

ROLLING WHEELS

SUFFOLK BIKE RIDERS' ASSOCIATION

September 2019

Calling all SBRA Bike Riders!

A SPECIAL RIDE TO HELP FEED THE HUNGRY

SBRA CARES

October 6

All proceeds go to Harry Chapin LI Cares Food Bank

JOIN A MEMBERS ONLY CHARITY RIDE TO HELP FEED THE HUNGRY IN OUR COMMUNITIES

*Over 500 members this season participated in at least one ride
Let's ALL join in this ride and help make a difference in someone's life*

Only \$20.00 & a nonperishable food item
ADDITIONAL DONATIONS ENCOURAGED
Donate More and Increase Your Chances to Win a Prize
NON-RIDING MEMBERS JOIN IN
WITH YOUR OWN DONATION

In This Issue

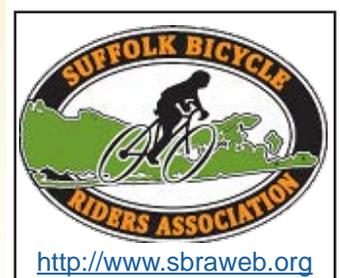
2019-2020 BUDGET
Important Dates
Ask the Cycologist
Ride Leader Update
General Meeting Highlights
Sound Bistro Ride
Paceline Etiquette
Cycling Gear Roundup
Off Island Rides

All payments due by September 30

*Your donation can help feed some
of the 65,000 people on LI who
need food assistance each week*

SIGN UP TODAY!

<https://www.sbraweb.org/node/33377>



Suffolk Bicycle Riders Association
2019-20 BUDGET
8/1/2019 -7/31/2020

Income	
Membership Dues	24000
Total Income	24000
Expenses	
Website	3650
Insurance	7000
Storage Unit	2200
Club Membership – LAB	125
PayPal Fees	1600
Miscellaneous	1000
Awards/Ride Leader Incentive	4000
Holiday/Awards Party	2500
Picnic	2250
Meetings	2000
Advocacy	1500
Executive Board	1500
Education & Safety	1200
Membership Committee	250
Sunshine Committee	100
Total Expenses	30875
Net Income (Excluding BBB)	(6875)
Bike-Boat-Bike Profit	TBD
Total Net Income	TBD

STATS

**NOVEMBER 1, 2018 -
 AUGUST 25, 2019**

TOTAL CLUB MILES: 367,759
MILEAGE LEADERS:
BRIAN TOOLE 6,794
JAMES DRAGO 5,820
DAN ROSTRUP 4,916
135 RIDERS ARE OVER 1000 MILES
52 RIDERS ARE OVER 2000 MILES
18 RIDERS ARE OVER 3000 MILES

**2019 Executive
 Committee**

PRESIDENT	Joanna Pascucci	631-747-3464
VP ADMINISTRATION	Jeff Meyer	631-471-2129
VP OPERATIONS	Wendy Schmittzehl	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
MONTAUK CENTURY	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

Important Dates

-  **SBRA Cares Ride** *October 6*
-  **ALS Ride For Life's 7th annual Bike Trek** *October 6*
-  **Stony Brookside & Cycle NY Advocacy Ride** *October 13*

September General Meeting

Thursday, September 5 -- 7:00 PM

September general meeting speaker will be Jared Caspe who graduated with his doctorate in physical therapy from SUNY Stony Brook in 2005. Since then, he has developed many successful practices, with a focus on orthopedics, pediatrics, geriatrics, aquatics, and fall prevention. One of his passions is teaching prevention. He will be speaking to us about the proper stretching and strengthening techniques we can use to prevent cycling-related injuries."

**ALS Ride For Life 8th Annual
 Bike Trek LI**

Sunday, Oct 6th



10, 25, 50 & 100-mile rides to choose from

Guaranteed T-shirt with registration before 9/24

Join us for the after party at:



To register & sponsorship info visit: www.ALSBikeTrekLI.com



On Ride Classifications...

SBRA now has 15 ride categories, a level suitable to all. Our goal is to provide a structure for ride leaders to post at all ride levels. Throughout the year there are sometimes, when a bit of a void in some levels presents itself. Ride leaders

will sometimes post down a level to fill a void, and we have new ride leaders filling voids and expanding the breadth of our rides.

