

ROLLING WHEELS

SUFFOLK BIKE RIDERS' ASSOCIATION

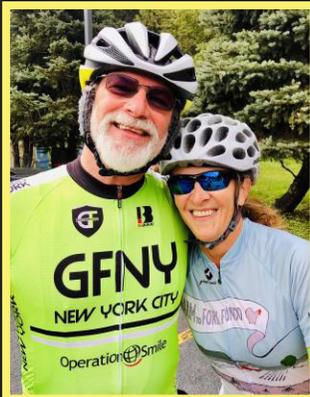
November 2019

Memories Abound as SBRA Riders Complete 2019 Season

Bike Boat Bike
Montauk Century
Century Training Rides
Taco Tuesday
Mi Territa



BOA/River
Briermere Rides
Netties Rides
TBC
Kreb Ride
Beach Bakery Rides
Around Holbrook



Bean & Bagel

Thunderbirds Are a Go
Picnic Ride
Bellport Meander
Happy New Year
Ride
Cathedral Pines
North Shore Rocks
Carl Hart Shop Ride
Sayville Flattie
Smithpoint Beach
Artist Colony Tour
McDs Manorville



Charlie Birds
Stony Brook Hills
Wednesday Morning Hills



HCC/Patchogue
sloo Roller
Cinco de Mayo
Saturday Spin
The Bartlets
Twilight Series



Midweek Miles



Where's the Beef
Sassafras
Calverton 41
South Shore Ride



Bike Beach Brew
Wildwood
Sunshine/Manorville
Quogue Meander
North Forkin'
Bohemian Lemon Bar
Pedal
Burger/Taco Ride
Sayville to ??
Orient Century
ygtbk the sisters
Sunday Sunshine
To Da Beach
Buffalo Scenic
Sound Bistro Ride
Early Birds
Slow Hills
Labor Day Ride
Fools Gold
Penultimate Slow
Oyster Ride
Let the Good Times
Roll
Tour of Bohemia

Afternoon Roller
BBB Mattituck
Spin to Ecology



Nissequogue Hill Ride
Heckscher Loops
ALS 25 Pre-Ride
SBRA Cares Ride



Oktoberfest Ride
St. James Loop



Apple Pie Pedal
Halloweente Ride

In This Issue

President's Message
Ride Director Update
Important Dates
SBRA Showed it Cared
Ask the Cycologist
What's Up with That
Market Place



Message From the President

Looking Back at 2019 as This Year's Cycling Season Closes

The fall is here, and I already have had to break out the long bike pants and on some mornings my winter Jerseys. Where did the summer go? I like the cool weather riding, but it is a chore in the mornings trying to figure out what to wear when the temperature is in the '40s, and by the time we are halfway into the ride, it could be in the '60s. My car is starting to look like a closet again.



Our cycling year officially ends October 31st, and November 1st starts our new year of counting mileage, Ride Leader Credits, and Sweep Credits. We have a phenomenal Stats team who work all year long, and I want to thank them for the job they do. If you see Tricia, John and Valerie on a ride or event, please thank them for their dedication.

We are always looking for new ride starts or places to stop for breaks, and this year Netties seems to be the new favorite destination. They are open on Friday, Saturday, and Sunday, and it continues to be a great place to stop. It is getting very popular, and now there are lines to order. If you know of any good places, let us know so we can share it with our Ride leaders.

Our Monthly meetings on the first Thursday of the month, provide an opportunity to meet and talk to the board members as well as meet other SBRA members.

Important Dates

-  **New Riding Season BEGINS** *November 1*
-  **Elections for SBRA 2020 Officers** *November 7*
-  **SBRA Holiday Party/Awards Dinner** *January 4*
-  **SBRA Membership 2020 Renewal** *February*

November General Meeting

Thursday, November 7-- 7:00 PM

So what's in store for our 2020 ride season?

First, we have a new venue for our Awards Party. This year it will be held at Lands End in Sayville. In addition to the new location, we will have a new DJ, and yes, the sit-down dinner is back. This year's party is on January 4th, and I hope to see a lot of you there.

