

Rolling Wheels

Suffolk Bicycle Riders' Association | February 2013

February Meeting

Thursday
February 7, 2012
7:00 PM
at the
New Village
Community Center



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

2013 Executive Committee

PRESIDENT	Bob DiVito	745-2282
VICE-PRESIDENT	Paul Miklean	689-7186
VICE-PRESIDENT	Pete Olivieri	365-7588
TREASURER	Joe Matzelle	273-3578
RECORDING SEC	Ashley Hunt-Martorano	
CORRESPONDING SEC	Joy Macana	475-8129
MEMBERSHIP	Barbara Striegel	
SOCIAL DIRECTOR	Beth Borowy	
EDUC & SAFETY DIR	Pat Nett	987-0310
ADVOCACY DIR	Joe DePalma	235-9467
RIDES DIR	Joanna Pascucci	
WEBMASTER		
WEB EDITOR	Brenda Meyer	626-3900

2013 Chairpersons

ADVERTISING	Bob DeVito	745-2282
BIKE-BOAT-BIKE	Peter Olivieri	365-7588
GRAPHIC DESIGNER	Jim Deerfield	724-6401
GUIDE DOG RIDE	Jeff Meyer	471-2129
	Brenda Meyer	626-3900
REFRESHMENTS	Joy Macana	475-8129
	Hava Samuels	
MONTAUK CENTURY	Peter Olivieri	365-7588
NEWSLETTER	Jim Deerfield	724-6401
PUBLIC RELATIONS	Joe DePalma	235-9467
QUARTERMASTER		
RIDE COORDINATOR	Joy Tillman	475-4531
MAPS & CUE SHEETS		
RIDES STATISTICIAN	Joe Matzelle	
SUNSHINE	Bruce Presner	476-3923



Questions and suggestions are always welcome.
Email yours to webmaster@SRBAweb.org

Welcome New Members

Donald Bishop, John Harris, Sheldon Levine, Steve Weckesser



Celebrating February Birthdays



Ellen Solomon, Norman Samuels, Paul Hammerschmidt, Justin Schulz, Kelly Doyle, Irene Camalich, Steve Goodstadt, Bridget Erlikh, Jerry Granzen, Chris Skoldberg, Robert Caskey, Joan Gossner, Bruce Ribeiro, Bernie Scherer, Connor Harris, Rich Jiranek, Perry Brandston, Jay Barbakoff, Lorgine Nava, Anahi Walton-Schafer, Susan Sherman, Karen Giles, Michael Migliorini, Jenna Bradley, Charlie Eyester, Bronna Johnsen, Amy DeRizzo, Paul Martorano, Barbara Abraham, Elliot Abraham, Steve Haller, George Ryan, Joseph Giordano, Kathryn Martin, Shannon Cain, Deanne Karadenes, Johanna Bambach, Kurt LaForest, Eric Martin, Rosaria Cozzolino, Semona Noreiga, Barbara Westrich, Russ La Scala, Richard Dittmar, Susan Strein, Laura Thompson, James DeMarco, Erika Jorquera, Petra Lee, Michael Lamagese, Roger Armstrong — Barbara Striegel, Membership Chair

If you would like to have your birthday acknowledged in Rolling Wheels, send an email with your birthday (or your SBRA Family member's birthday) to membership@sbraweb.org. Include the word "birthday" on the Subject line.

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The purpose of the Suffolk Bicycle Riders Association is to teach members about bicycle mechanics, bike safety, the joy of bicycle touring, bicycling awareness for non-participants and to enjoy a mutual appreciation and compatibility during bicycle tours that may include camping and racing. Members shall consist of individuals and families who wish to participate as members abiding by the constitution and bylaws of the club. The Club may not discriminate in admitting members, according to their age, race nationality, sex, creed or religion.

MEETING MINUTES

January 2012



Call to order – President Bob Devito called the meeting to order at 7:05PM. Approximately 40 members and guests were in attendance.

Acceptance of Minutes – The December meeting minutes were accepted and approved.

COMMITTEE REPORTS

Treasurer's Report (Joe Matzelle) – Joe reviewed receipts and expenditures made during the last month. A full report including the current balance in the SBRA bank account is available to any member by contacting Joe. He also discussed the increases to our club insurance section of the budget through LAB that we must accept unless we want to change insurance carriers.

Statistician (Joe Matzelle) – New riding season started Nov 1st. Joe reported 22,527 club miles. 159 members have participated in at least one club ride this season. About 1/3 of posted rides have been canceled due to weather.

Top 5 ride leaders: Bobby Ploetz (16), Joanna Pascucci (14), Joe Matzelle (10), Christine Tanney (5) and Bob Miller (5).