Going back to 1990 and probably before, we have had a problem with the pace being faster than advertised. On the slower-paced rides where the ride leader stays in front, the entire ride one-person controls speed. As we get into pace lines, we see the speed as a blend of all riders; as the front is rotated. This is where each cyclist needs to control the speed, and everyone enjoys being in front (the de facto ride leader) for a time. Knowing the route while pace lining is important.

The #1 concern is everyone arriving back to the start safely, #2 everyone has fun. Riding at the correct level for your abilities is crucial. New riders should try a lower pace and move up to their comfort level. Move up riders should introduce themselves to the ride leader before the ride.

Several new changes to ride levels include:

B/B+ is now 16-17MPH adv speed 18-20 Max cruising

B+/A is now B+/A-

A- 19-20adv. spd. 21-24 max cruising

A is now 20-21adv. spd., 22-24 max cruise

These numbers are based on flat roads with calm wind. The direction should be taken from the ride leader as to proper pace for conditions.

We have quite a few accomplished cyclists in the club; whether its long multi-day events, climbing mountains in remote places or winning races, there are a lot of fun stories and inspiration among us. My hope is we continue to have fun and make memories together in all the ride classes.

Why I Ride

Please support this popular column

Tell us why you ride

Submissions to: bys1@optonline.net



All Ride Leaders,

Ref. Accident/Incidents

This is a reminder to all ride leaders that in addition to noting such on the Ride Sign-in Sheet, an Incident Report form MUST be completed immediately after an accident occurs on an SBRA Ride, and mailed to:

Suffolk Bicycle Riders Association
c/o Joe Matzelle
46 Deer Lane
Manorville, NY 11949

PLEASE CALL: Joanna Pascucci at (631) 747-3464, or Joe Matzelle at (631) 949-4458, ASAP after the accident / ride.

Also send an email with the incident report form to: incidents@sbraweb.org

Do not delay sending in the report form; an incomplete form is better than none at all. Although you may not have sufficient information to initially answer all the questions, it is important that the form be completed as fully as possible at the time of the accident. Please print as clearly as possible, it is important that others can read the form you submit.

We owe it to our members that choose to ride with us, to make notifications in a timely and accurate manner in accordance with the above instructions.

Wanted: Ride Leaders for ...



Contact:

Joanna Pascucci: izziemoon@optonline.net

Bernie Scherer: bys1@optonline.net

Ask The Cycologist

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



DEAR CYCOLOGIST,

I work 40 hrs a week and ride Tuesdays after work and Saturday and Sunday. My schedule is ride, come home for lunch, take a nap and wake up for dinner. My wife doesn't seem

to appreciate this schedule. She mows the lawn, paints the basement door, trims the shrubs and does the landscaping - I really don't have time to do these things. How can I make her fit more things into her schedule, like change the oil in our cars?

Signed,
MY LIFE IS SBRA

DEAR MY LIFE IS SBRA,

Wait!!!! Your wife mows the lawn, paints, does landscaping and trimming, and you ask for more? Stop it, you fool. Are you sure you want her anywhere near your car or bike? She may just adjust a few things once she gets comfortable with those wrenches. Take care you may be destined for a major crash. I suggest you make your children the primary beneficiaries of your life insurance policies and leave a letter with your lawyer to your children about what could possibly happen to you. Check your bike before every ride. Check it well.

I have a question for you. How exactly did you teach her to start the lawnmower? I've been trying with my wife for 40 years. Is yours a push or self-propelled? Do you have a gas powered trimmer? How does she start it? She paints? Can I get her cell number?

Signed,
THE CYCOLOGIST

New Members:

J Greg Ferguson
Jose Beauvais
Matt Butcher
Jim Candreva
Joseph Rene
Dan Roach
Paul Tractenberg

Sandra Willig
Lawrence Willig



What's UP with That !

BY CHRISTINE TANNEY



? – Wearing OLD Bike shorts that show too much, don't you feel the breeze ?

? – Wearing a mirror, BUT never uses it. You're not fooling anybody. We know who you are !

? – Seeing your A class rider friends on your B rides.....LOL !!

? – Is it really called taking a PULL if you're up there for 5 miles....hmmm ???

? – Telling your friends you haven't ridden in weeks, yet your the first person back in the parking lot.

? – Riding w/no socks, did you forget your socks ???

