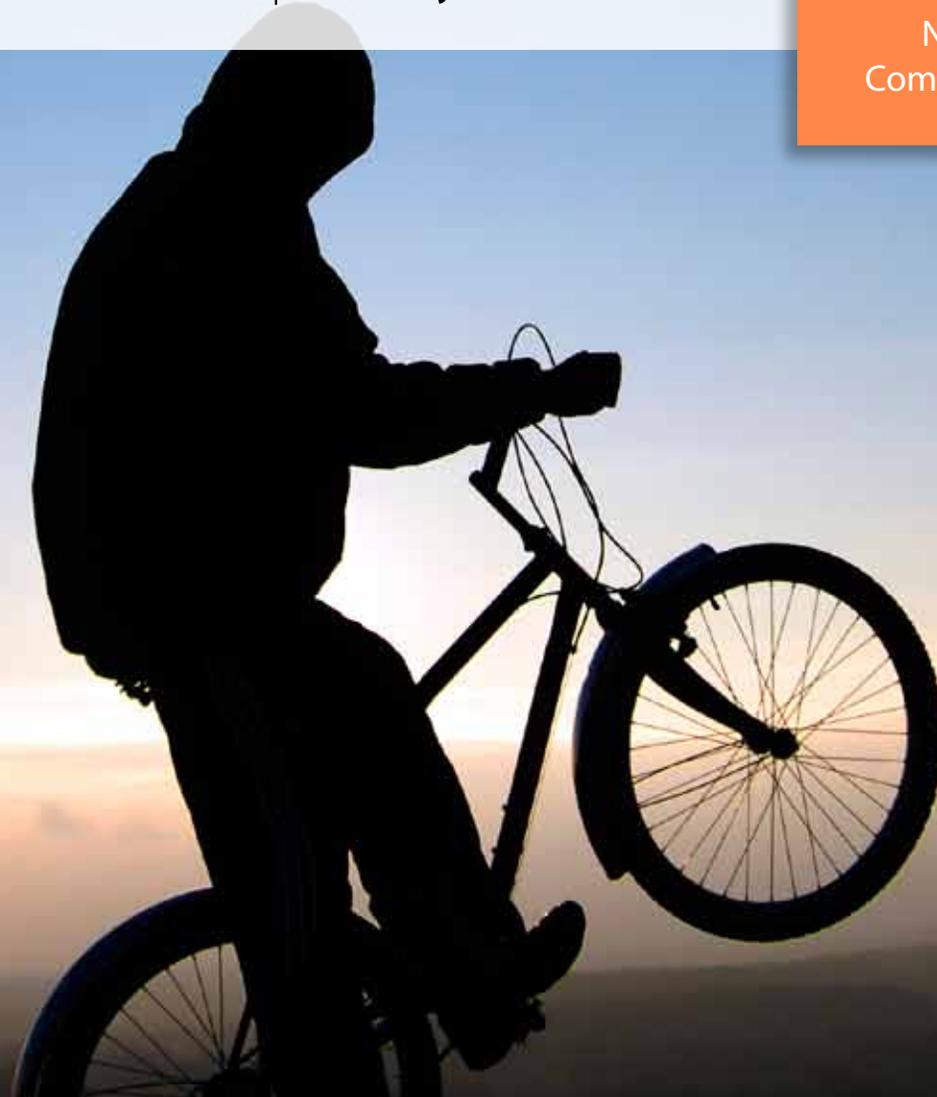


Rolling Wheels

Suffolk Bicycle Riders' Association | February 2011

February Meeting

Thursday
February 3, 2011
7:00 PM
at the
New Village
Community Center



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

2011 Executive Committee

PRESIDENT	Bob DeVito	745-2282
VICE-PRESIDENT	Paul Miklean	
VICE-PRESIDENT		
TREASURER	Joe Matzelle	273-3578
RECORDING SEC	Dave DiRoma	821-7598
CORRESPONDING SEC	Joy Macana-Tillman	
MEMBERSHIP	Norm Samuels	928-3913
SOCIAL DIRECTOR		
EDUC & SAFETY DIR	Gordon Howard	878-1716
ADVOCACY DIR	Joe DePalma	235-9467
RIDES DIR	Jeff Meyer	475-4531
WEBMASTER	Percy Zahl	
WEB EDITOR	Brenda Meyer	

