

Rolling Wheels

Suffolk Bicycle Riders' Association | April 2013

April Meeting

Thursday
April 4, 2013
7:00 PM
at the
New Village
Community Center

See page 3 for an
important message
from SBRA President,
Bob DeVito



Sweizy/Pope Memorial
Montauk Railroad Century.
Click below for details:

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

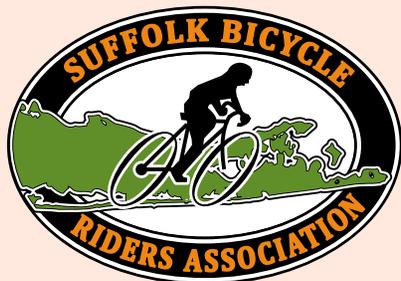
SBRA meetings are held on the 1st Thursday of each month at the New Village Recreation Center in Brookhaven, which is located near the intersection of Wireless Road and Hawkins Road East of Nicolls Road (CR97).

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

Francois Ban, Eric Bertrand-Loesch, Adam Carpertieri, Edward Detweiler, Victor Dituro, Jeannie Dowd, Geralyn Fellows, Joseph Gargiollo, Todd Gellert, Carlyn Hesse, Inhae Kim, Linda Maniscalco, Amanda McAlvin, Mary McDonough, Charles McDonough, Andrew Michalski, Chris Musso, Donald Pinelli, Steve Schukal, Richard Sexton, Jason Winters, Jennifer Yetti



Celebrating April Birthdays

George Miller, Liam Bainbridge, Steven Graham, Meredith Gilbert, Peter Schieck, Percy Zahl, Thomas Tilford, Douglas Coleman, Robert Devito, Gerard Klein, Bill Gravitz, Thomas Moore, Joel Koos, Elva Beyer, Nancy Feldman, Frank Donato, Krysten Farriella, Sean Caligiuri, Robert Zaino, Patrick McBride, Tama Lukin, Chip Rennison, Carol Giorello, Kathy Mulry, Karen Schwartz, Ian Whitehead, Paul Forziano, Erin Caligiuri, Craig Sperzel, Lawrence Fuchs, Teresa Cozzolino, Mike Barriere, Wendy Barrick, Thomas Caligiuri, JoAnn Rivera, James Drago, Dennis Cole, Brett Gurnick, Anthony Cannella, Michael Weber, Jeffrey Kunkel, James Denniston, Eunsil Recksiek, Josie Goykin, Carl Schultheiss, Christine Tschorn, Marianne Galati, John Burgess, Anna Kahler, Herbert Brown, Anthony Thompson, Doug Terris, Bryan Drago, Jose Rivera, Brian Cameron, Carol Dooley, John Tetenes — 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.

THE KREB CYCLE

SALES • SERVICE • REPAIRS

Repairs On All Makes & Models - SEROTTA Certified Fitting Svce

- SPECIALIZED
- DK
- GIRO

- ORBEA
- SEROTTA
- JAMIS

- MERCKX
- ELECTRA CRUISERS
- GIORDANA

Visit us @
www.krebcycle.com

631-286-1829

10 BELL ST. · BELLPORT VILLAGE

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

March 2013

No minutes. March meeting was cancelled due to inclement weather.

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



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
Camondale	Eastern	Gary Fisher	Hampton	Litespeed	Quintana Roo	Tarmac
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 SINCE 1954
WANTAGH, NY (@ Sunrise Hwy) (516) **781-6100**

www.brandscycle.com www.brandsfitness.com

Hello:

I am Bob DeVito, President of SBRA and I would appreciate a few moments of your time. Every June for over the past thirty years we have hosted our Annual Premier Bike Ride BIKE BOAT BIKE. This is the main biking event the club puts on and has been historically one of the best attended and supported rides by the bicycling community on Long Island. If you are not familiar with this event I encourage you to visit our website WWW.SBRAWEB.ORG and look it over.

