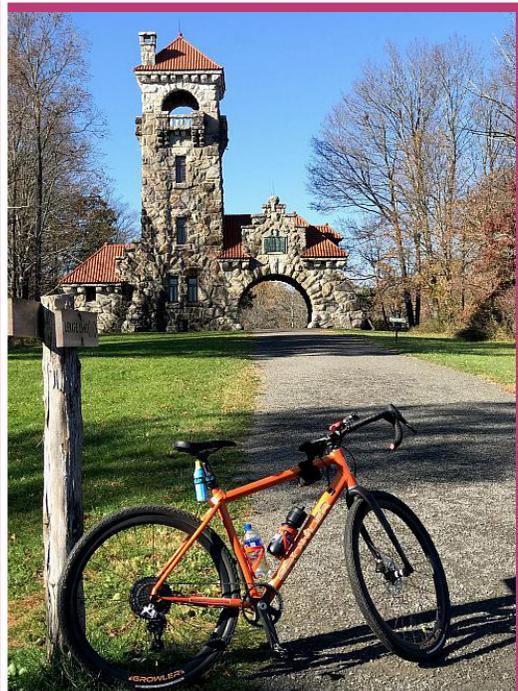


ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

JANUARY 2022

Here's to Our Rides Which Give Us



Happy
New Year

LET'S HOPE 2022 BRINGS
PEACE AND HEALTH TO ALL
OUR MEMBERS



**THE WINNER OF
ROLLING WHEELS
FIRST
PHOTOGRAPHY CONTEST**

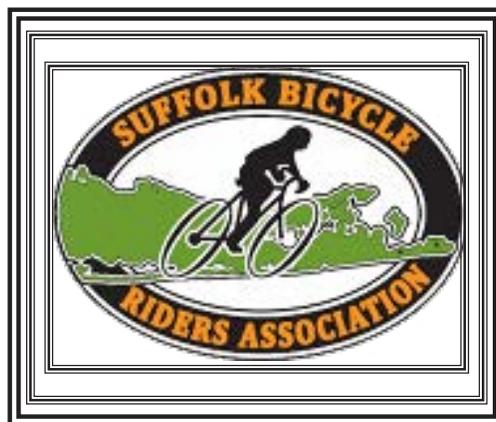


Submitted by Joanna Pascucci



SBRA Greets 2022 with Most Board Members Returning

- President
Joanna Pascucci
- VP of Administration
Jeff Meyer
- VP of Operations
Paul Miklean
- Treasurer
Joe Matzelle
- Secretary
Karen Browder



Web Master
Brenda Meyer

- Advocacy Director
Joe DePalma
- Education/Safety Dir.
Manny Rosenkantz
- Membership Director
Norm Samuels
- Ride Director
Chris Joinnides
- Social Director
Darlene Merola

Special Thanks to Bruce Redlien

Bruce is stepping down from his role as Recording Secretary. Thanks Bruce for four years of dedicated service to the club.



Message from the President

I want to wish everyone a Happy New Year. We all have been through a lot, and we have so much to be thankful for. We are lucky that we have the ability to get on our bikes when the world around us is filled with so many challenges, and for a brief time, we can forget and just enjoy the world from two wheels and a bike seat.



The club will again have challenges this year as we will make plans to have Super Cycling Saturday in person or virtually like we did last year. I was really hoping for our regular Montauk Century, but we will have to see what happens in the next few months to see if that will be possible. It looks like 2022 will be another challenging year for the club's activities, but we will adapt and do the best we can to remain connected and keep everyone safe.

I am looking forward to seeing new and old members on the road this year.

Happy 2022!

Joanna

STATS

NOVEMBER 1, 2021-
DECEMBER 30, 2021

TOTAL CLUB MILES: 41,183

MILEAGE LEADERS:

BRIAN TOOLE	1,178
DENNIS DESMOND	1,144
TOM PFISTERER	1,069

4 RIDERS ARE OVER 1000 MILES

Christine's Spot

TRY SOMETHING NEW FOR...