We are looking to revamp Super Cycling Saturday, and we will combine our monthly meeting into that day's event.

Perhaps you are not aware, most organizations that have been putting on Century Rides have been struggling with registrations going down while costs remain the same resulting in less profit for the amount of work it takes to organize these events. Our goal this year is to see how we can do things differently to cut back on some of our expenses and end up with more profits for the club.

This year we did a members only Charity Ride with 100% of all donations going to Long Island Cares. We did a food Drive that day as well, and while everyone was out riding The Long Island Cares Truck came to collect all the food that members brought to the ride start. I got the final count yesterday, and we collected 833 lbs of food that day. Our goal is 3500 lbs, and we are at 2900 lbs as of today. We need one more push to get us to our goal, so let's do this at our December General Meeting, and let's finish the year meeting the goal we set!

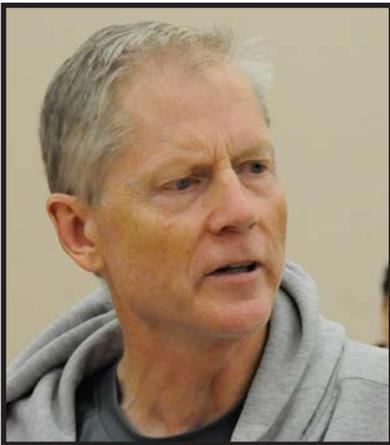
The fundraiser was a tremendous success and exceeded the goal I thought we would meet. With the generosity of all that participated, we will be giving Long Island Cares 5400.00.

I hope everyone that came to the ride had a good time, and I look forward to doing this again next year. I need to thank Bernie and Lynn because they volunteered to take this event on and organized it with very little help. Thanks for having faith in me that it would all work out!

Lastly, I want to say that any President of a club is only as good as the people with whom they work. I am grateful for everyone on the board who dedicated their time to come to 2 meetings a month and volunteer many hours of their time in between to give you the best club possible.

I thank you all for a great 2019 season and look forward to what 2020 will bring!

Joanna
President



As we close this cycling season and approach a new one, I'd like to reflect on my year as Ride Director. I want to thank all the volunteers that keep this club going, and all that have made my job easier.

Best of all this year, we've added many new Ride Leaders. They have added much and given us all

some great rides.

This year small changes were made to ride classifications, which were well received. I can't say that this has solved all the problems of "speed not as advertised." We'll be working on that FOREVER.

We have revisited the subject of Off Island rides. Rides were posted in Connecticut, Harriman Park, and NYC; yes, on the calendar with full credit and covered by club insurance.

I've often spoken about safety on our rides, as one accident is too much. It is, however, a risk we take to enjoy the sport we love. As much as we try to alert and educate our riders accidents will happen. We must use all our personal resources and skills to avoid accidents.

An easy addition is front and rear daytime flashers (remember to turn them on).

Technology has taken a foothold in cycling, and SBRA is embracing it. This year SBRA has welcomed e-bikes (assist<20MPH) onto the rides. Many posted rides now have Ride with GPS routes to follow. Thanks to Lisa Valentine, SBRA has posted its first Zwift ride (no credits, but great in bad weather). For those not familiar, Zwift is software that enables a Smart Trainer to simulate road conditions by varying resistance while riding a fictional course seen on your TV. Great way to engage and forget your riding indoors. Google it, or better yet, see your local bike shop. Hopefully, we will see more club Zwift rides this year.

Good things are coming, but it takes time. I want to offer my full cooperation and commitment to the next Ride Director, as I hope to keep engaged with the club and enjoy the many rides and activities.