2011 Chairpersons

ADVERTISING	Bob DeVito	745-2282
BIKE-BOAT-BIKE	Peter Olivieri	365-7588
GRAPHIC DESIGNER	Jim Deerfield	724-6401
GUIDE DOG RIDE	Jeff Meyer	471-2129
	Brenda Meyer	
REFRESHMENTS	Janine Schwartz	
	Hava Samuels	
MONTAUK CENTURY	Jack Steffens	669-4740
	Peter Olivieri	365-7588
NEWSLETTER	Rona Dressler	751-2135
PUBLIC RELATIONS	Joe DePalma	235-9467
QUARTERMASTER	Jack Steffens	
RIDE COORDINATOR	Jeff Meyer	475-4531
MAPS & CUE SHEETS		
RIDES STATISTICIAN	Joe Matzelle	
SUNSHINE	Bruce Presner	476-3923



Questions and suggestions are always welcome.
Email yours to webmaster@SRBAweb.org

Welcome New Members

John Collesidis, Janet DeMarzo, Kevin Johnston, John McKeon, Lori-Anne Neige, Margaret Nenos, Richard Nenos, Shawn Nenos, Stephen Oberman
— Norm Samuels, Membership Chair



Celebrating February Birthdays



Ellen Solomon-01; Vita Ross-01; Norman Samuels-01; Stephanie Wells-01; Patty Killion-02; Justin Schulz-02; Ellen Graham-03; Irene Camalich-03; Joan Gossner-05; Chris Skoldberg-05; Robert Caskey-05; Bernie Scherer-06; Bruce Ribeiro-06; Jay Barbakoff-09; Susan Sherman-10; Karen Giles-10; Bronna Johnsen-12; Barbara Abraham-12; Alison Branca-13; Elliot Abraham-13; Helen Giles-13; Bonnie Vulin-14; Mike Dauscher-14; Shannon Cain-15; Christine Marino-17; Steven Atwood-18; Barbara Westrich-19; Richard Dittmar-20; Mary Jane Pfisterer-21; Jared Eckelkamp-23; Laura Thompson-23; Petra Lee-25; Erika Jorquera-25; Wayne Fellows-26; Michael Halderman- (7)26; Douglas Adams-28; Margaret Braun-28; Michael Hauser-29; Roger Armstrong-29.

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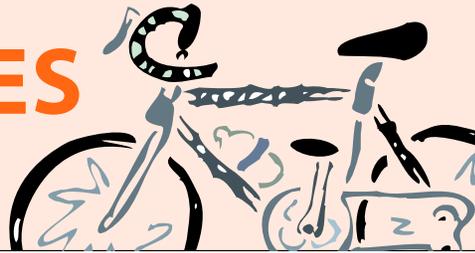
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The purpose of the Suffolk Bicycle Riders Association is to teach members about bicycle mechanics, bike safety, the joy of bicycle touring, bicycling awareness for non-participants and to enjoy a mutual appreciation and compatibility during bicycle tours that may include camping and racing. Members shall consist of individuals and families who wish to participate as members abiding by the constitution and bylaws of the club. The Club may not discriminate in admitting members, according to their age, race nationality, sex, creed or religion.

MEETING MINUTES

January 6, 2011



Call to order: President Bob DeVito called the meeting to order at 7:10 PM. Approximately 40 members and guests were in attendance.

Acceptance of Minutes: The minutes of the December 9, 2010 meeting were accepted as published on the SBRA web site.

Treasurer's Report (Joe Matzelle): Joe reviewed recent receipts and expenditures. Major expense items in December were the Holiday Party, a contribution to Island Harvest for \$500 and payment to iContact, our e-mail blast service. Joe also commented on an issue involving SBRA and the Internal Revenue Service. In the process of updating our records with the bank, it was discovered that the club did not have a Taxpayer Identification Number (TIN) on file. Although IRS has subsequently issued a TIN for the club, they have no record of SBRA as a tax –exempt organization, only as a non-profit. There are issues as to what returns the club should have been filling over the years and it was agreed by the Executive Board to engage the services of a tax professional to get this sorted out before it becomes an issue. Individuals wishing a more information on this issue or matters relating to the club's bank balances or other matters should speak directly to Joe.

COMMITTEE REPORTS:

Statistician (Joe Matzelle): Joe reported that for the year to date, 147 rides have been posted (53 in December) with 32 cancelled. Total miles for the year so far are 17,207. A full update on mileage leaders is posted on the SBRA web site.

Membership (Norm Samuels): Norm reported 984 members, including 560 primary members, 189 families and 6 new members since the last meeting.

Sunshine (Bruce Presner): Bruce was not present and there was no report. Bob DeVito noted the passing of long-time member Henry Schmidt in December. In honor of Henry, the Club plans to dedicate the annual Halloween ride in his memory. Henry's wife will also be present at the Awards Banquet and the Club will make a contribution to the Livestrong Foundation in his honor.

