

ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

May 2019

Inspiration Comes from Varied Sources

"Ride as much or as little or as long or as short as you feel...but ride"

— Eddy Merckx

"It doesn't matter if you're sprinting for an Olympic gold medal, a town sign, a trail-head, or the rest stop with the homemade brownies. If you never confront pain, you're missing the essence of the sport"

— Scott Martin

"When you ride hard on a mountain bike, sometimes you fall, otherwise you're not riding hard."

Former US President George 'Dubya' Bush

"When the spirits are low, when the day appears dark, when work becomes monotonous, when hope hardly seems worth having, just mount a bicycle and go out for a spin down the road, without thought on anything but the ride you are taking."

— Arthur Conan Doyle, 1896

"To possess a bicycle is to be able first to look at it, then to touch it. But touching is revealing as insufficient; what is necessary is to be able to get on the bicycle and take a ride...Finally, as one could foresee, handing over a bank note is enough to make a bicycle belong to me, but my entire life is needed to realize this possession."

— Jean-Paul Sartre

"Give a man a fish and feed him for a day. Teach a man to fish and feed him for a lifetime. Teach a man to cycle and he will realize fishing is stupid and boring"

— Desmond Tutu

"Nothing compares to the simple pleasure of riding a bike"

— John F Kennedy

"You can't get good by staying home. If you want to get fast, you have to go where the fast guys are"

— Steve Larsen

"The bicycle has done more for the emancipation of women than anything else in the world."

— Susan B. Anthony
U.S. women's rights activist

"Whenever I see an adult on a bicycle, I do not despair for the human race."

— British author, H.G. Wells



<http://www.sbraweb.org>

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"It never gets easier, you just get faster"

— Greg LeMond

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

SBRA ANNOUNCES THE 39TH ANNUAL



ENJOY CYCLING THE BEAUTIFUL EAST END OF LONG ISLAND
LONGER ROUTES INCLUDE THE SCENIC COVES AND BYWAYS OF
BEAUTIFUL SHELTER ISLAND

JUNE 2, 2019

CHOOSE A ROUTE FROM 25 TO 100 MILES
START LOCATION: STONY BROOK SOUTHAMPTON COLLEGE

TOUR PROVIDES:

**MAPS, CUE SHEETS, GPS ROUTES,
& MARKED ROADS**

**FULLY STOCKED REST STOPS WITH BATHROOMS
SAG SUPPORT AFTER YOUR RIDE,
JOIN US FOR A FREE LUNCH**

**NO WAITING IN LONG LINES - All materials
mailed to you, just drive up, get on your bike and
RIDE!**

There will be NO day-of-event registration.

**Online registration cutoff date may be moved up,
based on the number of early registrations.**

**Please register early to guarantee your spot for
this event.**

Requirements:

All riders must fill out and sign a registration/release form.

Participants under 18 years of age must be accompanied by a parent or guardian.

All riders must wear an approved ANSI or SNELL (CPSC) Helmet.

Cycling safety & strict adherence to all state cycling laws & rules of the road are imperative

Carry identification and any pertinent medical information with you at all times.

Bicycles should be in good working order.

FOR COMPLETE DETAILS --

<https://www.sbraweb.org>

STATS

NOVEMBER 1, 2018 - APRIL 21, 2019

TOTAL CLUB MILES: 123,146

MILEAGE LEADERS:

JAMES DRAGO	3,194
BRIAN TOOZE	2,972
DAN ROSTRUP	2,484
MIKE COLE	2,474

33 RIDERS ARE OVER 1000 MILES

Important Dates

Bike Boat Bike

Sunday June 2

SBRA Cares Ride

Saturday October 5

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	Joanna Pascucci	631-747-3464
GRAPHIC DESIGNER	Brenda Meyer	631-245-2833
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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

Swiezy/Pope Montauk Railroad Century



**Saturday
June 8**

IT'S TIME TO START THINKING ABOUT THE SBRA 2019 MONTAUK CENTURY.

TAKING PART IN THE CENTURY CAN BE A GREAT WAY TO GET IN SHAPE FOR THE SEASON, AND FOR FIRST TIME CENTURY RIDERS, AN UNFORGETTABLE EXPERIENCE.