Dan Rostrup
Ride Director

2019 Executive Committee

PRESIDENT	Joanna Pascucci	631-747-3464
VP ADMINISTRATION	Jeff Meyer	631-471-2129
VP OPERATIONS	Wendy Schmittzoh	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

STATS NOVEMBER 1, 2018 - OCTOBER 31, 2019

TOTAL CLUB MILES: 477,258

MILEAGE LEADERS:

BRIAN TOOLE 8,291

JAMES DRAGO 6,968

ROBIN SHEA 6,183

163 RIDERS ARE OVER 1000 MILES

82 RIDERS ARE OVER 2000 MILES

41 RIDERS ARE OVER 3000 MILES



**A SPECIAL THANKS TO
NORM SAMUELS & ALL THOSE WHO
HAVE SUBMITTED PHOTOS
TO SEE MORE OF THEIR WORK HIT
THE LINK BELOW**

<https://www.sbraweb.org/gallery2/main.php>



**October 6
Southaven Park**

SBRA SHOWED IT CARED

Event Raises \$5400.00 & 833 lbs of Food

The first SBRA Cares ride proved to be a great success thanks to the efforts of all those that participated either through donations or volunteering.

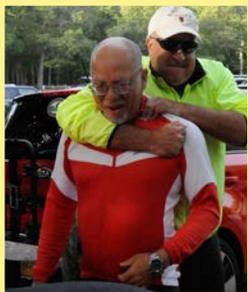
Thank You for Raffle Donations

Krebs	Wahoo Bike Computer
Twin Forks	100.00 & Specialized meter
Campus	150.00 gift card
Carl Hart	150.00 gift card
Bicycle playground	2 gift cards for tune-up
Estee Lauder (Bino)	Beauty Products
New Balance	2 gift cards for sneakers
SV Fine Wind & Liquor	2 bottles of wine
Gia	25.00 gift card
Ascent Protein	protein powder/shaker
Every Man Jack	Mens products
Christine T***y	Brands 50.00 gift card



Thank You for Ride Day Food Donations

Darlene Merola	Watermelon, Bananas, Kind Bars
Joanna Pascucci	Natures Bakery Bar, Tortilla Chips
Brendells Bagels	Bagels
Eduardo Pabone	Empanadas from Mi Tierrita
Tailgate Donators	



SBRA Cares Volunteers

Joanna Pascucci	Organizer/Raffles
Bernie Scherer	Organizer
Lynn Heimberger	Assistant
Christine Tanney	Raffles
Ronnie Levy	Check-in
Darlene Merola	Check-in
Barbara Abraham	Check-in
Ron Goodstadt	LI Cares pick up



THANKS TO EVERYONE WHO HELPED MAKE THIS EVENT A SUCCESS

What's UP with That!



BY CHRISTINE T***Y

? – I SEE BIKE LIGHTS ON BIKES, BUT THEY'RE NOT TURNED ON.....TURN THEM ON !!!

? – I'VE BEEN SEEING MORE WORN OUT SHORTS. COME ON

PEOPLE, BUY NEW SHORTS. NO ONE WANTS TO SEE UR MOON SHINE, BUT THANK YOU, BECAUSE A BUNCH OF RIDERS DID GET NEW SHORTS AND U LOOK GREAT !!!

? – “ I WASN'T GOING FAST , IT WAS A DOWNHILL, MY GARMIN BROKE.....WISH I HAD A NICKEL FOR EVERY TIME I HEARD THAT, I COULD BUY ANOTHER BIKE !

? – RIDING ON SOMEONE'S RIGHT.....STOP IT, IT'S DANGEROUS !!! OKAY, HERE'S WHY , IT'S A BLIND SPOT, NO ONE CAN SEE YOU AND IF U HAVE TO DO IT, PLEASE SAY, “I'M ON UR RIGHT.”

? – WE HAVE OVER 800 MEMBERS, AND YET I SEE THE SAME 30 MEMBERS AT THE MEETINGS. GO TO A MONTHLY MEETING. UR FRIENDS ARE THERE, THERE'S FOOD, PROBABLY PIZZA & YOU MAY LEARN SOMETHING OR MEET UR NEXT SPOUSE....LOL...

Ask The Cycologist

The Cycologist - a monthly column with "advice" for riders



DEAR CYCOLOGIST,
I am not a cyclist, but I am an Uber driver that spends hours a day on Suffolk County roads. I'm writing to bike clubs to complain about the number of riders I encounter every day that seem to ignore their own safety by riding in the middle of the road or riding abreast of other riders. Cyclists bring problems upon themselves. What can I do to curb the amount of incidents I encounter?