? – Doesn't it seem like it's always the same people getting flats and NO it's not your tires.

September Birthdays:

Gary Bass

Jon Buffa

Jeff Butler

Laura Caccavale

John Caccavale

Jim Candreva

Mark Carpenter

Thomas Chiofolo

Sue Consorte

Rose Cummings

Kevin Diaz

Michelle Dittmar

John Durkin

Chris Edelstein

Gwen Ferry

Len Giambalvo

Elizabeth Gillin

Lee Gorman

Kathleen Granelli

Robert Grazier

Debbie Gross

Lynn Heimberger

Maria Henry

Daniel Herrera

Arthur Johnsen

Llewellyn Johnson

Martin Kaplan

Evangelia

Karakatsanis

Lee Kirsch

David Koyles

Chris Joinnides

Brian LeDonne

Dawn Lee

Jason Lee

Frank Licari

Lizbeth Lindley

Neal Lipschitz

Tim Loeser

Laurie Mansfield

Kathleen Marcotte

Margaret Marinelli

John Martin

Fred McKenna

Michael McLaughlin

Catherine Merlo

Bob Miller

Kristle Morahan

Ken Moreira

Edward Mullins

Lori Neste

Mitchell Newmark

Gerald O'Meara

Glenn Olszewski

George Petritsch

Tom Pfisterer

Jack Pizzillo

Marc Reiser

Melissa Sidor

Atis Stepe

Mike Tonry

Brian Toole

Richard Travis

Helen Turner

StacyLynne Twohig

Kenneth Vrana

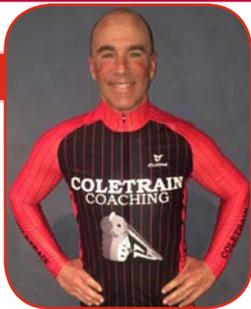
Kathleen Wells

Tony Winters

Christopher Wood

Margaret Woody

Marie Wyckoff



Paceline Etiquette

BY MICHAEL COLE

We're going to take a break from the crosswinds and echelon's and get back to basics. We will discuss a few ways to make riding in a fast paceline safer, faster, and hopefully a little less stressful. As we've discussed in previous articles, the paceline is how a group of cyclists cooperate to ride faster and more efficiently than any of them can ride alone. The chief obstacle for the paceline is the wind. The lead few riders take the brunt of the wind, creating a draft for the following riders. It is therefore critical to keep the paceline together and to keep the lead riders fresh. Most of the following pointers are focused on this.



1. Don't pull too long. There's no reason to pull for more than a minute and its OK to pull shorter than this.



2. Don't surge when you start your pull. A great way to govern yourself is to note your cadence as the lead rider is pulling off, and keep it there.



3. If you do want to bring the speed up, do so gently. Keep your cadence constant, do 20 pedal strokes, then shift a gear.



4. Keep your hands on the bars (at least one) unless you're on the back. There's no reason to ride hands-free in the middle of the bunch unless you're a Pro.



5. Don't do that sketchy forearm on the tops, hands draped in the middle position.



6. If a gap opens in front of you and you can't close it, pull off immediately. Let the folks behind you close it. There's no shame in riding smart, and it'll help keep the group together. Be aware that if you let a gap open up and don't pull off, the faster folks behind you WILL PASS YOU. In a perfect world, they will pass on the left after giving you a verbal heads up, but the world is far from perfect. If you leave a gap, start slowing, and trap someone on your right, then they will pass on the right.



7. Don't blow your nose or spit unless you're on the back.



8. Ride predictably, Don't flick your bike around holes at the last minute.



9. If you're not sure which side to pull off on, just do what the person in front of you did.



10. Try to avoid coasting. Coasting tends to make you like a slinky, moving up and back in the space between you and the rider in front of you.



11. Always pay attention to the direction of the wind and try to pull off on the windward side.



12. Call stuff out and or point.

That's probably enough for now. Be Safe.



Norm, Steve, and Rich at ride start in early July.

