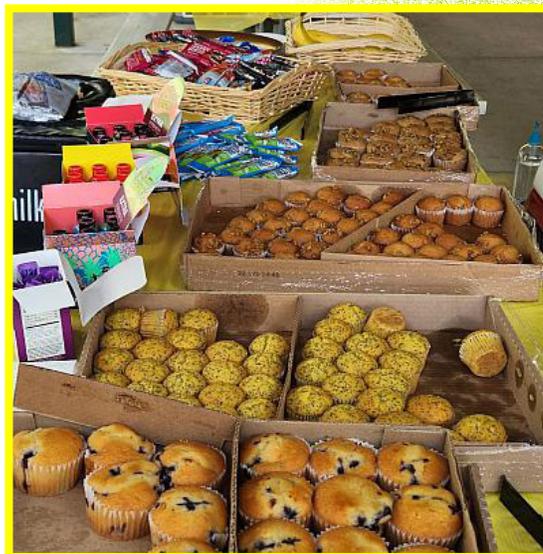


ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

AUGUST 2022

SBRA'S ANNUAL PICNIC RETURNS



President's Message



July turned out to be one of the hottest months since being a member of SBRA . Please be cautious of the heat and hydrate more frequently during a ride. Be aware of any of your fellow riders who might be distressed by the heat, and do what you can to help.

I want to take a few minutes to remind everyone of a few rules that might have been forgotten.

First is the use of Aero bars. SBRA does not allow the use of Aero Bars on a ride. That is not to say you cannot have them on your bike, so please be considerate of the riders on the ride and consider staying in the back of the group.

Second, are earbuds and music. Only medical professionals who are on call can have earbuds while on a ride; otherwise, they are not allowed. There is nothing more distracting than music playing on a phone, and you are trying to figure out from where it is coming. Please keep the music for when you ride alone.

There are many distractions in our everyday life, and rides should be a time to be tuned into the moment with as little distraction as possible. Despite the heat, we have a lot of rides and members riding, so everyone be safe out there and enjoy the ride!

Joanna

Important Dates

IN PERSON GENERAL MEETING	AUGUST 4
SBRA CARES RIDE	OCTOBER 2

STATS

NOVEMBER 1, 2021-
JULY 25, 2022

TOTAL CLUB MILES:
217,367

MILEAGE LEADERS:
JOHN SHEA 5,354
BRIAN TOOLE 4,987
TOM PFISTERER 4,328

69 RIDERS ARE OVER 1000 MILES

16 RIDERS ARE OVER 2000 MILES

9 RIDERS ARE OVER 3000 MILES

ROLLING WHEELS

NEEDS YOUR HELP!

Looking for
Member Contributions

bys1@optonline.net

SUBMISSION DUE DATE

AUGUST 20

Send submissions to
bys1@optonline.net

Christine's Spot

Drink Up!!!

IT WILL IMPROVE
CYCLING PERFORMANCE

Hydration and drinks infused with electrolytes keep you focused and improves stamina!

Keep drinking
& Enjoy the Ride !!
CHEERS

Here's some of my favorite's :

NUNN

Scratch

Gatorade

Liquid Iv Hydration Multiplier



BEAT THE HEAT



DRINK DRINK DRINK

Drink before you ride
 Drink while you ride
 Drink post-ride
 Take breaks during the ride

REMEMBER NOT EVERYONE CAN DRINK AS THEY RIDE

PROPER CLOTHING

Use an UPF fabric jersey

SUNSCREEN

Apply Before the ride
 Reapply during the ride

TIME OF DAY

Cycle early in the day

ACT FAST IF YOU BEGIN TO FEEL ILL

TAP A LOGO TO LEARN MORE



Bicycling



New Members

- Tina Bosi
- Lorraine Cupelli
- Carol Davis
- Frank Favia
- Lawrence Fried
- Denise Guzzello
- Scott Hignett
- Joseph McGahan
- Amy Rosen



KNOW THE SIGNS



HEAT EXHAUSTION

- Headaches
- Nausea and vomiting
- Fatigue, weakness and restlessness
- Thirsty
- Anxiety
- Poor coordination
- Weak, rapid pulse
- Sweating heavily
- Raised body temperature



HEAT STROKE

- Headaches
- Nausea and vomiting
- Rapid pulse
- Extremely thirsty
- Dry, swollen tongue
- Disoriented, dizzy or delirious, slurred speech
- Body temperature more than 40°C
- Convulsions, seizures or coma
- May be sweating, skin may feel deceptively cool

WHAT TO DO

- > Lie down in shade or air-conditioning
- > Drink water
- > Cool compress or tea towel
- > Cool shower or bath

