

# ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

April 2020

## SBRA HITS THE BRAKES

# CORONAVIRUS

## GROUP RIDES HALTED

To our valued members,

As the President of SBRA, I have asked the board to vote on suspending rides until the end of March and longer if that is what needs to be done to protect our members from the possible spreading of the Covid-19 virus.

The board has voted yes to suspend rides at this time.

We are all adults and can make decisions for ourselves; however, the club will not encourage group riding which puts you and others at risk of getting or passing on the virus.

This decision was not made lightly, and I feel like we have made the intelligent decision for our members safety.

We will update the website as more information becomes available.

**Joanna**  
SBRA President

EAD SM/Manorville		CANCELED	Bobby Ploetz	Sunshine Mall	30mi	B-	flat/rolling	S	Road Bike
refuge Ride		CANCELED					flat/rolling	S	Road Bike
IPDATE - onkonkoma to ayville Loop		CANCELED					flat	S	Road Bike
unshine lanorville changed to 10 ride tart		CANCELED					flat/rolling	S	Road Bike
ilacier Ridge anity Ride		CANCELED					rolling	S	Mountain Bike
group riding 101		CANCELED					flat	S	Road Bike
unshine lanorville		CANCELED					flat/rolling	S	Road Bike

## Chris-Joinnides

Ride Level (guests welcome for 1 ride, \$30 Annual SBRA Membership required thereafter)

**Distance:** 33mi  
**Class:** A-  
**Terrain:** flat  
**Grp:** S  
**Type:** Road Bike



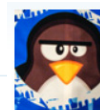
### Details (RL read field instructions carefully):

The Krieb Ride has been canceled this week. In an effort to slow the spread of the Covid 19 virus we feel that holding a paceline group ride is not the proper choice right now. With the scientific community stressing that the next few weeks are vital in trying to control this pandemic we have suspended the ride. I know how much we value the time we get to spend with each other and the social aspect of this ride has been one of the fantastic things about it for so long, and it is for that reason that the ride is suspended.

We're all making tough decisions right now...about work, about our loved ones and friends. I'm looking at a situation where the busy part of our season could be totally wiped away with cash flow being a severe problem..... but we need to make smart choices that keep us all safe as a community.

## Bobby-Ploetz

**Distance:** 30mi  
**Class:** B-  
**Terrain:** flat/rolling  
**Grp:** S  
**Type:** Road Bike



### Details (RL read field instructions carefully):

Let me start by saying I'm not looking for a rebuttal, or a debate. The SBRA board is thinking about shutting down the ride calendar due to the virus. If you are a ride leader, or a rider who feels like they shouldn't ride, this is your choice, you know your own situation, don't ride! Don't post! I know my own situation; I will make my own choices, and not be bound by other opinions. If the calendar gets shut down, and you still want to ride with me, we will have to do it by email, or texting in order to set up a ride. My email address is [bploetz28@gmail.com](mailto:bploetz28@gmail.com). Or text me at [631.484.3490](tel:631.484.3490). With me, texting works best. All my rides will be a B minus. If I get slower riders I will adjust the pace. You will not be left behind.

I have a ride up for today which will not be cancelled. For Sunday if it's not too cold I have a ride up as well. I am an adult, I know my risks, I go to Home Depot, the food stores, the post office etc. I'm of the opinion, the world is not ending and life goes on. That being said... **If you are sick, or feel sick, for the safety of your fellow riders please don't ride today.**

## Anita-Risener

**Distance:** 10mi  
**Class:** C+  
**Terrain:** rolling  
**Grp:** S  
**Type:** Mountain Bike



### Details (RL read field instructions carefully):

NOTE: I just saw on Bobby's post that the board is considering shutting down the ride calendar. I disagree with this as I feel we are lucky to be able to ride outdoors where we can maintain social distance, get fresh air, and release feel-good endorphines during these very stressful times. Personally I am taking this virus very seriously and observing strict social distance and sanitizing practices per agency recommendations. I believe Riding represents a healthy means of socializing in a low risk situation and as adults we can decide our risk factors. If the calendar shuts down, I too will look to ride with anyone who wants to ride the roads or the woods at about my pace. You can text me at [631-806-9662](tel:631-806-9662) or email at [arisener@optonline.net](mailto:arisener@optonline.net). Since I am avoiding almost all social contact, I feel this is my healthiest outlet to maintain my sanity.