ROLLING WHEELS

Thanks to all who have provided articles and photos for this issue

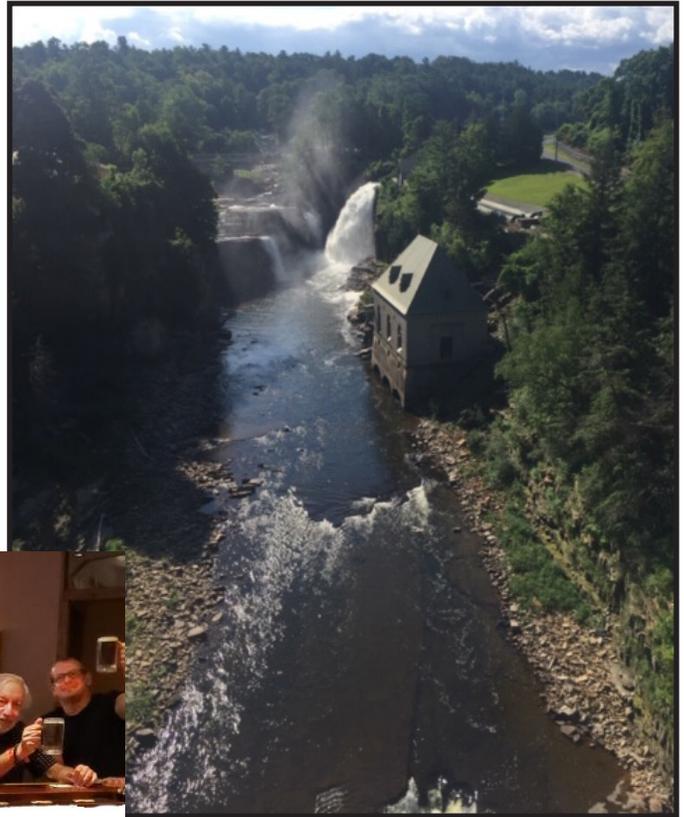
Share your "Back in the Day" memories

Email stories, old photos
& copies of Rolling Wheels

bys1@optonline.net



Off Island Rides



During the third week of July a large contingent of SBA riders escaped the hottest weekend of the summer and headed up to Plattsburgh for the week-long FANY ride, Five hundred miles Across New York.

The six-day tour headed south from Plattsburgh along Lake Champlain, into Vermont, and then back into the eastern Adirondacks and the Catskills, before ending in Poughkeepsie.

Each night FANY sets up camp in a small town, with an option for local hotels and motels, usually a short distance from the campsite. I prefer a bed and a roof after riding 70 miles, so I took the hotel option, but most of the 200 or so FANY riders opted for camping. The FANY crew transports bags and camping gear to the next campsite or hotel each day.



The routes each day were fantastic, mostly tranquil and scenic local back roads, with a 50 or 70-mile option each day, and a hundred-mile option on one day. Our little group didn't opt for the century that day, but we did detour onto that route to climb the steepest hill I've ever ridden. Roads were well marked, and all routes were available as free RideWithGPS downloads. SAG support on the road was also outstanding, keeping riders topped off with water and snacks along the way.

Yes, there were hills, lots and lots of hills on some days, but we'd been riding SBRA FANY hill training rides all spring and summer, and that certainly paid off.

The weather also cooperated, mostly with the heat and humidity breaking the first day. We did ride through a steady rain the afternoon of the second day. After that, we had blue skies, moderate temperatures, and low humidity for the rest of the week, perfect riding weather.

All in all, FANY was a great trip, and a beautiful bike tour. I'm definitely planning on riding it again next year..



Podium Finish

Farm to Fork Fondos:

Throughout the summer there are several Farm to Fork Fondos in the North East. These are non-competitive fondos (although there are 4 timed segments, usually hill climbs) whose main function is to raise money for local farmers. The farmers staff the rest stops and at the conclusion of the ride, the riders vote for their favorite rest stop based on food offerings and team spirit. Additional prize money is given to the winning rest stop.

SBRA riders excel at recent Farm to Fork Events Vermont Champlain Islands July 21.

Brian Toole 1st Place in age Group
New York Finger Lakes August 10:
Mel Evans 1st Place in age group
Gary Ristau 2nd Place in age group, 5th Overall
Brian Toole 1st Place in age group, 3rd Overall



Mel Evans, Brian Toole and Gary Ristau relax at the Farm to Fork Fondo.

Cycling Gear Roundup **Varia RTL 510**

BY FRED MCKENNA

This past winter I was on a ride with John Petrie and noticed that he had the new Garmin Varia RTL510 Radar/Rear Cycling Light. At first, it simply looks like a quality, bright rear light. When I talked to him about the device, he noted how the display on his Garmin shows the approaching vehicles and beeps to get his attention.