WHAT TO DO

- > Call 911 immediately
- > Reduce temperature until ambulance arrives

August Birthdays

HAPPY BIRTHDAY

- | | | |
|-------------------|----------------------|--------------------|
| Michael Adams | Melissa Gallagher | Fernando Pabon |
| James Allen | Carolyn Gilbert | Ellen Perry |
| Jeffery Anderson | Peter Golder | Patricia Peterson |
| Kevin Brogan | Thomas Gorman | Heidi Petrie |
| Elyse Buchman | Nancy Huberts | Scott Posner |
| Robert Cammarata | Andrea Huggler | Robert Pospischil |
| Glen Cochrane | Ellen Jaffe | Chrissy Pullara |
| James Constantine | Cathleen Jessup | Maryann Ramos |
| David Cook | Jean-Paul Kergaravat | Richard Reed |
| Joseph DePalma | Lloyd Lense | Event Ride Leader |
| Tom Diflo | Mark Lewis | David Service |
| James Dowd | Kevin Liebov | Amira Simha-Alpern |
| Nancy Dunlop | William Madeira | Larry Skittone |
| Miles Elster | Vaughan Maloney | Mary Ellen Stajk |
| Gloria Esposito | Daniel Marks | Warren Stoker |
| Mel Evans | Bill Mastro | Christine T***y |
| Gary Ferrero | Brian McCarthy | Jackie Thiele |
| Brian Ferris | Harvey Miller | Kevin Williams |
| Mike Fiorella | Marianne Morahan | Richard Winkler |
| | | Kenneth Wong |



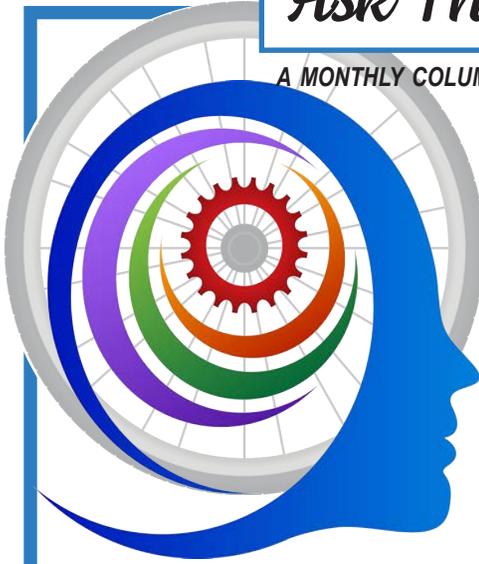
1077 Route 25A
 Stony Brook, NY 11790
 Phone: 631-689-1200



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

Ask The Cycologist

A MONTHLY COLUMN WITH "ADVICE" FOR RIDERS



Dear Cycologist

Recently there has been a serious decline in the number of rides posted per week in my local bike club. It most likely started when a popular member named Babs (Barbara Braun) introduced her riders to it. It's a game that everyone can enjoy, even the A level of riders who tend to be ultra-competitive in everything they do.

I think I have found the reason; PICKLE BALL. Yes, believe it or not, I found that at least a dozen riders are paying for private lessons, and many are on teams sponsored by towns, bars, fire departments, and police stations. This new game is fun, playable at any age, and very popular.

There is even a syndrome made up by one of our A riders, BRIAN TOOLE, called 'PICKLE LEGS', where it's hard to ride after a session. Everyone is rushing out from the end of a ride to get to a game. What can we do?

Maybe our ride leaders can con them onto rides by giving them titles like: The Butter Chip Special, Vlassic Road Trip, Dill and Chips, Heinz Variety, The Real Dill, Kluber Summer Series Ride 1, Mt. Olive Pickle Climb and more. What do you think?

Signed,
Mr. Pickle Barrel



Dear Mr. Pickle Barrel,

There is no remedy for this. It's a phase, and like all phases, it will fade out. Torn hamstrings, sprained ankles, tennis elbow, and many more injuries will slowly take their toll. Ride it out, and it will end. As a young ride leader, I have a saying from years ago: "If You Post It, They Will Come." Don't give up.

Signed,
The Cycologist

Riders Enjoy a NO Ant's Picnic



Lake Grove, NY 11755
East Northport, NY 11731
Plainview, NY 11803
Massapequa Park, NY 11762

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	Jane Wirth	
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



Jim DeMarco to Ride 2022 Tour de Force

Club member Jim DeMarco will ride in this year's Tour de Force, a bike ride that honors fallen police officers. He would greatly appreciate your financial support.

It is the mission of the Tour de Force to raise funds for families of Law Enforcement Officers nationwide who are killed in the line of duty each year.