Webmaster (Percy Zahl): Percy was present and had no report.

Web Editor (Brenda Meyer): Brenda was present and had no report

Safety/Education (Gordon Howard): Gordon was not present and no report was given.

Advocacy (Joe DePalma): Joe was present and had no report.

Social (Evie Karakatsanis): Evie reports that all details for the holiday party on January 8th are complete. Bob DeVito thanked Evie for all of her hard work as chair of the Social Committee for the past year.

Awards Committee: Barbara Abraham briefly discussed the awards to be presented at the banquet.

OLD BUSINESS:

Hail and Farewell: Bob DeVito publicly thanked outgoing Vice President – Administration, Janine Schwartz, for all of her efforts in the past year. Bob also noted that Paul Miklean has moved from Corresponding Secretary

to V.P. –Administration and welcomed Joy Macana-Tillman as Corresponding Secretary and Ride Chairperson.

Amendments: Two amendments to the By-laws were read at the December 2010 meeting, to be voted on by the membership at the January 2011 meeting:

An amendment to require the publication of the current bank balance in the Treasurer's Report as posted in Rolling Wheels.

An amendment to increase Club membership dues to \$25 for individuals and \$40 for families.

continued on page 4

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Holiday Party 2011

Voting Results: After discussion by members it was agreed that a note should be added to the Rolling Wheels e-mailed to members, advising that bank balance details is available by contacting the Treasurer.

This was satisfactory to the sponsor of the amendment, which was subsequently withdrawn.

The amendment to increase the dues received only 20 votes of the 40 members in attendance. Since this amendment did not receive the votes of 2/3's of the members in attendance, it is defeated.

NEW BUSINESS:

Carl Hart: Has posted dates for a series of bike repair workshops on the SBRA web site. Classes are free but you must reserve a spot. See the web page for details.

Shoreham South: Paul Miklean and Dave DiRoma discussed issues related to mountain biking on the trails behind Shoreham-Wading River High School. Portions of these trails are off-limits to cycling and are posted as such. Trails in Brookhaven State Park are open to cycling and can be accessed via a gate and parking lot located on William Floyd Parkway, just north of the intersection with Whiskey Road. Due to insurance liability concerns for the club, any rides posted on the Ride Calendar

continued on page 5

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indicating a ride on the Shoreham South trails from the school parking lot will be taken down. Rides posted with Brookhaven State Park as the starting point can be posted as long as the ride stays in the areas where biking is allowed. Further details and a map will be posted on the web site.

Super Cycling Saturday: Will be held in March with a specific date to be determined.

Ride Leader Training: The Executive Board has agreed to modify the training requirements. Ride leader training will continue to be mandatory for all new or prospective ride leaders but will be optional for returning leaders. All ride leaders, new and returning, will be accountable for insuring that all policies and procedures are followed on club rides.

Ride Leader Credits: The Executive Board has determined that for 2011 no ride leader credits will be awarded if a scheduled ride is cancelled due to inclement weather. The board is considering the possibility of awarding a fractional credit (1/2 or 1/4) for cancelled rides but has not made a determination. Sweeps will now get a full credit for each completed ride and the club will continue the policy of granting a full credit to leaders and sweeps when a ride has to be split up due to size.

Executive Board Meetings: – Bob noted that all members are invited and encouraged to attend the Executive Board meetings, whether they have specific business to address or are just curious. Meetings are held at 7 PM on the last Thursday of each month at the Rec Center. For planning purposes, please let any Board member know if you are planning to attend so that we can be sure we have a large enough room.

2011: Joe Matzelle advises that he is completing the proposed budget for this year and will present it to the membership for a vote at the February meeting.

Program: Paul Falvey of CLIMB gave a brief presentation about the club and aspects of mountain biking.

Adjournment: The meeting was adjourned at 8:50 PM.

