

ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

MAY 2021

It's Official: 3' Rule Now the Law in Suffolk



County Executive Steve Bellone signs the 3' bike law authored by Legislator Kara Hahn.



SUFFOLK COUNTY'S 3' LAW

"The operator of a vehicle which is overtaking, from behind, a bicycle proceeding on the same side of the road shall pass to the left of such bicycle at a distance of at least three feet until safely clear thereof."

INSIDE THIS ISSUE

Celebrating Another Spring of Cycling



Ask The Cyclogist

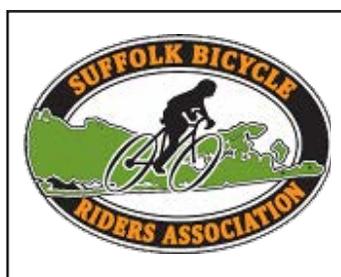


Riding Tips

Something for New Riders

Give Me that Old Chain Religion

SUGGESTIONS
FROM AN OLD TIMER
Just two quickies



SBRA Hosts First Virtual S C S



STATS



Message from the President

**“ RIDE ON!
ENJOY THE
BEAUTIFUL WEATHER!
GET OUT AND PEDAL...”**

JOANNA



CDC said no masks needed....riders are Heidi, John, Michelle, Melissa, Rich, Christine (ride leader), Carl, Mike, Ron, Steve .

JUST-SAY'N SUGGESTIONS FROM AN OLD TIMER

Just two quickies

1. Want to avoid that moment on the morning of the ride when you pull your bike out of the garage with a flat tire?

AFTER every ride, wipe your tires down with a rag and look for that tiny shiny wire, glass shard or staple. Less chance you won't get double crossed over night by the slow leak.

2. Rear tires typically wear out faster due to braking and unfortunately it's more work to change a tube BUT if you are changing only one tire then rotate the front to the back and put the new one on the front. The front wheel is part of the steering control. A rapid loss of air, blowout or puncture, on the front is a much more dangerous situation than in the rear. When the rear goes flat you'll "only" slow down but you'll be in control.



STATS

NOVEMBER 1, 2020-
MAY 3, 2021

TOTAL CLUB MILES: 96,267 MILE-

AGE LEADERS:

DENNIS DESMOND	3,624
BILL GRAVITZ	2,800
JEFF MEYER	2,795
TOM PFISTERER	2,722

18 RIDERS ARE OVER 1000 MILES

WOOHOO!

**The ride Calendar is FULL !!!
We have "NEW" Ride Leaders !!
Our OLD Favorite Ride Leaders are BACK !
AND the Riders are STRONGER than ever.....
Be Safe, Smart and keep smiling, even if it's
under a Mask !!!**

Important Dates

VIRTUAL GENERAL MEETING MAY 6

UPDATE 2021 MEMBERSHIP NOW!



Submission
Due Date
MAY 20

Send submissions to
bys1@optonline.net

Don't Miss the Next General Meeting

**NEXT
VIRTUAL
GENERAL MEETING
MAY 6**



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



Riding Tips

Something for New Riders



BY MANNY ROSENKRANTZ
Education & Safety Director

Let's try this one.
This advice is aimed at new riders. All of you experienced riders can read something else, like Shakespeare, Moby Dick, or your favorite comic book action hero.

Before setting out on your ride.



BIKE FIT

First, be sure your bike fits you correctly. Hopefully, your bike shop did a fitting for you so that your saddle and handlebars are positioned for your comfort. The saddle should be set at a height that allows you a slight bend in the knee with you seated and the crank arm at the down position. I sometimes see even some experienced rider's leg at almost a 30-degree angle. That is placing some serious stress on the knee. When straddling the bike, the top tube should be about 2 inches below the groin area. Are there any old-time racers bothering to read this? If so, remember the bike set up was to ride a bike a few centimeters less than you needed but raise the seat post up high. This placement forced you into an aggressive forward position but certainly not comfortable.



HELMET

Next, your most important piece of safety wear is the helmet. The helmet should be comfortably snug, allowing about two-finger width between your brow and the brim of the helmet. The sliders should meet in a V under the ear lobe, and the chin strap should be snug under your chin. It is also recommended that your helmet should not be more than five years old. Look at the

inside of the helmet, and you should see a sticker with the date of manufacture. Also, the helmet should have a sticker on the inside indicating it complies with the Consumer Products Safety Commission standards. If you really want to get technical about the safety of a helmet, google the name of the manufacturer and the model, and check to see if it's crash resistance. There is a lab at Virginia Tech that tests and rates most helmets for safety. It is also recommended that if you have been in a crash and you hit your head, the helmet may no longer afford sufficient protection. Clearly, throw it away if it is cracked



ABC CHECK

Perform the ABC check on your bike.

