

# ROLLING WHEELS

SUFFOLK BIKE RIDERS' ASSOCIATION

October 2019

## STILL TIME TO REACH 2019 MILEAGE GOALS

**SBRA CARES**



**October 6**  
**Southaven Park**

Click to learn more



**Oktoberfest**  
**RIDE**

**OCTOBER 20**  
**BLUE POINT**  
**BREWERY**

Details to be posted soon

### HALLOWEEN RIDE

**OCTOBER 27**



Click to learn more



### Daily Rides

- Sunday
- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday

### In This Issue

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- ALA Bike Trek
- Cycling Gear Roundup
- Market Place




<http://www.sbraweb.org>

# Message From the President

It's hard to believe that a year has passed since our long-standing President Bob DeVito resigned his role as President of SBRA and I was elected to fill his shoes. As President, I wanted to do something impactful that involved all members, and that was how the SBRA CARES ride came to be. It is our way of raising money for a much-needed cause right in our backyards.



We sometimes take our good fortune for granted; however, many elderly on Long Island are on limited incomes which only covers their housing. There are also families where the parents work two jobs and still struggle to put food on the table. Long Island Cares supplies churches, food pantries, and shelters with food, clothing, supplies, and even pet food to those in need of assistance. I have been talking about this ride since January, and now it is finally here. There is a flyer on our website that tells you the date and how to sign up and donate even if you are not able to do the ride. Let's show Long Island Cares that SBRA CARES and we are here to help.

Our bike shops have donated Gift Cards and items to raffle off after the ride. Brendell's is donating Bagels for the ride start, and our friends at Mi Territa are treating us to Empanadas after the ride. Bring a chair and enjoy everything everyone brings to make this the best tailgate party SBRA style!

Please check-in when you arrive with Ronnie Levy. There are many rides posted so, please support our cause and be sure to sign up and show up!

It has been an honor serving as President this past year alongside the other dedicated board members, and I hope we have served you well and look forward to another year of firsts for SBRA. We are a volunteer club and could not accomplish what we do without everyone graciously giving their time to make SBRA the best Bike Club on Long Island. Let's not forget all our members that support our club events and our rides every day. This is what makes us unique.

Thank you,  
Joanna

## 2019 Executive Committee

PRESIDENT	Joanna Pascucci	631-747-3464
VP ADMINISTRATION	Jeff Meyer	631-471-2129
VP OPERATIONS	Wendy Schmittzehl	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	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

## Important Dates

-  SBRA Cares Ride October 6

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-  ALS Ride For Life's 7th annual Bike Trek October 6

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-  4th Annual Cycle NY Advocacy Ride October 13

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-  Henry Schmidt Memorial Halloween Ride October 13

## October General Meeting

Thursday, October 3-- 7:00 PM

## ROLLING WHEELS

**A SPECIAL THANKS TO  
NORM SAMUELS & ALL THOSE WHO  
HAVE SUBMITTED PHOTOS  
TO SEE MORE OF THEIR WORK HIT  
THE LINK BELOW**

<https://www.sbraweb.org/gallery2/main.php>

# Why I Ride



## Ron Goodstadt

Number of years cycling: 25  
Favorite ride level: B or faster  
Other Interests: My Granddaughter

some for just a ride or two, others for a lifetime. these friends are people you only see on the bike once a week but they have become essential to my everyday life. i am lucky to share the friendships of different paced riders which allows me to ride with the many ride classifications this club has to offer. but, the older i get, the faster i WAS!!

in closing , i would like to thank pete and lil for “allowing” me to jump into cycling with both feet and to my “wing men”, larry fuchs and tom cherry.....”you never never leave your wingman”...

