

ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

March 2019

SUPER CYCLING SATURDAY

IT'S HERE!

Unofficial Start of 2019
Cycling Season

MARCH 2, 2019 - 11:30AM TO 4:00PM

RIDE LEADER'S WORKSHOP



FREE LUNCH



In This Issue

- Message from the President
- Why I Ride
- Important Dates
- Ask the Cycologist
- Century Training School
- Talking Tech
- Cycle Vietnam
- General Meeting Minutes
- What's In Your Bag?

BEGINNER RIDER TRAINING



OPEN TO MEMBERS & NON-MEMBERS.

CPR TRAINING

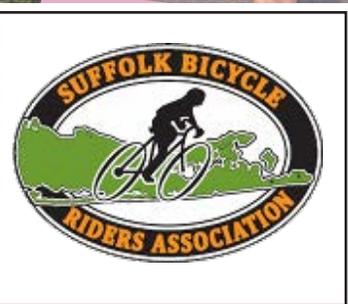


LOCATION:
NEW VILLAGE RECREATION CENTER
20 WIRELESS ROAD, CENTEREACH

LET'S DO IT AGAIN!



AT SUPER CYCLING SATURDAY,
WE WILL BE COLLECTING
FOOD DONATIONS FOR
LONG ISLAND CARES,
THE HARRY CHAPIN FOOD BANK



SBRA promotes cycling of
all abilities for health,
fitness and fun

Total club mileage
11/1/18 - 2/25/19
72,800
Ridden by 445 Riders

Message From the President

WHAT WAS YOUR MOTIVATION TO JOIN A BIKE CLUB?



I was out riding today hoping to find some inspiration for my Rolling Wheels letter and about 10 miles into the ride it came to me. What was my motivation to join SBRA?

Ten years ago, I was in a spin class, and the instructor was always coaching us to be the best version of ourselves and to

set a goal to do something we have never done before. She said, "Pick a Goal, say it out loud to someone, then formulate a plan on how to achieve it." Once you tell it to someone, you are more compelled to follow through, because you don't want to be that person who makes a million excuses for not doing something.

In class, I met a woman sitting next to me who turned out to be my neighbor, and she said, "Let's join a bike club and do a Century." It had been years since I was outside on a bike, but we signed up, purchased bikes and the journey began. We rode with many different ride leaders, and it took a while before I found a group to ride with that I enjoyed.

We were so unprepared to do a Century, but what did we know? We were all in no matter what. On the day of the Century, there was a torrential downpour for most of the ride. We decided to do the shorter distance instead, but still, the rain was not letting up. It was summer, and we were in sleeveless jerseys with no rain gear. Within minutes, we were soaked from head to toe, but we kept going through flats and a few other incidents. Finally, rolling into Montauk was a "Eureka" moment for both of us. We did it!

My journey began on a spin bike being coached to do something outside our comfort zone. I still like to set a goal at the beginning of the biking season. It could be as simple as committing to 4 rides a week, 500 miles in June, working on getting more fit on and off the bike. I will be working on my goals as the season begins, and I hope you think about what you would like to achieve this season as well.

When I see my neighbor today, we still laugh at the things we did when we first started out in the club. This is my story. What is yours?

We all joined to ride our bikes, but I believe we find so much more. I see the friendships that are made in this club and know that it is the best \$30.00 you can spend for what you get in return!

Have a Great Biking Season!

Joanna
SBRA President

Have your own story to tell?

Share it in Rolling Wheels

LONG OR SHORT, A SENTENCE OR SEVERAL PARAGRAPHS WHATEVER IT TAKES TO EXPLAIN WHY YOU ARE LOOKING FORWARD TO THE SPRING AND ANOTHER RIDING SEASON.

WE WANT TO HEAR FROM ALL RIDE LEVELS!

BYS1@OPTONLINE.NET

Why I Ride

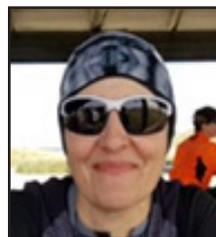


Darlene Merola

SBRA Member: 4 years

Favorite Ride Level: C, C+ Sometimes B-

SBRA Activities: Social Director, BBB



ME AND MY BIKE.....

What can I say about riding? It's the most amazing, outdoor experience. You get to ride with friends and enjoy the outside. You get to see towns and communities that you just whiz by when you drive.

There are social events and trips off island. When you first start riding, you don't think you will ever be able to breathe or make it up a hill. But slowly, gradually with the help of your "biking friends," you are encouraged and inspired. With each ride, you relieve any and all stress you may have from home or work. Your heart and lungs become strong, and the added bonus is you may also look better in your jeans.

My advice for anyone who wants to start riding, take it slow, ride in a group, join a club. We are the largest club Suffolk Bike Riders Association.

We ride at all levels and abilities. "Get off the couch and get outside"!

NOVEMBER 1, 2018 - FEBRUARY 25, 2019

MILEAGE LEADERS:

JAMES DRAGO 1979

BRIAN TOOLE 1826

MICHAEL COLE 1628



Important Dates

RENEW YOUR MEMBERSHIP

General Membership Meeting March 7

SUPER CYCLING SATURDAY
Saturday March 2

Bike Boat Bike Sunday June 2

The Swiezy/Pope Montauk Railroad Century

Saturday June 8



If you have never experienced this great ride you won't want to miss it.

This is one of the flattest, easiest, and most scenic Century rides anywhere.

It is a best bet, if you want to try 100 miles for the first time!

Registration details are available on the web site www.sbraweb.org

From the Stat Team:

KNOWING YOUR NUMBER AND WRITING IT LEGIBLY IS A GREAT HELP TO THE STATISTICIAN TEAM!

CAN'T REMEMBER YOUR RIDER NUMBER?