SPRING CENTURY TRAINING DETAILS:

<http://www.sbraweb.org/node/170>

MORE INFORMATION ABOUT THE CENTURY ON [Page 9](#)

New Members:

EILEEN BRENNER
FRANCINE DEACUTIS
CHARLES FIORENTI
MODESTA KRAMMER
PASQUALE LA MANNA
CHRISTINA MACKAY
LYNDA MANISCALCO

ERIC MENTER
NANCY OLSEN-TANK



Why I Ride

Mike Adams

SBRA Member: 10 years

Favorite Ride Level: B/B+

Activities: Skiing, Kayaking, Golf



My friend Lin said to me once, "Riding is a meditation." Riding makes me at least 10% happier as a book by Dan Harris states on the cover. For me, it is one of my greatest pleasures. The roads, I drive on most of the time, seem very different while riding. They look inviting and wondrous: I see interesting people going about their business, not annoying drivers in my way. The buildings and landscapes I see are calling me to explore them, not a blur at 40 mph. While riding, I forget about life's hassles and enjoy the company of good friends who like to laugh a lot. Yes, the lens I see life through changes when I ride. And, you know, I think because I ride my bike, I'm happy most of the time.

May General Meeting

Thursday, May 2 -- 7:00 PM

GUEST SPEAKERS:

Marc Henig has been a paramedic for over 30 Years. Over the past 8 years he has been providing ALS care to the Community. He is a CPR instructor and teaches the Sayville FD CPR in which he is also a member. When not volunteering in Sayville, Marc, who is a retired Captain from the NYPD practices Law in Nassau County.

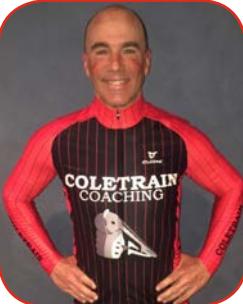
Lisa Henig has been an advanced life support provider over 20 years. She also is a CPR instructor who volunteers with the Sayville FD. Lisa has an extensive background in pediatrics as a critical care technician and lab manager.

Topic to be discussed include:

Medical conditions that may lead to bicycle medical emergencies or accidents
Expected injuries from a bicycle collision with Motor vehicles, other bicycles, fixed objects or hazards in road.
Basic first aid for some of these injuries
Overview of CPR
Questions and answers

May Birthdays:

Rafael Aguayo	Ronald Goodstadt	Harry Resnick
Dawn Alperstein	Mark Grottano	William Riley
Philip Austen	Glenn Grumm	Raymond Russolillo
James Badia	Peter Harte	Mike Savas
Vicki Berry	Ross Ilardi	Lisa Scrima-Castelli
JoAnn Boheneck	Ellen Jaffe	Debra Sehy
Tricia Brandt	Karl Kampfer	Robin Shea
Lance Burke	Jed Lee	Karen Shumar
Bruce Cameron	Peter Legakis	Lloyd Simon
Louis Carino	Gladys Lepolszki	Jeanne Sisinni
Joseph Cecchetto	Michael Loeser	Susan Taylor
Edmond Comans	Michael Mannerz	Costa Triculis
Katherine Consorte	Richard Mardosa	Curtis Veit
Peter Conticello	Tim Mayr	Carlo Viri
Cora Dalton,	Patricia McGayhey	Glenn Warmuth
Joseph Deacutis	Darlene Merola	Janine Wasserman
Ellen DeMartino	Brenda Meyer	Randy Weintraub
Karen Erickson	Ann Mitromaras	Carolyn Whelahan
Bill Ferguson	Judy Onorato	Bill Wolf
Hava Forziano	Christopher Pile	Greg Wuest
Andrew Fragola	Olga Plamenevskaya	
Jerry Funk	Bobby Ploetz	
John Gendron	Christine Ploetz	
Dina Giulietti,	Eunsil Recksiek	



Training Ride



BY MICHAEL COLE

My original plan for this article was to write about riding in crosswinds. Before we do this, however, we need to discuss safely pulling through in a little more depth. Remember, when we say "pulling through," we're talking about finishing your time on the front and dropping back so the next rider can take over. If you are riding on the front and someone behind you tells you to "pull through" that's what they want you to do.

For this article, we will assume that the road has a shoulder which allows enough room two or three cyclists to safely ride side by side. If you are on the front, you will want to stay centered on this portion of the road.

