Joe Matzelle’s budget presentation as recorded by Recording Secretary Jane Wirth

Last year’s budget would have given us a $350 profit which is a break-even budget, but instead we ended up with a Net Income of $4,771.

Joe pointed out the income and expense items that differed considerably from what was budgeted.

- Our honorary members don’t pay dues but paid anyway, giving us an income of $535.
- Our Total Income was about $900 more than planned.
- Our Mandatory Expenses were less than budgeted primarily due to our Website (variable) Expense, budgeted for technical support that was unable to upgrade our website with an electronic waiver.
- Insurance Expense increased by 25% for mountain bikes and 13% for basic club insurance which put us over budget on Insurance.
- PayPal increased their fees, but since we didn’t have events other than the Picnic, we were under budget with our PayPal Expense.
- Our Discretionary Expenses were also under budget with 45 Ride Leader/Sweep jerseys budgeted, but only 25 purchased and with a discount of 10%.
- We incurred a small expense for food from a few in-person meetings, but the room was already paid for from 2020.
- And, we had budgeted for an in-person Super Cycling Saturday but instead had it Zoom, so there was no cost involved.

Total Expenses were $16,408 so instead of a break-even budget, we made $4,771. We ended with a balance at the end of July of $29,082 in the bank.

Our goal in the past was to keep our balance over $20,000 so we’d have enough cash flow for Bike Boat Bike (not being held now), but since we’re over that amount, we have the opportunity for a deficit budget.

The Proposed 2022/2023 Budget is based on history, with projected increases to some Mandatory Expenses: Website, Insurance, PayPal and Operations.

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The increases to Discretionary Expenses include:

- Food for a Holiday Party
- Six months of in-person meetings
- Subsidized Picnic
- Printing cards/brochures for Membership Committee
- Cards/flowers for Sunshine Committee

Joe reminded us that we run the club’s finances off a budget, and we don’t just make our expense decisions on what we have in the bank.

If an emergency should occur though, like the website crashing, we would by all means pay to have it repaired.

An extra category, Unallocated (miscellaneous), was added to Discretionary Expenses in the amount of $400 for anything unanticipated, leaving us with a deficit budget of $3,500.

Jeff Meyer made the motion to accept the budget, and it was a unanimous vote by all.

Suffolk Bicycle Riders Association 2022/2023 Budget

Income

| Membership Dues | 18000 |
| Advertising | 2250 |
| Total Income | 20250 |

Mandatory Expenses

| Website (fixed) | 2800 |
| Website (variable) | 3625 |
| Insurance | 5750 |
| Storage Unit | 2200 |
| Club Membership - LAB | 125 |
| PayPal Fees (from dues) | 850 |
| PayPal Fees (from all other) | TBD |
| Operations | 1700 |

Discretionary Expenses

| Awards/Ride Leader Incentive | 2000 |
| Holiday/Awards Party | 650 |
| Meetings | 1000 |
| Picnic | 1000 |
| Advocacy | 900 |
| Executive Board | 0 |
| Education & Safety | 0 |
| Membership Committee | 250 |
| Sunshine Committee | 500 |
| Unallocated (miscellaneous) | 400 |

| Total Expenses | 23750 |
| Net Income | (3500) |

During August’s in person General Meeting, Treasurer Joe Matzelle presented and explained next year’s budget. The budget was voted upon by the membership there and adopted.
OUR SBRA CARES Ride is coming up!

This year the SBRA CARES Multi-Level Ride is on October 2nd at South Haven Park. This is SBRA’s fundraiser, with every penny donated going directly to Long Island Cares. There is a min 20.00 donation to do the ride, and there is a link on our Website to sign up where you will also donate more if you want with a click of a button.

We will also be taking food donations that day so bring what you can.

Ride Leaders, "WE NEED YOU" to participate and post rides so that all our members that wish to ride have someone to ride with.

In my opinion, the best part of the ride is the Tail Gate Picnic after the ride. Everyone brings things to share, and you get to mingle with your fellow SBRA members whom you don’t get to see all the time.

Get creative to raise money in other ways! Ride Leaders, think about bringing a jar to collect donations on your rides. It adds up even if it is a dollar from your riders on every ride. Who can come up with the most creative way? The first year it was Lee Kirsch. Last year, Ann Mitromaras collected food from her neighborhood to honor Dick Cunningham, a big supporter of Long Island Cares. What creative ways can you come up with this year??

I am looking forward to seeing what SBRA can do this year.

Thank you all for your support!