The "Tour de Force" was started in 2002 after NYPD Det. Robert De Paolis (ret) decided to ride his bike to honor the fallen police officers that gave their lives in the September 11, 2001 attacks. He was then joined by 7 other members of the NYPD and one member of the Bronx District Attorney's Office and along with four volunteer support personnel, they cycled their way from the Pentagon in Arlington, VA, to Ground Zero, NYC.



To support Jim visit his donation page by pressing this button



Fred Mckenna completes Ride Supporting Leukemia & Lymphoma Society

BY FRED MCKENNA

In December, Mary Jane and I learned that our daughter had contracted a very aggressive form of Non-Hodgkin's Lymphoma. One doesn't expect that your child will be facing her mortality at a young age. She apologized to us for having to put us through this when it was her expectation that she would be the one needing to take care of us.

Thankfully, as sick as she was, she had a positive attitude and knew that she would have to do whatever the medical professionals said if she was going to beat this cancer.

She began her treatment in January, and after 6 rounds of Chemotherapy and 2 bouts of C diff we are all optimistic that she has beaten cancer. At our last visit with the oncologist in June, he was extremely happy with the reduction in the tumors and cancerous activity. She is now in the monitoring phase, and we are very optimistic about her total cure.

As this was all happening, I learned that a friend's son had put together a team to raise money for the Leukemia and Lymphoma Society. They are an amazing organization that has raised millions of dollars for research and provides emotional and financial support for patients and their families.

Alex had lost a dear friend to Leukemia, and he was approached by LLS to participate in the "Man and Woman of the Year" fundraising event. I called and asked to be part of the team and so began my fundraising efforts. I reached out to everyone I knew and asked my close family to do the same.

I was overwhelmed by the generosity of people. I wanted to take this opportunity to thank so many

of the SBRA members who contributed to my efforts. SBRA members contributed over \$2,000. I raised over \$17,000, and there were additional company matches of \$2,000. Our team raised over \$100,000, and Alex was runner-up in the "Man of the Year" competition.

It was so uplifting to be part of this team, and it helped me feel that I was helping in the ongoing effort to develop cures for blood cancers.

I had wanted to do the SBRA Club Century ride, but I had a conflict. The club leadership provided me with a free entry into the North Fork Century. I decided to do that ride and add on the Bloomin Metric ride in Connecticut as a bonus.

I had ridden all winter and was able to increase my miles throughout the spring. On May 15th I did the Bloomin Metric 70 Kilometer ride with the challenge of hills for this

South Shore Rider. It was a great experience and I felt ready for the Century the next week.

I went out to the North Fork on the Friday before the ride on May 21. Mary Jane brought me to the start at Orient Point early that morning. I was in the parking lot, and someone called out my name. It was John and Heidi Petrie. I was thrilled to see them, and we decided to ride together. Heidi did an awesome job pulling the entire 101 miles, and we finished strong. It was the best, most comfortable Century I had ever completed, and I have the Petrie's to thank for that.

Thank you, everyone for your support both financially and through your kind words and prayers. My daughter really felt that all the people praying for her helped her through this challenging time, and she is so grateful for all that support.



John & Heidi Petrie with Fred Mckenna

Two SBRA Riders Take a *Taste* of Bicycle Touring

BY LISA ROMANACCE AND GLADYS LEPOLSZKI



My friend Gladys and I planned a post-Covid “breakout” trip for the summer of 2022 and would like to share our cycling experience.

Italy (the Amalfi coast) was one of our destinations and did not include cycling. While Gladys planned that part of the trip, I went ahead with a search for bike tours in nearby countries and came upon something called “veloscenic” in France.