The most important thing about riding in the wind is to know where it's coming from. As we discussed previously, you will have to be observant to figure this out. Once you've figured out the wind direction, you can determine whether you will pull off to the right, or left. You should *always* (if there's

Effective Riding In the Wind

Part Ia Pulling Through



room) pull off to the side from which the wind is coming. If the wind is hitting your right side, you will pull off to the right, and vice versa.

THERE ARE THREE PARTS TO A GOOD PULL OFF.

FIRST, you give a quick look over your shoulder to check the side that you are going to move to, ensuring no one is in your way.

SECOND, give the opposite elbow a little flick indicating to the following rider that you are pulling through, and that they are to pass on the elbow flick side.

LASTLY, give a slightly harder pedal stroke, move over and start drifting back, this is to ensure that you don't drift back before you've moved out of the way of the following cyclist.

That's It! Sounds simple right? Now on your next group ride, be observant and see how many people do it properly.

Riders Lead Scout Workshop



SBRA's Lisa Romanacce, Cathy Cavaliere-Ardle, and Tim Mayr safety ambassadors from the New York Bike Coalition with members of the Suffolk Sheriff's Dept. led a workshop for scouts from Pack 624 in Middle Island.

Tim spoke on the ABCs of bike safety, Lisa stressed the importance of using a helmet and wearing bright clothing for visibility while riding. Cathy introduced NYBC and SBRA and spoke on road safety and use of hand signals. Rocky Point Cycle and Carl Hart bike shops donated some giveaways for the scouts.

Ask The Cycologist

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

DEAR CYCOLOGIST,

I am an A+ ride leader. There is no limit to our ride speed. We usually ride 26-28mph. To ensure we do not burn ourselves out, I will post one or two recovery rides a week where I ask them to maintain a comfortable 20mph. My problem is what to do with the riders that jump up to 26mph after the first few miles and other competitive riders that tag along with them. I usually have 12 - 18 riders on my daily rides. This always splits up the ride and ruins the purpose of a recovery day.

PACELINER

DEAR PACELINER,

The cure for this problem is what we cycologists call "Standard Deviation. It involves two simple steps. Once your fast riders break far enough away from the group, deviate. Turn and take a different route. Be sure the course is slightly shorter than what the speedsters are doing so you may arrive at the break before they do. The second thing is purchase coffee and a small snack for your riders that kept the pace. A few recovery rides like this, and they will all stick with you. It's a simple fact that bikers like free snacks.

THE CYCOLOGIST

Helmet Innovation Reduces Head Related Injuries

BY BERNIE SCHERER

Each year, according to American Association of Neuro Surgeons, thousands of cyclists are victims of a head trauma-related accident. To drastically reduce incidents of traumatic brain injuries (TBI), Bontrager has recently introduced the newest in helmet technology called WaveCel. According to impact studies, this new type of helmet lining will drastically reduce the severity of brain injury in cycling-related accidents.

The effects of a TBI can be devastating. Even if a head injury is survived, in an instant, one can have their whole world and that of those around them changed. Head trauma can cause a range of physical and cognitive deficiencies that can produce not only profound changes in cognitive ability, but personality changes as well as the possible need for significant social, speech, and physical therapies.

If one were to visit a head trauma unit in a hospital, they might expect a violent crash from a motorcycle for instance to cause severe head trauma; however, even an accident like going down a driveway on your grandson's bike and falling without a helmet can have life-ending consequences.

With cycling, there is an inherent possibility that a rider at some point will experience a fall. If you have ridden long enough, it is certain that you know someone that has had an unfortunate accident. A serious cyclist realizes the necessity of wearing a helmet. Later in this issue is a reprint of an article by Paul Miklean from the February issue of Rolling Wheels that discusses the need for helmets in general.

It seems that just as it is a no brainer to wear a helmet, it is essential to wear one that will provide the most significant amount of protection to the rider.

Let's take a moment to look at the three basic types of cycling helmets. Many bicycle helmets today use a liner of rigid expanded polystyrene foam

(EPS). These helmets dampen the impact force, thus helping to reduce head injuries or TBIs. EPS helmets are effective in reducing the risk of skull fracture and penetrating trauma.

To improve upon the EPS concept, helmets using MIPS technology were developed. These use a thin slip interface inside the helmet. This style more effectively protects a cyclist from head injury because the head to some degree floats inside the helmet.