I was intrigued enough to do some research and subsequently bought a unit for myself and my wife, Mary Jane. Though an expensive backlight, in my opinion, the safety features of this device far outweigh the acquisition cost. Whether riding alone or in a group, it is valuable to get early warning of approaching vehicles.

As a car approaches you from behind, the Edge unit will beep at you notifying you a vehicle has entered the range of the Varia radar. Garmin states that range is 140 meters. At the same time, it beeps, the Edge will show on the



Coupled with a Garmin 1030 as well as other Edge models approaching vehicles are displayed on the right side of the screen

side of the screen a little white dot, representing the car, that will start moving along the track towards the top.

You are represented by the white WiFi-looking signal icon. That's your position. When the white car dot reaches your WiFi looking dot, the vehicle is passing you. The bands along the side of the unit change color to indicating the 'threat speed of the vehicle'. For most vehicles, that'll simply be a yellowish color, indicating normal speeds. However, for high-speed vehicles, you'll get a red alert.

The Varia RTL500 is an extremely bright 60-lumen rear light that is incorporated into the unit. It has a stated visibility range of one mile and has a run-time of 15 hours in flashing mode or 6 hours in solid and night flash mode. The light also has a 220-degree range to provide some side-on visibility and means car drivers should see the light before the radar sees them.

Sound Bistro Ride Provides a Great Time for All

Multi-Level Rides
Good Food
Hanging with Friends
Riders donate to LI Cares Food Bank



General Meeting Highlights



After some opening comments, Joanna asked chairpersons that were present for their reports.

After having an abbreviated get together in July, August's general meeting at the Community Rec Center provided members with information and updates about SBRA. Our budget for next year was approved, and a proposal for electronic voting was presented. For detailed information about the meeting, see the General Meeting Minutes.



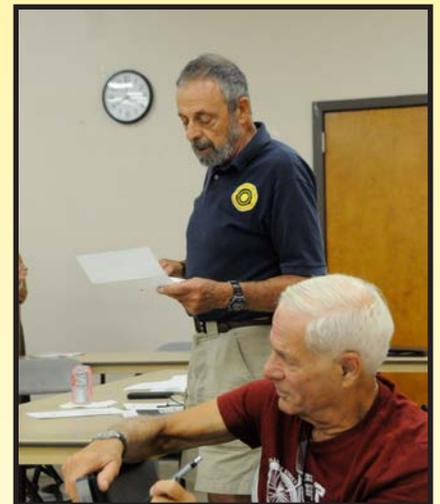
Darlene Merola gave a review of this year's club picnic. She thanked all the volunteers who helped make it a success.



Dan Rostrup explained the adjustments that have been made to the club's ride classifications.



Joe Matzelle presented the 2019-2020 budget before it was presented to the membership for approval. Those present overwhelmingly voted for approval of this break-even budget.

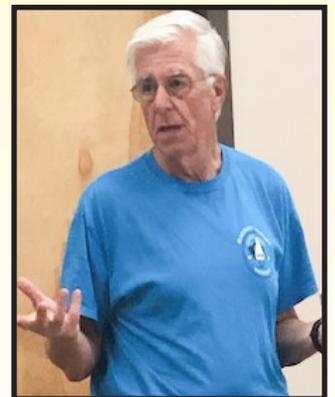


Bruce Redlien read a proposed amendment to our constitution while Norm Samuals its author listens. The proposal dealt with electronic voting.

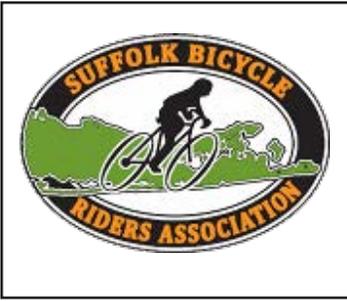


Greg Furguson who is starting a bike co-op, which will take donated bikes, tune them up or repair them then donate the bikes to charity, sort volunteers to help.

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



Bernie, a co-chair of the SBRA Cares ride, described the particulars for this year's event.



General Meeting Minutes

August 1, 2019

Call to order – President Joanna Pascucci called the meeting to order at 7:00 pm. Approximately 30 members and guests were in attendance.