PUT IT ON YOUR PHONE.

WRITE IN INSIDE YOUR HELMET.

WRITE IT ON THE BOTTOM OF YOUR WATER BOTTLE.

Ask The Cycologist



The Cycologist - a monthly column with "advice" for riders and ride leaders

DEAR CYCLOGIST,
I'VE BEEN WITH THE CLUB A YEAR NOW. SOME OF THE RIDE LEADERS ARE PRETTY HIGH STRUNG. WHAT ARE A FEW THINGS I COULD DO JUST TO PUSH THEIR BUTTONS A LITTLE TO HAVE SOME FUN?

THE JOKER

DEAR JOKER,
THERE ARE MANY THINGS YOU COULD TRY. HERE'S A
-ARRIVE 5 MINUTES BEFORE THE START AND TALK TO PEOPLE

WHILE YOU'RE GETTING READY

-JUST AFTER THE LEADER'S INSTRUCTIONS ASK WHO HAS A

PUMP IN THEIR CAR

-WHEN YOU'RE FIFTH IN THE LINE, ASK WHERE THE NEXT TURN

IS

-WHEN YOU'RE AT THE BACK OF THE LINE KEEP YELLING

ROUGH ROAD

-NEVER GO A CONSTANT SPEED WHEN YOU'RE PULLING

-ON WINDY DAYS KEEP ASKING THE PERSON IN FRONT OF

YOU QUESTIONS IN A LOW VOICE

Got a pressing issue or question for the doctor?

Email it to me and I'll pass it on to the doctor.

bys1@optonline.net

New Members:

Dan Coniglio
Paula Gendreau
Robert C Libbey
Daniel Sherry
Sophia Wheeler



March Birthdays:

Ron Albinson	Brian Kroll	Damon Perfetti
Larry Alvarez	Samuel Lee	Kathleen Porter
Virginia Bartoldus	Damon LeGare	Charles Powell
Michael Beckerdite	Mary Liers	Albino Reverberi
Lloyd Boone	James Lopresti	Gary Ristan
Andy Boyden	James Lucas	Daniel Rogers
Suzanne Cerruto	Joseph Maiorana	Kevin Rooney
Smadar Chen	David Mansfield	Heather Rottino
Sharon Connolly	Brian Margolis	Jason Rudish
Ron Corella	Chris Massaria	Thomas Saluzzi
Thomas Corrao	Mary Jane McKenna	Mark Shannon
Bob Dalpiaz	Mike Merlo	Cindy Stachowski
John DeRicco	Don Merry	Carl Struck
Dalerie DeRicco	Gerald Meyer	John Sullivan
Edward Downie	Thomas Miceli	Frank Totino
Elizabeth Dyer	Don Monell	Bettina Tripp
Bob Emmerich	Frances Montera	Bryan Turner
Rik Fairchild	Jeff Moore	Peter Vassallo
Mary Fischer	Gail Moran	Horia Olase
Michael Grumm	Rita Mosca	Alice Wexler
Jim Heaney	Steven Moss	Peter Wicik
Ellen Higgins	Thomas Murphy	Kenneth Wiesmann
Joan Hubbard	Terrence O'Brien	Gregory Wilbur
Fredric Otkin	Amy Olander	Jason Winters
Eric Jimenez	Eduardo Pabon	Troy Wolfskill,
		Joseph Zaverdas

SBRA Century Training School Set for 2019

Get in Shape Ride 100 Miles

BY BOB GOYKIN

If you have never ridden a century before, you will be happy to learn that SBRA is once again offering our one of a kind Century Training School.

Century Rides are like a rite of passage for cyclists – like a marathon for runners.

These training rides began in 1987 with the promise of helping C and D level riders do their first 100-mile ride. Led by Josie and Bob Goykin along with a team of helpful and experienced club members, these rides can help any cyclist ride 100 miles, the easy way.

Century rides are like a rite of passage for cyclists - like a marathon for runners.

You're gonna like the way you ride – our guarantee. Anyone who does all of the rides and follows all of the tips will complete the 100 with energy to spare.

Who should do the Beginner Training Rides?

- You're an SBRA member.
- You have never ridden 100 miles or haven't done distance riding in years.
- You're ridding with a friend who never did 100 before.
- You can ride 25 miles at 10 mph and are planning on doing the Century.
- You're always at the back of the ride, and you want to learn how to maintain the keep up, ride faster and further.
- You're free almost every Saturday until the 100.

How do we do it?

We start with a 25 mile "D" ride on Saturday, March 23th in Ronkonkoma. Each Saturday the ride goes a little faster and further. Prior to the rides we give pointers about technique, clothing, bike fit, food, drink, and simple repairs.

We aim for a "B" pace Century.

You will learn to ride efficiently, effectively and painlessly. We answer all of your questions, understanding the questions and issues of beginner cyclists. COURTESY, SAFETY, and ETIQUETTE will be emphasized.

These rides make bathroom, lunch and rest stops at appropriate intervals. Our leaders and sweeps are experts at keeping the group together and encouraging all. We want everyone to finish!

DON'T BUY A NEW BIKE YET!

Please contact us before you spend big bucks on the wrong bike. You can try the first ride or two on a hybrid to see if you enjoy the rides. Longer and faster rides require a road bike. In our 30 plus years, most riders on mountain or hybrid bikes could not complete the training.

PLEASE CALL or Email AHEAD TO REGISTER FOR THE TRAINING SCHOOL RIDES. You need to register for the whole series. We cannot accom-

modate single day riders. Part of the success of this program is a result of the concurrent development of the same group riding together each week.

We highly recommend you attend Super Cycling Saturday on March 2st for an introduction to club riding.

For Century Training School details contact: Bob or Josie Goykin at 737-1871 or rgoykin@gmail.com

If you're a faster rider or have already ridden a Century, check the ride calendar for a more appropriate riding level.