Please support this popular column  
Tell us why you ride  
Submissions to: [bys1@optonline.net](mailto:bys1@optonline.net)

### in the beginning.....



the year was 1994; a friend asked me to do bike ny with him. i bought a bike on saturday and rode the 42 mile event the next day. i was hooked. my first club ride was with bruce pressner where he “finger picked” and we snacked all ride long. his advice to me was “get a cannondale” and “only ride campy.” thus, i bought a cannondale r600, the only year it came equipped with campy. ps-i still only ride campy!!

in 1995, i became a graduate of bob and josie’s century riding university and have been doing this (and other local centuries/event rides) ever since. my passion for the bike has taken me to france to watch/ride along the tour de france and to south africa where i participated in the cape argus ride (google it). i have raced triathlons (the cyclist on a relay team) and have done the ny grand fondo. the passion for the bike has also shown me the emergency rooms of many hospitals for broken bones and road rash/lacerations (thankfully, i was not always the patient). riding my bike has also introduced me to spinning (indoor cycling) where i am enjoying a 20 plus year career as an instructor. adding into the mix is my love for trail/mountain biking and riding the fat bike on the beach.

why do i ride??? riding is the way i keep my life balanced.....i have made many friends along the way.

## In Memorium

### Alan Yancovitz



SBRA would like to take this opportunity to acknowledge the loss of a valued member of our cycling community and offer our condolences to his family.

Alan, an active ride leader for many years, passed away on August 24th.

He will be missed by all.

## STATS NOVEMBER 1, 2018 - SEPTEMBER 28, 2019

TOTAL CLUB MILES: 432,608

### MILEAGE LEADERS:

BRIAN TOOLE 7,632

JAMES DRAGO 6,450

ROBIN SHEA 5,501

153 RIDERS ARE OVER 1000 MILES

65 RIDERS ARE OVER 2000 MILES

26 RIDERS ARE OVER 3000 MILES

# Ask The Cycologist

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



DEAR CYCOLOGIST,

I recently joined SBRA to ride and socialize with people. However, on many rides, no one says a word. I was born with a silver tongue. How do I strike up a conversation on some of these excursions?

Signed,  
GABBY

DEAR GABBY,

It would be best to use your silver tongue to tighten the nuts on your bike or aligning your rear components. Here are several reasons why:

- You'll speak too low
- You'll speak facing straight ahead
- Your replies will mostly be "What?", "Huh?", and "Sorry, I didn't hear you."
- You'll notice some riders moving away from you. Especially those in front of you.
- Some rude rider may eventually say, "Shut up." (Imagine?)

My best advice on this matter is to shut up. Concentrate, focus totally on riding on an imaginary 2-inch piece of tape running straight up the right side of the road. Peek out to see what lies ahead and tuck in nicely, but not too close, to the wheel in front of you.

You can't talk and be safe. It's a distraction. Save it for the break or the parking lot. Next month we will cover riding with no hands.

Signed,  
THE CYCOLOGIST

## New Members:

Andrea Adragna  
Andrei Fluerasu



**I'm no Tour de France expert... but it seems that the best way to win is to wear a yellow t-shirt**

## THINGS Christine LUV'S.....

BY CHRISTINE T\*\*\*Y



- 1) The Bernie Loop.....it's just FUN !!!
- 2) Bill's 8am Rides !!
- 3) Someone who knows how to change a tire !

- 4) Pizza after a ride ....YUM !!
- 5) The SBRA Website....TY Brenda !!
- 6) Considerate driver's and rider's...
- 7) Chamois creme.....LOL !!!
- 8) Watermelon after a HOT ride !!
- 9) Freshly paved roads....YaY !!!
- 10) SBRA's Rolling Wheels...it's a GREAT READ !!!

