Rolling Wheels

Suffolk Bike Riders Association April 2019

Spring: It's HERE!

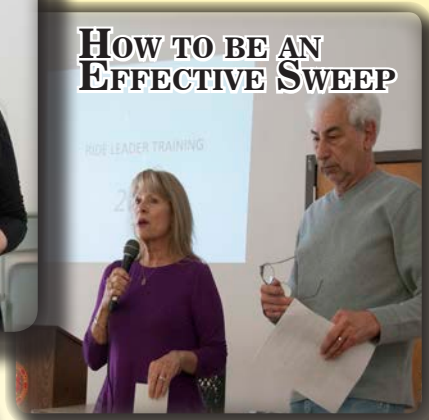
TUNE UP YOUR RIDE AND GET BACK IN THE SADDLE

Ride with GPS Demo

Lunch

Ride Leader Training

Opening SCS


How to be an Effective Sweep

New Rider Workshop

SBRA Cares Donation

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http://www.sbraweb.org

SBRA promotes cycling of all abilities for health, fitness and fun

Message From the President

For most of us, we are just dusting off our bikes and getting ready to get back in shape for the season. The ride calendar is already looking robust, and the weather seems to be better than last year so I should expect that we will surpass last year's club mileage and set another record.

We have a lot going on in the next few months, and there will be a lot of opportunities for everyone to volunteer for our upcoming events.

First up is our Bike Boat Bike Ride on June 2nd. We have volunteer opportunities before and after the ride as well as at our water stops. The following weekend is our SBRA member Montauk Century. This year we are using Pay Pal to sign up to so make sure you look on the website for the link to sign up. We have extra training time this year since we are doing the ride in June which is the same as last year. In July, we have our picnic which is not to be missed. We have rides for all levels followed by a catered picnic that just keeps getting better every year. This is by far one of the best BBQ's you will go to all summer.

None of these events can happen without the help of the members so don't be afraid to jump in and offer to help. Being a volunteer is very rewarding and a great way to meet other members.

I am looking forward to seeing everyone in the next few months either on the road or helping as a volunteer!

Keep the Wheels Rolling…
Joanna
SBRA President

Have your own story to tell?

Share it in Rolling Wheels

LONG OR SHORT, A SENTENCE OR SEVERAL PARAGRAPHS WHATEVER IT TAKES TO EXPLAIN WHY YOU ARE LOOKING FORWARD TO THE SPRING AND ANOTHER RIDING SEASON.

WE WANT TO HEAR FROM ALL RIDE LEVELS!
bys1@optonline.net

STATS

NOVEMBER 1, 2018 - MARCH 27, 2019

TOTAL CLUB MILES: 87,889

MILEAGE LEADERS:

JAMES DRAGO	2,416
BRIAN TOOLE	2,179
CURTIS VEIT	1,872
DAN ROSTRUP	1,856

22 RIDERS ARE OVER 1000 MILES

Why I Ride

Donna Leahy

SBRA Member: *10 years*
Favorite Ride Level: *B/B+*
Activities: *Skiing, Kayacking, Golf*

There is no better way to start my day than to go on an SBRA bike ride.

It's so much more than just great exercise for the day. For me, it's getting outdoors and into the fresh air. It's my cup of coffee and egg sandwich in the morning whether it is in the parking lot or at the breakpoint with my buddies. It's like a box of chocolates, "you never know what you're going to get." The weather can be fantastic or a little unpredictable. The ride can be a small group to a large one. Often my buddies are all there, and occasionally someone that I haven't seen in a while will show up and brighten up my day. Sometimes I get to meet and greet someone new to the club, and I get to share all the great things that I love about SBRA. I tell them about the friendly people, the variety of rides for all levels, the special events, picnics, and luncheons.

For me personally, my favorite rides are when a ride leader brings us to a scenic pier, their favorite house or neighborhood, or shows us a beautiful view from their special spot.

My most memorable rides? Maybe when we were out on a winter's day on North Road with clear roads but 5 inches of snow glistening in the sun and clinging to the trees, or when I saw a painted turtle in Mattituck, a flock of turkeys on Beaverdam Rd, or catching a red fox spinning in a circle before it decided not to cross our path in Manorville.

Did I mention the comradery? It just occurred to me that biking has become my passion because of the members of the SBRA.