- 1) Ride or Volunteer for The SBRA Century.
- 2) Become a Ride Leader...
- 3) Take up Yoga...it helps with those tight hamstrings!
- 4) Raise money and awareness by joining a Charity Bike Ride.
- 5) AND My Favorite...write an article for Rolling Wheel's!

WISHING EVERYONE A VERY HAPPY & HEALTHY NEW YEAR!



Photo by Lisa Valentine

Brian, we know you ride thousands of miles each season, but do you really use that many tires?

DON'T MISS THE NEXT ZOOM GENERAL MEETING

Eric Alexander of the Vision Long Island and LI Main Street Alliance, will be our guest speaker.

For over 20 years Vision Long Island has worked to revitalize downtowns and bring in infrastructure improvements. Vision works with local communities on traffic calming solutions and other pedestrian and bike safety improvements as part of the LI Complete Streets Coalition and associated efforts. This includes lobbying for our fair share of transportation funding improvements on the State and Federal level.

Important Dates

- ZOOM GENERAL MEETING JAN. 6
- ANNUAL MEMBERSHIP RENEWAL FEB. 28



Submission Due Date

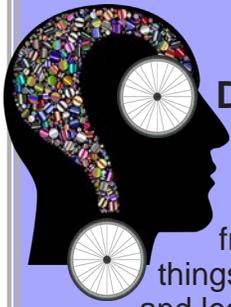
JANUARY 20

Send submissions to
bys1@optonline.net



Ask The Cycologist

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



Dear Cycologist,
Dear Cycologist,

I've been clipping pictures from bike magazines of all the things I would like for Christmas and leaving them around the house for my wife to find. Winter jackets, carbon rims, e-bikes, coordinated kits, Garmin GPS, bike carriers for the car, etc...

I kind of hinted that I spent a lot on her gifts this year. Shhhh, don't tell, but I got her the latest model Electrolux vacuum, garbage disposal for the kitchen sink, a dozen Rachel Ray aprons, high tech non-stick frying pans, a new iron, and an air fryer.

Do you think she'll get the hint?

Signed,
Easy Rider

Dear Easy Rider,

You are so very thoughtful that I decided to use your return address to contact your wife to help you out. The list I sent included new Rubbermaid extra-large garbage cans, three 12x12 tarps, a 100ft hose, a plastic laundry bin for smelly bike clothes, a window squeegee with an 18ft extension pole, a car deodorizer, and a five-volume set of Do It Yourself Home Repair. You sounded like "the guy who has everything," and I figured you would appreciate these things on your easy days.

Sincerely,
The Cycologist



Charles Ackerman
Eugene Ahrens
Al Altamirano
Mark Babiak
Rosario Barry
Mary Lou Beldy
Peter Brandenstein
Gary Sirota
Barbara (Babs) Braun
Donna Bresloff
Zackary Browning
Steve Cleary
Ryan Colichio
Susan Cuccia
Thomas Cullen
Tim Delaney
Patrick Dooley
Rona Dressler
James Dwyer
Larry Falkman
Teresa Foster
Sandy Geiger
Charlie Hamlet
Rachel Hearn-Somma
Jeremy Herr
Thomas Houghton
Gordon Howard
Larissa Kravanja
Melissa Lanfrut-Hait
Peter Lap
Harold Levine
Michael Levy
Lisa Licari
Karen Lippman
Lia Maniaci
Anthony Marcus

Janet Mazzola
Bob McGetrick
Jean McIver
Howard Metzger
Andrea Miller
James Mina
Joseph Mordarski
Dave Neale
Tom Noble
Joan Nolan
Charles O'Donnell
Dan O'Shea
Daniel O'Keefe
Mike Olney
Debra O'Keefe
John Petrie III
Sherri Pfisterer
Alex Price
Chaz Proffit
Sima Redlien
Karen Roe
Lisa Romanacce
Keith Ruby
Kristian Saether
Bonnie Samuels
Judy Schneider
Rick Schulz
Lori Selvin
Harry Sidden
Terry Smith
Bill South
Georgios Spentzouris
Janet Stone
Dell Van Vleck
Frederick Welge

THE TRUST FOR PUBLIC LAND

Last week, New York State announced their Consolidated Financing Application awards and the Long Island Greenway received funding for \$500,000. This is a matching grant award and brings the total NYS funding for the LIG to \$1.1M. This latest grant will enable TPL to complete the planning and de-

sign work, and bring the project to shovel-ready status.