Recently, a third type of bicycle helmet using WaveCel technology was introduced by Trek corporation under the Bontrager brand name. WaveCel employs a collapsible liner that seeks to reduce the stiffness of the helmet during impact.

So, what does this all mean? Remember, brain injury occurs when the head makes a violent stop caused by impact. According to Bontrager, WaveCel utilizes a collapsible cellular structure that lines the inside of the helmet, working like the crumple zone that absorbs the force of an impact. This honeycomb lining compresses during impact

thus stopping the skull from a hard impact helping to prevent the brain from slamming into the cranium. Remember, inside the skull the brain is surrounded by cerebral fluid. If the head hits an object violently, the brain can travel and strike the skull causing the type of damage seen in TBIs.

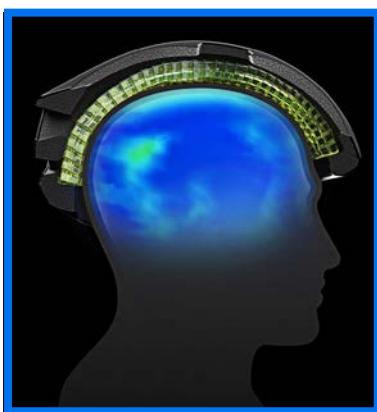
Bontrager claims that cyclists who wear the WaveCel helmet are 48 times less likely than riders wearing traditional EPS (foam) helmets to suffer a concussion. Also, riders using their helmet will drastically reduce the chance that a violent fall or crash will cause a TBI. (https://www.trekbikes.com/us/en_US/what-is-wavecel/) Virginia Tech, which since 2011 has evaluated the effectiveness of helmets, gave the WaveCel a five-star rating. (<https://www.helmet.beam.vt.edu/>)

For now, only Bontrager is manufacturing WaveCel helmets. They offer an unconditional thirty-day money back guarantee. Also, if the helmet is impacted within the first year of ownership, they will replace it free of charge.

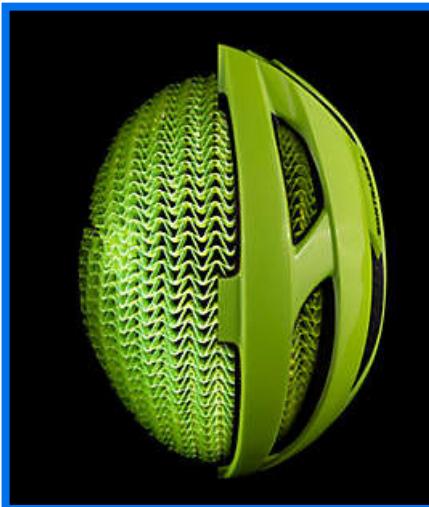
Technical information from: <http://www.elsevier.com>

See -- *Accident Analysis and Prevention: Evaluation of a novel bicycle helmet concept in oblique impact testing.*

TO SEE WHAT HAPPENS IN A TYPICAL CYCLING ACCIDENT CHECK OUT THIS YOUTUBE VIDEO
<https://www.youtube.com/watch?v=skzmeqPbSUY>



WaveCel helmets surround the head with a collapsible cellular lining.



Bontrager recently introduced new WaveCel technology to reduce head trauma.

Talking Tech

•• CHECK THOSE CABLES ••

BY TIM MAYR

You're at the bottom of a hill, and downshift into an easier gear, when your rear derailleur cable fails. This shifts the chain onto your smallest, hardest rear cog, so good luck climbing that hill!

Or, your brake cable gives way at the bottom of a fast descent, which can cause loss of control and a crash.

Over the course of a riding season you'll shift and brake thousands and thousands of times, putting a lot of strain on your bike's cables and cable housings. Bike cables and cable housings are wear items, and need to be replaced on a regular basis.

The good news is that replacing bike cables and housings is fairly inexpensive, and can be done at your local bike shop. Cable housings also come in lots of colors, in case you want to brighten up your bike. (Personally, I believe that all cables and bar tape should be black, and all bikes bare metal).

SBRA-sponsor bike shops all offer tune-up specials in the spring, a good time to replace your cables and housings, so you'll be all set for the riding season. A little preventative maintenance can prevent a serious problem out on the road.

CLIPARTS ZONE

ONE MORE THING...