Recent graduates of the Century Training School take to the road.



BY TIM MAYR

Keep your bike's drivetrain clean and lubricated, and you'll have smoother shifting, longer chain and cassette life, and a quieter ride. Regular cleaning will prevent premature wear on your chain, chainrings, and cassette cogs. A new chain and cassette can cost over \$100 at your local bike shop, but keeping your drivetrain clean will double or triple your chain and cassette life when compared to a poorly maintained chain.

🔧 **First, find a spot for cleaning your bike.** It's best to get your bike up off the floor, which will make working on it easier. A bike repair stand is a great option, but expensive. A low-cost option is a folding bike wall hanger. Lowes home improvement stores sell the Blue Hawk 12.8 inch gray steel utility hook for only \$6.78. Attach it to the wall, then hang your bike on the two vinyl coated hooks, which also fold out of the way. I use two of these hangers for my bikes, and they work great. If a repair stand or hanger isn't an option, just lean your bike against a wall.

🔧 **Next, you'll need a chain cleaning machine.** These are

filled with chain cleaning solvent and are then attached to your chain, and as you pedal backward the chain is run through brushes that scrub the junk off your chain. Your local bike shop will have these in a kit that includes the machine, chain cleaner, and lube. Park Tool makes a good one, as does Finish Line.

🔧 **Get started by using a rag and stiff brush to clean as much crud as possible off your front chainrings, chain, cassette, and rear dérailleur jockey wheels.** The jockey wheels are the two small toothed gears hanging down from your rear dérailleur. Thin rags can be used between each cog on the rear cassette to remove any embedded dirt and grit.

🔧 **Fill the chain cleaner with solvent and attach it to the chain.** Slowly pedal backward for about 25-50 revolutions. If your chain isn't sparkling clean dump out the nasty used chain solvent and repeat the cleaning.

🔧 **Use clean rags to dry the chain by wrapping a rag around the chain with one hand and pedaling backward with the other.**

🔧 **After the chain is clean and dry, it's time to re-lube.** Everyone has their own opinion on the "best" chain lube. For road bikes a "dry" lube is usually best. These lubes have a solvent that evaporates, leaving only a thin lubricant behind. Dry lubes attract very

little dirt and grit, so the chain stays cleaner longer. The only parts of the chain that need lubrication are the inner rollers, and the rollers don't need much lubricant. The rollers are those tiny shiny round metal wheels between the chain's inner and outer plates. One drop of lube on each roller is sufficient, but it does take a minute or two more to lube each roller when compared to emptying half a can of aerosol lube all over the chain, bike, and floor. Be patient, use lube sparingly. I use a needle tip applicator (ProGold Luber Pen, about \$8) when lubing the chain, but then I may be a touch overly obsessive when it comes to a clean drivetrain. Most chain lubes come in a drip bottle, and that should work just fine.

🔧 **Let the lube dry for a couple of hours or overnight, then wipe down the chain one more time to remove any excess lubricant.**

🔧 **Once your chain is clean and lubed, it's easy to keep clean.** Wipe the chain down before each ride, and add fresh lubricant every few rides, sparingly, on the inner rollers only. You'll only need to use the chain cleaning machine a few times a season, or after riding in the rain.

🔧 **Here is one last tip.** Even a well-maintained chain will need replacing eventually, as a chain stretches as the rollers wear. Replacing a chain before it's too worn will ensure smoother shifting and longer cassette life, as a badly worn chain will lead to excessive cassette cog wear.



Remember: check chain wear

To check your chain wear use a chain checker tool. Park Tool makes a simple one, the CC-3.2, for about \$10. It will tell you if your chain has stretched to the point where it needs replacing. I check my chains using the official Campagnolo spec, a distance of no more than 132.6mm between six outer plate links, using a digital caliper. You can decide for yourself which method is easier.



A simple chain checker tool by Park

Questions, comments or ideas?

Send an email to Bernie Scherer

bys1@optonline.net and I'll pass them on to Tim

Off Island Rides

Cycle Vietnam Jan-Feb 2018

BY SUSAN SEARS

The country 'no-one wanted to be sent to' is now a wonderful holiday destination. Eight of us, all from SBRA, had a wonderful 19-day vacation cycling around Cambodia's temples followed by rides from Ho Chi Minh City up to Hanoi, visiting interesting places en route.

The tour was personalized for us by Vietnam Bike Tours who worked with Barbara Braun to make a memorable adventure for us. Thank you, Barbara, for all the hard work!

After 3 days of mountain biking through the jungle to see the ancient temples in Cambodia we flew to Ho Chi Minh City, where we explored on foot before setting off on our adventure. As a pedestrian, the learning curve for road safety in the city was steep, crossing the road took a lot of courage, standard rules of the road seemed to be optional, and everyone had the right of way. Needless to say, we didn't cycle in any cities.

We were accompanied by our wonderful, caring guide, Phuc, and 2 drivers who ensured that we were always safe and had everything we needed. Ronnie really appreciated them sorting out a confusion when she apparently asked the hotel for 2 men in her room instead of 2 blankets, those accents over the letters are quite important! We ate at hotels, restaurants and village cafe's, there was a huge quantity of good quality food, and we all became experts in the use of chopsticks.

We were issued with mountain bikes, and Phuc would do any adjusting/maintenance that we required. The total number of days cycling was 12 and our distance about 250 miles, we cycled at a relaxed pace, often stopping to see the sights and have a snack. Cycling through the villages was mostly flat, but there were a couple of days when we were very glad of the sag wagon as some of the hills were very steep. One hill seemed to go on forever, Richie was king of the mountain, and several of us made it to the top at speeds of slow to very slow; OK I walked quite a bit but was keeping up with Jim who was cycling.