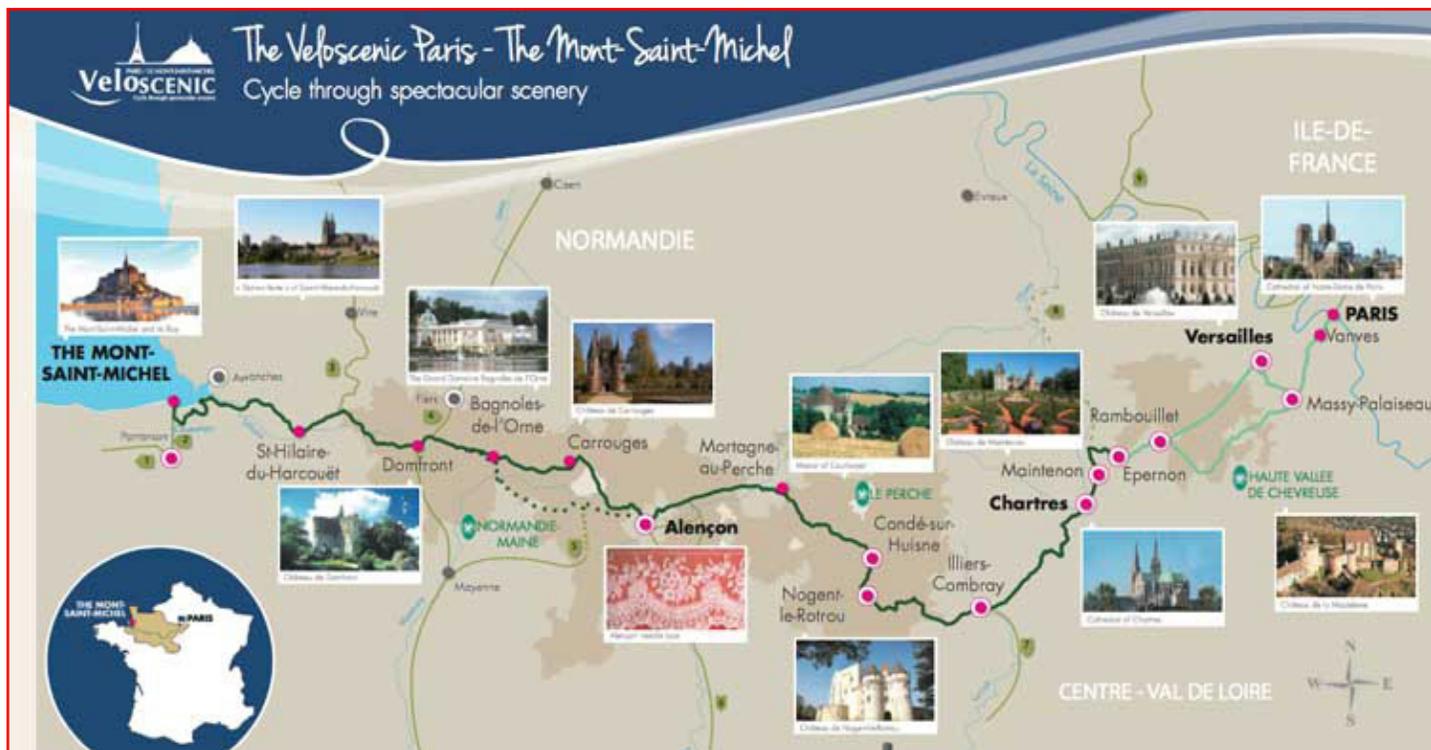
It was a new type of biking adventure, without

cle, self-supported, under your own power for days across the countryside.

It’s a different kind of riding for Long Island road cyclists. The bikes were heavy and loaded down with our belongings. The challenge was changing your mindset from speed, learning to slow down, and enjoying everything around you.

Bicycle touring is a way to see a country through the back door in a way few tourists experience. We enjoyed listening to the birds as we rode the greenways and the sites of all the animals along the way, cows, horses, and sheep.

One of our favorite villages was Domfront.



much risk, other than getting lost or rained on in another country where neither of us spoke the language. We were in!

The Veloscenic is a 279-mile route from Paris to Mont St-Michel. It’s a well-signed, posted route that is a gorgeous trail that crosses the Chevreuse Valley, the Perche, French Maine, and the Bocage Normand.

The route is accessible to different levels of cyclists, with long stretches are greenways linked by quiet roads. There were train stations along the way if you wanted to skip a portion of the route (which we did). The trains also provided an easy return.

There were many different types of accommodations along the way (camping, hotels, ABNB’S) that were less than 2 miles away from the greenway and guaranteed quality services for bicyclists, including overnight bike storage. We could even upload the route on our bike computers!

This trip was bicycle touring, truly riding a bicy-

Domfront is in the Normandy region. The village was quaint and Medieval in nature. We were in awe, passing thru and seeing all the stone buildings and landscapes.

It was a fantastic experience, especially since we planned the trip/tour ourselves. We felt pretty accomplished completing this bike tour. There were some stiff climbs that I couldn’t complete, but, of course, Lisa, a stronger rider, did.

It was almost amusing that every day we had to end our ride going up a hill to our accommodation. LOL.

Actually, towards the end of the week, I was able to complete one of the hills. Yeah!!!! I felt good after that one!

All in all, if you ever want to be bold and discover a country on a bike, France is the place to go, and it’s the “epitome” of cycling.