Since these are matching grants awards, the Trust for Public Land is facing a large funding challenge but there are several possibilities being pursued for matching funds including Federal support.

As I wrote you in October, our consultant, NV5, has conducted a Lidar survey of the LIG as part of the scope of work for the project.

We are grateful for your support of our NYS grant application and for your contributions to this important project for all of Long Island.



New Members

Amy Loeb



1077 Route 25A
Stony Brook, NY 11779
Phone: 631-689-1200



Danny Gold
Project Manager, Long Island Greenway



In 2022 Consider Riding for the Greater Good



BY JOHN ACCARDO

Bicycles have always been a part of my life, from my earliest Royce Union, to a 3-speed stingray. They were my childhood wheels. From the age of 12, my bike was my job, delivering newspapers in all types of weather. Fast forward to adulthood, and cars became my focus. While I always had a bike, riding wasn't something I often did but always enjoyed. At the age of 50, my life changed forever when my then 14-Year-old daughter was diagnosed with a mysterious childhood cancer. As she fought her disease, my eyes were opened to the genuine goodness of people.

The first Christmas following her diagnosis was spent in the hospital. The generosity of ordinary people giving their time to make the holiday special for these kids was quite overwhelming. The Child Life department was bursting with donated gifts from many organizations, with Santa coming Christmas day to bring each child the gifts. As one who had donated to groups like Toys for Tots and the Make a Wish Foundation, you never expect to suddenly be on the receiving end of charity. Its life-changing.

When my daughter was in remission, we were both driven to give back. I took part in an annual "Run for Children" 5K race (walking), benefitting the Child Life department, while my daughter raised over \$400.00. After that race, I thought to myself, "I can do this"! That started me running, both to keep in shape and to participate in races that benefitted other childhood charities. I actually enjoyed the running and the competition!

When my daughter passed in 2010, I started the "Jen's Ducks" team to honor her legacy of giving back. Over 30 people participated in our first 5K "Run for Children." I continued my running and supplemented it with Bike rides. In 2011 after participating in my 1st BBB (25 miles on a 60 pound Jeep Mountain Bike), I got myself a Trek Hybrid. I started logging more miles and did the 50 miler in 2012, But I still could not fathom how anyone could spend thousands of dollars on a bike or ride a century for that matter.

After a Personal best 5K (24 minutes) at the age of 60, my back said THAT'S IT! Nerve damage ended my running career, BUT I could still ride a bike! My thoughts turned to the 5 Boro Bike Tour and the great charity participation in that world-class event. As a long-time committee member of the St Baldrick's foundation, this was an ideal event to field a charity team. Our first team ride in 2018 raised over \$22,000. (Riding my "big bucks" Salsa Warbird) We rode again in 2019 in the deluge, then Covid hit. Undaunted I've fielded a Jens Ducks team the past 2 years with rides to Montauk, and in Hawaii. Then last year, I learned of another bicycle-related event, "Share the Voice," where special needs kids are provided with customized tricycles. I've participated in that event for the past 2 years and attended their annual picnic where trikes were awarded to 10 applicants. AND of course, I participated in the SBRA cares ride (until my chain broke).

The point of all this is that we all have a great ability that can be put to an even greater use. With the holidays upon us AKA the season of giving, we're often asked, "what are you thankful for?" While we all have burdens, there are always others worse off than you, and if you have an ability, there is no greater gift than to use it to help someone. I'm thankful that I can still ride and use that ability "for the greater good." Oh, and I completed my 1st century last year! In 2022 I'll again be riding for St Baldrick's, Share the Voice, SBRA Cares, and any other event that might catch my eye.

What are you thankful for? Charities have fundraising events all year through; find one that you can relate to and use your skills for the greater good. You'll feel great for it!