The Vietnamese were extremely friendly people, they loved the Americans and would call out to us as we toured around. We were fortunate to be there just before the Lunar New Year, a time when families reunite in their village. Just like in America, the younger generation meets up with



Photo by Susan Sears



Photo by Elaine Sullivan

The Magnificent Seven + 1 had a fabulous time in the city of Hoi An. The smiling SBRA travelers included Barbara, Betty, Jim, Rich, Susan, Elaine, Ronnie & Barbara.

their friends and play loud music, actually karaoke, which can be heard all over the village. On our travels we had a night in the jungle, where we were shown some incredible flora and fauna; as an added extra Richie found a frog in his toilet bowl. We cycled through villages and towns along the coast where we observed many small cottage industries such as silk moths, incense sticks being made, rice paper production, and cashew nut and coffee bean harvesting. We visited museums and temples, and are now all experts in how rice is grown and birds nest soup made. We had a day at a beach resort where we were very disappointed to learn that we were all too old to go hang gliding. The real treat was spending the night on a boat in Halong Bay, where, as well as celebrating Barbara Abrahams birthday, we saw the most beautiful scenery, visited stalagmite caves, fished for squid, and kayaked.

Our time was packed with unique things to see and do each day.

SHARE YOUR MEMORIES

WHETHER IT'S FAR OFF LIKE VIETNAM, NAPA VALLEY OR NOT SO FAR LIKE THE SEAGULL OR SEACOAST CENTURIES, IF YOU HAVE CYCLED OFF ISLAND, SHARE YOUR ADVENTURE WITH OUR READERS.

EMAIL A DESCRIPTION OF YOUR TRIP TO BERNIE SCHERER (BYS1@OPTONLINE.NET) AND BE SURE TO INCLUDE PICTURES IF YOU HAVE THEM.



What's in your bag?

BY NORM & BONNIE SAMUELS

It's SPRING! The time to replace that stale snack that you left in your seat pack last season. In preparation for that first spring ride, let's look at what I carry on my road bike other than my 125 lbs.

In my mind, there are two types of objects carried on my bike... mechanically related and rider related. Of course, there are some objects, like water bottles, that fit in both categories, more about those later.

The main container on my bike is a Topeak clip-on seat pack which comes in a variety sizes. I'll be describing the contents of my medium (1L) bag used for longer rides, though I have a smaller one (.6L) for shorter or hilly rides. Needless to say, I pare off some items when using the smaller bag. The clip-on feature from the same company is handy for quickly swapping bags from one bike to another. The seat pack contents are listed in order of importance based upon opinion and experience, which will vary from one rider to another, depending on preference and types of carriers used.

The mechanical contents in my seat pack include: tubes (I carry more than one), tire levers, multi-tool, CO2 inflator, chain tool (sometimes combined with multi-tool), spoke wrench, and a small cable and lock to discourage rip & run theft. On the back of my bag, there is always a red flasher which conveniently mounts on



a strap provided by Topeak on the zippered rear flap.

The rider related contents include a couple of items to help sustain me during a ride. I always have trail mix or a snack/energy bar/goo pack. Besides, those that know me, know that there's always a banana in my jersey pocket for the first part of the ride ;-)). The last things in my bag are first aid items consisting of band-aids, alcohol wipes, and Advil, for longer rides, butt butter, and a small container of sunscreen.

Rolling back to the mechanical items on the bike itself, I carry a front white flasher, frame pump (haven't got the hang of using the CO2 inflator), and a bell.

A bell is required by NYS law, and I've found it to be very useful on multi-use paths which are slowly becoming more popular on Long Island. I began using the bell while riding in Virginia, where I am almost always on multi-use paths. I believe that the other people on the path prefer hearing a bell rather than someone shouting, "on your left," as I approach from behind. Moving my hands out of reach



Photo by Norm Samuels

By mounting the bell in this position, the rider can ring it without removing his hands from the bars.

off the brakes to sound a bell seems to add a slight risk when having to use it frequently. In a novel way, I was able to mount my bell on one of my bikes so that my hands are able to remain on the brake hoods or on the top of the bars and still push the bell striker with either thumb when on the hoods, or pinkie finger when on the top of the bars. Unfortunately, not all bars accept the mounting hardware provided with bike bells, but I think it's worthwhile to work on mounting one in a convenient location.

The other things that I carry are two "water" bottles. One is always used for "just" water while the other is usually filled with Gatorade. I always try to have water with me as I've unfortunately had to wash gravel out of fresh road rash, and water is the best thing to use for flushing a wound.

I'm sure each rider has their own preferences, and feedback through "Letter to the Rolling Editor" would be read with interest.

From the Editor

First, a big thank you to all of those that have contributed to this issue of *Rolling Wheels*. Sharing your thoughts and knowledge have helped the newsletter be a better communicator of the many positive aspects of being a member of SBRA. I encourage others to write so that all levels of cycling are represented. I also hope that this month's writers continue to share their expertise and ideas.

Photographs are essential in making the newsletter visually appealing. I know many riders share their cycling experiences on Facebook. It would be great if you forwarded some of your Facebook photos to *Rolling Wheels* as well. Let us know what is going on and who is in the shot.

A final thank you to those who have complemented last month's issue. Feedback is always nice. It lets me know the newsletter is being read and useful. Suggestions are always appreciated.

Lastly, next month we will be introducing two new features: Marketplace and Letters to the Editor. Hopefully, some of you will take advantage of both.

Enjoy this issue and as the weather begins to cooperate have fun participating in the sport we all love.