## Jeff-Meyer

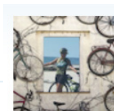
**Distance:** 24mi  
**Class:** C+  
**Terrain:** flat  
**Grp:** S  
**Type:** Road Bike

### Details (RL read field instructions carefully):

**UPDATE - The BOARD is suspending club rides being posted on the website, and those currently posted will most likely be removed (including this one). However, individual ride leaders may still lead rides (nothing to do with the club) and, obviously, follow safe guidelines regarding the virus pandemic. I will still be going out on this ride, and will either mention other on the Forum, or in individual emails. Everyone must make their own decision to ride or not - obviously don't if you are sick or ill 0 but if you want the exercise, and to get out in the fresh air (which is what is being recommended), you are more than welcome.**

## Joanna-Pascucci

**Distance:** 33mi  
**Class:** B  
**Terrain:** flat/rolling  
**Grp:** S  
**Type:** Road Bike



### Details (RL read field instructions carefully):

I will not be leading any rides until we are over the Covid 19 crisis.

# Message from the President



When I set out to write my message for the newsletter, I try to find positive things to share with our members that might inspire and have you look forward to our upcoming events.

I know that canceling rides was not supported by all, but the

decision was made with everyone's safety being the only concern.

I find myself at a loss because we don't know what the next few months will look like for us. One thing I know is that cycling is healthy during this time but not in groups. If you can go out and ride alone, it is beneficial for your physical and mental health during these times of uncertainty. Take a selfie and send it to Norm so we can see how you are doing.

I was driving home the other day and saw a sign on

a closed storefront. It read, "United We Stand, Divided We Fall."

I have seen this saying many times and heard it sung in songs since I can remember. Seeing it this particular time struck me differently and made me really think about what it means for us today. We must all do the same thing and practice social distancing, or our friends and family and colleagues will fall to this virus. As cyclists it is our nature to want to get out there and ride and socialize with our friends, so

**I was driving home the other day and saw a sign on a closed storefront. It read, "United We Stand, Divided We Fall."**

not riding every chance we get is particularly hard on us. But I promise you that getting the Covid-19 virus is far worse. I ask everyone for your patience until we feel

it is safe to post rides again. In the meantime, keep in touch with your cycling buddies via Facebook, the SBRA forum, or by phone to let them know you are thinking of them and look forward to being able to pull into a parking lot and meet up with your SBRA friends and pedal to wherever the road takes you.

Be safe, my friends.

Joanna

**LET US KNOW WHERE YOU'RE GOING ON THOSE SOLO RIDES**



**Send  
Selfies  
to  
Norm**

## Important Dates

	<b>Bike-Boat-Bike</b>	<b>June 6</b>
	<b>Montauk Century</b>	<b>June 13</b>

**STATS NOVEMBER 1, 2019 - MARCH 26, 2020**

**TOTAL CLUB MILES: 80,698**

**MILEAGE LEADERS:**

<b>BRIAN TOOLE</b>	<b>2,497</b>
<b>ROBIN SHEA</b>	<b>2,225</b>
<b>JOHN SHEA</b>	<b>1,898</b>
<b>GARY RISTAU</b>	<b>1,843</b>

## 2020 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	Bruce Redlien	631-567-7551
ADVOCACY DIRECTOR	Joe DePalma	631-235-9467
EDUCATION & SAFETY DIR.	Manny Rosenkrantz	
MEMBERSHIP DIRECTOR	Ronnie Levy	631-696-0832
RIDE DIRECTOR	Tom Miceli	
SOCIAL DIRECTOR	Darlene Merola	631-708-5396
WEBMASTER DIRECTOR	Brenda Meyer	631-245-2833

## 2020 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	Norman Samuels	631-928-3913
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



## Christine's JOY of Biking...



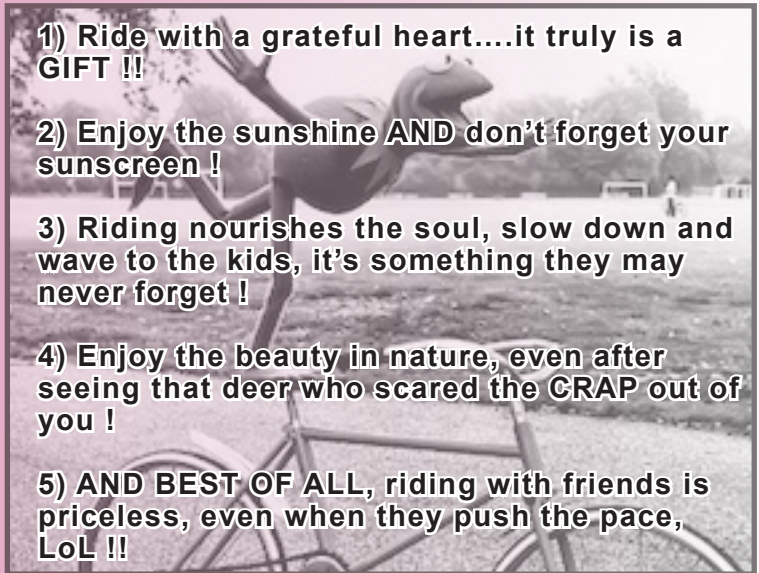
1) Ride with a grateful heart....it truly is a GIFT !!