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

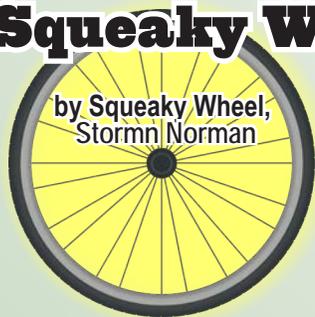


218 East Main Street
Babylon, NY 11702
Phone: 631-587-6709



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

Squeaky Wheel Interviews --



CHRISTINE IS ONE OF OUR RIDE LEADERS AND FREQUENT VOLUNTEER FOR MANY CLUB ACTIVITIES.



SW: WHEN DID YOU JOIN SBRA ...

CHRISTINE: THAT'S A QUESTION I OFTEN ASK MYSELF. I BELIEVE IT WAS LATE IN 2007.

SW: WHAT PROMPTED YOU TO JOIN THE CLUB?

CHRISTINE: I WAS TAKING SPIN CLASSES, AND SBRA MEMBER DREW PAOLI ENCOURAGED ME TO START RIDING OUTSIDE. LATER THAT YEAR, DREW TOLD ME ABOUT THE GUIDE DOG RIDE, WE BOTH RODE AND HAD A BLAST, AND AT THE TIME, SBRA WAS GIVING FREE MEMBERSHIPS FOR THOSE WHO SIGNED UP FOR THE GUIDE DOG RIDE. THE REST IS HISTORY.

SW: DO YOU REMEMBER YOUR FIRST CLUB RIDE?

CHRISTINE: YES, IT WAS ONE OF THE ROLLER COASTER RIDES, AND I SPENT MOST OF THE TIME WITH THE SWEEP, ANITA RISNER. I HAD SUCH A GREAT TIME THAT ANITA HAD TO TELL ME TO STOP CHATTING AND KEEP PEDDLING.

SW: WHAT BIKE WERE YOU RIDING WHEN YOU JOINED?

CHRISTINE: I HAD A PINK TREK CARBON PILOT 2.1. ANITA GAVE ME THE NICKNAME PINK PUG. THE PUG PART CAME FROM MY DOG AT THE TIME, WHICH WAS A PUG...LOL.

SW: AND HOW LONG WAS IT UNTIL YOU GOT YOUR NEXT BIKE? HOW MANY BIKES HAVE YOU OWNED?

CHRISTINE: PROBABLY THE NEXT YEAR ... HA, HA ... THERE'S BEEN SO MANY THAT I CAN'T REMEMBER. BUT I'VE HAD MORE NEW BIKES THAN NEW CARS ... PROBABLY WELL OVER A DOZEN

SW: I HADN'T REALIZED THAT YOU WERE ONE OF THE EARLY MEMBERS TO OWN A CARBON BIKE... YOU AND RON GOODSTADT WERE EARLY ADOPTERS OF THE TECHNOLOGY.

CHRISTINE: YES, MANY IF NOT MOST PEOPLE IN THE CLUB HAD TITANIUM BIKES WHEN I JOINED, BUT MY FIRST BIKE WAS CARBON.

SW: I REMEMBER THE TREKS YOU'VE HAD ... DO YOU STILL STICK WITH TREK BIKES?

CHRISTINE: I PREFER A MORE UPRIGHT POSITION, SO I HAVE TRIED OTHER BIKE BRANDS AND SOME CUSTOM BIKES TOO. I'M NOW RIDING THE BRAND PARLEE, WHICH IS MY FAVORITE.

SW: WAS THE FIRST TIME YOU VOLUNTEERED FOR THE CLUB ONE OF THE HOLIDAY PARTIES?

CHRISTINE: OH NO! I VOLUNTEERED AT THE GUIDE DOG REGISTRATION NUMEROUS TIMES, EVEN LED RIDES, THEN I WORKED BBB WATER STOPS FOR OVER TEN YEARS.

SW: OF ALL THE VOLUNTEER JOBS YOU'VE DONE, WHICH WAS THE ONE YOU ENJOYED THE MOST?

