:30am 42mi/B/R/S "1st 2009 HOOTERS RIDE"

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

LIE svc road ride to hicksville and back – meet at Park & ride just west of LIE exit 58 next to Hooters (hence the name)for a B-pace ride. No one gets dropped. If it-'s too cold I will give you a cue sheet and wish you luck. Lunch in Hicksville. NO go if rain/snow or temps over 90 or below 32.

Sun 1/4 9:30am 35mi/C+/R/F/Show & Go/U "Winter Snow & Go"

C/C+ -- Meet at the Sunshine Mall (#1) for a ride to be determined by the group.

Sat 1/10 10:00am 30mi/Multilevel B+/A/F/S "The answer is blowing in the wind"

Jack Steffens (631)669-4740(H)

Meet in the Rite Aid Pharmacy parking lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Sat 1/10 10:00am 35mi/B/F/Show & Go/U "Winter Spin"

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

Sat 1/10 10:00am 7mi/B-/H/Mtn/S "Glacier Ridge Free for All"

Anita Risener (631)331-8595(H)

Meaning all are welcome & ride for free. I will lead a B- ish pace on main trail and several novice diamonds. Beginners/adv welcome with a friend. Check message board for changes. No go rain/heavy snow.

Sat 1/10 9:30am 35mi/C+/R/F/Show & Go/U "Winter Snow & Go"

C/C+ -- Meet at the Sunshine Mall (#1) for a ride to be determined by the group.

Sun 1/11 10:00am 30mi/B/F/S "Start me up and I'll never stop"

Jack Steffens (631)669-4740(H)

Meet in the Rite Aid Pharmacy parking lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Sun 1/11 9:30am 35mi/C+/R/F/Show & Go/U "Winter Snow & Go"

C/C+ -- Meet at the Sunshine Mall (#1) for a ride to be determined by the group.

Sat 1/17 10:00am 30mi/Multilevel B+/A/F/S "The answer is blowing in the wind"

Jack Steffens (631)669-4740(H)

Meet in the Rite Aid Pharmacy parking lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Sat 1/17 10:00am 35mi/B/F/Show & Go/U "Winter Spin"

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

Sat 1/17 9:30am 35mi/C+/R/F/Show & Go/U "Winter Snow & Go"

C/C+ -- Meet at the Sunshine Mall (#1) for a ride to be determined by the group.

Sun 1/18 10:00am 30mi/B/F/S "Start me up and I'll never stop"

Jack Steffens (631)669-4740(H)

Meet in the Rite Aid Pharmacy parking lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Sun 1/18 9:30am 35mi/C+/R/F/Show & Go/U "Winter Snow & Go"

C/C+ -- Meet at the Sunshine Mall (#1) for a ride to be determined by the group.

Sat 1/24 10:00am 30mi/Multilevel B+/A/F/S "The answer is blowing in the wind"

Jack Steffens (631)669-4740(H)

Meet in the Rite Aid Pharmacy parking lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Sat 1/24 10:00am 35mi/B/F/Show & Go/U "Winter Spin"

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

Sat 1/24 9:30am 35mi/C+/R/F/Show & Go/U "Winter Snow & Go"

C/C+ -- Meet at the Sunshine Mall (#1) for a ride to be determined by the group.

Sun 1/25 10:00am 30mi/B/F/S "Start me up and I'll never stop"

Jack Steffens (631)669-4740(H)

Meet in the Rite Aid Pharmacy parking lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Sun 1/25 9:30am 35mi/C+/R/F/Show & Go/U "Winter Snow & Go"

C/C+ -- Meet at the Sunshine Mall (#1) for a ride to be determined by the group.

Sat 1/31 10:00am 30mi/Multilevel B+/A/F/S "The answer is blowing in the wind"

Jack Steffens (631)669-4740(H)

Meet in the Rite Aid Pharmacy parking lot on the corner of Union Blvd and Keith Ln in West Islip. Cue sheets will be available. Stops will be made as needed.

Sat 1/31 10:00am 35mi/B/F/Show & Go/U "Winter Spin"

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

Sat 1/31 9:30am 35mi/C+/R/F/Show & Go/U "Winter Snow & Go"

C/C+ -- Meet at the Sunshine Mall (#1) for a ride to be determined by the group.