The Swiezy/Pope Montauk Railroad Century

Saturday June 8

It's time to start thinking about the SBRA 2019 Montauk Century.

Taking part in the century can be a great way to get in shape for the season, and for first time century riders, an unforgettable experience.

Participate on either the 100 mile ride or the 100 kilometer (about 62 miles) ride.

Spring Century Training Details:
http://www.sbraweb.org/node/170

More information about the century on Page 8

Swiezy/Pope Montauk Railroad Century Flier on Page 9

Spotlight on Safety

SBRA and Safety Town

The SBRA Safety Committee is happy to announce that SBRA will be partaking in a community service. It is expected that 10+ SBRA volunteers will assist at the Brookhaven Safety Town Rodeo on April 13, 2019. Additional Safety Town Rodeos are being planned for June and September 2019.

Safety Town is on the Holtsville Ecology Site, 249 Buckley Road, Holtsville, NY 11742. The facility, just south and east of the main parking lot, is a replica of a miniature village and is designed to offer children instruction in traffic safety. Bicycle instruction is the focus of the April 13th rodeo.

SBRA volunteers will help the Safety Town staff by checking helmets and being available while children are riding their bicycles.

In addition, Kreb Cycle has volunteered to inspect bicycles for safety at the event.

Please let me know if you are interested in being a volunteer. We will gather at 9am, Saturday, April 13th and assist from 10am to 1pm.

For more information, check the Town of Brookhaven, Safety Town Facility website:
https://www.brookhavenny.gov/193/Safety-Town-Facility

Paul Miklean
SBRA Education and Safety Director
education_and_safety@SBRAweb.org

Important Dates

- RENEW YOUR MEMBERSHIP
- General Membership Meeting — March 7
- Bike Boat Bike — *Sunday June 2*
- SBRA Cares Ride — *Saturday October 5*

April General Meeting

Thursday, April 4
7:00 PM

New Members:

Stephen Beck Stephanie Becker
Jon Buffa
Leo Coniglio
Jackie Drago
Mary McDonough
Linda Parsons
Olga Plamenevskaya
Kathryn Reid
Melissa Ruiz
Howard Siers
Oriol Tey

April Birthdays:

Joseph Bauernfeind
Andrew Bontempo
John Burgess
John Calder
Neal Passoff
Doug Coleman
Darren Commike
Robert DeVito
James Drago
Bryan Drago
Jeffrey Erlitz
Nancy Feldman
Robert Festa
Louis Figueroa
Paul Forziano
Lawrence Fuchs
Carol Giorello
Josie Goykin
Steve Graham
Bill Gravitz
Duane Hendri,
Raymond Herrick
Robert Hoogsteden
Patricia Kampfer
Jean-Paul Kergaravat
Gerry Klein
Mary Levine
Stacy Loese
George Miller
Kathy Mulry
Stephen Nienburg
William Nungesser
Frank Olsen-Tank
Stephanie Pabon
Chip Rennison
Jose Rivera
Greg Robbins
Dan Rosenthal
Jimmy Schmalenberger
Howard Schneider
Daniel Sherry
Wendy Smith
Marion Thomason
Tom Tilford
Edgar Velez
Gerry Widen
Percy Zahl

Training Ride

Effective Riding in the Wind

Part I The Basics

BY MICHAEL COLE

The ability to ride well in the wind is the mark of an experienced cyclist. Rapidly assessing the direction and intensity of the wind, quickly assuming the optimum formation, adapting to changes in wind direction are some of the critical skills which you can master. These are skills which will set you apart and make your group riding faster and more enjoyable.

An effective group is like an organism which changes size and shape depending on the wind. It can maximize its ability to move quickly through the wind by proper positioning and rotation of the riders. The lead rider bears the brunt of the wind, each subsequent rider does less. The second rider can save 20-30% compared to the first rider. The third can save 10-20% compared to the second.

> *An effective group is like an organism which changes size and shape depending on the wind.*

In this, the first of several articles on this topic, we will cover the simplest case, that of a simple headwind with roughly equally matched cyclists. The wind coming from mostly dead ahead is referred to as a Block Headwind. Other situations include Crosswinds and Tailwinds. Other complications include how to handle a group with a range of abilities.