If you are consider riding in it then I want to thank you for supporting it and hope you have a great ride. We have totally redone the routes and added some exceptional rest stops. If, on the other hand, you are not riding in Bike Boat Bike I am asking you as a relatively new member to volunteer for one of the many positions that are open that we need to staff to make this event a great experience for all of our riders.

We need help manning our rest stops, marking the roads prior to the ride, working with the parking crew and the registration team in mailing out all of the riders shirts and registration packets.

All of our volunteers meet the day before the event for a party at the Holtsville Ecology Center and get their last minute instructions for the Day of the Event. This is an excellent opportunity to meet many of our clubs members and make some new friends. Incidentally ALL members who volunteer during the year are invited to our annual volunteer party that is held at TGIFridays in Hauppauge every March (part of SBRA's Super Cycling Weekend). Also as a member we have a fantastic summer picnic in July featuring great BBQ and Beer and a Fun Halloween Party with over a dozen homemade soups and catered food. Being an SBRA member has it's perks.

If you have enjoyed riding with SBRA or just getting into riding with us now is a great time to get involved, give back a bit of your time and have some fun in the process. Everything the club does is on a volunteer basis and without volunteers there would be no club.

So I am asking you to please consider joining us either on the ride or if you are free come help us out and volunteer. I promise you will have a great time and make a few new friends in the process.

To volunteer email us at volunteer@sbraweb.org or feel free to call me directly at 631-745-2282. I would welcome the opportunity to answer any and all of your questions.

Thank you for your time and ride safely,

Bob DeVito
President SBRA

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 • Worksmen

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: **carlhart.com**
620 Middle Country Rd. Middle Island

THE NORTH SHORE COMPLETE BICYCLE CENTER

EXPERT REPAIRS ACCESSORIES CLOTHING

ROCKY POINT CYCLE

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

the **bicycleplanet**

SALE MARCH 15th - 18th

Gear Up For Spring

Learn more & Stay Connected





- All bicycles on sale up to **50% OFF**
- Spin and cycling shoes **20% to 50% OFF**
- All winter apparel up to **50% OFF**
- New 2013 spring and summer apparel **20% OFF**
- All cycling accessories up to **60% OFF**
- With installation take **20% OFF** all parts
- **\$300 gift card** with every Project One bike

\$100 OFF any bikefit fitting scheduled during sale weekend

Some restrictions may apply. See store for details.

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

East End Bicycles

943 Montauk Highway
Shirley, New York 11967
(1/4 mile east of Wm. Floyd Hwy.)

Phone: 631.399.7390
Fax: 631.399.7394

Shop Hours:
Monday Thru Friday - 10am-6pm
Saturday - 10am-5pm
Sunday - 11am-8pm

Season's Spin

March “treated” us to another stretch of Winter...but training rides for all levels have managed to get out on the road and start off the season. And Super Cycling Saturday was well attended, helping to get everyone thinking about riding safely and learning how to keep their bikes in top shape.

But what about keeping your body tuned up as you train? As the weather allows you to ride more, you may start to see where your body needs some support. Here are a few ways to keep your body and mind in top shape, regardless of your riding goals for this year.

Thanks to our cycling friends and members who have shared their professional expertise here.

Acupuncture

Acupuncture originated in China thousands of years ago and relies on the body's natural healing ability. A network of energy pathways, called meridians, travel throughout the body and function like a system of rivers. When balanced, energy (called qi or “chee”) runs smoothly. When blocked, pathways become affected and 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 and breathing), building the immune system and addressing emotional concerns such as anxiety and depression.

The tradition of acupuncture I practice incorporates seasons and their “elements” in treatments. In the Five Element style of acupuncture, Spring is the season of the Wood element. What does this mean to you? The Wood element corresponds to the muscles, tendons and sinews of the body. It allows for physical movement, energy pushing up and

out in the body like the plants and flowers that push out and up from the ground. It needs flexibility so that movement can be smooth and efficient, much like our cycling pedal strokes. The Wood element also governs vision and planning – so this is the season to put those winter training plans into action.