2) Enjoy the sunshine AND don't forget your sunscreen !

3) Riding nourishes the soul, slow down and wave to the kids, it's something they may never forget !

4) Enjoy the beauty in nature, even after seeing that deer who scared the CRAP out of you !

5) AND BEST OF ALL, riding with friends is priceless, even when they push the pace, LoL !!



## Safety Tip

BY MANNY ROSENKRANTZ

*Education & Safety Director*

**STATISTICS SHOW POOR CORNERING TECHNIQUE AS A LEADING CAUSE OF ACCIDENTS. HERE ARE SOME BULLET POINTS TO HELP YOU IN BEING EFFECTIVE AT CORNERING.**

1. Look where you want to go. Don't let your focus go to some object that you see in the turn.

2. Brake before the turn gradually then release the brake into the turn.

3. The outside leg is straight at the 6 o'clock position and you push with the inside leg as you go around the corner.

4. Your center of balance

has to be to the inside of the turn. Be careful on wet roads, gravel, sand or grates as they will reduce your tires grip when your center of balance is to the inside of the turn. Reduce your speed accordingly.

5. Keep a low center of gravity if you are riding downhill with some turns. Think about going down Snake Hill Road in Cold Spring Harbor, a steep downhill with some sharp turns. Bend at the waist, get your upper body somewhat parallel to the ground and get on the drops. Do not try the pro's super tucks, although I have seen Lisa Roman-nace get quite proficient at it.

## GORDON'S THOUGHTS

**THE SEASON IS JUST BEGINNING PLEASE BE ALERT DON'T GET HURT.**

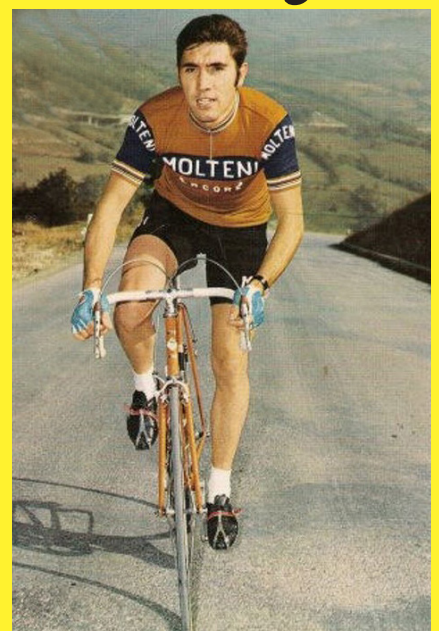
**WEAR BRIGHT COLORS  
HAVE LIGHTS IN THE BACK  
& FRONT**

**DO AN ABS QUICK CHECK  
AIR IN TIRES  
CHECK BREAKS**

**SPIN TIRES TO CHECK THAT  
NOTHING IS RUBBING**

**OBEY ALL THE TRAFFIC  
LAWS JUST LIKE WHEN  
YOU DRIVE A CAR.**

## Name the Cyclist





# Ask The Cycologist

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

DEAR CYCOLOGIST,

My wife says I'm putting on a few pounds. How can this be, when I ride quite a lot.

When I ride from Eastport, we stop at the Beach Bakery.

When I ride from Calverton, we stop at Briermere.

When I ride from Eastport, we stop for pizza.

When I ride from Maples, we stop at Bean and Bagel.

When I ride from Sayville, we stop for pizza.

When I ride from Bellport, we stop for bagels.

When I ride from Eastport, we stop at Netties Bakery.

When I ride from Ronkonkoma, we stop at Gourmet Bagel.

When I ride from Oakdale, we stop for bagels.

When I ride from East Islip, we stop at the golf course for snacks.

When I ride from Seatauket we stop for bagels.

What can I do to lose a few pounds?

SIGNED,  
THE BIG KAHUNA

DEAR BIG KAHUNA,

I completely understand your issue. In fact it is very common among bike riders doing more than 20 miles per ride. You get hungry, you have to feed the beast. There are several remedies, but please resort to these ONLY if you are serious about losing weight.