For the block headwind case, the group will execute a simple rotation known as through and off. The most critical key to speed is short steady pulls. Eight riders taking one minute pulls means one minute on, seven minutes off. A cyclist can go pretty hard for one minute with that much recovery time, more recovery than that is wasted. The message here is that taking very long pulls doesn't really help if all the riders are equally strong, it actually tends to slow the group down.

There are three phases to your time in a rotating group. The first is your time on the front. It's quite important to ride at a steady pace, do not surge when you take the front. Surges open gaps, gaps weaken riders, weakened riders weaken the group.

Part two is pulling off, drifting back, and regaining your place at the back. This phase can be almost as hard as your pull so leave something in the tank for this. This is also the time to think about eating and drinking if needed. If you're feeling good, you can start before you regain your place, otherwise, wait till you're in the draft again.

The last part is getting back in line in the draft. It might require a few hard pedal strokes to get on as the last rider comes by. If you need to, a few strokes out of the saddle can help. Once you're on the back, its time for a few minutes of recovery, some food, and a drink. Then rest up and wait your turn on the front.

The most important thing to know when tackling the wind is knowing where it's coming from. Be observant at all times. Look for tells, flags, foliage, noise. In this case, we are assuming the wind is dead ahead so the riders will stay in one straight line. In this case, sometimes it's safer to keep the bulk of the group away from traffic, especially on a narrow road. In order to do this, riders will move to the left when they finish their pulls, allowing the group to pass in line on their right. Doing otherwise pushes each passing cyclist closer to traffic as they pass the rider falling back. It feels safer for the rider who just pulled off, but more it's hazardous to everyone else.

The next article on this subject will tackle crosswinds. Future articles will cover tailwinds, and dealing with mixed groups of weaker and stronger riders.

Ask The Cycologist

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

DEAR CYCOLOGIST,
I HAVE A RIDE LEADER THAT ALWAYS WHISTLES WHEN WE GO TOO FAST. I MEAN 1 MILE OVER THE POSTING, AND HIS WHISTLE GOES RIGHT THROUGH ALL OF US. HOW CAN WE STOP THIS SPINE-CHILLING WHISTLE?
GOING DEAF

DEAR GOING DEAF,
THE BEST THING TO STOP THIS ANNOYING RIDE LEADER IS PEANUT BUTTER AND CRACKERS. PRE-RIDE, PREPARE A TRAY OF THESE AS AN ENERGY BOOST JUST FOR HIM. BE SURE HE EATS AT LEAST THREE. I AM SURE THIS WILL SOLVE YOUR PROBLEM.
THE CYCOLOGIST

Got a pressing issue or question for the doctor? Email it to me and I'll pass it on to the doctor.
bys1@optonline.net

From the Stat Team:

KNOWING YOUR NUMBER AND WRITING IT LEGIBLY IS A GREAT HELP TO THE STATISTICIAN TEAM!

Talking Tech

ROAD BIKE GEARING AND CADENCE

BY TIM MAYR

We Have Tiny Motors

YOUR LITTLE KITCHEN ELECTRIC HAND MIXER PUTS OUT MORE POWER THAN THE AVERAGE RECREATIONAL CYCLIST, AND EVEN THE BEST PRO CYCLISTS ONLY AVERAGE A FEW HUNDRED WATTS DURING A RACE. FORTUNATELY, MODERN ROAD BIKES ARE VERY EFFICIENT AND HAVE MULTIPLE GEARS TO MAKE THE MOST OF OUR MODEST POWER OUTPUT.

34x50, 11-32W

Bikes come with all sorts of gearing setups, from the single speed bike you learned to ride on, to bikes with up to 36 different gear combinations, and everything in between. The most common road bike setup has two chainrings on the front crankset, and nine to eleven gears, or cogs, on the rear wheel cassette. Individual gears are simply referred to by the number of teeth they have, so a 34x50 crankset has a smaller inner ring with 34 teeth, and a larger outer ring with 50 teeth. In the rear, the individual cogs range from the smallest outer gear with 11 or 12 teeth, and a series of increasingly larger cogs. The cogset, or cassette, is referred to by the number of teeth from the smallest to largest cogs.

A Shimano 11-speed 11-32 cassette: 11-12-13-14-16-18-20-22-25-28-32 is a typical wide range cassette gearing.

Why So Many Gears?