Signed,
UBER DUBBER

DEAR UBER DUBBER,

I assure you that our ride leaders are always telling their riders to stay on the shoulder. We also yell "Car back" several times, but many don't seem to respond. Don't tell anyone, but here's what I suggest.

Purchase a soft rubber hand and a soft plastic three foot rod with a flexible spring inside it. Attach said rod to your passenger side window extending no more than three feet from your vehicle. Once assembled and attached, this hand will slap ignorant riders in the back of the helmet. The affect will be much better than a car bumper or mirror knocking them down leading to an injury.

Let me know how this works. We can get a patent and make some money.

Signed,
THE CYCOLOGIST

HELP

Editor's Note

Simply put: I need help.

One of the more difficult parts of putting together a monthly newsletter that people will want to read is getting interesting content. Several members have stepped up, and some even write regularly, but we need more help.

Often when I approach and ask a rider to write something, they express some trepidation because they are uncertain of their writing skills. Don't worry... I've got you covered. I'm not looking for something that will win a Pulitzer just copy that will provide insights, information, commentary, or humor for fellow cyclists.

Don't know what to write about?

Here are some ideas:

Why I Ride

Off-Island Rides (What about that Africa trip?)

Commentary

Looking Back (How has SBRA changed?)

Merits of spinning during winter

Indoor winter training

Garmin vs Wahoo

Proper saddle height

Choosing a saddle

Benefits of clipping in, types of peddles, shoes

Bike trips for 2020

Steps in changing a flat

Use of Co2 vs a hand pump

Types of Co2 inflation devices

A cyclist's holiday gift list

Proper Nutrition

Buyer's Review of Any New Cycling Gadget"

Rest Stop Reviews

Favorite Cycling Snack

Choosing correct pedals

I have may more ideas, but why not write a letter to the editor about what you would like to read in Rolling Wheels.

Please consider becoming a contributor.

**Thanks,
Bernie Scherer**

November Birthdays:

DebbieAnne Baione-Doda	Daniel Gabriellini David Gerde	Walter Mirecki Philip Munisteri
John Bambach	Ken German	Jean Nesbitt
Paul Barenholtz	Karin Gluth	Luis Paniagua
Arnold Batist	Raymond Guido	Linda Parsons
Kenny Bautista	Patrick Hait	Ellen Reichel
John Beck	David Hall	Linda Resnick
Michael Breitweg	Kevin Hanlon	Christian Ritter
Mickey Cantwell	Gabriel Jacobs	Susan Robinson
Christian Caputo	Steven Jonas	Linda Roesel
Patricia Cavanaugh	Modesta Kraemer	Dan Rostrup
Roy Chaves	Diane Krieger	Tim Roth
Liran Chen	Herb Krieger	Constance Savino
Chuck Clayton	Linda Kupcewicz	Diane Scotto
Carmela Cohn	Ed Langone	Nicholas See- berger
David Cohn	Robert Libbey	Jimmy Senia
Fred Cole	Lawrence Loewy	Bozena Syska
Peter D'Elena	Nevin Matsil	Kirk Wheeler
Francine Deacutis	Matty Mazur	Kirk Wheeler
Tristan Eckstein	Elizabeth McLoughlin	Paul Wiesehan
Joanne Fiore-Powell	Paul Miklean	Debra Woloschin
Victoria Fischer		

New Members:

Jon Austin	Sharon Hansen	Lisa Piazza
Craig Beshaw	Jason Kary	Ken Quenstedt
Michael Breitweg	Joyce Kowpak	Brenda Silva
Kevin Burke	Dominic Locurto	Louis Tutone
Tristan Eckstein	Steve Luciani	Jennifer Weiner
Gary Giacchetto	Craig Mueller	Stuart Wilkins

Brookhaven Bike Coop Opens



Great news! The Brookhaven Bike Coop is open and running at their location in Flowerfields, St. James. The first bikes have already been repaired and donated.

