

Rolling Wheels

Suffolk Bicycle Riders' Association | March 2013

March Meeting

Thursday
March 7, 2013
7:00 PM
at the
New Village
Community Center

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

2013 Executive Committee

PRESIDENT	Bob DiVito	745-2282
VICE-PRESIDENT	Paul Miklean	689-7186
VICE-PRESIDENT	Pete Olivieri	365-7588
TREASURER	Joe Matzelle	273-3578
RECORDING SEC	Ashley Hunt-Martorano	
CORRESPONDING SEC	Joy Macana	475-8129
MEMBERSHIP	Barbara Striegel	
SOCIAL DIRECTOR	Beth Borowy	
EDUC & SAFETY DIR	Pat Nett	987-0310
ADVOCACY DIR	Joe DePalma	235-9467
RIDES DIR	Joanna Pascucci	
WEBMASTER		
WEB EDITOR	Brenda Meyer	471-2129

2013 Chairpersons

ADVERTISING	Bob DeVito	745-2282
BIKE-BOAT-BIKE	Peter Olivieri	365-7588
GRAPHIC DESIGNER	Jim Deerfield	724-6401
GUIDE DOG RIDE	Jeff Meyer	471-2129
	Brenda Meyer	471-2129
REFRESHMENTS	Joy Macana	475-8129
	Hava Samuels	
MONTAUK CENTURY	Peter Olivieri	365-7588
NEWSLETTER	Jim Deerfield	724-6401
PUBLIC RELATIONS	Joe DePalma	235-9467
QUARTERMASTER		
RIDE COORDINATOR	Joy Tillman	475-4531
MAPS & CUE SHEETS		
RIDES STATISTICIAN	Joe Matzelle	
SUNSHINE	Bruce Presner	476-3923



Questions and suggestions are always welcome.
Email yours to webmaster@SRBAweb.org

Welcome New Members

Dennis Cole, Lynn Goleski, Stephan Schukal



Celebrating March Birthdays



Lori Aliano, Jonathan Austin, Vincent Basileo, Emilee Bellone, Brian Brill, Helen Buschmann, Sharon Connolly, Robert Dalpiaz, Valerie DeRicco, John DeRicco, Michael Dorn, Edward Downie, Bob Emmerich, Michaela Faella, Loretta Finnerty, Ryan Fuchs, Lorenzo Giangrieco, Michael Grumm, Phil Harrington, Joseph Hedgecock, Judith Heffernan, Fredric Itkin, George Larson, Jonathan Law, Peter Lazio, Mary Liers, Bart Mandaro, Linda McGarvey, Meghan McGrath, Robert Meer, Frances Montera, Jeffrey Moore, Steve Moss, Ronald Mulderig, Thomas Murphy, Terrence O'Brien, Damon Perfetti, Gregory Perricone, Bill Raftery, Daniel Rogers, Thomas Saluzzi, Mark Shannon, Timothy Shea, Daniel Simon Jr, Peter Stancati, Bryan Turner, Jeanne Vandelli-Spangler, Peter Vassallo, Jeanette Velsmid, Kenneth Wiesmann — Barbara Striegel, Membership Chair

If you would like to have your birthday acknowledged in *Rolling Wheels*, send an email with your birthday (or your SBRA Family member's birthday) to membership@sbraweb.org. Include the word "birthday" on the Subject line.

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The purpose of the Suffolk 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.

MEETING MINUTES

February 2013



Call to order – President Bob Devito called the meeting to order at 7:20:00 PM. Approximately 51 members and guests were in attendance.

Acceptance of Minutes – The January meeting minutes were accepted and approved.

COMMITTEE REPORTS

Treasurer's Report (Joe Matzelle) – Joe reviewed receipts and expenditures made during the last month. A full report including the current balance in the SBRA bank account is available to any member by contacting Joe.

Statistician (Joe Matzelle) – New riding season started Nov 1st. Joe reported 31,457 club miles. 171 members have participated in at least one club ride this season. About 1/3 of posted rides have been canceled due to weather.

Top 5 ride leaders: Bobby Ploetz (24), Joanna Pascucci (14), Joe Matzelle (14), Dennis Jackson (10) and Bob Miller (8).

Top mileage leaders: Alison Gonzalez (1032), Ron Goodstadt (913), Dennis Jackson (902), John McKeon (829), James Drago (815).

Top sweeps: John Bambach (21), Christine Brandstadter (18), Dennis Desmond (15), Marie Rose (4), Gary Bass (4).