Joanna
**Eat My Ride**

Would you like an automated nutrition plan while you ride?

Check out EatMyRide…..it’s a cycling app that helps you stay fueled for your rides. If you use a Garmin bike computer it will even prompt you when to eat and drink to keep your carbohydrate levels up as you ride….

WOW !!! It works with Strava TOO !!

The reviews are great, check it out at [www.eatmyride.com](http://www.eatmyride.com)

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**September Birthdays**

- Paul Baessler
- Gary Bass
- Jamie Blumenthal
- Richard Booth
- Tina Bosi
- Karen Browder
- Laura Caccavale
- John Caccavale
- Jim Candreva
- Kevin Diaz
- Michelle Dittmar
- Adam Ensalata
- Gwen Ferry
- Dawn Gaedje
- Len Giambalvo
- Lee Gorman
- Debbie Gross
- Craig Hecht
- Lynn Heimberger
- Phil Huber
- Greg Jean-Louis
- Arthur Johnsen
- Llewellyn Johnson
- Evangelia Karakatsanis
- Lee Kirsch
- David Koyles
- Mike Kramer
- Chris Joinides
- Marylee Kuczewski
- Brian LeDonne
- Jason Lee
- Dawn Lee
- Frank Licari
- Tim Loesser
- Laurie Mansfield
- Kathleen Marcotte
- John Martin
- Kerri McCarthy
- Fred McKenna
- Michael McLaughlin
- Bob Miller
- Michael Minutello, Kristle Morahan, Ken Moreira, Edward Mullins, Lori Neste, Mitchell Newmark, Gerald O’Meara, Glenn Olszewski, Tom Pfisterer, Jack Pizzillo, Marc Reiser, Bruce Rowell, Eric Scarbrough, Paul Schulman, Atis Stepe, David Terry, Brian Toole, Richard Travis, Stacy Lynne Twohig, William Uttaro, Joseph Weiss, Kathleen Wells

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**New Members**

- Blaine Atkins
- Trish Bonadonna
- Sean Dowling
- Malachy O'Connor
- Brittany Odackal

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Clipless pedals!!!!!! It’s time to address this issue. We’ve all been through the learning process. Holding onto a tree on the front lawn, clipping in, pushing off, and going down the street only to get back and fall when you try to stop. Those embarrassing falls at a stop sign or traffic light where three people are holding onto you as you start to lean into them, still clipped in and trying to rotate your ankles.

But we got used to those shoes. We figured it out. Many don’t even have to look down or even think about it. However, there are some that simply lack the brain/foot coordination to perform these simple tasks. Some even purchase the hardest model shoes to get in and out of.

We have the patience to deal with it in most cases. Observant riders know when someone isn’t good at it and position themselves appropriately when approaching a stop.

My questions will point out the frustrations I have about this issue. Why, when someone knows they have a difficult time locking in, must they hop, through the group to get near the front when they know they are going to make everyone have to pass them when we start again? Why, when they know they are going to swing two to three feet in each direction when starting, do they get close to you? Why, when they know they are going to fall over as they keep trying to lock it, don’t they pedal with one foot for a few seconds to get some speed? Why, time after time after time, don’t they downshift so they can turn the cranks easily to get a good start? Some riders are older, and less confident than they used to be, and that’s ok.

My complaint is that they should think about what’s going to happen at the next stop and plan for a safe start-up where one doesn’t interfere with any other riders.

Thanks, Doc. I just had to get that off my chest. I feel better now.

Sincerely,
The Yankee Clipper

Dear Yankee Clipper,

You have valid points, but I’m afraid there isn’t much you can do about it. You could mention it at the beginning of a ride and leave it at that. Keep in mind that some riders may have serious anxiety or even pedal phobia and come to a near panic when they see they have to stop. Some may never get the coordination to perform the task, and others are simply uncoachable. It’s probably best to leave it up to the other riders to see the problem and avoid it themselves in order to stay safe. Many already do this naturally. Good Luck.

Sincerely,
The Cycologist
SBRA Riders Pack Their Bags for off Island Rides

SBRA in Croatia
Michelle, Frank, Ann, Jim, Betty, Janet, Susan, Karen, Mary and Connie
Missing is the other Janet.

Gladys Lepolszki & Lisa Romanacce

New Arrival

In this column, let’s share in the excitement of a member’s new BIKE arrival

Along time incoming and wishing John Mueller many miles of smiles!
Massapequa Park Bicycle Club is happy to announce that registration is open for Tour of the Hamptons 2022!

