

# ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

FEBRUARY 2020

## Rolling Wheels Celebrates First Year of New Look

THIS ISSUE MARKS THE FIRST ANNIVERSARY OF **ROLLING WHEELS'** NEW LOOK. THANK YOU TO THOSE MEMBERS WHO HAVE HELPED MAKE IT A PUBLICATION THAT MANY OF YOU READ AND MAYBE EVEN LOOK FORWARD TO EACH MONTH.

### Rim Tape Failure Fixes

BY NORM SAMUELS



AND GET BACK IN THE SADDLE

### Ask The Cyclogist

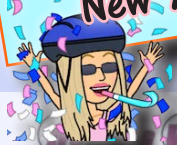
A monthly column with "advice" for riders



### Looking Back

BY DICK CUNNINGHAM

Ahhh, Christine's New Year resolutions....



### General Meeting Highlights

### Talking Tech

#### CHECK THOSE CABLES

BY TIM MAYR



### Why I Ride

Lynn Heimberger

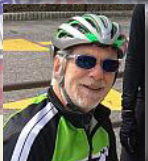
SBRA Member: 7 years  
Favorite Ride Level: B-  
Other Interests: Skiing, Gym, Travel



### How to

Changing a Tire with Tubeless-Ready Wheels

BY TOM FARRE



### Health Spot

BY LINDA RESNICK



### Cycling Gear Roundup

BY BERNIE SCHERER

### Spotlight on Safety

BY PAUL MIKLEAN

SBRA Safety Director

### The Way I See It

A COMMENTARY

What Condition Our Condition Is In

BY BILL WENK

### Ride Leader UPDATE

from Dan Rostrup

### Training Ride

Effective Riding in the Wind

BY MICHAEL COLE



### OFF ISLAND RIDE

BY SUSAN SEARS  
Seacoast Scoop



BY BERNIE SCHERER

Rolling Wheels Editor

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

I've often stated that the strength of the newsletter as an instrument that communicates relevant content to our members is dependent upon the copy which I receive from you each month. Many of you have stepped up and submitted articles and photos which have provided members with a laugh, useful information, and thoughtful commentary. Some, thankfully, are regular contributors. All segments of our club must be represented in each issue. Whether you are an experienced A rider or an individual brand-new to the club with little or no riding experience, there must be content that you will find useful.

Besides the constitutional requirement to publish the general meeting minutes each month, the most essential task of the newsletter is to communicate news about the club. Each month columns like Joana's Message from the President and Manny's Safety Spot help to inform us about important club issues. Information about activities like the Montauk Century, SBRA Cares ride, the annual picnic helps us to know some of the riding and social opportunities we have as members of SBRA. On the Podium and Off Island Rides are just two examples where cycling accomplishments and experiences outside of the SBRA area are chronicled.

Humor is also a wonderful addition. Don't we all want to know what advice the Cyclogist is dishing out each month? How about Christine's take on life in the saddle? Anyone like to draw original cartoons? How about sharing a funny cycling experience with us?

It's also interesting to learn what motivates an individual to ride. The Why I Ride column is always looking for more riders to share their experiences no matter what level you ride.

The equipment reviews and technical articles provide handy information about an item readers may wish to purchase or a repair they may want to attempt on their own bike.

I want to get more members to participate. Just because you don't get tapped on the shoulder by me personally, don't let that be a reason not to submit. Drop me an email and let me know you are interested.

No article is too short. If the topic interests you, it will be of interest to some of our readers. You may not consider yourself a great writer, but don't let stop you. As the editor, I can always help shape copy when needed. Don't be shy! Need an idea, I have lots.

Photos, photos, and more photos are essential in telling a story and making Rolling Wheels more visually appealing. If it were just print, who would look at it. Norm Samuels is the Photo Force behind Rolling Wheels. I rely on the work he regularly does in mounting pictures to the Photo Gallery. After all, don't we all look at the photos to see if we see ourselves, recognize a ride we were on, or a friend we ride with. Some photos contribute regularly, but if you don't see photos of you and your riding buddies, take and submit some to the gallery or send them directly to me.

Finally, it takes a lot of time to produce Rolling Wheels. All this is wasted if you don't read each issue each or at least take a quick look. Of course, no one reads every word, every article from cover to cover; however, I hope that most of you give a look each month and support the work of the Rolling Wheels' staff. "Rolling Wheels staff," I like the sound of that.

## Message from the President

We started the New Year off with a significant change, and it was to the Award Party Venue. This year it was held at Lands End, and from the feedback I received, it was a most welcome change. The cost was more, but we got so much more in the way of food, drink, and atmosphere. Walking towards the entrance was like walking into a winter wonderland. It was a wedding without a bride and groom!

We are looking to have it there again next year, so if you were not able to make it this year, you might want to give it a try next year.