Bernie Scherer

ROLLING WHEELS

**Wanted: Always looking for
Writers & Photographers
Share those Facebook photos
with SBRA**

Contact: [Bernie Scherer](mailto:Bernie.Scherer@optonline.net) bys1@optonline.net

Riders Join the Fight to Battle Pediatric Cancer

BY JOHN ACCARDO



2019 will mark the 2nd year that the St Baldrick's foundation will field a team of 10 riders in Bike NY's 5 Boro Bike Tour. This year the tour happens on May 5th, yes Cinco de Mayo.

The St Baldrick's foundation was founded right here on Long Island in 2000. The foundation has since become the largest private funding organization for pediatric cancer research worldwide. Every 2 minutes a child is diagnosed with cancer and one in 5 will not survive their disease. Childhood cancer is also the #1 cause of death of children by disease, it is unlike adult cancer with most treatments developed for adults being ineffective.

Historically fundraising has been accomplished at "head shaving" events where participants shave their heads in solidarity with children touched by cancer. I've been shaving my head for the past 15 years, but not everyone is willing to do so; therefore, the foundation has encouraged alternative events to help raise much needed funding....enter the 5 Boro Tour.

I was honored to help get this started last year; after having seen my own daughter wage a 6 year battle against an extremely rare form of the disease with little treatment options. To me the 40 miles of the tour was representative of the difficult road faced by children and their families when facing a cancer diagnosis. I had ridden in the tour before as a private citizen, but as a charity rider, it was positively exhilarating.

Want to be part of this? It's a simple matter of signing up and doing some fundraising. Each rider pledges to raise \$1000.00 to earn their tour entry. I know it sounds daunting,



Photo by John Accardo

Members of St. Baldrick's team in Astoria during last year's Five Boro Bike Tour.

but it really isn't. In return, you'll get an awesome team bike jersey, a pre-1st wave start (with the VIPs, no getting bogged down in bike traffic), a free breakfast at the start, a finishers medal, and an amazing catered lunch at the finish with a complimentary beer to boot! Plus you'll feel great inside knowing what you've accomplished for children.

Please contact me for more info at jl954a@optonline.net. You can also go to www.stbaldricks.org to read about the foundation. Lastly if you'd just like to sponsor me or another team member with a donation you can visit my page at: <https://www.stbaldricks.org/participants/mypage/991730/2019> If there are any businesses out there who'd like to help sponsor our jerseys (and have your logo on the back) we just ask for a \$100 sponsorship.



July 21-26, 2019

— THE GREAT BIG —

FANY RIDE

FIVE HUNDRED MILES ACROSS NEW YORK

BY MANNY ROSENKRANTZ

The Great Big FANY ride will take place July 21- 26. It is a 500-mile ride from Plattsburgh to Poughkeepsie with 25,000 feet of elevation gain over the six days. Several SBRA members, including myself, have registered for the ride. Everyone will have different reasons why they would undertake a ride like this. For me, it is the challenge at my age (and those who know me know I've left middle age behind) to see if I still have the strength and determination to

accomplish this ride.

It will take perseverance and determination, but so far I have two wonderful friends and fellow cyclists, Cathy Cavaliere and Lisa Romanacce, as training partners. I invite other members to join us.

Cathy will be posting the week-end rides. Be ready for some climbing. We already did our first ride, and I spent the next day in the hot tub. Go to the ride website for details on the ride. Hope we can get a good size group upstate in July.

**GRANITE STATE
WHEELMEN
SEACOAST CENTUREY**

EARLY REGISTRATION IS \$55 FOR ADULTS AND \$25 FOR 15 & UNDER . AFTER JULY 31 ST, FEES INCREASE TO \$65/\$30 AND DAY-OF-REGISTRATION IS

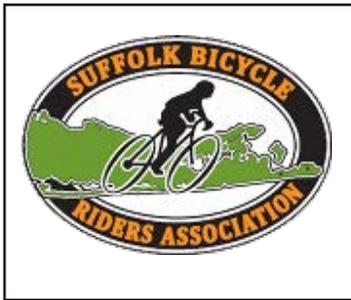
WWW.BIKEREG.COM/SEACOAST-CENTURY



OCTOBER 5, 2019

WWW.SEAGULLCENTURY.ORG

General Meeting Minutes



February 7, 2019

Call to order – President Joanna Pascucci called the meeting to order at 7:00 pm.

Approximately 35 members and guests were in attendance.

Acceptance of Minutes – The January 2019 General Meeting minutes were accepted, seconded and approved.

COMMITTEE REPORTS

Treasurer’s Report (Joe Matzelle) – A full report including the current balance in the SBRA bank account is available to any member by contacting Joe.

Statistician (Tricia Brandt) –The reports below represent the 2018/2019 ride season:
In January, 115 rides were posted and 76 rides were ridden.

Total mileage for the month of December was 11,954 ridden by 127 riders.
Total mileage Year to Date (Nov-Jan) is 60,251, ridden by 241 riders.

All ride sheets were submitted and the vast majority within 2 days. THANK YOU!
Rides were led by 20 different ride leaders in the month.

Mileage leaders:

James Drago 1618,
Brian Toole 1508,
Michael Cole 1503
10 people are over 1000 miles

Ride Leader Credits:

Jeff Meyer 43,
James Drago 34,
Norm Samuels 30

Sweep Credits:

Dennis Desmond 33,
John Bambach 21,
Lynn Roesel 15

Do you have trouble remembering your rider number? Some helpful suggestions: put it in your phone somewhere, write in inside your helmet, write it on the bottom of your water bottle. Knowing your number and writing it legibly is a great help to the statistician team!

Sunshine Report – (Bruce Presner) – Alan Yancovitz has been having health issues. Tom Gorchman’s wife passed away and Steve Wasserman’s father passed away. Joe Rivera’s wife is ill.

Membership – (Ronnie Levy) – as of January 31st there are 853 members, 2 new members and 9 bike shops. Please replace you old membership brochures with the new brochures that state the \$30 membership fee.