## October Birthdays:

Michael Adwar	Patricia Gittins	Dan Mussler
Cynthia Appold	Valerie Godfrey	Deborah Pisani
Janice Beach	Lou Greco	Claire Reed
Liza Bravo	Robert Hines	John Reichel
Luis Briceno	Kathleen Holleran	Anita Risener
Stephen Cartier	Margaret Jackson	Dan Roach
Joe Ceglio	Ken Jayne	Alistair Rogers
Michael Cochran	William Jessup	Howard Ross
Jeff Cohen	Nancy Jessup	Cathy Rostrup
Phil Creutzmann,	Angelika Lamprecht	Daniel Schettler
Glenn Danielson	Byron Lane,	Janine Schwalb
Denise DiMarco	Matthew Lassandro	Suzanne Schwartz
Dave DiRoma	Arunas Lauzadis	Susan Sears
Steven Dobo	Ronnie Beth Levy	Tony Selvaggio
Mary Engelbert	Nicos Luciano	Joseph Sidor
Lisa Felice	Ira Marder	Warren Sternberg
Janice Fleischman	Gregg Maynard	Lawrence Taylor
Eaton	Anne McGrath	Denise Tirino
Austen Galea	Charles Merritt	Lisa Valentine
Kathleen Galligan	Ralph Milleisen	Bill Wenk
		Richard Willis

by Paul Miklean,  
SBRA Safety Director

*This is a paceline ride,  
so why are you in the middle of the road?*

Paceline defined: "A formation in which riders travel in a line, one close behind the other, in order to conserve energy by riding in the draft of the riders in front, thus enabling the group to travel at a faster rate than any of the rides in the group, could do alone."  
[www.definitions.net/definition/paceline](http://www.definitions.net/definition/paceline).

Last month's Rolling Wheels included Michael Cole's article on Paceline Etiquette, describing how a group of cyclists can cooperate to ride faster and more efficiently in a paceline. Michael's excellent article addressed the basics, including 12 pointers to help keep the group together.

So . . . SINCE THIS IS A PACELINE RIDE, WHY ARE YOU IN THE MIDDLE OF THE ROAD?

I've been riding in a paceline with SBRA for some years now, mostly at the B/B+ level and occasionally at the B+ level. These rides, by my standards, can be rigorous with average speeds in the high teens. While most riders understand and cooperate with paceline etiquette, a few riders tend to gravitate, for no apparent reason, to the middle of the road, diminishing the benefits of the paceline and adversely affecting the ride.

With a simple paceline ride or with any ride, there are times when being in the middle of the road is unavoidable:

-- When falling back to allow a fresh rider in front. In these circumstances, the rider should join

the middle of the paceline to allow cars to pass.  
-- When briefly overtaking a rider in front of you. A quick correction should be made to get back into the paceline.  
-- Filling the gap. Passing a slower rider on the left and letting them know with a verbal "on your left."  
-- Getting around obstacles: Parked cars, runners/walkers, bicyclists not part of the ride, etc.  
-- Taking the lane as a group to make a left turn.

So why is it a problem when riders are not being cooperative with the paceline:

-- The obvious one is that the rider behind no longer gets the benefit of drafting and must exert the extra effort.  
-- The rider behind is also faced with the dilemma of what to do:

Do I move up and close the gap or should I leave the gap open for the rider to come back to the paceline whenever they want?

Do I say anything? When doing so, I've personally been addressed with an attitude from the offending rider.

Do I change my position in the paceline?  
-- The issue of "Car Back" becomes an annoyance as these riders often seem to ignore the command and maintain their improper position on the road, even after multiple warnings.

-- Safety: Riding in a group requires cooperation. Riders who are unpredictable make a ride less safe by putting themselves and others in jeopardy.

My hope is to raise awareness of this issue. Perhaps peer pressure may make a difference. As a ride leader, I intend on bringing it to the attention of those on rides that I lead. Also, as the SBRA Safety Director, I am asking ride leaders to address the issue prior to their ride.



The Date: 2009

Share your "Back in the Day" memories

Email stories, old photos  
& copies of Rolling Wheels

[bys1@optonline.net](mailto:bys1@optonline.net)

# Off Island Rides



Shortly after my mother died of lung cancer in May 2013 (and my father had previously died of lung cancer in 1997), I received a postcard in the mail with information about the American Lung Association's Autumn Bike Trek on Cape Cod. This event is held at the end of September each year. I'm not sure how it came to be that I was mailed information at just that time, but it made me consider doing the ride in memory of my parents. I had initially planned to go alone but started to talk to people in SBRA about it.