AIR - BRAKES - CRANKS

A= air. Check that you have inflated the tire to the manufacturer's recommended pressure. But be a little cautious. I used to like Vredestein tires, and the recommended pressure was 110-140 psi. However, my wheels are made by Hed, and they say no more than 100psi. I sent an e-mail to Hed and asked if I could ride at 110+. I got back a terse answer- NO!. Vredestein said it was OK to ride at 90-100.

B= brakes. Be sure the brake pad is not worn or binding. Spin the wheel and squeeze the brake lever to be sure both brakes are in working order.

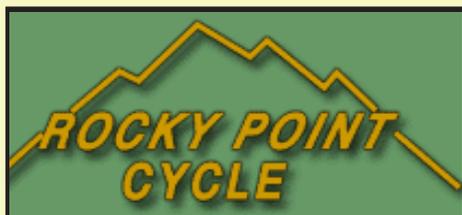
C=cranks, chain and cassette. Grab both cranks and wiggle them to be certain they are not loose. You should lube the chain about every 300 miles or after riding in the rain or on wet roads. Keeping the chain well lubed preserves the life of the chain cassette.

Finally, check that your wheel is down all the way into the dropouts and that the quick-release lever is closed.

Ride safe, stay aware, and enjoy the ride.



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



664 Route 25A
Rocky Point, NY 11778
Phone: 631-74-45372



ANNOUNCES ITS FIRST

PHOTOGRAPHY CONTEST

At the end of SBRA's cycling season all those who have taken photos during an SBRA ride may submit their best shots for consideration in our first photo contest.

There will be several categories including action shots, comic candids and landscapes.

Complete rules will be in our next issue

START TAKING THOSE PHOTOGRAPHS NOW!

SBRA Hosts First Virtual S C S



This year SBRA's Super Cycle Saturday was held via a Zoom meeting. The workshop, which lasted several hours, covered many topics that were useful to a potential or new SBRA member. Paul Miklean hosted the meeting. Paul and the other contributing board members began by explaining what motivated them to start cycling and why they became a member of SBRA.



Paul Miklean, VP of Operations and the meeting's host, introduced the panel of speakers and spoke about riding basics.



SBRA's President, Joanna Pascucci, used a Power Point presentation to teach those present about the rules of the road every cyclist must follow.



Norm Samuels, Membership Director, discussed the benefits of being a SBRA member. He also spoke about important items to bring on a ride.



Brenda Meyer, SBRA's Webmaster, explored the many resources available to members on the club's website.



1024 Portion Road
Ronkonkoma, NY 11779
Phone: 631-866-5029



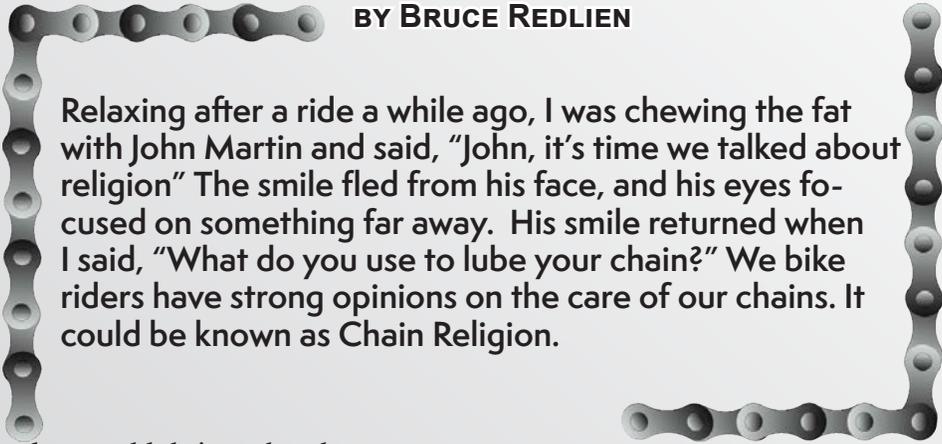
4828 Sunrise Hwy.
Massapequa Park,
NY 11762
Phone: 516-798-5715



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

Give Me that Old Chain Religion

BY BRUCE REDLIEN



Relaxing after a ride a while ago, I was chewing the fat with John Martin and said, "John, it's time we talked about religion" The smile fled from his face, and his eyes focused on something far away. His smile returned when I said, "What do you use to lube your chain?" We bike riders have strong opinions on the care of our chains. It could be known as Chain Religion.