Membership (Barbara Striegel – new director elected last month) reported 718 active members. 28 members are under 18. Welcome to 6 new member since last meeting. New member John was in attendance and introduced himself. Welcome, John!

Sunshine (Bob DeVito) – Gerry Klein had hip surgery recently. Bob Miller will have surgery later this month. Well wishes to them both.

Web Editor (Brenda Meyer) – To see pictures of the Award/Holiday party, go to the website. You can also submit your own very easily from there.

Safety/Education (Pat Nett) – Pat thanked Pat B. for his great work this past year. Pat N. encouraged everyone to attend Super Cycling Saturday.

Social (Beth) – Update on awards dinner: everything went wonderfully and everyone had a good time. Reservations for next year have been made for January 11th 2014.

Ride Coordinator (Bob) – Joy has stepped down as the Ride Coordinator and Wendy Schmittzeh was appointed at the last Executive Board meeting. Questions from the general membership arose about the appropriateness for the EB to appoint to this position. It was explained that the Ride Coordinator position is not part of the elected Executive Board as an Officer or Director. This position is considered to be a “chairperson” position and does not vote on EB decisions, therefore, it is not in

violation of our Constitution to appoint someone to this position.

Advocacy – no report

Club Store (Brenda) – No updates

OLD BUSINESS

Bike Boat Bike (Pete/Bob)

Update locations: Start will be Strawberry Fields in Mattituck and Mattituck H.S. Greenport H.S. will not be used. Orient Point will be a new location, and we are bringing back Horton Point Lighthouse.

Volunteers are very much needed for a couple of different positions. We need people who know the routes to help at the water stops. It's your club and this is how you can support it. *Please note: BBB is how we make all the money for the club.*

Montauk Century (Pete) – Everything is in place. Email was sent out to previous volunteers. Ride is set for May 11th (rain date May 18th). Limit to number of people on the ride is about 110 (truck is limited to 100-110 bikes) but many people don't take the train back, so we should be able to accommodate everyone who registers.

Super Cycling Saturday (Bob) – March 2nd

New Ride Leader guidelines – there are many changes to these guidelines. It is not required to attend if you are a ride leader, but it is highly recommend. New ride leaders either need to attend this training or they must attend other training times (there will only be two opportunities) in the future.

There will be a New Rider presentation for anyone new to the club. Bob Goykin will be doing his new rider century training again and is encouraging those wanting to ride with him to come to SCS.

There will also be 4 bike shop presentations and some health and wellness presentations.

Volunteer Party (Bob) – New Date is March 3rd (day following Super Cycling Saturday). You will get an email if you qualify for the party. Being a ride leader/sweep only does not qualify you. You must have volunteered above and beyond being a ride leader or sweep.

Cops Who Care (Bob)

April 28th leaving from restaurant called Schaeffers in Port Jeff. Marshalls needed (no cost to attend if you help). Food and drink will be provided for volunteers when they return. Ride distances will be 25 and 50 miles. Will be posted on the website beginning of March. Does conflict with one of the Century training rides, but being the Port Jeff is hilly, this might be a worthwhile training opportunity and way to volunteer.

NEW BUSINESS

Amendment (Ashley) – An amendment was brought to the floor at the last meeting and was discussed at the Executive Board meeting. As per our Constitution, it was brought to the General Membership for discussion and a vote.

Proposed Change to the SBRA Constitution:

“Vacancies occurring among the members of the Executive Board or Directors shall be filled by a special election to be held by the membership within 60 days of the General Membership meeting at which the vacancy is announced. The vacant position shall be posted in the next edition of Rolling Wheels. A nominating committee, selected at the General Meeting at which the vacancy is announced, will solicit and bring forth a slate of individuals who are interested in filling the vacant position. Any election where two or more individuals are running for the same vacated position shall be held by paper ballot. The Executive Board may appoint a member to fill the vacant position only upon the condition that the preced-

ing process does not yield an individual to fill the vacant post. The Executive Board may appoint a member to temporarily fill the vacant position only until the special election can be held.”

Bob pointed out that our Constitution is woefully inadequate and not as well written as well as what Bobby Ploetz has proposed as an amendment. Bob requested that we form a Constitution Committee to overhaul the entire document. Bobby volunteered and requested a Board Member or former Board Member join the committee to offer guidance.

