

Rolling Wheels

Suffolk Bicycle Riders' Association | May 2013

May Meeting

Thursday
May 2, 2013
7:00 PM
at the
New Village
Community Center

BBB RAFFLE

Win a new bike
or other great prize.
Details on page 5.



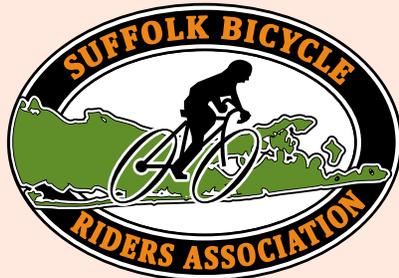
SBRA meetings are held on the 1st Thursday of each month at the New Village Recreation Center in Brookhaven, which is located near the intersection of Wireless Road and Hawkins Road East of Nicolls Road (CR97).

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	471-2129

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	471-2129
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

Thomas Bruno, James Burke, Lauren Butler, Frank Campanella, Loretta Ciancarelli, Michael Co, Corrine Collins, Eugene Colon, Paula Dawydiak, Walter Dawydiak, Wally Dawydiak, Ava Dawydiak, Judith Eaton, Ed Eaton, Larry Falkman, David Gentile, Peter Golder, Colleen Guilfoyle, Robert Kauffman, Trisha Kennedy, Michael Leyden, Anthony Maffia, Robert Malichio, John mMchaels, Michael Moses, Anthony Nussbacher, Salvador Pena, Sharon Petito, Hector Prada, Vincent Rabbene, Nick Ramdass, Frank Seipp, Stephen Siwulec, Salvatore Sorrentino, Salvatore Sorrentino, MinaTalaj, Nicole Taylor, Josh Taylor, Christopher Taylor, Jeffrey Ventura, Gary Warstler

Celebrating May Birthdays

Bruce Cameron, Marlena Callus, Barbara Vitale, Sy Lukin, Karen Walker, Rafael Aguayo, James Badia, Karl Korte, Bobby Ploetz, Alex Sciammarella, William Grosso, Hava Samuels, Margaret Cohee, Robert Malichio, Leah Baley, Elizabeth Scarisbrick, Steve Weckesser, Richard Russo, Glenn Warmuth, Silvana Melazzini, Richard Mardosa, Costa Triculis, Gloria Sanicola, Judith M. Onorato, Diane Braun, Frank Aprigliano, Phyllis Satz, Tod Lentini, Kathleen Berger, Richard Sexton, Michael Prescia, Ed Gallagher, Deborah Carroll, Steven Eisen, Randy Weintraub, Peter Legakis, Ron Goodstadt, Steven Lyon, Joanna Gray-Randle, Stephen Lerner, Karen Erickson, Anthony Maffia, Virginia Korte, Stephanie Abrutyn, Michele Tomei, John McKeon, Tim Mayr, Paul Sailer, Christine Brandstadter, Christina Cone, Pamela Sandmeier, Michael Kaziewicz, Kevin Brennan, Brenda Meyer, Dina Giucietti, Anthony Nussbacher, Tricia Brandt, Jonathan Borowy, Vicki Berry, Bill Ferguson, JoAnn Bohenek, Robin Shea, Peter Harte, Harry Resnick, Janine Schwartz, Linda Fays — 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

April 2013



Call to order: President Bob Devito called the meeting to order at 7:05 PM. Approximately 51 members and guests were in attendance.

Acceptance of Minutes: The March General Meeting was canceled due to weather, so there were no meeting minutes to be 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.

Statistician (Joe Matzelle): New riding season started Nov 1st. Joe reported 52,342 club miles, which is down about 25% from this time last year (likely due to weather).

Top 5 ride leaders: Bobby Ploetz (28), Joe Matzelle (21), Dennis Jackson (21), Joanna Pascucci (16), and Henry Krajewski (11).