MY FIRST CENTURY

BY TIM MAYR

Back in the late '70s I quit smoking and bought a 10 speed, a Ross Eurosport (made in Far Rockaway) for about \$100, and started doing a few short rides around town, mostly five or ten miles, maybe 20 miles once or twice.

I found out about a 100-mile ride to Montauk, the Massapequa Bike Club Ancient Mariner, so I put on a T-shirt, sneakers and cutoff jeans and rode to Montauk, my first century.

It hurt. A lot!

So, a few training tips based on my experience. Invest in a really good pair of cycling shorts, ride a bike that weighs less than 40 pounds, and train with a great group of club riders on the SBRA Century Training Rides.

Questions, comments or ideas?

Send an email to Bernie Scherer
bys@optonline.net and I'll pass them on to Tim

Spotlight on Safety

REPRINTED FROM FEBRUARY'S ROLLING WHEELS

Bicycle Helmet: Essential Equipment

by Paul Miklean

SBRA Education and Safety Director

I find it maddening when I see a parent and child riding their bicycles, with the child wearing a helmet and the parent going without one.

It's no-brainer (pun) that SBRA requires a helmet be worn on all club rides; however, MOST BIKE HELMETS ARE WORN IMPROPERLY, making proper helmet use a critical safety concern.

Consider these tips for helmet use:

- Adjust it before every ride.
- When buying a new helmet, be sure they are CPSC (U.S. Consumer Product Safety Commission) certified.
- If it is an older helmet, be sure it is SNELL (Snell Foundation) or ANSI (American National Standards Institute) approved.

Sizing:

Measure head and choose a helmet to fit.

Adjust the sizing pads (inside the helmet) and fitting ring (back of helmet) for a comfortable fit without any rocking from side to side.

Step 2: Position:

Helmet should sit level on head with no more than 1 or 2 finger widths above the eyebrow.

Step 3: Buckle:

Adjust the lengths of the straps so the buckle is centered under the chin.

Step 4: Side Straps:

- Adjust the slider on both straps to form a V-shape under and slightly in front of the ears.
- Lock the slider if possible.

Step 5: Chin Straps:

- Buckle the chin strap and tighten it to make it snug.
- No more than 1 or 2 fingers should fit under the strap. Double Check
- Make sure that the helmet is secure and doesn't rock back and forth.
- If a big yawn doesn't pull down on your head, refer back to step 5 and tighten the chin strap.

If you still can't get the helmet to fit, try another one.

CONTINUED ON PAGE 9

General Meeting Highlights



The meeting was opened by our president, Joanna Pascucci.



Sunshine Chairperson, Bruce Presner shared some good news about the anniversary of SBRA's favorite couple, Harvey and Paul Forziano.

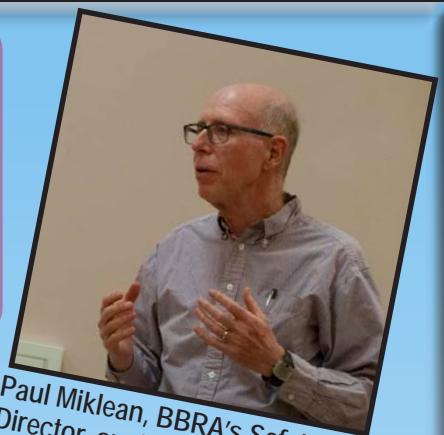


Dan Rostrup, Ride Director, welcomed several new ride leaders.

APRIL'S GENERAL MEETING AT THE COMMUNITY REC CENTER PROVIDED MEMBERS WITH INFORMATION AND UPDATES ABOUT SBRA AS WELL AS AN INFORMATIVE PRESENTATION BY A TREK PRESENTED SPONSORED BY CAMPUS BICYCLES AND OF COURSE THERE WAS THE PIZZA PRIOR TO THE MEETING.
FOR DETAILED INFORMATION ABOUT THE MEETING SEE THE GENERAL MEETING MINUTES.



Neal Passoff from Campus Bicycle spoke briefly and introduced the rep from Trek.



Paul Miklean, BBRA's Safety Director, spoke about future plans for the club's assistance to Brookhaven Town's Safety Town program.



Treasurer, Joe Matzelle reported on SBRA's finances.



A large part of the general meeting was devoted to learning about the new WaveCel helmet from Bontrager presented by Trek rep David Vollback. Dave also spoke about the current rides offered by Trek.