I see the areas you start from and have found an Orthodontist for you on 425 Oshkosh Ave. that opens at 6am. Your first visit will take an hour to set the post in your jaw and wire your mouth shut. On your way home it will take a minute for her dental assistant to clip the wires, leaving the posts in. On your next ride the dental assistant can rewire your jaw in less than a minute and send you on your way. You may return once again after the ride for 30 seconds to reopen.

A second option is Crazy Glue. Put two dabs of glue on your back molars and close your mouth. Saliva breaks down the glue after three hours with no problem. You should be able to open your mouth by the time you arrive home. Please be careful not to get any glue on your lips. That could result with you being fed through a tube in your nose for about three weeks.

A third option is to only bring two dollars with you on a ride. Warn the other riders in your group not to give you any money no matter how pathetically you beg during the break.

Although extreme, these methods have proven to work.

SIGNED,  
CYCOLOGIST

## Season NOT over Just Postponed





This is the first of several articles on mountain biking. Hopefully, new mountain bikers will learn some of the basic terms and strategies so they can enjoy many rides on the trails.

In this article, let's look at several elements that must be considered before and during a ride.

I believe Mtn Biking is safer than Road Cycling as long as you STAY WITHIN YOUR ABILITY ENVELOPE.


In order to stay safe, it is essential to know the difficulty level of the trail you will be riding on. Many of the trails on LI are maintained by Concerned LI Mountain Bikers or CLIMB and are marked relative to their difficulty.

### Markings:

Blue Diamonds or Blue Squares are for Beginner and Intermediate riders.

Single Black Diamonds (BD) are suitable for Intermediate and Advanced riders.

 Double Black Diamonds (sometimes marked as "Most Difficult") should only be attempted by Intermediate & Advanced riders.

 Some trails & fire roads are marked ("blazed") with trail/fire road identifiers.

### Ticks:

Many trails in LI are wide enough to avoid picking up ticks as long as one stays on the trail. During the late Spring, Summer, and early Fall, the growth of vegetation does reduce the clearance; however, most of the trails remain relatively clear.



Some riders also use OFF or other commercially available bug repellents before riding.

Nonetheless, I always check for ticks after riding. Please Note: I think that ticks are not as scary as some people feel as long as one stays on the trail. I've had only one tick per year for the past two or three years (maybe because I eat garlic ;-)) even though I can't say that I always manage to stay on the trail ;-(.

### Metering One's Strength:

Not blowing out of the gate and conserving one's strength is more necessary on the trail than

on the road. Being tired increases the danger of not being able to maneuver and handle the bike during a technical challenge that would generally be successful.

### Type of Trails:

**Single Track:** Trails have a two to three-foot-wide dirt base and give enough room for one bike to ride without brushing against the vegetation. Here, dirt is often covered with leaves and pine needles.

**Multi-track trails** provide enough room for two or more bikes. Sometimes it may be a single track that's been worn wide – especially at turns.

**Fire roads** are ten to twenty feet wide and often have been rutted by vehicles. They usually have a rocky and/or sandy base but are totally safe from ticks.

### Terrain:

There are several types of terrain that mountain bikers will encounter.

**Flat, Rolling, Hilly:** If you need an explanation don't get on a bike!

**Downhill:** This type of trail is not really found on Long Island.

**Open Field:** Very often overgrown and a good place to avoid since ticks will often abound.



### Trail Base:

**Packed Dirt, Rutted, and Sandy:** Usually, these are the bases bikers will encounter and are self-explanatory.

**Slippery:** Not only is ice a concern in the cold but leaves and pine needles can move under the wheel and can make fast turns a difficult technical issue.

**Sticky:** This is my term for my favorite base. Sometimes after a rain, the tires barely leave an impression. Still, turns are more controllable even though there's more friction to fight when adding speed.

Wet or muddy trails should not be ridden on as it produces ruts which create additional technical obstacles that grab rider's steering even when dry.

BE SURE TO READ PART II  
NEXT MONTH




# Looking at Solo Riding ... A COMMENTARY

BY TIM MAYR





Club riding is great, but doing a solo ride can also be very rewarding. I do about half my cycling with the club or on other organized group rides, but the rest of my miles are ridden solo.


 On a solo ride, you're always on a route of your choice, and you're free to change the route and go exploring, maybe finding out where that side road goes, or


search a new loop through a neighborhood.


SBRA also has an extensive RideWithGPS library that's available to all members free of charge, and there are hundreds of routes available for downloading.

 When riding alone, you can set your own start time and schedule. Maybe it's a bit too chilly at 9 am, so just wait and head out at 10. Wet roads at 8 am? They'll be a lot drier an hour or two later. Or head out early am if you have plans later in the day, or to beat the heat in summer.