A cyclist is most efficient and will find pedaling easiest when turning the pedals over in a steady, comfortable cadence range, or pedaling revolutions per minute. The multiple gears on a road bike enable the cyclist to maintain a steady cadence whether going uphill, downhill, or riding in the flats. A road bike with 34x50 front chainrings and an 11-32 rear cassette, pedaled at a steady 80 RPM cadence, will have a low speed of about 6 miles an hour in the lowest gear (34 front, 32 rear), up to about 30 miles per hour in the highest gear (50 front, 11 rear).

Shift Early, Shift Often, Pay Attention to Cadence

Grinding up a hill in a hard gear at a low cadence is muy macho, but tough on the legs and knees, and spinning along at a high cadence in a too-easy gear looks impressive but doesn't get much power to the rear wheels. By shifting gears frequently to keep cadence fairly steady a cyclist will be more efficient, more comfortable, and also put less wear and tear on legs and knees.

CLIPARTS

What's the Best Cadence?

Trick question, there is no best cadence number, as every cyclist will be most efficient at a cadence range that suits their individual riding style. In general, that will be a range above about 60 RPM and below about 100 RPM. Most recreational cyclists probably average somewhere between 70-90 cadence. For beginners, a cycling computer that includes a cadence sensor helps see if cadence has gotten too low or too high. The goal is to avoid grinding and spinning by changing gears frequently.

What's the Best Gearing?

My recommendation for any beginner cyclist would be to get a road bike with as wide a gearing range as possible. That would mean a front chainring combination of either 34x50 or 36x52 and a rear cassette with a range of 11-32. The lowest gear combination of 34 front and 32 rear will make climbing hills easier, and the highest gear combination of 50 front and 11 rear still enables a top speed of nearly 30 mph.

By the way, if you average around 30 mph on your rides, there's a race in France every July you might consider entering.

Time to Upgrade? - Visit Your Local Bike Shop!

Cassettes and chainrings don't last forever, and if you want to upgrade your gearing, it's often as simple as changing out the rear cassette or replacing your front chainrings. Not every gear combination will fit on every bike, but your local bike shop will be able to advise you on upgrade options based on your riding style and preferences.

Homework

Website bikecalc.com lets you enter your bike's gearing, wheel, and tire specs, and then calculates the speed for a range of cadences, cadence for a range of speeds, gear inches, gear ratios, and meters of development. A gearhead's delight.

There will be a test in the May issue, and it will count!

Questions, comments or ideas?
Send an email to Bernie Scherer
bys1@optonline.net and I'll pass them on to Tim

COMING IN OUR MAY ISSUE:
BONTRAGER'S NEW WAVECEL HELMET

Head for the Hills

BY LINDA RESNICK

photo by Scherer

Years ago, when I joined SBRA, I disliked biking hills. It's only natural. There's nothing more satisfying than flying on a flat road with the wind at your back.
Over the years, though, I started to enjoy the climbing challenge. Turns out, it's a good thing. It allows you to be the complete cyclist, whatever your level.

In super-simplified layman's terms, when we strengthen our legs, we are dealing with two types of muscle fiber: slow twitch and fast twitch. Generally speaking, slow twitch gives us our endurance. We use slow twitch to get a steady output when we're doing our cruising pace. They're most often the fiber that gets us through our weekly rides. The fast twitch fibers (there are two types, but enough on that) give us a burst of power. They're there for us when our brain says "Holy Cow" (or whatever your brain says) when you're climbing that hill you'd rather avoid. The fast twitch fatigue more quickly (you knew that) but produce much more power and function anaerobically.

photo by Scherer

During a recent Slow Hills ride, the riders take a break at Old Field Lighthouse.

So, it seems to me that training on hills and flats together allows for the most powerful development of the leg muscles.

If you are a C+ rider or better, you might want to start with my Slow Hills ride series. We ride most Tuesdays in season on the north shore of the Three Villages. Starting with a C+ average in early spring, we work our way up to a B- by fall. There are other hill rides as well, at different levels, some in the Three Villages and some further east.

Remember that the only way to get better at climbing is to get out there and climb. Your reward will be stronger legs, and priceless satisfaction as the hills get "flatter," and the flats seem smoother.