Top mileage leaders: Alison Gonzalez (670), John McKeon (617), Christine Tanney (589), Joanna Pascucci (586), John Martin (549).

Top sweeps: John Bambach (15), Christine Brandstadter (13), Dennis Desmond (10).

Membership (Norm Samuels) reported 725 active members. 32 members are under 18. Welcome to 1 new member since last meeting.

Sunshine (Bob DeVito) – no report.

WebEditor (Brenda Meyer) – no report

Safety/Education (Pat Brennan) – Pat thanked for the opportunity to serve and said that he enjoyed his time on the board.

Social (Beth Borowy) – Awards Party – Jan 19 – all money and forms must be received by the 5th or they cannot attend. Right now the count is 109, but there are several more arriving each day in the mail.

Board Members tenure ending (Bob) – Bob would like to thank Pat and Norm for doing outstanding work during their time on the Executive Board.

Advocacy – no report

Club Store (Brenda Meyer) – No updates

OLD BUSINESS

Guide Dog Ride (Jeff Meyer) – GDF wants a bigger return on the Guide Dog ride. They are hoping to expand the event to possibly include a puppy walk and 5K. They also want to change the location to make it more accessible and safer for participants.

Cops Who Care (Bob) – Bike ride in late April (possibly April 28th) that would leave from Port Jeff. They are in the planning process and want us to be involved for the expertise of planning the ride and possibly leading it and marshalling it.

Nomination Committee (Bobby & John)

Everyone is going to remain in their position on the Board as it currently is except:

- Education & Safety Director
- Webmaster
- Membership Director

Bobby read a proposed amendment to the Constitution to be considered and voted on by the membership. It had the signature of 3 members.

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Constitution Section 4 currently reads:

“Vacancies occurring among the members of the Board shall be filled by election by the Executive Board, such Officers or Board Members to serve only until the next annual meeting.”

Proposed Change to the SBRA Constitution:

“Vacancies occurring among the members of the Executive Board or Chairpersons shall be filled by a special election to be held by the membership within 30 days of the General Membership meeting at which the vacancy is announced. The vacant position shall be posted in the next edition of Rolling Wheels. A nominating committee, selected at the General Meeting at which the vacancy is announced, will solicit and bring forth a slate of individuals who are interested in filling the vacant position. Any election where two or more individuals are running for the same vacated position shall be held by paper ballot. The Executive Board may appoint a member to fill the vacant position only upon the condition that the preced-

ing process does not yield an individual to fill the vacant post. The Executive Board may appoint a member to temporarily fill the vacant position only until the special election can be held.”

Pat Brennan pointed out that if one reads the constitution one can see clearly that the membership is supposed to have a one month gap between nominations and voting. His concern is for fairness to the candidates and entire SBRA membership as well.

NEW BUSINESS

Bike Boat Bike Meeting – Meeting on Wed Jan 9th Paradise Diner at intersection of 347 and Vets Highway in Hauppauge to plan for BBB. Members from last year’s committee should attend and anyone else interested in helping the committee is invited.

Election – Ashley read the names of the SBRA Officers and Directors who are retaining their positions and the names of the candidates for the two positions which are

contested. Those in attendance made brief remarks. The nomination committee passed out ballots for the two contested positions. For the position of Membership Director, the candidates were Barbara Striegel and Tod Lentini. For the position of Safety and Education Director, the candidates were Dennis Desmond and Pat Nett. The membership voted, and the ballots were collected and counted by Bobby and John.

The results were:

Membership Director: Barbara Striegel

Safety and Education Director: Pat Nett

50/50 Winner – no drawing.

Bike Drive – Karen is on Alternate Transportation Committee in Riverhead. They are trying to collect gently used bikes for children to be refurbished by Twin Forks in Riverhead and then distribute them to grades 5-9 in the district. Flyers were distributed about this collection.

Guest Speaker – No guest speaker – movie night

Adjournment – The official meeting part of the night was adjourned at 7:50 PM.

Respectfully Submitted,

Ashley Hunt-Martorano — Recording Secretary

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



Season's Spin



JANUARY FINALLY BROUGHT THE WINTER WEATHER that we are used to in the northeast ... frigid cold, light snow and blustery wind. Even the hardiest of riders have been saying "hmm... think I'll go to the gym today!" It should be interesting to see what February brings.

For those who do venture out on a road ride, you have to be especially careful of the extra sand and salt now on the road. Not only is it slippery but it can mask holes and other unsafe pavement conditions. Mountain biking has been an option for some until the rain and snow impacted trail conditions.

So what is there to do for those who still want to be active outdoors? As I mentioned last month, winter is a time that is naturally about getting rest. But doing some other activities can be beneficial while giving your cycling muscles and joints a break. Whatever your peak activity level during the cycling season, bring it down a bit. Honor the chance hibernate while still getting some cardio activity close to home.