This is a totally volunteer organization which gathers gently used bikes and fixes them up for distribution to those in need. It also teaches bike mechanics to anyone who wishes to take advantage of this, and offers a space, tools, and support for people to work on their own bikes.

There are many opportunities to get involved in this evolving cooperative, from donating gently used bikes (we know you have a garage full of them!), basic mechanical services, education, general support, and whatever ideas you may have to offer.

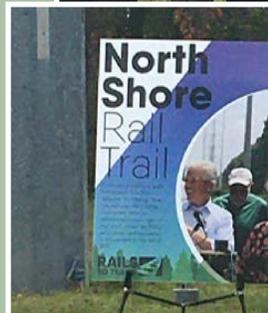
You don't have to be a mechanic, there is opportunity for all.

The goal is to make bikes accessible to more people, provide a space for bicycle repairs and have a good time in the process.

If you see yourself fitting in here as a volunteer, contact Greg Ferguson at gregferg2@gmail.com. Greg is a member of SBRA, the coop founder, and spoke at the August SBRA meeting.

Long Awaited Trail Breaks Ground

Ronnie Levy, Janet Mazolla, Norm Samuels recently attended the ground breaking ceremony for the long awaited North Shore Rail Trail in Miller Place. Apparently this project has been in the works since 1971! The political wheels of progress move slowly, but they do move.



Off Island Rides



I'm not sure if the popularity of this ride is cycling, the scenery, or the ice cream! For those who don't know, the Sea Coast Century is an annual event -- 46 years old -- organized by the Granite State Wheelers as a cycle club fundraiser. It was a two-day cycling event over September 21st/22nd.

About 20 SBRA members ended up in Hampton Beach, NH, without too many mishaps along the way. We nearly left Barb's luggage in the middle of the road outside Susan's house - a fact only discovered thanks to an emergency return to fetch Susan's forgotten purse. Lesson learned: always check the car hatch is down before setting off!

Eight of us, plus a tag-along (John Caccavale), rented an Airbnb house with a wonderful porch that we could all congregate on after ride. Other people found other accommodation now that the Kentville Hotel is no more. While there were very limited facilities in the houses (Duplex), it wasn't a problem except for Francine forgetting to take a towel into the shower. A hand towel is a little small to dry the body completely!

We arrived early Friday afternoon and set off for an exploratory ride along the first 12 miles of the metric route, starting from the Sea Coast Science Center. This allowed riders who only wanted to do 50 miles on Saturday to see the entire route along the coast to the park.

Norman wanted to make full use of the time, so he gave pacer training to us novices; we became quite adept by the time we had finished the ride and returned to the Airbnb.

After appetizers on the porch (including a snack from South Africa of Antelope Jerky courtesy of Barbara), we set off to find a dinner location. We discovered the L Street Grill, a colorful local Karaoke bar. They put us upstairs: it must have been so we didn't disturb the locals and their music! Though a 'little' noisy for some, it was good food (except for the fish and chips, which wasn't up to Susan's UK standards).

The following morning we set off at 8:00 for our destination: the Cape Neddick "Nubble" Lighthouse, a historic lighthouse built in 1879 and still in use today. It is on the national register of historic places and is 35 miles away from Hampton Beach. The lighthouse has an interesting history, including an entrepreneurial lighthouse keeper who started a booming tourist ferry, neglected the lighthouse,

and was fired for dereliction of duty.

Back to the ride: Five people drove to the 50-mile route Science Center start, and the rest set off on bikes from Hampton Beach, picking up others en-route, making a total of 15. Steve was the incredibly patient ride leader, successfully keeping a good pace for the mixed bag of riders.

Bernie, meanwhile, decided he wanted to do the full century, but he found it hard to find companions to ride with until near the end when he found a group going at his pace. His speed immediately went up!

The metric century route hugs the coast giving fantastic views of the coastline and surfers - they were both much admired! It is mostly flat with a few small hills. We reached the lighthouse by about 11:15, so only had a 45-minute wait for our true destination to open: Dunne's Ice Cream Shop! I highly recommend a scoop of the 'Maine Tracks,' a "lumpy delicious nutty" confection.