The ride has various options: 3 days 162

miles or 2 days 100 miles, and I suppose a one-day option of 42 miles. Rob Mundy had already planned to do the 3-day ride which goes from Plymouth to Sandwich to Brewster to Provincetown. Marie Rose, Henry Krajewski and I decided to do the 2-day ride which started in Sandwich to Brewster to Provincetown. Marie's husband, Jim, also came and volunteered at the



event.

The ride has been going on for over 30 years and is one of the best-supported rides I've ever ridden. It is a fund-raising ride (I believe a minimum of \$500. Higher amounts give you extra "perks" such as a jersey, someone to deliver your luggage to your cabin, a special gathering with food and drinks) and some of you will remember donating to us to attend!

The weather was cool in the morning but warmed up nicely. Though there were some hills, a lot of the ride traveled dedicated bike paths. As I said, the ride is well supported with great food, which includes a

make your own baked potato bar one day after the ride and a choice of lobster on another day! One evening a bicycling documentary was shown. The challenge was staying in unheated Boy Scout/YMCA cabins at night! (sometimes with other people who snore!) The first night the bathrooms were in a different building so having to "go" involved trekking in the chilly night air!

When you arrive in Provincetown on Sunday, there is time to shop, eat and enjoy the sights. A bus then brings you back to where your car is parked—either Sand-

wich or Plymouth. The ride was very rewarding though a bit of a challenge for me (to do the miles, 58 the first day, 42 the second and the hilly spots). Marie, Henry, Rob and I did it in 2013. The following year, Andrea Miller and I went back and did it again! If you are looking for a well-supported, beautiful ride to benefit a great organization, consider doing the ALA Autumn Bike Trek!

## SHARE YOUR MEMO-

EMAIL A DESCRIPTION OF YOUR TRIP TO BERNIE SCHERER (BYS1@OPTONLINE.NET) AND BE SURE TO INCLUDE PICTURES IF YOU HAVE THEM.



by Tim Mayr

## What's in your saddlebag?

Here's what I carry on my rides:

Two single-pack Wet Ones, four Band-Aids in two sizes, single-use Neosporin, single-use Bacitracin, pill case with aspirin, ibuprofen, and Imodium, Park TB-2 self-adhesive tire boot, Lezyne self-adhesive tube patch kit, presta removable valve core tool (tiny black wrench), two tubes in plastic wrap, two tire levers, two 8-inch zip ties, a Park IB-2 multi-tool, a Leatherman micra multi-tool, and a slim leather case for credit card, ID, and cash.

Note: no CO2 cartridges or inflator, they're the work of the devil.

All the first aid stuff goes into a small Ziplock bag, and everything fits into a Rixen Kaul Klickfix Micro SL saddle wedge, German made, by far the best sad-



dlebag you can buy. Bag clicks on or off the bike in one second, holds very securely and never sways or loosens. The mount securely attaches to the seat rails, and every size Klickfix bag uses the same mount, holds 1.2 liters, also available in smaller and larger sizes.

I also carry a compact frame pump, the Lezyne Road Drive, which mounts to my seat tube water bottle bosses.



The roads to the Beach Bakery are a mess until Memorial Day, but we do have Nettie's.





**THEY CAME TO NEW ENGLAND  
THEY RODE 40 OR 50 OR 70 OR 100 MILES  
THEY SHARED LAUGHS, FOOD, FRIENDSHIPS  
THEY ATE WONDERFUL DINNERS & DELICIOUS ICE CREAM  
THEY HAD A GREAT TIME!**



# General Meeting Highlights



President Joanna Pascucci and Bernie Scherer gave an update about the SBRA Cares ride on October 6.