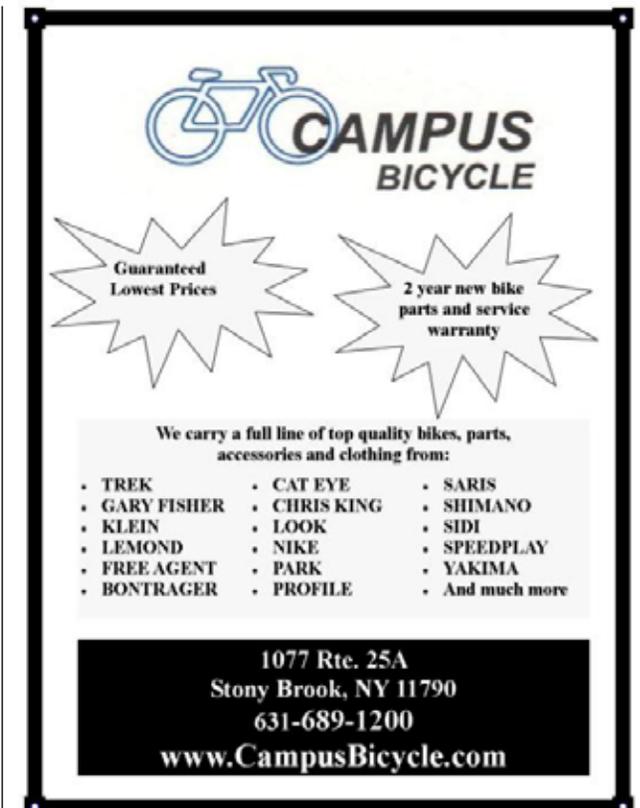
*Respectfully Submitted,
David DiRoma
Recording Secretary*



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Season's Spin



Winter is well underway and we have had some typical northeast weather. The solstice, in December, marked the official beginning of winter. Some look at that as "the days now start getting longer," anticipating the end of winter. But there is much to gain from intentionally using this season for your health.

The blizzard and snowy days we had in December and January are reminders of the benefits of living in the northeast. We get the chance to experience the full

range of seasons, winter having a powerful impact on life. Things literally shut down and shoveling out the car or driveway replace getting the bike ready for a ride. We are forced to spend more time indoors, regardless of sports like skiing, winter hiking or snowshoeing.

By using that extra time indoors for rest and more sleep, you can help replenish and strengthen your physical reserves. Sleep is a critical part of staying healthy, as more research is now showing. Adequate sleep can affect your memory, cardiovascular health, immune system, emotional wellbeing and weight. And not surprisingly, getting good sleep impacts the level of performance in whatever you do, be it your work or biking. All of these are key building blocks for cyclists to maintain or increase riding capabilities.

Sleeping more is a natural thing to do right now. If the cold and snow wasn't enough, use these shorter days as "permission" (if you need it!) to nap, go to bed earlier and maybe sleep in later. Getting an appropriate balance of rest right now can support your overall health, as well as prepare you for this upcoming riding season.

Karen

Karen Giles is a New York state licensed, nationally board certified acupuncturist with a private practice in Port Jefferson. Find out more at KGilesAcupuncture.com.





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How Do I Get Started?

Newcomers are always welcome to try rides with us before becoming members. Just go to our website (www.sbraweb.org), click on "Ride Calendar" select a ride within your skill level and show up for the ride.

Standard Club Ride Levels

- "AA" – 22+ MPH
- "A" – 18-24 MPH
- "B" – 14-17 MPH
- "C" – 11-13 MPH
- "D" – 10 MPH or Less

Beginners should start with a "D" level ride.

Experienced Riders it is recommended that experienced riders start at least one ride level below what they think you can handle.

Preparing For Your First Club Ride

Before arriving at a first club ride:

- Bring a helmet (wearing a biking helmet is a club requirement)
- Ensure bike is in good mechanical condition
- Properly inflate tires
- Bring a water bottle, spare tube or patch kit, pump, personal ID, and Insurance ID card (if available)

Tips for Riding in a Group

Riding in a group carries responsibilities for all riders. Riders need to stay alert, ride predictably, and follow your ride leader's instructions.

Review our web link

<http://www.sbraweb.org/tips.htm>

v. 04/05/09

SBRA Membership Application

New Member Renewal Reinstatement

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League Of American Bicyclists ("LAB") and Suffolk Bicycle Riders Association ("SBRA") Release And Waiver Of Liability, Assumption Of Risk and Indemnity Agreement ("Agreement")

IN CONSIDERATION of being permitted to participate in any way in Suffolk Bicycle Riders Association (SBRA) ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

- (1) ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
- (2) FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I may incur as a result of my participation in the Activity.
- (3) HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, understand that I AM GIVING up substantial rights by signing THIS AGREEMENT, have signed it VOLUNTARILY and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law. I agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect. (1-2007)

I Have Read This Release. Signature of Primary Applicant

I Have Read This Release. Sign and print name of other family applicants not listed above

www.sbraweb.org

Everyone is invited to attend our monthly meetings. See our website for dates and directions. All members receive our monthly newsletter, Rolling Wheels via the Internet.