The return journey had a lot of rollers. Some riders decided that they needed to 'stretch their legs' and went ahead. We eventually met up at the car parking area before returning to our respective accommodations. For the entire ride, the temperature was in the 80s with low winds and glorious sunshine - perfect for riding.

At the Airbnb there was a refreshing dip in the sea (Norm & Richard) and some gentle paddling by other adventurous cyclists. The next challenge: finding a dinner destination in Hampton Beach for 20 people at the height of tourist season.

Our normal haunt (Bernie's) had a loud band and was crowded, so we set off exploring and finally found a place to eat. Alas, we had to wait a LONG while before we were seated, so while some of the hungry cyclist army invaded the Sea Ketch Restaurant, others rebelled and went home.

Many thanks go to Steve for being a top grade ride leader, Barbara, for putting her travel agent skills to good use, finding us a place to eat, and trying to make reservations.

All in all, it was a fun and highly enjoyable ride. We will be repeating it next year!

SBRA Cyclists Shine at Bicycling Magazine's Fall Classic

Nineteen Members from SBRA competed in the Bicycling Fall Classic on September 29 in Breinigsville Pennsylvania on a beautiful and scenic day.

Team Going Easy included Mike Barriere, Jim Drago, Brian Toole, Bryan Drago, John & Robin Shea, Juan Carlo Pabon, Mel Evens, Peter D'Elena, Jeremy Herr, Amanda Sexton, Bob Pospischil, Dan Marks, Reggie Vincent, Gary Ristau, Jimmy Otto, Dan Rogers, Ron Corella, and Dan Rostrup.

In a field of 197 riders, age category winners included Jeremy Herr 2nd (5th overall), Reggie Vincent 3rd, Amanda Sexton 2nd, Robin Shea 2nd (2nd overall women) and the big competition in the 70+ was Bob Popsichil 2nd, Mel Evens 3rd, and John Shea 4th. Mel, Bob and John were pushing the pace within a few bike lengths of each other the entire 90 mile timed ride. Congratulations to the competitors, a great time was had by all.



Robin Shea with Selene Yeager from Bicycling Magazine



Bob Pospischil and Mel Evans



Jeremy Herr (left) and Reggie Vincent (right)



Amanda Sexton (left)

Other Notable Events:

August 4 -- David Koyles placed 3rd in his age category in the Smith Point Sprint Triathlon

August 24 -- Farm to Fork Fondo-Pennsylvania Dutch Overall Leaderboard:

- Brian Toole 1st,
- John Shea 2nd,
- Robin Shea 3rd,
- Rob Cammarata 4th

Cyclists Ride to Raise Funds to Help Find a Cure



The mission of Ride For Life, Inc. is to raise research funds to find a cure for Amyotrophic Lateral Sclerosis (ALS), to support patients and their families through patient services, to raise awareness and to provide the community with the latest ALS news, information and inspiration.

It takes a lot of behind the scenes help to plan and execute a ride like the ALS Ride for Life. Fortunately a number of club riders were on hand to help with this year's event. Dan Rostrup created excellent routes and marshaled the 100 mile ride while Jim Flanagan marshaled the 65, Norman Samuels and Tom Gorman led the 25 & Cathy Cavaliere did the 10.

Many of the riders complemented the routes Dan created. The roads were excellently marked by Gadalia.

Marilyn Sloan once again worked behind the scenes and was the backbone of the entire amazing event.

Young and old rode in support of this worthy cause including an 11 yr old boy.

All in all it truly was an awesome rewarding experience that helped raise money for the fight against this deadly disease.



Chris Pendergast (r), pictured with his "team," provides the motivation for this annual fundraising event.