Acceptance of Minutes – The June 2019 General Meeting minutes were accepted, seconded and approved. There was no formal meeting in July.

COMMITTEE REPORT

Membership – (Ronnie Levy) – There are 9 new members in July. There are 9 bike shop memberships. There are 32 honorary memberships. The total membership is 768 which is about 40 less than this time last year. There is 1 nonmember riding. Thank you ride leaders for getting riders to join SBRA

Social Director – (Darlene Merola) - The weather was a little hot but we had a good picnic and I thank all the volunteers that made the picnic successful. The next event that I'm running is the Halloween ride.

Sunshine Report – (Norm Samuals for Bruce Presner) – Condolences to Christine who lost her brother. James Drago had an accident, he is having surgery today.

Ride Director – (Dan Rostrup) – The ride classifications have been adjusted a little and now there is an A- category. When you go on a ride follow the rules that the ride leader sets.

OLD BUSINESS

SBRA CARES RIDE (Bernie Scherer) The ride is October 6th. This a multi level ride. All proceeds of the ride will go to the Harry Chapin food bank. The ride is only for club members. The minimum ride donation is \$20. We are also asking for food donations. We need ride leaders to post rides. We hope to make this a success with at least 100 riders.

NEW BUSINESS

Budget for the next fiscal year (Joe Matzelle) The budget this year is a break-even budget. The budgets of the last few years were deficit budgets because we had too much money in our checking account. This year we have to reduce some of our expenses to create the break-even budget.

Joe explained the proposed budget (which is attached here).

A motion was made to accept the proposed budget

by Harry Resnick. The motion was seconded and the budget was accepted unanimously.

Proposed Constitutional Amendment: Norm Samuals proposed an amendment to the SBRA constitution. (Attached) The amendment which proposes electronic voting in SBRA elections was read.

GUEST SPEAKER

Greg Furguson is starting a bike co-op, the Brookhaven Bicycle Co-op. The co-op will take donated bikes, tune them up or repair them then donate the bikes to charity. SUNY Stony Brook will donate bikes that are abandoned and Light-house ministries will help donate bikes to individuals. Greg need volunteers. His first need is for board members. The Town of Brookhaven has donated space and Greg's family foundation will provide funding. You may contact Greg who is a member of SBRA at gregferg2@gmail.com or (631) 675-6294

ADJOURNMENT –

The meeting was adjourned at 8:10 PM.

Respectfully Submitted,
Bruce Redlien, Recording Secretary

**DON'T FORGET TO SIGN UP
FOR SBRA CARES RIDE**



Proposed Constitutional Amendment

August 1, 2019

The following amendment to the Constitution of Suffolk Bicycle Riders Association is put forth for deliberation and voting:

Current Article IV

Officers of the Organization

Section 2: The Members shall elect all Officers at the November meeting. A majority of a quorum shall be necessary to constitute the election of an Officer....

Section 3: At the regular meeting of the Club held in September of every year, the President shall appoint a Nominating Committee consisting of three (3) Members, whose duty it shall be to make nominations of the Officers and Directors whose names shall be presented at the October meeting. Those nominated shall be candidates at the November meeting. In addition to the nominations thus made, nominations may also be made from the floor at the October and November meetings by Members in good standing....

Amended Article IV:

Section 2: The Members shall elect all Officers **via an emailed "survey" vote prior to the November meeting. All emailed responses to be counted must be dated one week prior to the November meeting.** ~~A majority of a quorum shall be necessary to constitute the election of an Officer.~~

Section 3: At the regular meeting of the Club held in September of every year, the President shall appoint a Nominating Committee consisting of three (3) Members, whose duty it shall be to make nominations of the Officers and Directors whose names shall be presented as candidates at the October meeting. In addition to the nominations thus made, nominations may also be made from the floor at the October ~~and November~~ meetings by Members in good standing. **Those nominated shall be candidates voted upon via the emailed "survey" transmitted to the members at least two weeks prior to the November meeting and the election results will be announced at the November meeting.**

Norman Samuel

Lonnie Gray

Bonnie Samuel

**Suffolk Bicycle Riders Association
2018/19 Income & Expense Statement (8/1/2018 – 7/31/2019) and
Proposed 2019/20 Budget**