Register at https://www.bikereg.com/toh

MPBC’s marquee annual event for almost thirty years, Tour of the Hamptons is a bicycle tour open to the public to promote cycling, provide riders of all skill levels the opportunity to navigate the picturesque roads of Long Island’s South Fork, and raise funds for local charities, high school scholarships and the club’s own philanthropic programs.

Tour of the Hamptons winds through the historic villages of Sagaponack, Wainscott, East Hampton, Amagansett and Montauk Point before returning to its starting location in Southampton. Riders can select routes of 25, 53, 70 and 105 miles, all offering flat terrain, rolling hills, farmland, forests and mansion views along the way.

HINT: Turn to the “Statistics” page look under “Ride Statistics by Ride Leader” pick out the ride leader you intend to ride with and see their recent rides and the final averages of these rides.

For instance, let’s look at this guy Bernie Scherer. On the ride calendar, he currently lists his rides at a B level. B rides should come in with an average in the 15 mph range. But wait, his last several rides have come in the 16 mph range. There may be several reasons for the faster speeds but now you have a better idea about what might be ahead.

Questions about whether a ride is for you? Text the ride leader for clarification.
August 4, 2022

Call to order – President Joanna Pascucci called the meeting to order at 7:08 PM. Approximately 24 members were in attendance.

Acceptance of Minutes – The July 7, 2022 General Meeting minutes were accepted, seconded and approved.

Committee Reports

Membership (Norm Samuels) – There are 637 members which includes 11 new members who have registered this past month. 2 SBRA members are doing charity rides, the Tour de Force and Empire State Ride Long Island. These rides are listed on our website and are accepting donations.

Safety Director (Manny Rosenkrantz) – Manny informed and cautioned us about a pretty serious crash which involved 3 things: speed because of a downgrade, too sharp a left turn, and hitting sand. Bicyclists should also be careful when riding the Captree State Park to Jones Beach Bike Path. When you’re heading both east and west, watch out for cars entering and exiting Tobay and Gilgo Beaches.

Social Director (Darlene Merola) – The picnic on Saturday, July 16th, was booked for 70 people. 69 people paid and 53 attended. The weather held out for us, there were breakfast items, snacks, and a full barbeque. There were only 2 flats, no injuries, and enough social distancing to make everyone comfortable. All who attended had an enjoyable time.

Operations (Paul Miklean) – Paul introduced our guest speaker, Heather Blank, and her husband, Matt, of Optical Image, Plainview, who discussed prescription and non-prescription sports’ eyewear.

President (Joanna Pascucci) – Joanna promoted the SBRA Cares Ride on October 2nd at Southaven Park to benefit Long Island Cares. Sign-up for the ride is on our website, and monetary as well as food donations are accepted. Last year we donated about $3,500 and the previous year $5,000. Joanna asked us to be creative as Ann Mitromaras was last year when she collected a carload of donated food from her community. Hopefully this year will be as successful as previous years.

Treasurer (Joe Matzelle) – PLEASE SEE PAGE 1 FOR JOE’S BUDGET REPORT.

Adjournment – The meeting was adjourned at 8:30 PM.
Respectfully submitted,
Jane Wirth, Secretary

Monthly Stats Report

Tricia Brandt, John & Valerie DeRicco

July 2022

In this period 218 rides were posted and 196 rides were ridden.
At least one ride went out every day, and July 16th had 14 rides go out.
Total mileage for July is 47,591 miles ridden by 275 riders.
Total year to date mileage (Nov-July) is 227,678 miles ridden by 390 riders.

Reminder: Please check over your ride sheets before sending them. Look for items not filled in and legibility of name and/or rider number. We have had some difficulty lately with legibility.

Mileage leaders: July
Robin Shea 1052
John Shea 1042
Brian Toole 907

Ride Leader Credits: July
Tom Pfisterer 21
Jeff Meyer 17
Bill Gravitz 10
Lee Kirsch 10
41 different leaders this month

Sweep Credits: July
Dennis Desmond 20
John Bambach 10
Ann Mitromaras 10

Mileage Leaders YTD (Nov-July)
John Shea 5583
Brian Toole 5227
Gary Ristau 4519

Ride Leader Credits YTD (Nov-July)
Tom Pfisterer 113
Bill Gravitz 90
Lee Kirsch 73

61 different leaders this year so far

Sweep Credits YTD (Nov-July)
Dennis Desmond 106
John Bambach 61
Lynn Roesel 57
Parting Shots