Share your "Back in the Day" memories

Email stories, old photos
& copies of Rolling Wheels
bys1@optonline.net

General Meeting Highlights

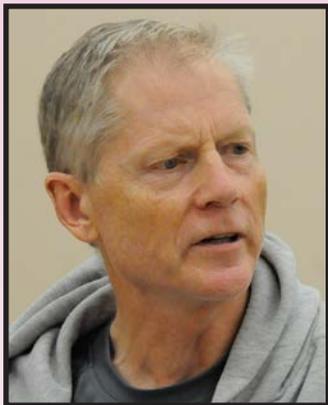


President Joanna Pascucci opened the meeting gave a final update on the SBRA Cares ride.

October's general meeting at the Community Rec Center provided members with information and updates about SBRA. A vote on the use of electronic voting was tabled for this year. Elections will take place at the November meeting using our past system. Refreshments were provided by Kahuna and Hava. While there was no guest speaker for this meeting, there was a discussion on dealing with riders who do not participate in club led rides safely. For detailed information about the meeting, see the General Meeting Minutes.



Brenda Meyer addressed the need to update the software for our website. This update will take place after the current riding season.



Spoke of the accidents sustained by riders this year and cautioned all members to ride defensively



Mike Adams, member of the nominating committee, read the names of the nominees to be voted on in the November election for club officers.



Darlene Merola let all know about the plans for the party following the Halloween ride.

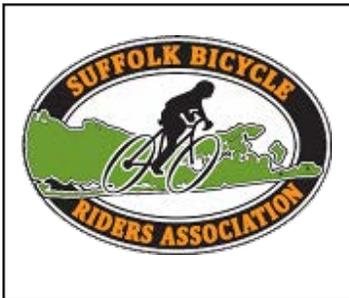


Jeff Meyer alerted members of NYS DOT's plan to create an interchange at Barnes and Weeks. He handed out petitions for members to sign which objected to this plan.

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



Elyse Buchman sought volunteers for the NYBC ride and let members know about the plans for this event.



General Meeting Minutes

September 5, 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 September 2019 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.

Vice President (Jeff Meyers) NYS DOT plan to create a route 27 interchange at Barnes and Weeks without improving Barnes and Weeks Roads. Jeff handed out petition that objects to the interchange without improving Barnes and Weeks roads. We often use Barnes and Weeks Road, the extra traffic resulting from the interchange will be a burden on us.

Statistician (Tricia Brandt) – 252 rides were posted and 232 rides were ridden in Sept. Total mileage for the month of September was 49,000 ridden by 312 riders. Total mileage Year to Date (Nov-Sept) is 438,967 ridden by 546 riders. All ride sheets are in. Thank you for submitting them in a timely manner!

Mileage leaders:(YTD) September Mileage Leaders

Brian Toole 7632 Christine Tanney 692

Jim Drago 6450 Brian Toole 672

Robin Shea 5501 Dennis Desmond 664

154 riders are over 1,000 miles with 41 of those over 2,000; 15 over 3,000; 6 over 4,000; 4 over 5,000; 1 over 6,000 and 1 over 7,000.

Ride Leader Credits:

Jeff Meyer 122

Bobby Ploetz 103

Mike Fiorella 94

Sweep Credits:

Dennis Desmond 142

John Bambach 104

Lynn Roesel 92

There were 2-15 rides ridden on every single day this month!

Sunshine Report - (Bruce Presner) – Percy Zahl had an accident on a ride, he went over the handlebars and was severely injured. Communicate with the other riders! I spoke to Bruce Redlien, he was hit by a car that didn't see him. Be as visible as possible, wear bright clothing and use flashers!

Membership – (Ronnie Levy) – 796 members, 9 bike shops and 14 new members. We had 836 members last year. Hava has SBRA business cards.

Social Director – (Darlene Merola) - The Halloween ride is the 27th of October, riders are signing up and I have 4 people volunteering to make soup. We are limited to 100 people at the party.

Webmaster – (Brenda Meyer) –

We must update the website to prevent problems. We will update in early November after all the stats for the year are in. The update will be done offline. After it is tested it will go live.