CHRISTINE: I WOULD SAY I ENJOYED DOING THE AWARDS

COMMITTEE WITH JOANNA FOR THE HOLIDAY PARTIES. IT WAS THE BEST AND SO MUCH FUN. WE WORKED AROUND THE YEAR TO COME UP WITH THE AWARDS.

SW: WHAT IS YOUR FAVORITE CLUB RIDE ON LONG ISLAND?

CHRISTINE: YOU HAVE TO BE SPECIFIC ... DO YOU MEAN OUR WEEK-DAY RIDES?

SW: IT COULD BE A WEEKDAY RIDE OR THE HAMPTON MAID OR BBB ...

CHRISTINE: I'D HAVE TO SAY I ENJOYED THE CLUB PICNIC RIDES AND THE GRAND REWARD AFTERWARD OF GREAT FOOD AND LAUGHS. IT'S ALWAYS BEEN FABULOUS WEATHER TOO.

SW: NAME YOUR FAVORITE OFF LONG ISLAND RIDE WITH CLUB MEMBERS?

CHRISTINE: I WOULD SAY I WAS LUCKY TO GO TO IRELAND IN 2011 WITH ABOUT A DOZEN OTHER SBRA MEMBERS ... THE TRIP WAS GLORIOUS!

SW: HOW LONG HAVE YOU BEEN A RIDE LEADER?

CHRISTINE: AT LEAST TEN YEARS. IN ALL HONESTY, I ENJOY BEING A SWEEP, AND I ENJOY THE BACK OF THE RIDE. I THINK THAT SOME RIDE LEADERS, INCLUDING MYSELF, PUT TOO MUCH PRESSURE ON OURSELVES. WE SHOULD ENJOY OUR RIDE MORE.

SW: WHAT'S THE LONGEST RIDE YOU DID WITH THE CLUB?

CHRISTINE: I'VE DONE A FEW CLUB CENTURIES BUT WAS INITIALLY CONCERNED THAT THERE WOULD BE NO RIDE SUPPORT. ONCE I GOT USED TO THE MILEAGE, THAT WAS REALLY NO BIG DEAL.

SW: BUT WE ALWAYS DID HAVE SUPPORT ... BONNIE, KATHY WALCZAK, TOM GORMAN AT WATER MILL, AND RONNIE AND BARBARA AND LINDA ABRAHAM WOULD BE PULLED UP ALONG THE ROUTE WITH SUPPLIES. ...

CHRISTINE: YOU'RE RIGHT, AND IT WAS JUST THE RIGHT AMOUNT OF SUPPORT. UNFORTUNATELY, I DIDN'T EARN ONE OF THOSE BEAUTIFUL WOODEN PLAQUES FROM YEARS PAST.

SW: WHAT IS THE COLDEST RIDE YOU WOULD DO? DO YOU HAVE A CUT-OFF TEMPERATURE?

CHRISTINE: IT'S FUNNY, MY COLD WEATHER CUT-OFF TEMPERATURE GOES UP EVERY YEAR. WHEN I WAS YOUNGER, I WOULD DO THE WINTER MOUNTAIN BIKING ... NO MORE MOUNTAIN BIKING, AND NO RIDING BELOW 32 DEGREES FOR ME. MY CUT-OFF IS NOW 40 OR SO.

SW: I UNDERSTAND, AND NOW WITH VIRTUAL BIKING, IT'S SOMETHING ELSE TO CONSIDER. CAN YOU GIVE A PERCENTAGE COMPARING THE ENJOYMENT OF VIRTUAL BIKING AGAINST BEING OUTSIDE?

CHRISTINE: I WAS GOING TO SAY IT'S RIGHT UP THERE WITH BIKING OUTSIDE.

SW: WOW! THAT SURPRISES ME ...

CHRISTINE: THE THING I MISS WHILE VIRTUAL BIKING IS COASTING AND HAVING THE WIND AT MY BACK, LOL. RIDING A TRAINER IS HARDER AS YOU KEEP PEDALING THE WHOLE TIME. THE THING I REALLY APPRECIATE MOST IS THAT IT'S TOTALLY SAFE AND MORE COMFORTABLE TEMPERATURE WISE.