September's general meeting at the Community Rec Center provided members with information and updates about SBRA. A vote on the use of electronic voting, a change in the constitution, was postponed so that language in the proposal could be changed. Our guest speaker, Jared Caspe, spoke about how to avoid biking injuries as well as various stretching exercises that might be **beneficial for cyclists. For detailed information about the meeting, see the General Meeting Minutes.**



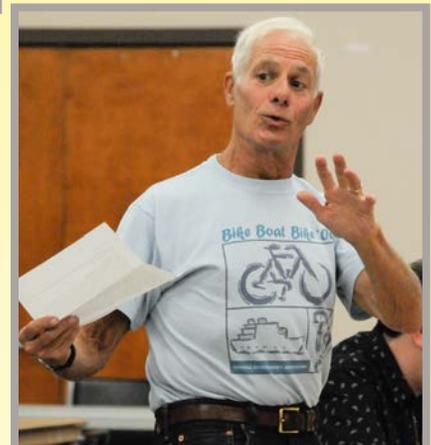
Paul Miklean, Education and Safety Director, spoke about the importance of correct fit and proper adjustment of cycling helmets.



Marty Buchman asked members to participate in the 4th Annual CycleNY Advocacy Ride to benefit the NY Bicycling Coalition.



Jared Casper, a physical therapist, was the night's guest speaker. He provided some valuable insights on how to stay healthy when cycling.



Norm Samuels reintroduced his amendment to the constitution with some wording changes.

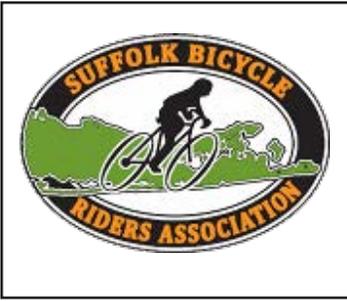


Bruce Presner gave relayed the sad news of the passing of long-time member Alan Yancovitz.

**DON'T MISS OUT!  
ATTEND OCTOBER'S GENERAL MEETING**



Joe Matzelle gave an accounting of various budget expenditures.



# General Meeting Minutes

September 5, 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 August 2019 General Meeting minutes were accepted, seconded and approved.

## COMMITTEE REPORT

**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.

**Sunshine Report** - (Bruce Presner) – A rider Carol was injured on a ride a few weeks ago and is still in the hospital. Susan Sear's Mom passed away, Greg Eisenstein's Dad passed away. Alan Yancovitz, a long time member has passed away.

**Safety Director** – (Paul Miklean) – Paul has noticed some riders are not wearing their helmets correctly. Please make sure that your helmet straps are adjusted so that the helmet sits square and the straps hold it tightly on your head

**Membership** – (Report by Norm Samuels) – As of August 31st there are 780 members of which 32 are honorary members and 9 are new members in August. There are 9 bike shop members.

**Webmaster** – (Brenda Meyer) –

If you see something that is not right or have any suggestions please contact Brenda.

**Ride Director** – (Dan Rostrup) – We have sent in routes for the ALS ride.

## OLD BUSINESS

**Electronic Voting Constitutional Amendment** (Norm Samuels) Norm resubmitted the proposed amendment to the constitution. The voting will be tallied by a web service and the voting will be after the November meeting. Candidates may be nominated in the October and the November meeting. The amendment is attached.

**Upcoming elections:** All positions are open to interested candidates. We need candidates for VP of Operations and Ride Director, Wendy and Dan are not coming back.

**SBRA Cares Ride** (Bernie Scherer) We have sent email blasts asking for participants. Members only on the ride. Please pay by paypal. You may make donation without going on the ride. The ride will

start at Southaven park. We will have a tailgate party at the park after the ride.

## NEW BUSINESS

**The 4th Annual CycleNY Advocacy Ride on Long Island to benefit the NY Bicycling Coalition** - (Marty Buchman) The ride benefiting NYBC is on October 13. Check the website for details.

**The Wading River to Port Jefferson Trail** - (Marty Buchman) Work has not started on the trail and there is no set date for the ground breaking. We can query Legislator Sarah Anker on the status to nudge the project forward.

## GUEST SPEAKER

Jared Caspy Physical Therapist. Jared described stretches and exercises to alleviate aches and pains from riding.

## ADJOURNMENT –

The meeting was adjourned at 8:10 PM.