You would think during these "off-season" months we would have a break from club business,

but the Board is busy planning the next few events with Super Cycling Saturday up next. Super Cycling Saturday is a day for new riders looking to see what being in a club is all about, and aspiring Ride Leaders come to see if it is a good fit for them while our current ride leaders come for a refresher course to make sure we are all on the same page before the season gets into full swing. This event marks the beginning of our cycling season.

Montauk century training begins, weather permitting, in March. We always hope for good weather with enough time to train for the event, and we can only hope that we will be lucky this year. Somehow, it always seems to work out.

We are also busy applying for BBB permits and making sure we get the approval from the towns to use their roads for our rides. These events need volunteers, so we will be asking again for your commitments to make all of our events successful this year.

Don't forget to renew your membership!



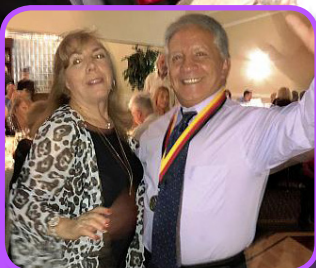




# 2019 Awards Party in a Word: FANTASTIC!



*SBRA Members Share  
Friendships, Recognition,  
Great Food, & Dancing  
at New Venue*





# STATS NOVEMBER 1, 2019 - JANUARY 29, 2020

TOTAL CLUB MILES: 52,138

MILEAGE LEADERS:

BRIAN TOOLE	1,511
ROBIN SHEA	1,467
JOHN SHEA	1,253
GARY RISTAU	1,213

## Health Spot

### A Word of Caution for Mt. Bikers & Hikers

BYLINE ANITA RISENER

Some of you may have seen the recent article in Newsday about 2 infants on LI contracting tick-borne illnesses. According to the article, the tick season has been expanding into winter and beginning earlier in spring due to climate warming, shorter cold periods and so little snow.



A female black-legged deer tick.

That being said, I have not yet met any ticks on the trails this winter nor have most mountain bikers and hikers I've spoken to. Staying on the trails helps avoid ticks that are generally more prevalent in denser wooded and foliated areas.

Tick season has been expanding into winter and beginning earlier in spring due to climate warming.

However, I would recommend to all who play in the woods, whether mountain biking or hiking, to check themselves carefully once out of the woods. The diseases carried by these critters are very serious and the treatments are no joke either.

According to US Centers for Disease Control and Prevention, Lyme disease is the most common disease spread by mosquitoes, ticks and fleas that spread pathogens and has symptoms including headache, fatigue and fever. If not treated promptly, it can cause infection in the joints, heart and nervous system.

Babesiosis is caused by parasites that infect red blood cells and cause flu-like symptoms including fever, chills and headache.

Dogs and cats can also contract these diseases as well as carry the ticks to your home and body. If you hike with your pets, you should check them also.

## Important Dates

- SBRA Membership 2020 Renewal NOW
- Bike-Boat-Bike June 6
- Montauk Century June 13

### February General Meeting

Thursday, February 6 -- 7:00 PM



MARCH 14, 2020  
10:00AM TO 4:00PM

## 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



**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>







Nettie and Amanda with a certificate to name Nettie's as one of SBRA'S officially delicious, preferred, and authorized rest stops!



## SBRA's Riders Deal with the Cold



Howie, John C. and Fred all with Bar Mitts on their bikes. Truly they are the "Bar Mitts va" boys.



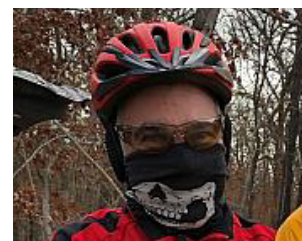
Ken, an experienced winter rider, knows the best place to take a break.



John Shea coaxes Juan on a recent ride, "Juan, it's a bike ride not a car ride. Honestly it's really not that cold!"



It's cold but who just abandons their bike?



Who is that masked man?



# HOW MANY DAYS TILL SPRING TRAINING & WHY I'M COUNTING...



1. I Hate the cold...
2. I Miss My SBRA riding buddies!
3. I Have Cravings For bagels & pizza!
4. I Wanna Wear My NEW Ride Leader Jersey!
5. My Friends in Spin class just don't understand Spandex, LOL!