Winter hiking (or trail walking) is a great way to get your

heart rate moving at a sustained level while working your legs. There are many places that offer a variety of trails to challenge your activity level by offering distance options and variations in terrain. And just like biking on a brisk day, be prepared to have layering options. You can start out in the parking lot feeling cold but once you get moving on the trails, you will likely work up some heat fairly quickly. As you move along, focus on your gait, allowing your legs and arms to swing easily to help you keep your momentum going and heart rate increasing.

Some other benefits from hiking/trail walking are getting some sunshine and Vitamin D exposure (a challenge for many during the long, dark winter days) and also helping to build bone with each step. Cycling is great for many aspects of our overall health, but only weight bearing exercises will encourage new bone growth. An important factor for many of us as we age!

Want some ideas of where to go here on Long Island? Check out <http://www.longisland.com/articles/01-08-13/trails-perfect-for-taking-a-winter-hike.html> for a list of the top 10 places to hike.

As the days start to get longer and you are feeling the need to be outside, don't let the weather keep you indoors. Get a few of your SBRA friends together and enjoy some exercise in a different way!

Karen

Karen Giles is a New York State licensed, nationally board certified acupuncturist with a private practice in Port Jefferson. Find out more at KGilesAcupuncture.com.

To receive seasonal newsletters and information on health related workshops, please email Karen at Karen@KGilesAcupuncture.com



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Bike

Bicycling in New York State

New York State Department of Transportation's Bicycle Program Web site is a gateway for everyone to discover the wide variety of cycling opportunities and information available in New York.

[More on Bicycles...](#)

Bicycle Resources

- FHWA Bicycle Safety**
FHWA bicycle safety and crash reduction strategies
- FHWA Bicycle Program**
FHWA Bicycle Engineering and Program Guidance
- Safe Routes to School**
Encourage Children to Walk and Bike to School
- Bicycle Information Center**
Bicycle Engineering, Education and Encouragement Site

Additional Links

- Complete Streets Legislation
- NYSDOT Smart Planning
- Bicyclists in Roundabouts
- Bicycle Safety Information
- USDOT Bicycle Policy
- Bicycle and other Wheeled Recreation Safety
- New York State Canalway Trail

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NYSDOT Bicycling website has just been launched!

www.dot.ny.gov/modal/bike

The website is a resource to provide the public with information about bicycling and opportunities for cycling in New York State.

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Dear SBRA Member,

It's that time again. Your membership is about to **EXPIRE**... Membership provides electronic delivery of our Rolling Wheels newsletter, participation in club sponsored events, and local bicycle shop discounts. Membership dues rates are **\$20.00** for individuals 18 years or older and \$0 for younger family members in the same household. Complete the membership application and be sure to update any new information; **include your e-mail address**. List all paid adult family members' names and those younger individuals in your household that you wish to be members so that each can be issued a membership card. Be sure to include the proper dues.

You can save the club some \$\$ and efforts of volunteers if you **include a Self Addressed Stamped Envelope** to insure that you receive your membership card. Printing out this form **NOW** will help you to remember to renew.

Our club runs on volunteers. If you haven't already done so, volunteer for a committee or lead a ride. SBRA is what you make it. Sincerely,

Norm Samuels
Membership Chairman.



SBRA Membership Application

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

Renewal **Reinstatement** **New Member**

First Name	Last Name	Date Of Birth	Bike-Boat-Bike and Guide Dog Ride are SBRA's volunteer supported events. Check off a box and show up to support these activities:
First Name	Last Name	Date Of Birth	<input type="checkbox"/> Work a Waterstop <input type="checkbox"/> Mark a Route <input type="checkbox"/> Registration <input type="checkbox"/> Help Park Cars <input type="checkbox"/> Drive/Assist a Sag Wagon <input type="checkbox"/> Drive Supply Truck <input type="checkbox"/> Help At Ride Closeout
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 CARD**

**League Of American Bicyclists ("LAB") and Suffolk Bicycle Riders Association ("SBRA")
 Release And Waiver Of Liability, Assumption Of Risk and Indemnity Agreement ("Agreement")**

IN CONSIDERATION of being permitted to participate in any way in Suffolk Bicycle Riders Association (SBRA) ("Club") sponsored Cycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

- (1) ACKNOWLEDGE, agree, and represent that I understand the nature of Cycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity; I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity, and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
- (2) FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES;" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I may incur as a result of my participation in the Activity.
- (3) HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENCE RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. (1-2007)

I Have Read This Release. Signature Of **Primary Applicants**

Date

I Have Read This Release. Sign and print name & birthday of **other** family applicants not listed above

Date