Keeping the chain clean and lubricated makes your bike drivetrain last longer and shift better. How you clean and how you lube the chain depends a lot on your riding conditions. Riding in dry and clean conditions lets, you use a low-maintenance lube. Riding in wet and dirty conditions requires lubes that stand up to the wet and the dirt. Replacing the chain when it starts to stretch prevents premature wearing and unnecessary replacement of the cassette.

Remember:

- Keep it clean
- Keep it lubed
- Check for stretch (really wear)

Keep it clean. Cleaning depends somewhat on what kind of lube you use and is a whole subject to itself. Wiping with a rag after a long ride or after riding in the wet goes a long way towards keeping it clean. Having fenders on the bike keeps a lot of rain, sand, and mud off the chain.

Keep it Lubed.

I will mention four popular lubes with some pros and cons. I have tried these 4.

White Lightning Dry Lube
Wax in a solvent such as White Lightning Dry Lube. This is my favorite. It is good for bikes you don't ride much in the wet. I have had success when I wiped the chain with a rag after each ride for a minute or two and then lubed every couple of hundred miles. When lubing, drop plenty of lube on the rollers, run the chain backward with the pedals for a minute or two, then remove as much as you can with a clean cotton rag. The pros are that it keeps my chain clean and lubed in mostly dry conditions. The cons are that some well-versed mechanics think it picks up too much gunk.

Boeing T9
A bike shop in Montauk that I know uses only this lube. It protects against rust in a salt and sand environment better than others. I have used it and think it works as advertised. The cons are that some think it is not as slippery as other lubes.

Tri-Flow

This Teflon and oil mixture was developed to lubricate firearms. I used it for tens of thousands of miles before the wax in solvent lubes came out. Some mechanics and racers think this is the best. The cons are that you must clean and lube your chain very often, or it will build up a lot of gunk.

Synthetic Oil Lubricants (Finish Line Wet Lube)

I tried this over the last winter on my old touring bike. It needs to be applied and wiped off every few hundred miles. It is meant to protect in wet conditions, and I think it delivers. When a thorough cleaning is needed, you must use a degreaser, and you will get a lot of gunk off the chain.

Check for Stretch.

A worn chain will wear out your cassette and may be even chainrings. I check the chain with a Park Tools chain checker every couple of hundred miles. It takes literally just a few seconds, and the chain checker only costs 11 or 12 dollars. The following are the Park Tool Instructions:



A worn chain shifts poorly and wears sprockets at an accelerated rate. The CC-3.2 is a go/no-go gauge designed to accurately indicate when a chain reaches .5% and .75% "stretch," the points at which most chain manufacturers suggest replacement. For 9 and 10-speed chains, replace the chain just as the gauge fits the 0.75% side fits flat into the chain. For 11 and 12-speed chain, replace as the 0.5% side fits. The CC-3.2 is long, accurate, and features permanent measurement markings.

Now go and practice your own Chain Religion!



218 East Main Street
Babylon, NY 11702
Phone: 631-587-6709



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



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



Ask The Cycologist



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

Dear Cycologist,

Forget whether the toilet paper goes over the top or down the back....Do I park my bike on the bike rack with the front wheel in or rear wheel in the bars? I've already determined that the derailleur does not get touched using the rear wheel and it allows me a faster get away.

Thanks,
Norm

Dear Norm,

This all is determined by several factors. How athletic are you? Are you getting away after a ride break or after committing a crime? Is it a crime with a weapon? Rifle or small arm handgun? I'm going to assume its not a crime and you just want to lead the ride after the break. If you are in good shape I suggest a brilliant mounting method having the rear wheel in the bars with the bike facing in the direction you are going to ride. When It's time to head out you leap over the bike rack, land on the saddle and take off. Similar to getting on a horse from the rear. If you can't jump

a bike rack please use the front wheel in the bars, back it out and gracefully lift your leg over the frame. If you're like me, the only way to do this gracefully is to nearly lay the bike almost to the ground to mount.

Now the toilet paper issue. Did you think I would let you slide on that? All toilet paper should be left on the tank behind you. Do you realize how many marriages would be saved if people did this? How many people drive home after visiting talking about your toilet paper? My suite in college had no spool the entire four years. I became quite adapt at "The Reach". However, if your wife is like mine, you have to mount it and it always should come over the top. Believe it or not, it's a hygiene issue. Who wants your filthy hands touching the side of the cabinet when you have to grab it from the bottom? The real issue is: are you a "Crumpler" or a "Folder"? Do you neatly tear two squares, smooth them together and do your thing or are you one of those Crumplers that pulls a ton off the roll so fast people can hear you throughout the house? There's a good chance there will be another pandemic one day. Please become a "Folder" and conserve.