Social Director – (Darlene Merola) - About 130 people were at the Holiday Party. Darlene is investigating a new venue. We got 500 pounds of food donated at the party.
The date is set for the picnic: July 20th

Webmaster – (Joanna Pascucci) – There have been some Spam emails, Brenda is working on blocking them. There are also some spam pop-ups.

Safety Director – Several members are having discussions with Paul Miklean about a safety training course for adults and community outreach programs.

2019 Executive Committee

PRESIDENT	Joanna Pascucci	631-747-3464
VP ADMINISTRATION	Jeff Meyer	631-471-2129
VP OPERATIONS	Wendy Schmittzeh	631-767-3176
TREASURER	Joe Matzelle	631-949-4458
RECORDING SECRETARY	Bruce Redlien	631-567-7551
ADVOCACY DIRECTOR	Joe DePalma	631-235-9467
EDUCATION & SAFETY DIR.	Paul Miklean	631-689-7186
MEMBERSHIP DIRECTOR	Ronnie Levy	631-696-0832
RIDE DIRECTOR	Dan Rostrup	631-277-7550
SOCIAL DIRECTOR	Darlene Merola	631-708-5396
WEBMASTER DIRECTOR	Brenda Meyer	631-245-2833

2019 Chairpersons

ADVERTISING	Paul Miklean	631-689-7186
AWARDS	Joanna Pascucci	631-747-3464
BIKE BOAT BIKE	Jeff Meyer	631-471-2129
GRAPHIC DESIGNER	Brenda Meyer	631-245-2833
MONTAUK CENTURY J	Joanna Pascucci	631-747-3464
NEWSLETTER	Bernie Scherer	631-804-0751
PHOTO GALLERY EDITOR	Norman Samuels	631-928-3913
PUBLIC RELATIONS	Paul Miklean	631-689-7186
QUARTERMASTER	Chuck Ackerman	631-979-9644
REFRESHMENTS	Tom Pfisterer	631-585-6417
REFRESHMENTS ASST.	Hava Forziano	
RIDES COMMITTEE	Dan Rostrup	631-277-7550
STATISTICIAN TEAM	John DeRicco	631-874-3669
STATISTICIAN TEAM	Tricia Brandt	631-874-2686
STATISTICIAN TEAM	Valerie DeRicco	631-874-3669
SUNSHINE	Bruce Presner	516-702-5639

WINTER



In the winter, some look for alternatives to road and mountain biking. They might look to the slopes.

Ski biking, while very popular in Europe, is only offered at a few slopes in the States.

At Killington Ski Resort, ski bikes, helmets, and boots can be rented for a half or full day. A mandatory lesson is also provided as part of the package. It's a fun activity even for non-skiers.

Spotlight on Safety

Brookhaven Township's Safety Town

The SBRA Safety Committee composed of Paul Miklean, SBRA Education and Safety Director, Fred McKenna, Bernie Scherer, Manny Rosenkranz and Bill Wenk, has reached out to Brookhaven Township's Safety Town in an effort to have our two organizations work together. Brookhaven's Safety Town teaches traffic, bicycle and pedestrian safety for schools, Boy and Girl Scouts as well as individuals. Three times a year they run bicycle rodeos, in April, June and September.

Brookhaven's Safety Town lead educator, Karen Harper was excited to meet with us. Early discussion has SBRA members volunteering and assisting at their rodeos, running a parent workshop and inspecting bikes for safety (done by a bicycle shop). We expect to meet again with Karen and her colleagues in early March to put together a more detailed plan. The first rodeo is on April 13th.

We will keep you posted on future developments and anticipate calling for SBRA volunteers. For more information on Brookhaven's Safety Town visit www.brookhavenny.gov.

Ride Director – (Dan Rostrup) – Dan is working on getting Super Cycling Saturday together. Attendance at SCS is mandatory for ride leaders. See Dan if you need to be excused. A representative from the Sayville Fire Department will Speak to Basic First Aid and CPR for ride leaders at 12:30pm on Super Cycling Saturday.

OLD BUSINESS

Bike Boat Bike (Jeff Meyer) Jeff has contacted Stony Brook University to get the permit and has gotten the Town of Southampton permit paper work. Also the church in Sag Harbor is not active yet so we may be able to use the parking lot as a water stop. The route will change so we don't go through the village of Southampton.

SBRA Cares Charity Ride Tentatively October 5th or 6th. Joanna is forming committee. Possible ride start Holtsville ecology center or Veterans Memorial Park.

Volunteer party February 24th by invitation only.
Super Cycling Saturday March 2nd
Bike Boat Bike Sunday June 2nd
Montauk Century June 8th.

NEW BUSINESS

Rolling Wheels New Look (Bernie Scherer) Bernie encourages members to submit stories or articles for Rolling Wheels. Technical articles on maintenance and performance would be especially appreciated.

Heart Saver Class Stony Brook Medical Center February 27, 2019 Wednesday. See the SBRA website for details.

LI Cares food Donation at Super Cycling Saturday. SBRA donation goal for the year is 3000 lbs of food. We are at 500 lbs now.

5 Borough Bike Tour St Baldricks Charity. (John Accardo) John is organizing a charity ride within the 5 Borough Bike Tour that give several Perks including free beer. See his forum post: "St Baldricks Foundation 5 Boro Bike Tour 2.0" if you are interested in joining him.

Bike Advocacy Report (Joe DePalma) Joe attended a smart growth conference in November. There will be bicycle lanes added to Granny Road. The Long Island Empire State Trail is being planned. The extension to Captree is being built. A boardwalk bypass for bicyclists is being built.

wAdjournment – The meeting was adjourned at 7:35 PM.