Our statistician, Tricia Brandt, gave an update on the accomplishments of the mileage leaders as well as the club as a whole. They were very impressive.

**DON'T MISS OUT!
ATTEND MAY'S GENERAL MEETING**

Rider Responsibilities

BY NORM SAMUELS

As a long time cyclist, SBRA member, and Ride Leader, I'm offering my thoughts on the responsibilities/requirements incumbent upon SBRA Riders.

First Requirement: Safety FIRST! No rider should ever put themselves or their fellow rider in harm's way. We ride as a group, and even though our ego may drive us from time to time, we must all be concerned with the welfare of ourselves and fellow riders. A case in point is when you are at or near the front of a group while approaching a traffic controlled intersection and keeping the last rider's safety in mind.

Second Requirement: Follow the Ride Leader. Of course, within pace line activity the Ride Leader's instructions regarding movement should count rather than physically following the Ride Leader. The Ride Leader has taken on several responsibilities including making a commitment to ride at a time and place, determining a safe and enjoyable/challenging route, maintaining the advertised pace, keeping track of all the riders and performing several administrative tasks. A case in point is the Ride Leader asking to maintain a single file of riders ... the least



Submitted by Lisa Valentine

All are set and ready to go for the weekly Kreb ride.

ing competence, both mentally and physically, is one of the critical factors in riding successfully. Judging one's fitness is a fluid and ongoing process as one gains ability or ages. Without a doubt, a rider's competence will change over time. From being a "young" new rider to growing "old" as a seasoned rider spans a vast range of capabilities. If one attends a ride where the posted level of

the pace is lower than their current capability, the rider should maintain the Ride Leader's posted/instructed pace. Some Ride Leaders are okay with riders going ahead for some portion of the ride and will indicate when and where that is to take place. Riders have a requirement NOT to "hijack a ride" such that the Ride Leader is no longer in control. At the other extreme, if one attends a ride where one is not capable of maintaining the advertised pace, then that rider not only reduces the enjoyment of the rest of the group but may also increase the hazards that are inherent in cycling. Riding in a paceline when physically/mentally exhausted or being incapable of performing a difficult technical aspect of Mountain Biking is dangerous.

FINALLY the Fourth Requirement:

Enjoy riding and that feeling of freedom as we roll along with friends seeking the same sense of joy. This is really the primary reason we all ride!



photo by Scherer

Often essential information about route, road conditions, etc. are part of the prerede talk.

attendees can do is to follow such a reasonable request. The Ride Leader has the weight of responsibility upon his/her shoulders, and we should not add extra baggage.

Third Requirement: Be Prepared. This requirement has three areas of concern: mechanical preparedness, fuel (food)/liquid supplies, and the Rider's ability and knowledge of his/her strength.

Being prepared mechanically means having your bicycle in good working condition with spare tubes and tools so that you are self-reliant as if you were riding alone. Going on a group ride without spare tube/tools is unfair to the rest of the riders, since mechanical problems are as probable as the sun rising tomorrow.

Having ample food (i.e., fuel) and liquid to complete a ride varies with the distance and conditions but should be considered before leaving home. If a rider does not maintain hydration and energy, she/he may not only impede the ride but become a danger to him/herself and others.

Having the capability to understand one's level of rid-



photo by Scherer

Riders should be considerate of the other cyclists and be ready to roll at the posted time. Often arriving 20 minutes early assures that this will happen.

Preparing for the Montauk Century

ABOUT THE TRAINING:

FIRST TIME CENTURY RIDERS:

BOB AND JOSIE GOYKIN, LONG-TIME SBRA MEMBERS, HELP FIRST TIME CENTURY RIDERS GET READY. BOB AND JOSIE HAVE, OVER THE YEARS, ASSISTED HUNDREDS OF SBRA MEMBERS TAKE PART IN THIS EXCITING EVENT. IF YOU HAVE QUESTIONS OR WISH TO SIGN UP FOR THE PROGRAM, EMAIL BOB AND JOSIE, CENTURY@SBRAWEB.ORG, AS SOON AS POSSIBLE. INCLUDE "SBRA CENTURY TRAINING" IN THE SUBJECT LINE OF YOUR EMAIL.