SW: IS THERE ONE MOMENT OF SOMETHING FUNNY OR MEMORABLE THAT OCCURRED DURING A CLUB ACTIVITY THAT YOU WANT TO RELATE TO?

CHRISTINE: ANITA USED TO POST AN ICE CREAM RIDE THAT WAS ALWAYS A BIG HIT, AND YES, WE ALL LOVE ICE CREAM !!

SW: DO YOU HAVE A FAVORITE CLUB JERSEY?

CHRISTINE: EARLY ON, I GOT TO HELP JOANNA AND BRENDA WITH A FEW DESIGNS. I THINK THEY DO AN AWESOME JOB. MY FAVORITE IS PROBABLY THE BLACK AND RED CASTELLI LOOKING SBRA JERSEY.

CONTINUED ON PAGE 7



Winter is HERE...Beat the Cold

BY TIM MAYR

One of the challenges of winter riding is keeping your toes and feet warm as colder weather sets in.



Here are a few tips:

Start by checking the soles of your cycling shoes. Many include air vents, which are great in July, not so great in December. Simply cover these vents with tape, either on the bottom of the shoe, or from the inside after removing the insole. Black electrical tape

works well and is easily removed without leaving any residue behind.



A good pair of medium-weight, tall wool blend socks is an essential part of any winter kit. Look for a sock fabric blend that's at least 50% merino wool, which is very soft and warm.



As the weather gets even colder, consider toe covers or shoe covers.

Toe covers slip over the front of cycling shoes, with coverage up to the instep. They have an opening on the bottom for cleats and are secured with either elastic or a Velcro closure. Toe covers are usually made from a stretchy neoprene or similar fabric that completely blocks the wind. Since most cycling shoes tend to have most venting upfront, toe covers can be very effective.



For the coldest winter riding, use a pair of full shoe covers. The design of full shoe covers varies widely, from minimalist thin, stretchy fabric to thick fully insulated and weatherproof. Some full covers come with factory cutouts for cleats, others have a full sole with no cutout and must be trimmed after purchasing to fit your particular cleats. For most riders, the shoe covers with factory cutouts should work just fine.



Finally, if you ride all winter and have deep pockets, consider dedicated winter cycling shoes. Winter shoes are offered by many leading brands, and they're designed to handle the coldest days and worst weather without needing to add any external covers.

Squeaky Wheel Interviews --

CONTINUED FROM PAGE 6

SW: I ALWAYS FEEL THAT YOU ARE VERY SAFETY CONSCIOUS ABOUT RIDING SAFELY FOR BOTH YOURSELF AND THE OTHER RIDERS. IS THERE ONE THING THAT YOU WOULD LIKE THE RIDERS OF THE CLUB TO FOCUS ON AS A SAFETY IMPROVEMENT?

CHRISTINE: YES, MORE COMMUNICATION WHILE WE'RE RIDING. ALL THOSE SIGNALS, BOTH VERBAL AND HAND MOTIONS. TOO MANY PEOPLE ASSUME THAT OTHER RIDERS PERCEIVE THE DANGERS THAT WE COME UPON OR WHEN CARS APPROACH US. ALSO, I CAN'T UNDERSTAND WHY PEOPLE WOULD PASS ME, EVEN ON THE LEFT, WHICH IS OKAY BY CLUB STANDARDS, WITHOUT GIVING ME A HEADS UP.

ROLLING WHEELS

NEEDS YOUR HELP!

Looking for Member Contributions



Write an Article
How to—Tech Tip—Advice
Joke—Riding Experience
Commentary

bys1@optonline.net

SUGGESTIONS FROM AN OLD TIMER



Check the weather the day before the ride.



Bring extra clothes to the ride and gloves and hand warmers and foot warmers



Get to the ride early and double check everything before you leave the house this is why you have to plan on being early



Don't forget the water bottle, spare tube, rain gear, just in case.



Check the Website the day of the ride for any changes in the ride emergencies happen.