Respectfully Submitted,  
Bruce Redlien, Recording Secretary

**DON'T FORGET TO SIGN UP  
FOR SBRA CARES RIDE**



**October 6**

# Proposed Constitutional Amendment

September 5, 2019

The following amendment to the Constitution of the Suffolk Bicycle Riders Association is put forth for deliberation and voting.

Current Article IV:

## Article IV Officers of the Organization

Section 2: The Members shall elect all Officers at the November meeting. A majority of a quorum shall be necessary to constitute the election of an Officer. Each Officer shall serve the term of one (1) year, or until his successor is elected, except as specified in Article V of this Constitution. At the expiration of his term, any Officer may be re-elected. No Member shall be entitled to hold more than one office at the same time. In the event that a tie would result from the voting of any office, a new election shall be held at the same meeting, upon an entirely new ballot, in an endeavor to dissolve the tie.

Section 3: At the regular meeting of the Club held in September of every year, the President shall appoint a Nominating Committee consisting of three (3) Members, whose duty it shall be to make nominations of the Officers and Directors whose names shall be presented at the October meeting. Those nominated shall be candidates at the November meeting. In addition to the nominations thus made, nominations may also be made from the floor at the October and November meetings by Members in good standing. All elected Officers and Directors shall take office at the January meeting following their election.

Amended Article IV

Section 2: The Members shall elect all Officers in the week after the November meeting by an online electronic vote. A majority of a quorum shall be necessary to constitute the election of an Officer. Each Officer shall serve the term of one (1) year, or until his successor is elected, except as specified in Article V of this Constitution. At the expiration of his term, any Officer may be reelected. No Member shall be entitled to hold more than one office at the same time. In the event that a tie would result from the voting of any office, a new election shall be held at the same meeting, subsequent to the tally upon an entirely new ballot, in an endeavor to dissolve the tie.

Norman Samuels

Paul New

Bonnie A. Samuels

## PLEASE NOTE:

This proposed Amendment has been withdrawn and will be resubmitted at a later date.

There will be **NO VOTE** on this at the October Meeting.

# The Market

## Thule Archway 9009 two-carrier trunk bike rack



### BIKE RACK

Purchased rack for 2009 Toyota Camry. Owner's manual lists sedans it fits up to year 2011 and newer models on Thule website.

Trunk locking strap not included but can be purchased new for \$25 on Thule website.

Built in bike lock with keys included.

**Condition:** Very Good

**PRICE:** Asking \$35.00 make offer

**SELLER:** Elizabeth McLoughlin

**EMAIL:** bettymac1981@icloud.com



### TOUR DE FRANCE JERSEY

100th year anniversary

**Condition:** New (never worn)

Size: XXL

**PRICE:** Asking \$100.00

**SELLER:** Ron Goodstadt

**EMAIL:** sheronrx@aol.com

### 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](mailto: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



### SPECIALIZED DOLCE WOMEN'S ROAD BIKE

THIS ROAD BIKE IS 7 YEARS OLD AND HAS BEEN WELL MAINTAINED. CURRENT OWNER IS 5'4"

**CONDITION:** VERY GOOD

**PRICE:** \$400.00

**SELLER:** LYNN HEIMBERGER

**EMAIL:** LHEIMAIL@GMAIL.COM

# Support Our Sponsors



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



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



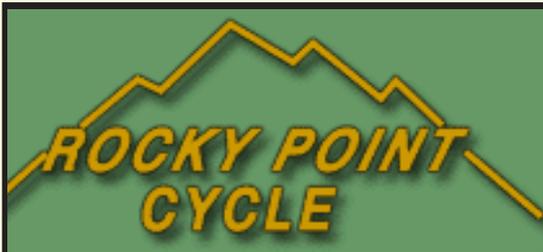
1077 Route 25A  
Stony Brook, NY 11790  
Phone: 631-689-1200



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



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



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



121 East Main Street  
Riverhead, NY 11933  
Phone: 631-567-3082



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



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



218 East Main Street  
Babylon, NY 11793  
Phone: 631-587-6709