Safety Director – (Paul Miklean) – Allen Yan-kovitz's memorial service is October 26. Paceline riding is a very structured ride where riders ride close behind one another. Don't ride in the middle of the road, especially if a car is overtaking. If you are phasing to the back and a car is coming, join into the middle of the line. When you hear someone calling "Car Back" please don't disregard the call.

Ride Director – (Dan Rostrup) – The club has been doing a great job on the SBRA Cares ride. We have a lot of accidents this year. Ride defensively. I suggest daytime running lights and flashers. Support the NYBC, they work to make the roads safer for us.

OLD BUSINESS

Electronic Voting: (Joanna) Norm withdraws the amendment regarding electronic voting, it will be reworded and submitted after the upcoming elections. The bylaws may supercede Roberts Rules if they mention write-ins in the by-laws

SBRA Cares Ride (Joanna Pascucci) we have raised \$2900 so far. (Bernie Scherer) The rides start from Southaven Park. The rides leave from 8 to 9 am. We want everyone back at 12 noon for the raffles and party. Every dollar goes to feeding the hungry.

General Meeting Minutes

NEW BUSINESS

Nominating committee (Mike Adams) The nominating committee is Mike Adams, Christene Tanne and Manny Rosenkranz.

The nominees are:

President Joanna Pascucci

Vice President of Administration Jeff Meyer

Vice President of Operations Paul Miklean

Treasurer Joe Matzelle

Secretary Bruce Redlien

Web Master Brenda Meyer

Membership Director Ronnie Levy

Education/Safety Director Manny Rosenkranz

Social Director Darlene Merola

Advocacy Joe DePalma

Ride Director Thomas Miceli

The election will be at the November General Meeting. Write-in nominees are allowed at the November meeting.

Bike Coop (Joanna Pascucci) Greg Furgeson of the Bicycle Coop has offered to let us start rides from his location in Flowerfield.

NYBC Ride (Elyse Buchman) The Stony-Brookside has a ride for NYBC October 11. Elyse is looking for volunteers. There are two rides and a party afterwards. All proceeds go to NYBC.

Breast Cancer Awareness Month (Bino Reverberi) Estee Lauder has a Breast Cancer Research Foundation. It costs 250K to sponsor a researcher. BCRF will double match all contributions this month. Bino suggested that we have a BRCF awareness donation method at each ride.

Addressing a rider with unsafe habits (General Discussion) The ride leader is responsible to talk to riders with unsafe habits even though the discussion is often uncomfortable.

ADJOURNMENT –

The meeting was adjourned at 8:05 PM.

Respectfully Submitted,
Bruce Redlien, Recording Secretary

SHARE YOUR MEMORIES

EMAIL A DESCRIPTION OF YOUR TRIP TO **BERNIE SCHERER (BYS1@OPTONLINE.NET)** AND BE SURE TO INCLUDE PICTURES IF YOU HAVE THEM.



SBRA CLUB STORE



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



PARTING SHOT



WINTER
IS
COMING

The Market

Keo Blade Carbon Pedals,
Limited Edition Tour de France - Yellow Jersey.



PEDALS

Ultra-light pedals, 220 grams per pair.
Pedals are brand new in box, complete with cleats and mounting hardware.
12nm carbon blades installed, includes extra set of 16nm blades.

Condition: Very Good

PRICE: \$139, and I'll install them if you want.

SELLER: Tim @ 631-655-5447



TOUR DE FRANCE JERSEY

100th year anniversary

Condition: New (never worn)

Size: XXL

PRICE: Asking \$100.00

SELLER: Ron Goodstadt

EMAIL: sheronrx@aol.com



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: LHEMAIL@GMAIL.COM

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

Support Our Sponsors



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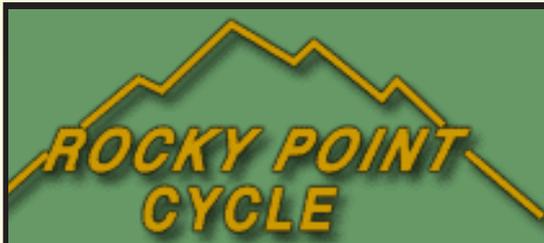
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