Respectfully Submitted,
Bruce Redlien, Recording Secretary

Market Place

MARKET PLACE IS A NEW FEATURE OF ROLLING WHEELS

STARTING NEXT MONTH, SBRA MEMBERS MAY POST CYCLING ITEMS FOR SALE EACH MONTH IN OUR NEWSLETTER.

GUIDELINES:

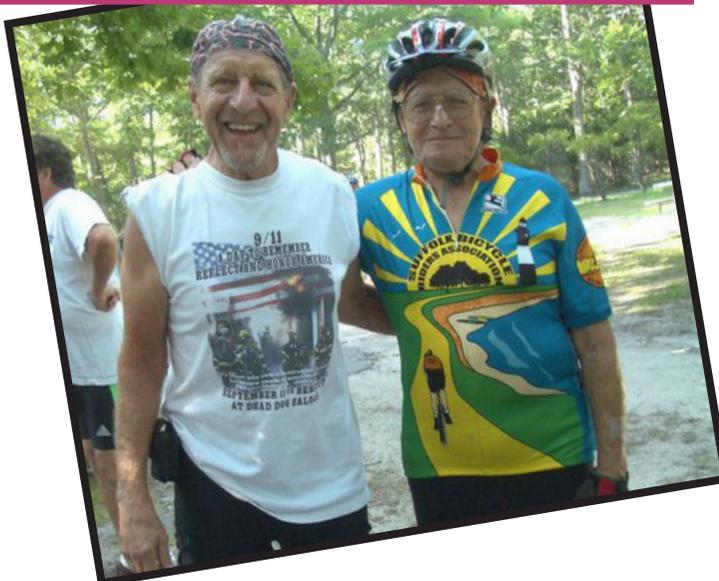
- ITEMS WILL APPEAR BASED ON SPACE AVAILABILITY, IN THE ORDER THEY ARE RECEIVED.
- ALL ADS MUST BE RECEIVED BY THE SECOND WEDNESDAY OF EACH MONTH.
- SEND ADS TO BYS1@OPTONLINE.NET
- MERCHANDISE MUST BE IN GOOD TO EXCELLENT CONDITION.
- ITEMS WILL BE POSTED FOR ONE MONTH ONLY BUT MAY BE REPOSTED IF REQUESTED BY THE SELLER.
- THIS IS A BIKER TO BIKER TRANSACTION AND DOES NOT INVOLVE SBRA.

SELLER MUST PROVIDE THE FOLLOWING:

- DETAILED DESCRIPTION OF ITEM
- CONDITION
- PRICE
- SELLERS FULL NAME
- EMAIL ADDRESS
- PHOTO (JPEG OR PNG FILE) STRONGLY SUGGESTED

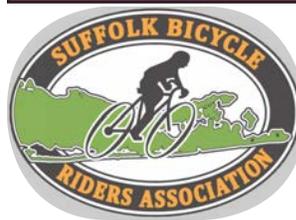
EXAMPLE:

	GARMIN SPEED/CADENCE SENSOR (GSC 10) CONDITION: New PRICE: \$20.00 (ORIGINALLY 59.99) SELLER: BERNIE SCHERER CONTACT: BYS1@OPTONLINE.NET
---	---



"Must be something in here I can sell using the Market Place in *Rolling Wheels*."

SBRA CLUB STORE



VISIT THE CLUB STORE TO PURCHASE A VARIETY OF CYCLING ITEMS AND SBRA BRANDED APPAREL



SBRA Members get 20% OFF Any Road ID products!

SBRA Members can use a coupon code good for 20% off of each order placed during the designated period.



Offer is open to all SBRA club members ONLY.

DISCOUNT START DATE: 2/1/19

DISCOUNT END DATE: 3/31/19 (Midnight)

NOTE: You MUST LOGIN to SBRA's website to access this discount information

This unique coupon code is intended for use by SBRA club members only. As it contains a limited number of uses, it should not be posted on a public forums, or on social media channels accessible by the public (Twitter, Facebook, etc.). If found on social media, this offer may be cancelled.



Time: 7:00 am

Date: Saturday, June 8, 2019 (Rain Date: Sunday, June 9)

Place: Babylon Train Station

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

To participate you **MUST BE A CURRENT SBRA MEMBER** by March 31, 2019 (**NO EXCEPTIONS**).

Registration fee with a one way non-refundable train ticket is \$30 and must be postmarked by June 1st.

Registration fee no train ticket is \$15 and must be postmarked by June 1st.

There is **NO** day-of registration for this event. Cue sheets are provided, route not marked. No supported water stops.

SAG service will be limited: If you have never done a long ride please have an alternate ride home.

Riders receive snacks and a comfortable ride back to Babylon on the LIRR (if registered with train ticket option).

Bicycles are individually padded by experienced club members and returned to Babylon by moving van.

Due to insurance rules, SBRA membership is required for this event.

There is a limit of 130 riders for the "with train ticket" option (no limit for "no train ticket" option).

AGAIN THIS YEAR ... there will be an option for riding a Metric Century.

Cue sheets are provided but the route is not marked.

No supported water stops.

SAG service will be limited. If you have never done a long ride, please have an alternate ride home.

Rain Date is Sunday, June 9th

ONLINE PAYMENT MUST BE RECEIVED BY JUNE 1, 2019

(NO EXCEPTIONS**)**

Must be paid on the SBRA webpage via PayPal. **No checks will be accepted.**

[Click here to sign-up NOW!](#)

(or go to: <https://www.sbraweb.org/node/31746>)

If you have never participated in a century ride before? See our **[CENTURY TRAINING](#)** information page to find out how easy and fun it can be! (Go to: <https://www.sbraweb.org/?q=node/170>)

Event Coordinator:

Joanna Pascucci

call: 631-747-3464 or email: montauk_century@sbraweb.org

Support Our Sponsors



ROLLING WHEELS

The Monthly Newsletter of The Suffolk Bicycle Riders Association

Volume 13

October, 1990

No. 10

ADAMS CYCLERY



270 Larkfield Road
East Northport, NY 11731
Phone: 631-261-2881

education is to teach members about
cycling touring, bicycling awareness for
safety and compatibility during bicycle
rides. Membership shall consist of individuals
abiding by the constitution and by-laws
in admitting members according to
the by-laws.