Some things you can do to help support this energy in your body is to stretch and keep those muscles flexible. Take time to open up at the hip and shoulder joints, where the flow of energy and certain meridians can get stuck or blocked. And if you notice mobility challenges, aches or pain in certain joints or muscles, acupuncture may be something to consider.

Karen Giles, trained in the Five Element tradition of acupuncture, holds a Master of Acupuncture degree, is nationally board certified and New York State licensed. Karen maintains a private practice in Port Jefferson, NY, writes seasonal newsletters to support well-being through the seasons and offers a wide variety of experiential classes to her community. Contact Karen by phone at 631-804-5902, email: Karen@KGilesAcupuncture or learn more at KGilesAcupuncture.com

Chiropractic

Thomas Edison has been quoted as saying “the doctor of the future will give no medicine but interest his patients in the care of the human frame, in diet and in the cause and prevention of disease”

Chiropractic has been doing what Mr Edison predicted for over 115 years. During that time it has grown to the point where it is very difficult to find someone who hasn't used a chiropractor at least once in his or her lifetime. Chiropractic has grown because of patient satisfaction and because it give the patient an alternative to drugs and surgery. It was only a few generations ago in the days before licensure, chiropractors across America were thrown in jail or fined for the “sin” of helping sick people get well. But the patients de-

manded change. Change came in the form of acceptance and licensure.

Today chiropractic is covered by all insurance companies, Medicare and workers comp plans. These plans know that dozens of studies have shown that injuries treated with chiropractic heal faster, more completely, less expensively and with greater patient satisfaction than “conventional” allopathic treatment. Medicare did a study a few years ago. The study found that the group of 75 year olds that received chiropractic care took less drugs, spent less time in hospitals, had less arthritic pain and chronic conditions are reported greater enjoyment of life. This group was healthier than the non-chiropractic group. As a result of the study Medicare doubled the amount of visits covered under their plan for senior citizens.

As biking season approaches keep an eye out for pains that start to nag and become chronic. Do you suffer from low back or neck pain, disc problems, nerve pain...talk to your chiropractor. Your extremities can get beat up on the bike: wrists, carpal tunnel, tendonitis, shoulders, knees, hips...talk to your chiropractor.

Don't let injuries keep you off the bike. As Thomas Edison said see what some “care of the human frame” can do for your greater enjoyment of life.

Dr. Brian Ferris has been in chiropractic practice for 30 years and maintains offices in East Meadow and Commack. He speaks on many topics involving natural health. He also sends out bimonthly e-mails designed to keep you healthy, fit and active. To receive his e-mails or to contact him call 516-520-1605 or 631-864-8509.

Massage Therapy—Sports Massage

The emphasis of sports massage is on the prevention of injuries, rehabilitation and optimal performance. Although directed towards athletes, a sports massage is beneficial

continued on page 7

SUPPORT OUR ADVERTISERS



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

NICK ATTISANO'S
Twin Forks BICYCLES

• 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

ADAMS CYCLERY



We stock a large selection of bicycles and cycling accessories from Trek, Nike, Bell/Giro, Kryptonite, Bontrager, Pearl Izumi, Camel Bak, Shimano, Blackburn, Saris, Yakima, Thule, and Cateye.

We're sure to have what you need!

270 Larkfield Road
East Northport, New York 11731
Telephone: (631) 261-2881
www.AdamsCyclery.com
adams@adamscyclery.com

to anyone who performs strenuous activities, including gardeners, mothers with young children and people who have physically demanding work. It is also great for people experiencing range of motion issues since it specifically deals with the way muscles move.

History of Sports Massage

Sports massage is a specialty recognized by the American Massage Therapy Association and is completely integrated into the world of professional sports. But the practice is fairly new to the States.

Even though the ancient Greeks and Romans used massage in their training regimens and Asian martial artists incorporated the practice, it wasn't until Russia and other countries began employing massage therapists to travel with their athletes that the concept spread.

The benefits of sports massage became evident in their athletes and it was adopted by Europeans and then brought into the United States in the 1970's.