EXPERIENCED RIDERS:

JOIN ANY OF THE MONTAUK TRAINING RIDES WHICH BEGIN MID MARCH

2019. MOST OF THE TRAINING RIDES ARE ON THE WEEKENDS WITH PROGRESSIVE MILEAGE INCREASES WEEK TO WEEK. TRAINING IS AVAILABLE FOR MOST RIDE LEVELS. CHECK THE RIDE CALENDAR FOR ALL EXPERIENCED RIDERS TRAINING RIDES.

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

THE SBRA ANNUAL SWIEZY/POPE MEMORIAL MONTAUK RAILROAD CENTURY 2019 DESCRIPTION AND SIGNUP CAN BE FOUND ON OUR WEBSITE AT:

<https://www.sbraweb.org/node/31543>

jui

Spotlight on Safety

CONTINUED FROM PAGE 5

More information: NHTSA (National Highway Traffic Safety Administration) -- Fitting a Bicycle Helmet:

<https://www.youtube.com/watch?v=0yzSwxWIJTkw>

If you're in a crash or outgrow your helmet, replace the helmet immediately or you won't be protected.

Most manufacturers now recommend that helmets be replaced after 5 years.

Remember, a helmet can only protect your head if you wear it each time you ride.

Statistics:

In 2009, 90% of bicyclist killed in the United States were not wearing helmets.

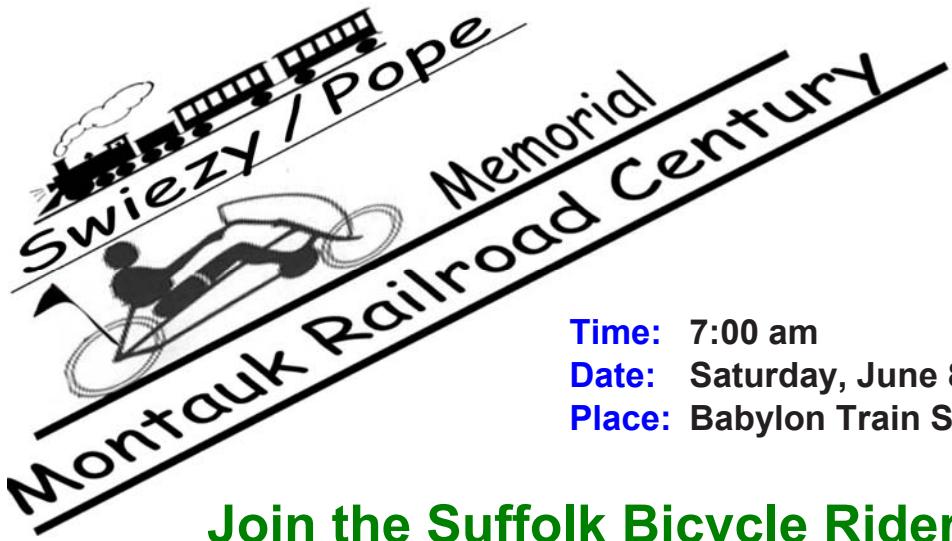
A 2013 NYC study showed that cycling was the top sport for head injuries.

Seventy-five percent of all fatal bike accidents involved a head injury.

Wearing a bicycle helmet can reduce head injury by 85%.

Upcoming Cycling Events





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 "Preparing for the Montauk Century" on page 9 to find out how easy and fun it can be!

Or go to <https://www.sbraweb.org/?q=node/170>

Event Coordinator:

Joanna Pascucci

Call: 631 747-3464 or email: montaukcentury@sbraweb.org



General Meeting Minutes

April 4, 2019

Call to order – President Joanna Pascucci called the meeting to order at 7:00 pm. Approximately 40 members and guests were in attendance.

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

COMMITTEE REPORT

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.

Sunshine Report - (Bruce Presner) – Hava and Paul have been married 6 years. I sent a condolence card to Michelle whose mother has passed away.

Membership – (Ronnie Levy) – As of March 32 there are 640 members with 39 new members.

Statistician (Tricia Brandt) – In March, 174 rides were posted and 149 rides were ridden.

Total mileage for March: 28,521 ridden by 233 riders.

Total mileage Year to Date (Nov-March) is 96,779

Ridden by 292 riders.

Rides led by 41 different ride leaders in the month.