Pat B. proposed there should be an amendment to this amendment stating this isn't valid if there is less than 3 months in the year. The EB could then appoint someone to the position. However, upon further discussion, Pat withdrew his amendment. There was a motion from floor to table this amendment. It was not seconded.

There was a vote for the amendment: 51 total members were in attendance. 23 members voted in favor of the amendment. It does not meet the 2/3rd requirement to pass an amendment and therefore did not pass.

Setauket Library (Pete) – Last year we did a presentation on biking on LI and safety. This year the Comsewogue Library asked for a presentation on May 6th.

Constitution Committee (Bob) – A committee is being formed to rework our club Constitution. Anyone interested in being involved should email Bobby Ploetz: bob2811@verizon.net

Awards Dinner (Joe) if you know anyone who wasn't in attendance that has an award, please see Joe to pick up your award or your friend's award.

The advertisement features a blue and orange color scheme. At the top, the text 'the bicycleplanet' is written in white on an orange background. Below this, 'SALE' is written in large blue letters, and 'Gear Up For Spring' is in orange. A gear-shaped graphic contains the text 'MARCH 15th - 18th'. A bicycle is shown on the left, with a 'bike fit RETUL' logo nearby. On the right, there are social media icons for Facebook and Twitter, and a QR code. A list of sale items is provided, including bicycles, shoes, winter apparel, spring/summer apparel, cycling accessories, and a gift card. A helmet, gloves, and shoes are also shown. At the bottom, contact information for The Bicycle Planet is provided.

the bicycleplanet

SALE

MARCH 15th - 18th

Learn more & Stay Connected

gear up for spring

- All bicycles on sale up to **50% OFF**
- Spin and cycling shoes **20% to 50% OFF**
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- All cycling accessories up to **60% OFF**
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Some restrictions may apply. See store for details.

The Bicycle Planet | 340 Robbins Lane | Syosset, NY 11791 | 516-364-4434 | www.TheBicyclePlanet.com

Importance of supporting your local bike shop (Bob)
Please support your local bike shops. It keeps our local economy going!

Guest Speaker: Ashley Hunt-Martorano gave a brief presentation about her participation in two Climate Rides. There are two rides in 2013: May 19-23 in California (Fortuna to San Francisco); and September 21-25 (NYC – Washington DC). To participate, registration is \$75 and includes a free jersey and then each rider must fundraise \$2,400. Donations go towards one of 50+ beneficiaries of your choice. The rides are fully supported with cue sheets/route markers, bike mechanics (free labor!), sweeps, SAG vehicles, luggage trucks, breakfast, lunch, dinner, snacks, water stops, and lodging (CA ride = tent camping; NYC-DC ride = some camping/some dormitory-like facilities). Learn more at www.climateride.org or email or call Ashley for more details: ash.hunt@gmail.com or 631-525-2382.

50-50 – No drawing this month.

Adjournment – The official meeting part of the night was adjourned at 7:50 PM.

Respectfully Submitted,

Ashley Hunt-Martorano
Recording Secretary

For more information regarding the financial status of the club, contact Joe Matzelle (treasurer@sbraweb.org).

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YOUR MOUNTAIN BIKE HEADQUARTERS

Season's Spin



SUPER CYCLING SATURDAY (SCS) KICKS OFF SBRA'S 2013 TRAINING SEASON THIS MONTH. After getting a good taste of winter, we now start to venture out on the roads again. But the excessive snow in February has left the roads with lots of sand and potholes to maneuver around, also testing our bike maintenance skills. Thankfully many local bike shops will be participating in SCS to help us learn some important tips for keeping our bikes in top shape this year.

But what about keeping your body in top shape? Regardless of your activity level over the winter, training rides will start to wake up those parts of you that may need some help getting back into shape. And just as there are a variety of ways to train for all levels of cycling in SBRA, there are lots of ways you can address whatever comes up during training to support your overall health.

Here are a few modalities that you might want to consider as your training moves along (or for your general well-being, actually!). Thanks to chiropractor Dr. Brian Ferris, yoga instructor Karen Scher and massage therapist

Michelle Redlein for providing information on their areas of expertise.

Acupuncture is an ancient Eastern medicine that relies on the body's natural healing ability. This system of healing, originating in China thousands of years ago, uses the body's network of energy pathways called meridians, which function like a system of rivers. When balanced, energy (called qi or "chee") runs smoothly. When blocked, much like a tree or dam impacting a river, pathways become affected. The result is less than optimal health and/or illness.