Parking Is Scarce

By [COLIN MOYNIHAN](#) *New York Times*

When Carlos Martinez bicycles to work in Manhattan from his home in Jackson Heights, Queens, he must ride along Northern Boulevard, a broad and busy thoroughfare, before crossing the Queensboro Bridge and heading south on Second Avenue toward the East Village. It is a commute that few bicyclists would relish. But when Mr. Martinez gets to his office on East Fourth Street, where he works as the Latin American liaison for an environmental group called Green Map System, he becomes the envy of riders across the city. That is because the office building allows him to bring his bike upstairs and stash it in a walk-in closet alongside bikes belonging to three or four co-workers. "It's one less problem for me," Mr. Martinez said. "At least I know my vehicle is O.K., so I'm pretty sure I can get back home safely."

It may seem like a simple sentiment, but having a safe place to store a bike at work is an urban amenity that ranks somewhere with having unfettered roof access or a key to a community garden. While people are generally free to wheel their bikes in and out of residential buildings, commercial buildings often ban them. At a time when, city officials say, the number of people cycling in New York is soaring and the city has been implementing a plan to create 200 miles of new bike lanes, one glaring problem for those who want to cycle to work is the shortage of parking, particularly in areas like Midtown Manhattan. "It's one of the biggest missing links preventing New York from being a world-class bicycling city," said Wiley Norvell, a spokesman for Transportation Alternatives, an advocacy group that promotes bicycling. "It's the No. 1 reason that serious, savvy cyclists don't use their bikes to get to work."

In a city inhabited by bike thieves so crafty and notorious that the bicycle lock company Kryptonite calls one of its locks the New York Fahgettaboudit, many people are loath to leave a bike chained outside, where it can be stolen or quickly stripped of parts. Some commuters, who park on the street, try to throw off thieves by choosing a different spot each day or by moving their bike during lunch. Others depend on the good will of local business owners who might be willing to squeeze a bike into a shop corner at no charge. Even for those willing to park outdoors, space is limited. Although it is common for people to secure bicycles to signposts or parking meters, Seth Solomonow, a spokesman for the city's Transportation Department, said that it is a violation of a city ordinance to lock a bike to anything other than a bicycle rack. In addition, many businesses and buildings post signs warning cyclists not to chain their bikes to fences or railings.

Transportation Alternatives estimated that 131,000 people ride bicycles daily in New York City. Mr. Solomonow said there were about 5,000 bike racks in New York City. In addition, he said, the city has recently installed four special bike sheds — one each in Manhattan, Brooklyn, the Bronx and Queens — that resemble bus shelters and provide covered space for up to eight or nine bikes. The city expects to have 37 shelters installed at transit hubs by the end of the year.

Mayor Michael R. Bloomberg's plan for a sustainable future, which he introduced 15 months ago, included provisions to install 1,200 new bike racks by 2009 and to require large commercial buildings to provide bike storage.

Similar measures have been advocated by David Yassky, a city councilman from Brooklyn, who wrote a bill calling for every commercial building in the city to provide bike parking on or near the premises. "The clear majority of office buildings do not permit bicycles," Mr. Yassky said. "If a company is willing to make room for people to bring bikes in, it makes no sense for the commercial landlord to prohibit it." But management companies often say that office buildings were not designed to accommodate bicycles.

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.

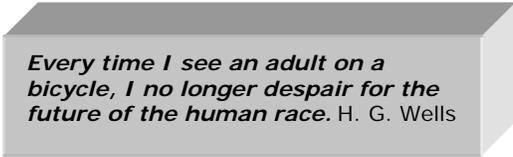
Our club runs on volunteers. You can help the club become an organization you want to belong to ... volunteer for a committee or lead a ride. SBRA is what you make it.

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
First Name	Last Name	Date Of Birth	
Street Address			
City	State	Zip	
eMail Address			
Evening Phone <i>With Area Code</i>	Day Phone <i>With Area Code</i>		
			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 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 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



Guaranteed Lowest Prices

2 year new bike parts and service warranty

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

- TREK
- GARY FISHER
- KLEIN
- LEMOND
- FREE AGENT
- BONTRAGER
- CAT EYE
- CHRIS KING
- LOOK
- NIKE
- PARK
- PROFILE
- SARIS
- SHIMANO
- SIDI
- SPEEDPLAY
- YAKIMA
- And much more

1077 Rte. 25A
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 me rdressle@suffolk.lib.ny.us.

Thank you,

Rona Dressler
Editor



THE KREB CYCLE

SALES • SERVICE • REPAIRS

Repairs On All Makes & Models - SEROTTA Certified Fitting Svce

- SPECIALIZED
- DK
- GIRO
- ORBEA
- SEROTTA
- JAMIS
- MERCKX
- ELECTRA CRUISERS
- GIORGANA

Visit us @ www.krebcycle.com

631-286-1829

10 BELL ST - BELLPORT VILLAGE



Suffolk Bicycle Riders Association
PO Box 404
St. James, NY 11780