Top mileage leaders: Alison Gonzalez (1637), Ron Goodstadt (1495), Dennis Jackson (1394), John McKeon (1248), James Drago (1235).

Top sweeps: John Bambach (30), Christine Brandstadter (20), Dennis Desmond (18), Marie Rose (6), Gary Bass (4).

Membership (Barbara Striegel): Two new members were in attendance. Welcome!

Sunshine (Bruce): Congratulations to Hava & Paul who are getting married this week!

WebEditor (Brenda Meyer): No known issues. Please email Brenda if issues are identified.

Safety/Education (Pat Nett): Pat thanked those who attended SCS and thought it was a successful event. Any feedback for next year should be sent to Pat.

Social – No report

Ride Coordinator – No report

Advocacy – No report

Club Store – No updates

OLD BUSINESS

Montauk Century (Pete): So far 50 people are registered. Everything is in place and SAGs are set. Luggage is in the works. Bob & Josie were present and updated that their beginner rides started with about 40 and are down to 25-30 now. Ride is set for May 11th (rain date May 18th). Cut off for registration is Wednesday May 1st.

Bike Boat Bike (Pete/Bob): BBB generates the most income for the club. We depend on club members to volunteer for the event and help out so that the club can raise revenue to support our other events throughout the year. There are a few people who regularly volunteer

and do most of the work for the club. We need this to change and for more club members to give back and help out in some capacity. There are openings that need to be filled ASAP. Three stops are staffed but we still need a few extra people. We need volunteers for route marking and breaking down and cleaning up afterwards. The BBB price increased this year because we expect fewer riders because there are other rides going on the same day and day before. If we get 800 riders, we will make the same income as last year. Please get the word out to friends to do the ride. There are posters for those who want to place them in public places (e.g. your gym!).

See Click Fix (Ashley): You can now use a free app called "See Click Fix" (for iPhone, Android and Blackberry devices) to automatically send an email to the village, town, county and state contacts so that it's 1) on their record and 2) they can address it. It's easy to use and many of the issues members have reported were fixed very quickly. An added feature is that other users can "vote" for that issue (basically, saying that they agree it's a problem) and if it gets a lot of votes, it gets attention more quickly. People without smartphones can use the website to report issues. Visit this website to download the app and to report road issues online. <http://seeclickfix.com/>

NEW BUSINESS

New Ride Classifications (Joanna): Joanna explained the new ride levels and classifications that are currently displayed on the website.

New Sign In Sheets for Rides (Joanna): Joanna explained a few additions to the Sign In sheets for rides that include the "Strava Rule" and should be reviewed by the ride leader prior to the ride. The updated Sign In sheet is available for download on the website.

Ride Calendar & Cue Sheets for Members Only (Bob): It was discussed that the ride calendar and cue sheets should be for paying SBRA members only. Other clubs have this setting and the Executive Board felt that it was unfair for non-members to have the same access as

paying members. Cue sheets have been set for members only. Some members voiced concern about locking out non-members because of the social nature of our club and the fact that new members often want to try a ride before committing to membership and paying. Other members voiced concern of the potential liability of the club when non-members ride with us. The Executive Board will continue to discuss this matter.

New Bike Shop Joins SBRA Advertising (Paul)

Sunrise Tri

520 Sunrise Highway, West Babylon, NY 11704

Sunrise Cyclery

4828 Sunrise Highway, Massapequa Park, NY 11762

Bicycle Playground

256 Main St, Huntington NY)

Alex Zuckerman, owner of Bicycle Playground, briefly spoke about his new shop, products, and services.

Importance of supporting your local bike shop (Bob)

Please support your local bike shops. It keeps our local economy going!

Guest Speaker: Steve Osani, PA of Atkinson, Osani & Wasset (486 Sunrise Highway, West Babylon, NY 11704).

Steve spoke about using a power meter and heart monitor to train with power and safety.

Adjournment: The official meeting part of the night was adjourned at 8:00 PM.