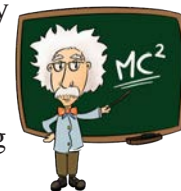
 There's no set distance on a solo ride, so if you're having a great day go for it and get that extra 10 or 20 miles in, or, if it's just not your day, head home early. I ride a few times a week up in Nissequogue, and it's easy to add extra miles on a good day, or pull the plug and take that long downhill on 25A back into Smithtown.

 Just as route and distance are all up to you, cycle at any pace you want. No need to worry about going off the front, or getting dropped. Hammer away, or take it slow and easy, or do a combination of both anytime the mood strikes. A solo ride is a perfect way to try interval training.

 Love to make frequent stops? Hate to make any stops? On a solo ride, you can stop as often as you like, wherever you want, or ride without any stopping.

 For those who ride to eat, cycle to your favorite deli or restaurant, and take all the time you want on your break. You don't have to share your muffin with anyone, and you can enjoy a Coke without getting lectured on how bad soda is for you.

Get lost in thought. No need to worry about going too fast, too slow, keeping the pace, getting dropped, or overlapping wheels, so you'll have plenty of time to think. After all, when discussing his Theory of Relativity, Einstein said, "I thought of that while riding my bicycle." (While that quotation may be apocryphal, it feels right, and that's good enough for me.)



Finally, a note about heading out on your own: make sure you have tools, spare tubes, a pump or CO2, cash and a credit card, and a cell phone, unless you like really long walks in cycling shoes while pushing a bike. Front and rear lights increase your visibility, and a pocketful of snacks is always a good idea.

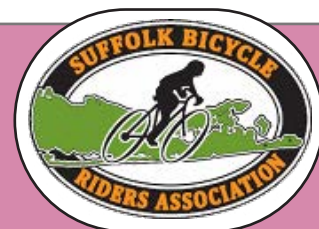
Ride safe.



Whether riding solo or in a group, "Riding to Eat" is a motto we can all get behind.

## April's General Meeting

**DUE TO THE CORONAVIRUS APRIL'S GENERAL MEETING IS CANCELLED**



## April Birthdays:



# HAPPY BIRTHDAY

Joseph Bauernfeind	Josie Goykin	Craig Mueller
Andrew Bontempo	Steve Graham	Kathy Mulry
John Calder	Bill Gravitz	Frank Olsen-Tank
Neal Passoff	Dafni Gross	Stephanie Pabon
Doug Coleman	Duane Hendrix	Chip Rennison
Gene Coman	Raymond Herrick	Jose Rivera
Darren Commike	Anne Hewson	Dan Rosenthal
James Drago	Patricia Kampfer	Jimmy Schmalenberger
Bryan Drago	Gerry Klein	Howard Schneider
Jeffrey Erlitz	Joyce Kowpak	Wendy Smith
Nancy Feldman	Mary Levine	Marion Thomason
Robert Festa	Stacy Loeser	Tom Tilford
Louis Figueroa	Janet	Gerry Widen
Paul Forziano	McKenzie-Downie	Percy Zahl
Lawrence Fuchs	George Miller	
	Katie Mucha	

## New Members:

Paula Bustamante  
David Cook  
James Sanders



Chris and friends enjoy one of the rewards of his weekly Krieb rides. No doubt that they, as well as the rest of us, look forward to resuming riding and hanging with their biking buddies.



Janet and Anita take a break in Glacier Ridge on White Ghost.

## PARTING SHOT







# 40th BIKE - BOAT - BIKE

**June 7  
7:00 AM**



## **2020 Montauk Railroad Century** **Full or Metric Century** **June 13 - 7:00 AM**



**Register before June 1**

*Must be paid online*

Registration with one way non-refundable train ticket — \$30

Registration fee no train ticket — \$15

## The Market



### **SPECIALIZED S-WORKS 2018 FATBIKE**

I purchased a Specialized S-Works 2018 fatbike only to realize that my love of riding on the road leaves the fatbike in the basement. It needs a home elsewhere—where it will get used.

**SIZE:** LARGE

**CONDITION:** EXCELLENT

(ridden only 112 miles – virtually brand new )

Bike is lightweight with high-end components.

No changes to the stock bike

You are encouraged to Google: "2018 Specialized S-Works Fatboy" & review the components & retail price.

Bike may be seen at Carl Hart Bike Shop in Middle Island

**PRICE:** \$3,567.00

**SELLER:** BRIAN TOOLE

**EMAIL:** brhino@mindspring.com

## **SPRING IS A GREAT TIME TO SELL UNUSED BIKES & CYCLING GEAR**

### **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**



# 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



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



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



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



32 Windmill Lane  
Southampton, NY 11968  
631.283.2890