All ride sheets have been submitted and, for the most part, are being sent in very quickly. As a reminder to ride leaders, some sheets have been sent in with a signature or two missing. Also check that an emergency number is listed in case there is an issue on a ride. Also, please check that either the rider's name is printed legibly in the first column or that the rider number is legible. Thanks so much for your help with this!

Mileage leaders: James Drago 2575, Brian Toole 2371, Michael Cole 1977, Curtis Veit 1958
25 riders are over 1,000 miles.

Top Mileage for March: Robin Shea 651, Jim Drago 596, Brian Toole 545

Ride Leader Credits: Jeff Meyer 57, James Drago 49, Norm Samuels 46

Sweep Credits: Dennis Desmond 33, John Bambach 29, Lynn Roesel 26

Most rides in one day (15) posted on March 30th and had a combined 146 riders. There were 6 days this month when no rides were ridden.

Web Master – (Joanna Pascucci) –

If you see something that is not right or any suggestions please contact Brenda.

Safety Director – (Paul Miklean) – We are working with Brookhaven Town to assist in their Safety Town Event. Paul has 10 volunteers to help with Safety Town. We may not be able to assist until the town puts the volunteers on their insurance.

Ride Director – (Dan Rostrup) – There are new ride leaders: Jim Flanagan, Brian Toole, Mike Cochrane, Lee Kirsch and Richard Dittmar. For the new ride season we need to reinforce our good habits such as pointing things out and not riding two abreast when cars are trying to pass. The Montauk century is coming up and we have training rides. We could use more training rides so if you are a ride leader consider posting some.

OLD BUSINESS

BBB (Jeff Meyer) June 2nd. BBB is moving forward. This is our 39th BBB.

Montauk Century June 8th

Picnic July 20th

SBRA Cares Ride October 6th

NEW BUSINESS

Smart Cycling Course (Joanna Pascucci) There is a 2day LAB cycling safety course May 17 and 18. Friday Evening and all day Saturday at the Greenlawn High School. There is \$50 fee and an exam at the end. Ronnie is going. Contact Joanna for details if you wish to attend.

Nichols Road Rapid Transit development Bike Path (Marty Buchman) NYBC handed out comment cards regarding the parallel bike path being planned with the Nichols road rapid transit development. We need to support the bike path or it won't be included in the plan.

GUEST SPEAKER Dave Voback with Neil from Campus. Dave is the Trek Rep for our area. He spoke about the new Bontrager WaveCel Helmet and Trek Bike lines.

ADJOURNMENT –

The meeting was adjourned at 8:25 PM.

Respectfully Submitted,
Bruce Redlien, Recording Secretary

PARTING SHOTS



Submitted by Lisa Valentine

At the start of a Kreb ride, with Lisa, Curtis, Greg, Dan, Gary and Chris (Ride Leader)



photo by Norm Samuels

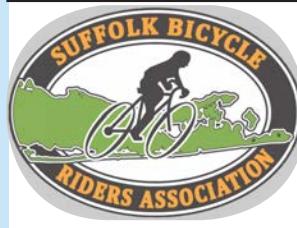
So, how many cyclists does it take to change a flat?



photo by Joe D

At the refreshment reward stop, it's Linda (Ride Leader), Ronnie, Susan, Richard, Howard, Denise, Harry, Yvonne and Harry.

SBRA CLUB STORE



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



The Market

THE MARKET IS A NEW FEATURE OF ROLLING WHEELS

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

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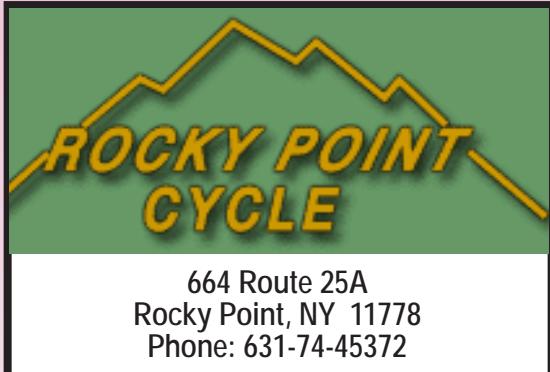
1077 Route 25A
Stony Brook, NY 11790
Phone: 631-689-1200



10 Bell Street
Bellport, NY 11713
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Middle Island, YN 11953
Phone: 631-924-5850



664 Route 25A
Rocky Point, NY 11778
Phone: 631-74-45372



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



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

Babylon Bike

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



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