Signed,
The Cycologist



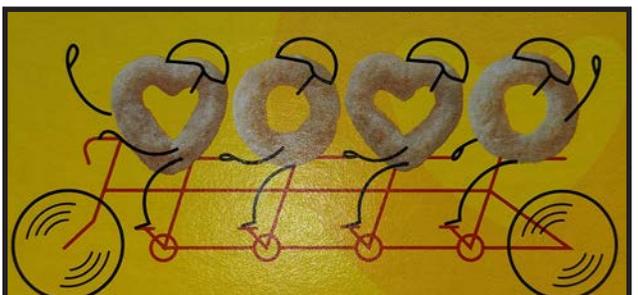
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Costa Triculis
Glenn Warmuth
Janine Wasserman
Randy Weintraub
Lawrence Willig
Greg Wuest

New Members

JEANNY LARSEN	LAUREN LIAN
JARED PARROTTA	NANCY LIPIRA
MARK BABIAK	CINDI PRENTISS
DONNA BARBARO	KEITH RUBY
JOHN BOSCHI	STEPHEN TELLER
JOFFRE BURGER	BARRY TRABAND
PETER CAPPADORO	DELL VAN VLECK
CHARLIE HAMLET	SHANE WILD
RICHARD KOBEL	MARK WILLIAMS
STEPHEN LARESE	
HAROLD LEVINE	



A FAMILY BIKE RIDE IS A GREAT WAY TO GET YOUR HEART BEATING FASTER. FIND A BEAUTIFUL PLACE TO RIDE AND GET THOSE PEDALS PUMPING.

Celebrating Another Spring of Cycling



Snack time on Bill's Peconic Meander. Al, Richard, Patty and Tom, Ellen and Debbie. Enjoying their break at Scoops and Grinds.



Photo by Norm Samuels

Manny: His plate was full moments before.



Photo by Connie Savino

Bill Gravitz cuts into the first pie of the season.



Photo by Lisa Valentine

Riders relaxing after Lisa's Yaphank to Nettie's 50.



Photo by Norm Samuels

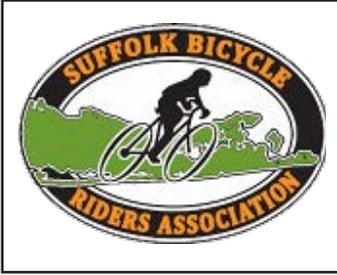
Bobby's SSM Start to Manorville McBreak. The riders are Mike, Christine (Sweep), Howie, Bernie, Bobby (Ride Leader), Jack, John and Walt.



Nearly there! Nearly at our destination! Barbara, Laurie, Francine, Susan (ride leader), Steve and Ann.

General Meeting Minutes

APRIL 1, 2021



Call to order – President Joanna Pascucci called the meeting to order at 7:05 pm. Zoom General Meeting, Brenda Meyer was Zoom Host. Approximately 39 members and guests were in attendance.

Acceptance of Minutes – The March 2021 General Meeting minutes were accepted, seconded and approved.

COMMITTEE REPORTS

President (Joanna Pascucci) – We all want to give thanks to Bernie Scherer for a great Rolling Wheels.

Webmaster (Brenda Meyer) Brenda shared the April 1st Zwift screen showing the riding group on Big Wheels Tricycles. Contact Brenda for any Web Site issues.

Treasurer (Joe Matzelle) – The budget is doing well. The lower number of members has been offset by lower expenses such as not having to purchase insurance for Bike Boat Bike. A full report including the current balance in the SBRA bank account is available to any member by contacting Joe.

Membership (Norm Samuels) – At the end of March there are 526 Members. That includes 43 Honorary Members and 10 Bike Shops. 91 members renewed in March. There are 18 new members this calendar year.

Statistician (Tricia Brandt) – March 2021 Monthly Stats Report

Thanks to all ride leaders for getting their ride sheets in so quickly! It is not required that ride leaders use the typeable form, but it certainly is a help to the stats team! If people are writing their name, please check to see that their name and/or ride number is legible.

In March 124 rides were posted and 111 rides were ridden. (a huge increase over February!)

Total mileage for the month of March is 16,058 ridden by 139 different riders.