What is Sports Massage?

Sports massage is generally a type of Swedish massage. This type of massage stimulates circulation of blood and lymph fluids. Trigger point therapy is also sometimes included. This method breaks down knots in muscles, called adhesions and it also helps increase range of motion.

Sports massage includes these four types:

- Pre-performance sport massage—given 15-45 minutes before an event. Short and stimulating to warm the muscles up and help mentally prepare the athlete.
- Post-event sports massage—given to normalize the body's tissues after a hard event or workout.
- Restorative sports massage—given during training to prevent injury, allowing the athlete to train harder.
- Rehabilitative sports massage—given to bring the body back to health, alleviate pain and facilitate healing.

Physical Benefits of Sports Massage

There are numerous physical benefits from incorporating massage into your life. A sports massage will help you to get into shape faster and get the body into better general condition. It will also boost your performance in the activity of your choice.

- Increase blood flow
- Reduce heart rate
- Reduce blood pressure
- Reduce cortisol levels
- Removes lactic acid build up
- Improves tissue elasticity, stretches tissues that cannot otherwise be stretched

Psychological Benefits of Sports Massage

Research continues to point to a definite mind/body connection, so all the physical benefits of sports massage directly affect the psychological. Sports massage brings feelings of relaxation, reduced anxiety and in turn, this improves mood.

Michelle U. Redlein is a Holistic Health Practitioner. Michelle is a Certified Yoga Teacher, Licensed Massage Therapist & Certified Holistic Health Coach. For Appointments or class scheulde, call Michelle at 631-873-672.

Michelle started her journey with holistic health in her teens, striving for a better understanding of her own body, mind and spirit. Michelle was diagnosed with health issues and had concerns of living a thriving, full life. Through her own practice of yoga, meditation, deep breathing, eating healthy, exercise and self-care, Michelle has been able to achieve her goal of a flourishing, healthy, green life! "Helping myself has turned into a passion to help others, to understand their own body, mind and spirit." ~Michelle

Yoga

If there is just one thing my yoga practice is teaching me, it is to LISTEN. It is a skill I strive to bring into all aspects of my life and I have found that in yoga practice it is both imperative and innate. If we think of our body as a road map, we come to realize that there are probably many streets we don't visit every day, week, month or possibly ever.

Yoga is an exploration of the body and mind. A practice of sensitively searching for our edge, exploring thoughts and emotions, and learning to heal any imbalances we encounter along the way. Imagine being able to work through stress or aches accumulated through daily life. Yoga is an invaluable tool for anyone; having the outlet and ability to

change the way you feel greatly affects both physical and mental health. Yoga can be practiced anywhere, as it is a quality we bring to any aspect of our life when we truly make the attempt to listen and be engaged in the moment.

Having been an avid equestrian and general athletic enthusiast, I understand firsthand how repetitive physical exercise can affect the body and the necessity of body maintenance. It is important to counter the effects or strain on the body. Modalities like massage, acupuncture and yoga can often be vital restorative tools. They may also help to add longevity to the activities we enjoy.

A cyclist's body undergoes a lengthy rounding of the spine and shoulders. Yoga can bring relief to those areas through postures designed to lengthen the spine and retract the shoulders onto the back. The following are three poses you might like to try before and/or after your next ride:

Cow Pose creates length in the spine and Cat Pose creates arch and space, stretching the back, torso and neck. Repeat the sequence of inhaling into Cow and exhaling into Cat several times going slowly creating a gentle flow.

Extended Puppy creates a nice long stretch in your spine and a deep lengthening stretch and release for the shoulders. You can easily learn these poses in a yoga class or at yogajournal.com.

Karen Scher is a RYT200 Yoga Alliance certified teacher and maintains both a personal and professional yoga practice in Port Jefferson and the Three Villages. Yoga has been an integral part of her life for over 8 years and she considers it a profound way to study the body, both physically and mentally. You can contact her directly at 631-790-4248 or Karen@freeyourmindyoga.com.

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
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, \$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

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