MONTHLY MEETING:
SBRA meetings will be held at the
Town Recreation Center (in
Nicolls Road (CR 97)). Meetings are held on the 1st and 3rd of each month.

PACE YOURSELF

Members for a while will
be able to discuss the
ride pace system used (or ignored) on SBRA rides.

When rides are
members and discou
dropped on rides,
pace. No one likes
to be left behind.

Numerous reports are coming in
at 15 mph "C" rides as the standard
pace. In memory, we lead rides at SBRA
of:

- A - 17 mph
- B - 14 mph
- C - 11 mph
- D - 10 mph

(This is the speed while riding
number on your computer that also adds stops at traffic lights
and stop signs into the speed.)



BRANDS CYCLE & FITNESS

1966 Wantagh Avenue
Wantagh, NY 11793
Phone: 800-649-3739



620 Middle Country Road
Middle Island, NY 11953
Phone: 631-924-5850

yelling at everyone, let me add a couple of more
cautions. When a group goes through a light, and some
are left behind, courtesy dictates that the lead group
stop or slow enough to allow the stragglers to catch up. If a
rider gets a flat, the group should STOP and WAIT while the flat
is fixed. This isn't the Tour de France, these are social outings
for a leisurely ride.

Babylon Bike

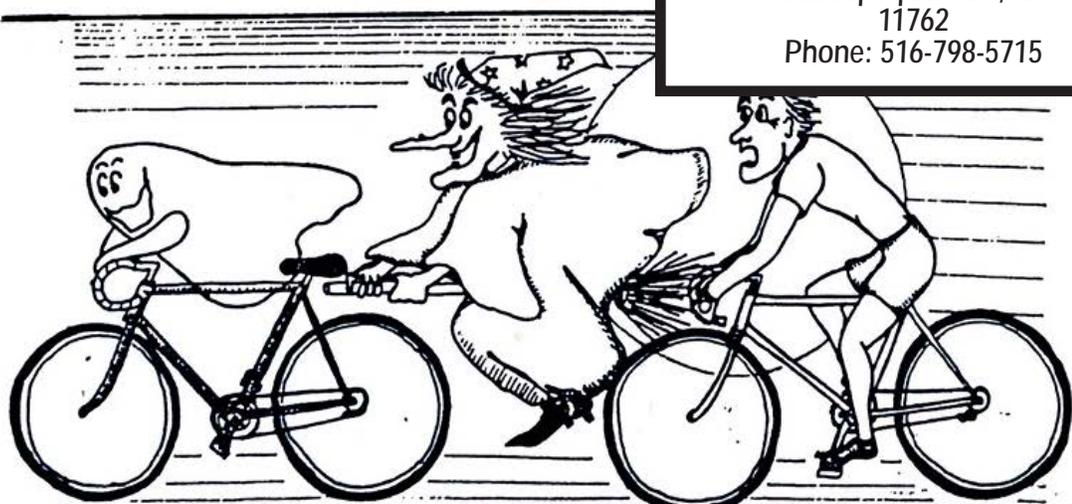
218 East Main Street
Babylon, NY 11793
Phone: 631-587-6709

5. If you find
yourself "off" the pace,
talk to the leader, you
can even on
the 18" ride leader
reports of 18-

Fin
sometimes
harder to
something
for the



4828 Sunrise Hwy.
Massapequa Park, NY
11762
Phone: 516-798-5715



VINTAGE COPY OF ROLLING WHEELS COURTESY OF DAN ROSTRUP

Support Our Sponsors

SBRA HOLIDAY PARTY



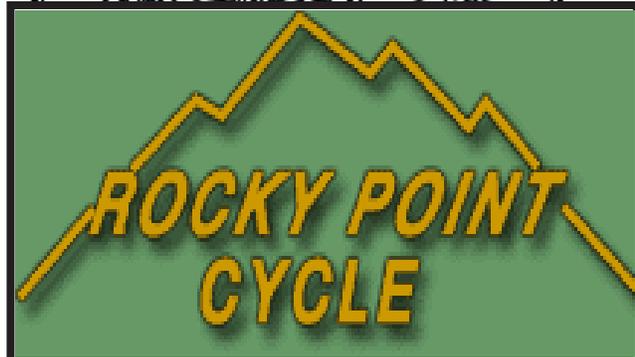
With December just two months away, it's time to begin thinking of the holiday season and the SBRA HOLIDAY PARTY! The date for this year is Saturday, December 22. Once again it will be held at the Elks lodge in Smithtown with a wonderful time guaranteed. So mark your calendar and look for further details in next month's newsletter and club meeting.



1077 Route 25A
Stony Brook, NY 11790
Phone: 631-689-1200

NEW ADVERTISER

Rolling Wheels is proud to have Boulevard Bikes as a new sponsor. Please visit Danny at 411 Lake Avenue in Nesconset.



664 Route 25A
Rocky Point, NY 11778
Phone: 631-744-5372



121 East Main Street
Riverhead, NY 11933
Phone: 631-567-3082



10 Bell Street
Bellport, NY 11713
Phone: 631-286-1829

PAU

IF YOU'D LIKE
OTHER LONG
JUST CALL
LISTEN TO
DESCRIBES
RIDES.



1024 Portion Road
Ronkonkoma, NY 11779
Phone: 631-866-5029