Off Island Rides

Northern California October 2016

BY JACK PIZZILLO

In October 2016 I crossed an item off of my "bucket list" by going on a cycling vacation in Northern California. Fellow club member Pete Golder joined me on the trip, and we wound up rooming together. We chose a vacation sponsored and organized by Trek Travel. We selected Trek based on recommendations from several acquaintances, including some other SBRA club members.

All together there were 9 of us who met in San Francisco to start the trip. There were 2 Trek guides who were with us throughout the trip. They had a large van which fit the entire group and a trailer for bikes and equipment. Trek supplied state of the art Domane Road Bikes equipped with electronic shifting and GPS. They asked for our size in advance which made for a good fit. We only had to bring our cycling shoes, pedals and the rest of our gear.

I must say that Trek provided a "top shelf" cycling experience. The hotels and restaurants they selected were excellent. They pre-selected the routes and programmed the GPS units in advance. The guides alternated each day either riding or driving the van as a SAG.

Aside from the rain we encountered, the trip turned out to be a terrific experience. Our group, which were people from throughout the US, turned out to be very friendly and got along well. We were a mix of avid cyclists and those just wanting to experience Napa Wine Country by bike. Trek plans the routes so that participants can ride as much or as little as they like.

We were a mix of avid cyclists and those just wanting to experience Napa Wine Country by bike.

All in all, it was a memorable vacation, one that I would definitely do again to another destination. I would encourage anyone interested in cycling to give it a try. You will not be disappointed.

What's on SBRA's Website?

BY NORM SAMUELS

Daily, I tap my SBRA browser icon which directs me immediately to SBRA's flexible and informative Ride home page! One click and I'm on the ride calendar page. I long to ride, but there are many features of the club's website that are little known by many club members. At a recent meeting, Joanna indicated that our "rolling" editor Bernie wants to provide for sale ads for used cycling equipment. I commented to another longtime member that we already had a place on the website for folks to advertise their used equipment. Her response was, "We do?" Bernie, don't get me wrong… I think we could use ads in both places!

Deep in our website, there's a little-known tool if you want to touch base with another member but don't have their phone number or Email address. At the very bottom of the Contact SBRA page (https://www.sbraweb.org/node/863), there's a link to send another SBRA member an email without knowing their email address. Follow directions to access this feature, Their reply will provide a response and email address for future communication.

SBRA's website was created by Percy Zahl (past webmaster) in 2008. Advanced features (statistics tools and reports, membership, treasurer and newletter tools and much more) added and maintained by Brenda Meyer (current webmaster).

Most of the new members and visitors to the club's website get introduced to our club at the "front door" of our club via the home page. It's the activities displayed here that shows them that we have a dynamic and vibrant club. Unless you're in the minority of club members that attend meetings, this is the best way to find out what's happening in the club and what events are upcoming.

I tell new members that if you peruse the home page, you'll never get shut out of being fully part of any club event. For example, if you wait until receiving an email blast regarding the Lobster or the Hampton Maid rides, you might miss out on being seated at those events due to venue seating restrictions.

Aside from events, the home page provides direct access to many other website features such as links to the weather, a calendar providing the daily view of posted rides, the club's constitution, the club store, an interface for posting pictures and many other items. Also, you may not know that by clicking on the SBRA logo at the top-left corner of any other page you will be sent right back to the all-important home page.

The Photo Gallery (https://www.sbraweb.org/gallery2/main.php) presents the history of SBRA and its members. Pictures of club activities, from daily rides as well as social/ride events, are maintained on the club's website. Some pictures are from pre-2000, and some of the current members look a bit younger then;-). If you have pictures on your phone, you can upload them to the website via the Smart Phone Upload opp on the home page. We even accept and post photographs of club members involved with cycling activities off Long Island. For example, this picture (https://www.sbraweb.org/gallery2/main.php?g2_itemId=7355) from 2009 has three current members.

Lastly, there's the SBRA Forums page which has eight different forums of interest to members and riders. The forums cover the following topics: SBRA club matters for discussion, locations of LI road work, photo gallery update notices, bike mechanical related topics, bike and parts sales, education and safety topics, health/medical issues and nutrition focusing for cyclists, and a suggestion box forum.

And Remember, just don't read the information on the website, your contribution and input are worthwhile and will keep our club vital and rolling along!