**BRANDS**
CYCLE & FITNESS
1966 Wantagh Avenue
Wantagh, NY 11793
Phone: 800-649-3739

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

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

General Meeting Minutes

July 7, 2022



Call to order – The evening began with an ice cream social. President Joanna Pascucci called the meeting to order at 7:21 PM. Approximately 22 members were in attendance.

Acceptance of Minutes – The June 2, 2022 General Meeting minutes were accepted, seconded and approved.

COMMITTEE REPORTS

TREASURER (JOE MATZELLE) – Our current balance is \$28,698. Since our last meeting, our income is \$690 from membership dues and \$57 from club store sales. Expenses since the last meeting are \$6 for membership postage, \$15 for our monthly Zoom subscription, \$26 for SAG support for the Orient ride, \$40 for PayPal fees, \$50 for our second Ride with GPS account, \$156 for food for last month's general meeting, \$798 for the website, and \$2,200 for storage. This is the last month of our fiscal year.

MEMBERSHIP (NORM SAMUELS) – There are 620 members which includes 17 new members who have registered this past month.

SOCIAL DIRECTOR (DARLENE MEROLA) – We have 54 people signed up for the Picnic which is scheduled for Saturday, July 16th. Brenda will send out an email blast with an extended sign-up date. Darlene did an amazing job procuring the appetizing menu and also obtaining many donated food items. With the cost of food up this year, we were able to get it at a reasonable cost, for what's being offered, of \$30 per person (the picnic was not in the budget, so it was not subsidized this year).

SAFETY DIRECTOR (MANNY ROSENKRANTZ) – Manny discussed the different health crises arising from lack of hydration in hot weather: heat cramps, heat

exhaustion, and heat stroke. Be sure to drink plenty of fluids prior to a bike ride and frequently during a ride, and pay attention to warning signs your body may be giving you.

RIDE DIRECTOR (CHRIS JOINNIDES) – Joanna reported for Chris this evening. At the request of some Ride Leaders, the 48-hour rule for posting rides and receiving credit has been changed to 24 hours. This change has been made on a trial basis from July to the end of October. It is hoped that Ride Leaders will continue to post rides well in advance to allow members to plan their week. Ride Leader Mel Evans was present and expressed his and other Ride Leaders' appreciation for the change.

ORIENT CENTURY/METRIC CENTURY MULTI-LEVEL RIDES – Joanna gave a recap of this multi-level bike ride of June 11th. It was a fun day, the weather was perfect, and it was great to do an out-and-back ride with no train involved. We will probably do this again next year.

VICE PRESIDENT OF OPERATIONS (PAUL MIKLEAN) – Paul showed an interesting video entitled Struggling to Lose Weight Through Cycling.

ADJOURNMENT –
The meeting was adjourned at 8:15 PM.
Respectfully submitted,
Jane Wirth, Secretary

Monthly Stats Report

Tricia Brandt, John & Valerie DeRicco

Joanna gave Tricia's report.

JUNE 2022

In June 186 rides were posted and 160 rides were ridden.

There were only 2 days that no rides went out.

Total mileage for the month of June is 41,542 miles ridden by 237 riders.

Total year to date mileage (Nov-June) is 179,705 miles ridden by 355 riders.

Total mileage for the month of May is 35,375 miles ridden by 234 riders.

MILEAGE LEADERS: JUNE

Brian Toole	722
Tom Pfisterer	652
John Shea	613

RIDE LEADER CREDITS: JUNE

Tom Pfisterer	17
Jeff Meyer	16
Howard Ross	11

MILEAGE LEADERS YTD (NOV-JUNE)

John Shea	4541
Brian Toole	4320
Tom Pfisterer	3849

RIDE LEADER CREDITS YTD (NOV-JUNE)

Tom Pfisterer	92
Bill Gravitz	80
Lee Kirsch	63

42 DIFFERENT LEADERS THIS MONTH

SWEEP CREDITS: APRIL

Dennis Desmond	13
Lynn Roesel	10
John Bambach	8

57 DIFFERENT LEADERS THIS YEAR SO FAR

SWEEP CREDITS YTD (NOV-APRIL)

Dennis Desmond	86
John Bambach	51
Lynn Roesel	48





**GRANITE STATE
WHEELERS**

2022 SEACOAST CENTURY
September 24, 2022
Hampton Beach, NH

**2022
SEAGULL
CENTURY**



**SALISBURY UNIVERSITY'S SEA
GULL CENTURY BIKE TOUR**
Saturday, October 8, 2022.

Two optional routes across the
Lower Eastern Shore

Registration opens
Wednesday, June 1, 2022
Only 5,000 spots are available

PARTING SHOTS







CARL HART BICYCLES
LI NY
Est. 1913

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



CYCLERY
Sunrise

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



KREB
CYCLE

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