Using extremely fine, sterilized needles, the acupuncturist stimulates specific points on meridians directing energy back into balance promoting healing and relief from "disease". Acupuncture is quite often used for pain, but is also very effective in strengthening overall body systems and rhythms (e.g. sleep, digestion, breathing), building the immune system and addressing emotional concerns such as anxiety and depression.

Chiropractic: Science has proven that a small amount of pressure on a nerve can decrease the flow of electrical/mental impulses down that nerve by 60%. That's like turning the dimmer switch down on a light bulb by 60%. The power is off. If your spine is in proper alignment all joints have mobility and flexibility. There is no pressure or interference on the nervous system. The problem comes when a spinal joint shifts out of place, even to a small degree. This irritates a nerve or the spinal cord and turns the dimmer switch down on your energy, healing ability, immunity, digestion, all bodily functions...ON YOUR LIFE !!! Your body cannot function correctly with chronic nerve irritation, something will go wrong: pain, illness, chronic disease.

A chiropractor will examine the spine and extremities searching for nerve irritation. When a spinal misalignment (subluxation) is found a series of gentle adjustments are performed. This removes the pressure on the nervous system and allows the body to heal, return to balance and maintain health. The power gets turned back on.

Massage Therapy: Massage therapy is one of the oldest health care practices known to history. References to massage are found in texts more than 4,000 years old. Today, massage is one of the most popular healing modalities; it is used by conventional, as well as alternative, medical communities.

Massage therapy is the manipulation of superficial and deeper layers of muscle and connective tissue to enhance function, aid in the healing process, promote relaxation and well-being. Massage therapy techniques affect the muscular, skeletal, circulatory, lymphatic, nervous, and other systems of the body.

In practice, many massage therapists use more than one

continued on page 8

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NYS DOT BICYCLING WEBSITE

NYSDOT Bicycling website has just been launched!

www.dot.ny.gov/modal/bike

The website is a resource to provide the public with information about bicycling and opportunities for cycling in New York State.

technique or method in their work and sometimes combine several. Effective massage therapists ascertain each person's needs and then use the techniques that will meet those needs best. Sports massage uses techniques that are similar to Swedish and deep tissue, but are specially adapted to deal with the effects of athletic performance on the body and the needs of athletes regarding training, performing, and recovery from injury.

Yoga: Hatha Yoga is a practice that incorporates movement (asana), breathing techniques (pranayama) and meditation (quieting the mind) designed to inspire and create better health. Yoga is about working to your edge sensitively, learning to quiet the mind, let go of the ego and being open and present to what you feel and know. The body talks to us in the language of sensation and yoga encourages us to listen to our body, the quality of our breath and to find our own truth in the process. The tone and flexibility you can achieve through consistent practice is remarkable but the focus is finding balance in your experience and healing, exercising not just your body but your mind as well.

Thanks to our practitioners that are friends or members of SBRA and have contributed their time and knowledge at past SCS events. This year you can look for some written materials from each of them that you can take home with you. Can't make SCS? That material will be published in April's Rolling Wheels.

Whatever your needs this season, bike or body maintenance, SBRA's Super Cycling Saturday will start you moving in the right direction!

Karen

Karen Giles is a New York State licensed, nationally board certified acupuncturist with a private practice in Port Jefferson. Find out more at KGilesAcupuncture.com.

To receive seasonal newsletters and information on health related workshops, please email Karen at Karen@KGilesAcupuncture.com

Dear SBRA Member,

It's that time again. Your membership is about to **EXPIRE**... Membership provides electronic delivery of our Rolling Wheels newsletter, participation in club sponsored events, and local bicycle shop discounts. Membership dues rates are **\$20.00** for individuals 18 years or older and \$0 for younger family members in the same household. Complete the membership application and be sure to update any new information; **include your e-mail address**. List all paid adult family members' names and those younger individuals in your household that you wish to be members so that each can be issued a membership card. Be sure to include the proper dues.

You can save the club some \$\$ and efforts of volunteers if 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 renew.

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. 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	Annual Dues Are: \$20.00 individual, \$0 family members under 18 years old Make check payable to SBRA and mail to: SBRA c/o Norm Samuels 11 Pine Street Port Jefferson Station, NY 11776 PLEASE INCLUDE A SELF-ADDRESSED STAMPED ENVELOPE FOR MEMBERSHIP CARD
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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 Cycling 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 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 traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

(2) FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I may incur as a result of my participation in the Activity.

(3) HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING 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