Respectfully Submitted,

Ashley Hunt-Martorano
Recording Secretary

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



NYS DOT BICYCLING WEBSITE

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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* Raffles are \$10 each or 3 for \$25 and can be purchased at the Strawberry Fields and Horton Point Water Stops

* Pictures may not represent the exact bicycle provided by shops.

Season's Spin



THE TRANSITION THROUGH SPRING has been cold and windy, challenging everyone who is trying to get back in the saddle. Longer daylight and the slow progression of flowers signal that the season has started but boy has it felt "late." The question for many is, how is this rough start to training rides showing up in the body?

The momentum of Spring, particularly in my work, is about an intense push of energy all around us. Plants, animals, humans... everything wants to get going. But during March and most of April, we have been hanging in wait. Scrambling to get out and push for mileage when you have a day off regardless of the weather. It has been difficult this year to synch up the energy needed for training rides with what nature is giving us. This year, maybe you will need a bit more time to get to the level you want to in your riding.

As I find myself struggling a bit with my progression through training rides, I am reminded of the tools I used last year (beyond lots of stretching, of course) to help ease

muscle soreness and strains. So if you, too, feel your body is being overworked, here are a few options to help you through the remaining weeks of training. And definitely things to have on hand if you are riding the Montauk Century!

Epsom Salt: This age-old home remedy works well because it is made up of magnesium and sulfates. Magnesium functions in all our cells and soft tissue and is essential for energy metabolism, as well as assisting hundreds of enzyme systems. But it also supports normal muscle contraction. And magnesium sulfate helps reduce inflammation. Soaking in a bath with Epsom salt (2 cups added to a regular sized tub) or applying a cold compress soaked in a mix of 2 tablespoons Epsom salt per 1 cup water can provide some added relief.

Arnica: Known as mountain daisy, this herb is used widely by homeopathic doctors for treating a range of muscle aches, strains, bruises and swelling. You can take it orally (any good supplement shop will carry Arnica Montana) but

can also find it as a topical ointment and in a product called Traum-eel, which I find soothing on sore knees, back and neck. I will often take a few doses of the homeopathic version after a long or strenuous ride and find it helpful.

Biofreeze: This topical analgesic incorporates several homeopathic ingredients (including arnica) but the menthol in Biofreeze "creates a sensation that overrides pain signals to the brain. This process is known as 'Gate Control Theory', where nerve impulses from one stimulus block the nerves containing pain signals to the brain. Recent research also suggests that menthol may stimulate cold receptors in the skin that may help regulate pain as well."¹ Many physical therapists, massage therapists and acupuncturists find Biofreeze helpful when the application of cold therapy is called for.

Consider what might serve your body as your mileage increases this Spring. Looking forward to more appropriately seasonal days ahead!

1. <http://www.biofreeze.com/page/en/faqs-consumer.aspx?parent=31>: "How does Biofreeze work?"

Karen

Karen Giles, trained in the Five Element tradition of acupuncture, holds a Master of Acupuncture degree, is nationally board certified and New York State licensed. Karen maintains a private practice in Port Jefferson, NY, writes seasonal newsletters to support well-being through the seasons and offers a wide variety of experiential classes to her community.

Contact Karen by phone at 631-804-5902, email: Karen@KGilesAcupuncture.com or learn more at KGilesAcupuncture.com.

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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: <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
First Name	Last Name	Date Of Birth	
Street Address			Annual Dues Are: \$20.00 individual, \$0 family members under 18 years old Make check payable to SBRA and mail to: SBRA c/o Norm Samuels 11 Pine Street Port Jefferson Station, NY 11776 PLEASE INCLUDE A SELF-ADDRESSED STAMPED ENVELOPE FOR MEMBERSHIP CARD
City	State	Zip	
eMail Address	Day Phone <u>With Area Code</u>		
Evening Phone <u>With Area Code</u>			

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 NEGLIGENT 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