Total mileage year to date (Nov-March) is 59,838 ridden by 204 riders.

Mileage leaders: March

Dennis Desmond	750
Tom Pfisterer	637
John Shea	609

Mileage Leaders YTD (Nov-March)

Dennis Desmond	3050
Tom Pfisterer	2658
Bill Gravitz	2339

Ride Leader Credits: March

Jeff Meyer	26
Bill Gravitz	16
Gordon Howard	8

Ride Leader Credits YTD (Nov-March)

Jeff Meyer	105
Bill Gravitz	73
Gordon Howard	31

Sweep Credits: March

Dennis Desmond	27
John Bambach	6
Gary Ristau	6

Sweep Credits YTD (Nov-March)

Dennis Desmond	104
John Bambach	30
John Shea	23

There were 20 virtual group rides during the month.

Vice President of Operations (Paul Miklean)

At the next meeting we will have a speaker from Vermont Bicycle Tours.

Ride Director – (Chris Joinnides) –

The ride leader training was 2 weeks ago. There was a good attendance. Chris has a list of mentors for aspiring Ride Leaders.

Safety Director – (Manny Rosenkranz) –

There is a lot of gravel on the road shoulders and many potholes – Be Careful out there!

Social Director – (Darlene Merola) -

The board has decided to plan the holiday party for the upcoming season. The party will be at Lands End on January 22, 2022. Lands End and the DJ are reserved. The Board decided to go ahead and reserve the date because deposits will be refundable until shortly before the event.

Sunshine Report - (Bruce Presner) –

Judy Onorato lost her brother.
Tom Gorman had surgery
Jerry Klein and Gwen Ferry had knee replacements
Karen Shuman's Mom passed away.

OLD BUSINESS

Super Cycling Saturday (Paul Miklean)

SCS new riders session will be a zoom presentation on Saturday April 17 at 3 PM. It will be 1 to 2 hours and will cover the Website, Bicycle Maintenance and Bicycle Repairs. The session is posted on the SBRA Web Site. Posters have been distributed to bike shops

and notices have been placed in local papers. Brenda, Norman, Paul and Joanna will speak. The zoom invitation will be sent in an email. Non members can get an invitation by emailing Paul.

3ft Rule (Joanna) Please Email or call Suffolk County Executive Steve Bellone to support the 3 ft rule.

General Meeting Minutes

Continued

OLD BUSINESS

Covid Rules (Joanna Pascucci)

SBRA has updated its ride guidelines to allow pace-line riding and up to 15 riders on a ride. Ride Leaders may have more restrictive rules on their rides at their discretion. Any restrictions should be mentioned in the ride description.

NEW BUSINESS

A video from GCN describing 10 important advances in Bicycle Technology was presented at the end of the meeting.

Adjournment – The meeting adjourned at 7:55 PM.

Respectfully Submitted,
Bruce Redlien, Secretary

2021 Executive Committee

PRESIDENT	Joanna Pascucci	631-747-3464
VP ADMINISTRATION	Jeff Meyer	631-471-2129
VP OPERATIONS	Paul Miklean	631-689-7186
TREASURER	Joe Matzelle	631-949-4458
RECORDING SECRETARY	Bruce Redlien	631-567-7551
ADVOCACY DIRECTOR	Joe DePalma	631-235-9467
EDUCATION & SAFETY DIR.	Manny Rosenkrantz	631-543-1695
MEMBERSHIP DIRECTOR	Norm Samuels	631-696-0832
RIDE DIRECTOR	Chris Joinnides	631-286-1829
SOCIAL DIRECTOR	Darlene Merola	631-708-5396
WEBMASTER DIRECTOR	Brenda Meyer	631-245-2833

2021 Chairpersons

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	Susan Sears	
QUARTERMASTER	Chuck Ackerman	631-979-9644
REFRESHMENTS	Tom Pfisterer	631-585-6417
REFRESHMENTS ASST.	Hava Forziano	
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

PARTING SHOT



Photo by Connie Savino

The Market



Raleigh Grand Sport 53cm Men's Road Bike

Great Condition

2010 Raleigh Grand Sport 53cm men's 9 speed road bike that has been significantly upgraded with Bontrager race 3 wheels, 53/38 front gear rings, DuraAce shifters and derailleurs, new Continental Grand Prix 4 season tires, and a new short-drop handlebar. Has a brand new 27/12 rear cassette only ridden with a couple of times.

Original owner – bike only ridden for 2 yrs.

Please call Marc Reiser if interested (631) 924 – 1963

Price: \$350.