Income	Budget 2018/19	Actual 2018/19	Proposed 2019/20
Membership Dues	16500	22300	24000
Advertising	4400	0	N/A
Club Store Sales	0	348	0
Total Income	20900	22648	24000
Expenses			
Website	3650	3389	3650
Insurance	7250	6647	7000
Storage Unit	2200	2200	2200
Club Membership - LAB	125	125	125
PayPal Fees	750	1206	1600
Miscellaneous	1500	1148	1000
Awards/Ride Leader Incentive	6500	7022	4000
Holiday/Awards Party	3000	2130	2500
Special Events	0	0	0
Meetings	3000	3261	2000
Picnic	3500	2952	2250
Montauk Century	0	(610)	0
Advocacy	1500	1500	1500
Executive Board	1500	1708	1500
Education & Safety	1200	1227	1200
Membership Committee	250	342	250
Sunshine Committee	100	303	100
Total Expenses	36025	34550	30875
Net Income (Excluding BBB)	(15125)	(11902)	(6875)
Bike-Boat-Bike Profit		5755	7000
Total Net Income		(6147)	125

The Market

Thule Archway 9009 two-carrier trunk bike rack



BIKE RACK

Purchased rack for 2009 Toyota Camry. Owner's manual lists sedans it fits up to year 2011 and newer models on Thule website.

Trunk locking strap not included but can be purchased new for \$25 on Thule website.

Built in bike lock with keys included.

Condition: Very Good

PRICE: Asking \$35.00 make offer

SELLER: Elizabeth McLoughlin

EMAIL: bettymac1981@icloud.com

THE MARKET IS A 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



SPECIALIZED DOLCE WOMEN'S ROAD BIKE

THIS ROAD BIKE IS 7 YEARS OLD AND HAS BEEN WELL MAINTAINED. CURRENT OWNER IS 5'4"

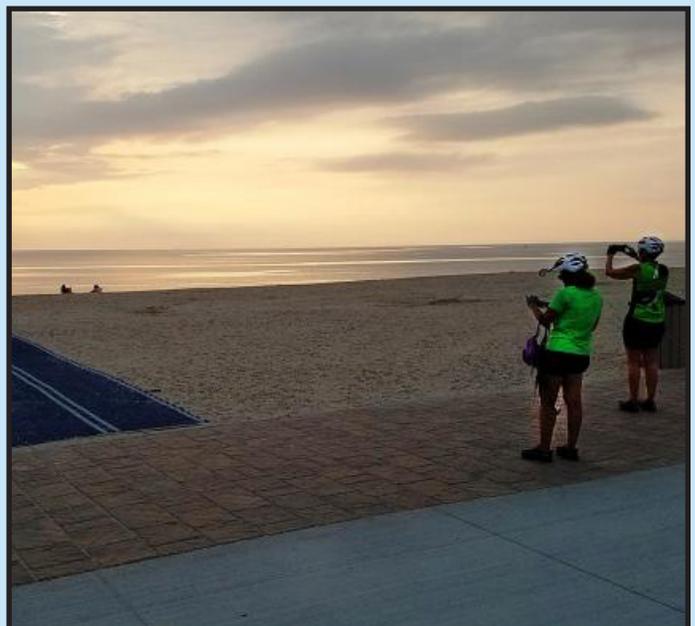
CONDITION: VERY GOOD

PRICE: \$400.00

SELLER: LYNN HEIMBERGER

EMAIL: LHEIMAIL@GMAIL.COM

PARTING SHOT



Gladys and Karen catch a beautiful sunset.

Support Our Sponsors



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



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



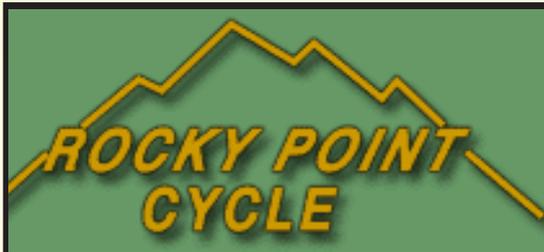
1077 Route 25A
Stony Brook, NY 11790
Phone: 631-689-1200



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



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



664 Route 25A
Rocky Point, NY 11778
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121 East Main Street
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1024 Portion Road
Ronkonkoma, NY 11779
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4828 Sunrise Hwy.
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11762
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218 East Main Street
Babylon, NY 11793
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