From the Editor

I must say that after having laid out the latest issue of Rolling Wheels, I am amazed at the talent of those that have contributed their writing, technical expertise, and wit to it. As I have said in the past, my vision for the newsletter was to have it contain a wide variety of articles so that it would appeal to all riders, from the casual to the determined. Hopefully, in this issue, there will be something you will find exciting and informative.

I know there are others out there who have a lot to offer their cycling friends. Whether it is an idea for an article that needs to be written, or perhaps an article you would like to write yourself, maybe a comment about something you have read, a photo you've taken, let your voice and talent be heard. For some, there might be some writing anxiety, like going up in ride class, lol, but give it a shot, we aren't looking for the next great Pulitzer just writing that will inspire, inform or make a reader smile.

Please remember that few read a newspaper cover to cover. We tend to pick and choose, to graze through before we stop and find something to enjoy. Hopefully, that will be the case, when you read this month's issue of *Rolling Wheels*.

ROLLING WHEELS

Wanted: Always looking for Writers & Photographers

Share those Facebook photos

Contact: Bernie Scherer bys1@optonline.net

Preparing for the Montauk Century

About the Training:

First Time Century Riders:
Bob and Josie Goykin, long-time SBRA members, help first time century riders get ready. Bob and Josie have, over the years, assisted hundreds of SBRA members take part in this exciting event. If you have questions or wish to sign up for the program, email Bob and Josie, Century@sbraweb.org, as soon as possible. Include "SBRA Century Training" in the subject line of your email.

Experienced riders:
Join any of the Montauk training rides which begin mid March 2019. Most of the training rides are on the weekends with progressive mileage increases week to week. Training is available for most ride levels. Check the ride calendar for all experienced riders training rides.

Due to insurance rules, SBRA membership is required for this event. There is a limit of 130 riders for the "with train ticket" option (no limit for "no train ticket" option).

Again this year ... there will be an option for riding a Metric Century. Cue sheets are provided but the route is not marked. No supported water stops. SAG service will be limited. If you have never done a long ride, please have an alternate ride home. Rain Date is Sunday, June 9th

The SBRA Annual Swiezy/Pope Memorial Montauk Railroad Century 2019 description and signup can be found on our website at:
https://www.sbraweb.org/node/31543

CENTURY FLIER ON PAGE 9

Upcoming Cycling Events

BIKE NEW YORK EXPO

May 3-4, 2019

The largest bike expo on the East Coast, returning to Basketball City in Lower Manhattan! Free & open to the public.

https://www.bike.nyc/events/bike-expo-new-york/

Granite State Wheelmen Seacoast Centurey

September 20-22 2019

Early registration -
$55 for adults
$25 for 15 & under
After July 31st, fees increase to $65/$30
day-of-registration is $75/$35
https://www.bikereg.com/seacoast-century

Time: 7:00 am
Date: Saturday, June 8, 2019 *(Rain Date: Sunday, June 9)*
Place: Babylon Train Station

Join the Suffolk Bicycle Riders Association for Long Island's premier 100 mile ride.

To participate you MUST BE A CURRENT SBRA MEMBER by March 31, 2019 (NO EXCEPTIONS).

Registration fee with a one way non-refundable train ticket is $30 and must be postmarked by June 1st.
Registration fee no train ticket is $15 and must be postmarked by June 1st.

There is NO day-of registration for this event. Cue sheets are provided, route not marked. No supported water stops.

SAG service will be limited: If you have never done a long ride please have an alternate ride home.
Riders receive snacks and a comfortable ride back to Babylon on the LIRR **(if registered with train ticket option).**
Bicycles are individually padded by experienced club members and returned to Babylon by moving van.

Due to insurance rules, SBRA membership is required for this event.
There is a limit of 130 riders for the "with train ticket" option (no limit for "no train ticket" option).

AGAIN THIS YEAR ... there will be an option for riding a Metric Century.
Cue sheets are provided but the route is not marked.
No supported water stops.

SAG service will be limited. If you have never done a long ride, please have an alternate ride home.
Rain Date is Sunday, June 9th

ONLINE PAYMENT MUST BE RECEIVED BY JUNE 1, 2019
(**NO EXCEPTIONS**)

Must be paid on the SBRA webpage via PayPal. **No checks will be accepted.**

Click here to sign-up NOW!