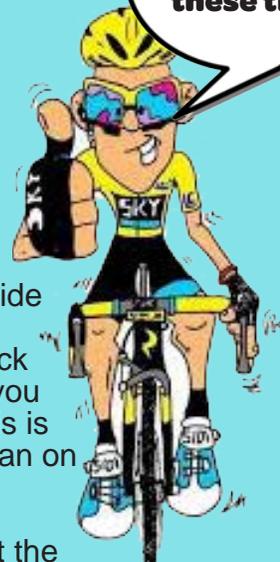


Know your ride leader and how they lead the ride we are all different.

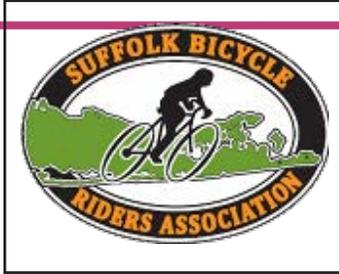


Don't forget the cell phone.

Good luck!



General Meeting Minutes



December 2, 2021

Call to order – President Joanna Pascucci called the meeting to order at 7:00 pm. Zoom General Meeting, Brenda Meyer was Zoom Host. This is a Holiday party with a brief business meeting held on Zoom. Approximately 20 members were in attendance.

COMMITTEE REPORTS

Treasurer's Report (Joe Matzelle) – The club will pay for ride leaders jerseys this coming month and the insurance. We have enough money to finance BBB. A full report including the current balance in the SBRA bank account is available to any member by contacting Joe.

Membership (Norm Samuels) – There are 3 new members in November. We have 688 total members.

Advocacy Director Joe DePalma – Joe attended a 3 day Smart Growth Conference. The conference was about making new town construction bicycle and pedestrian friendly.

Vice President of Operations (Paul Miklean) - Erik Alexander of Visions Long Island will speak in January, He is involved in improving bicycling infrastructure on Long Island. Paul is looking for referrals for speakers. Please let Paul if you have a lead on on a possible speaker for our meetings.

President (Joanna Pascucci) -

Holiday Party -

We are not having a holiday party. The response to the email poll was that very few wished to attend. Super Cycling Saturday -

We will have Super Cycling Saturday.

Zwift Club Rides -

Ask Brenda or Christine if you need directions on how to post Zwift ride for the club.

Rolling Wheels -

Bernie is not getting a lot of articles for Rolling Wheels. If you have pictures for Rolling Wheels please send them directly to Bernie.

Tonight we have a brief fun facts bike video and Trivia and BINGO.

Joe Matzelle filled up his entire Bingo Card.

Adjournment – The meeting was adjourned at 7:50 PM.

Respectfully Submitted,
Bruce Redlien, Secretary

Monthly Stats Report

Tricia Brandt

November 2021

In November 168 rides were posted and 136 rides were ridden. Only 4 days had no rides go out. There were no virtual rides posted on the calendar though some people are starting to connect with one another and do Zwift.

Total mileage for the month of November is 27,058 miles ridden by 195 riders.

Mileage leaders: November

Brian Toole	680
John Shea	638
Dennis Desmond	612

Ride Leader Credits: November

Tom Pfisterer	17
Bill Gravitz	11
Lee Kirsch	11
Bobby Ploetz	11
33 different leaders	

Sweep Credits: November

Dennis Desmond	19
John Bambach	5
Ann Mitromaras	5

2022 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	Karen Browder	
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

2022 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



by Al Inerra

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

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

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

The Market

CycleOps Pro300PT



Asking for \$500
Contact John Petrie
dspayre@mindspring.com

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

CALLING ALL CLUB PHOTOGRAPHERS

FROM: Susan Sears SBRA's Photo Editor

Picture perfect photography not necessary

Send us your scenic panoramas or comedic road signs (my latest favorite amusing road name -Weesuck lane)



How about embarrassing your fellow cyclists?

Does someone have a new bike - submit proof of the proud owner with their acquisition.

Don't forget the group shots!

To submit a photo just go to the home page, fill in the form, it only takes a few minutes. The club photo editor will do the rest - to the best of her ability.