Or go to: https://www.sbraweb.org/node/31746

If you have never participated in a century ride before.
See our "Preparing for the Montauk Century" on page 8 to find out how easy and fun it can be!
Or go to https://www.sbraweb.org/?q=node/170

Event Coordinator:
Joanna Pascucci
Call: 631 747-3464 or email: montaukcentury@sbraweb.org

General Meeting Minutes

March 7, 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 February 2019 General Meeting minutes were accepted, seconded and approved.

COMMITTEE REPORTS

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.

Statistician (Tricia Brandt) –In February, 97 rides were posted and 74 rides were ridden.
Total mileage for the month of February was 12,243 ridden by 125 riders.
Total mileage Year to Date (Nov-Feb) is 65,321.
All ride sheets were submitted and the vast majority within 2 days. THANK YOU!
Rides were led by 22 different ride leaders in the month.

Mileage leaders:
James Drago 1979; Brian Toole 1826; Mike Cole 1674

2019 Executive Committee

PRESIDENT	Joanna Pascucci	631-747-3464
VP ADMINISTRATION	Jeff Meyer	631-471-2129
VP OPERATIONS	Wendy Schmittzeh	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	Jeff Meyer	631-471-2129
GRAPHIC DESIGNER	Brenda Meyer	631-245-2833
MONTAUK CENTURY J	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

Ride Leader Credits:
Jeff Meyer 50; James Drago 42; Norm Samuels 38

Sweep Credits:
Dennis Desmond 33; John Bambach 21; Lynn Roesel 19

It is important to renew your membership if you haven't done so already. (It was due by the end of February) You will not get mileage, sweep or ride leader credit if you have not renewed!

Sunshine Report - (Bruce Presner) – Donny Leahy was injured, Larry Falkman lost his wife, Barbara Westrich, who passed away. Bob Miller had hip surgery.

Membership – (Ronnie Levy) – There were 853 as of February 28th. As of March 1st there are 557 members who have renewed. In February there is one new member and 9 bike clubs. Please use the yellow membership forms not the green ones.

Safety Director – (Paul Miklean) – The safety committee is doing community outreach. Brookhaven Township does a bicycle rodeo 3 times a year. The bicycle rodeo teaches children bicycle safety. At the Holbrook ecology center there is a building south of the parking lot called "Safety Town" They give kids bicycling and pedestrian safety training. The first safety rodeo is April 13. Paul is looking for 10 volunteers. Paul, Fred McKenna and their wives have volunteered. First come first served.

Ride Director – (Dan Rostrup) – There was good attendance at Super Cycling Saturday. Dan is planning a Ride with GPS workshop.

OLD BUSINESS

BBB June 2nd 2019. (Joanna Pascucci) We are waiting for permission from Southampton town before we can post the ride on Active

Montauk Century June 8th 2019. (Joanna Pascucci) Ride leaders should start to post training rides once the weather improves.

Rolling Wheels (Joanna Pascucci) Bernie is looking for stories and articles for Rolling Wheels.

LI Cares (Joanna Pascucci) About 300 pounds of food was donated at Super Cycling Saturday.

Winter Parting Shots

photo by Richard Dittmar

Mike Fiorello during his first fat tire ride.

photo by Norm Samuels

John contends with a snowy trail during a recent ride.

General Meeting Minutes continued

NEW BUSINESS

LAB Ride Leader Training (Joanna Pascucci) This is 2 day certification class. $50 fee. May 17th/18th. Harborfields HS in Greenlawn.

Great Brookhaven Clean-up May 18th . (Joanna Pascucci) We are looking for someone to organize on behalf of SBRA. This is a road cleanup effort.

GUEST SPEAKER: Joe Brown Director of the Long Island Region of the NYS Dept of Transportation speaks about ocean parkway shared bike path. Joe is an avid cyclist and a member of Huntington Bicycle Club. There is a bicycle committee in the DOT. Joe described current DOT bikeway projects and improvements in road design.

Adjournment – The meeting was adjourned at 8:10 PM.

Respectfully Submitted,
Bruce Redlien, Recording Secretary

SBRA CLUB STORE

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

The Market

The Market is a new feature of Rolling Wheels

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

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270 Larkfield Road
East Northport, NY 11731
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CAMPUS BICYCLE

1077 Route 25A
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Phone: 631-689-1200

KREB CYCLE

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620 Middle Country Road
Middle Island, YN 11953
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Massapequa Park, NY
11762
Phone: 516-798-5715