See ya soon...CHRISTINE

## February Birthdays:



Kenneth Abbott	Ken Gallagher	Mary Jane Pfisterer
Barbara Abraham	Karen Giles	Richard Ramage
Steven Alperstein	John Giordano	Bruce Ribeiro
Jay Barbakoff	Joan Gossner	Gary Wladyka
Linda Bass	Scott Graham	Roy Rosario
Barbara Bertner	Chart Guthrie	Norman Samuels
Donna Blount	Mary Jane Ilardi	Ellen Sanders
Kevin Burke	Doug Jones	Bernie Scherer
Shannon Cain	Erika Jorquera	Stephen Schukal,
Irene Camalich	Peter Kanatselis	Susan Sherman,
Theda Clesceri	Guy Kimbrough	Howard Siers
Andrew Cohn	Henry Krajewski	Randy Smith
Zackery Coto	Petra Lee	Donald Sundin
James DeMarco	Audrius Levisauskas	Jorge Vitureira
Carol DiClementi	Javier Lituma	Steven Wasserman
Richard Dittmar	Shannon Malone	Shelley Weber
Richard Ehli	David Mansfield	Sophia Wheeler
Karen Escolas	Stephen Marceca	
Mary Flanagan	Michael Migliorini	

# Ask The Cycologist

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



DEAR CYCOLOGIST,

I am a C level rider. Last Valentine's Day I bought my wife a bike. Who knew that in four months, she would rise to an A+ ride level. I'm sick of it. All she talks about are these guys Brian, Dan, James and Fernando. She even has what she calls "private lesson" dates with this guy Mike. I've had it, I'm a bit jealous, and I don't know what to do about the situation. What should I do?

SIGNED,  
HOME ALONE

DEAR HOME ALONE,

I assure you these relationships are above board, and nothing is going on. The only thing they are thinking about the entire time is hanging onto the wheel in front of them. When the rides are over they can hardly stand let alone be concerned about starting a relationship in the parking lot smelling and stinking of sweat. The best advice I can give you is to upgrade to a better bike for her this Valentine's Day. I'm sure you weren't thinking of this when you bought her the original one.

SIGNED,  
CYCOLOGIST



**NEED ADVICE?**

**HIT THE CYCOLOGIST**



[HELP LINK](#)

**& EXPLAIN YOUR PROBLEM**

## New Members:

Linda Bennett,  
Rick Delgado,  
Sharin Gross,



## Why-I-Ride



Share your story  
Why do YOU ride?



BY TIM MAYR



The CycleOps Mag Trainer by Saris is a solid, basic, and inexpensive indoor trainer that's easy to set up and easy to use. There are more expensive indoor trainers with complicated resistance features, video screens, and interactive training sessions. Still, if you just want to put in some training

miles on a basic trainer, it's a good choice.



CycleOps Mag Trainer by Saris

Setup is simple, just unfold the two side legs, place the bike into the trainer, and close the large handle that secures the trainer to the bike's skewer. CycleOps includes a stout steel skewer if your bike's skewer isn't a good fit, or if you don't want to risk scratching your Campagnolo skewer.



Once the bike is secured, a large rear knob brings the trainer roller into contact with the rear tire. I recommend one full turn of the tension knob once the tire comes into contact with the roller. Tension should be enough to prevent slipping between the tire and roller; tighter isn't better.

Since the rear wheel will be about 1-1/2 inches off the ground, the front wheel should be raised to level the bike. You can buy a plastic riser block made for trainers, or use a thick book or scrap of wood. Your bike isn't going anywhere, so anything that gets the front wheel level will work just fine. I made a small riser block out of some scrap wood.



The trainer has five resistance levels that can be set with a dial on the magnetic unit, set it at a level that provides moderate resistance while pedaling in a mid-range gear. Many trainers come with additional levers or switches to adjust resistance while riding, but your bike already has a wide range of gearing that's much easier to use to change your effort. Spin easily in a low gear, or drop down a few cogs for a workout.

A few items can make your ride more comfortable and enjoyable. The first is a decent fan. I use a 12-inch floor fan positioned in front of the bike. The second is headphones or a BlueTooth speaker, to cope with boredom while riding nowhere on a bike in January. I recommend listening to Loveless by My Bloody Valentine, very soothing.

The CycleOps Mag lists for around \$179, although it's frequently discounted.

Made in Wisconsin by Saris, has a lifetime warranty.

Cycling Trainers Made by Saris Kinetic Wahoo Tacx

COME IN A VARIETY OF STYLES AND PRICE RANGES  
CHECK THEM OUT AT ONE OF THE BIKE SHOPS ON PAGE 13





# St. Baldrick's/ 5 Boro Ride 3.0...Riders Wanted!

BY JOHN ACCARDO

**IT'S TOO CROWDED! IT MIGHT RAIN! IT MIGHT BE COLD! ITS TOO MUCH TROUBLE!**



While there are a lot of excuses for NOT riding in the 5 Boro Bike Tour, Children fighting cancer don't have options; they've got to deal with their daunting and grueling treatments every day. The St Baldrick's foundation was created on Long Island,

to make a difference by funding cancer research specifically for childhood cancers. Since its inception in 2001, they've become the largest private funding organization worldwide for this critical research.

You, too, can make a difference by doing something you love; riding your bike! In years past, St. Baldrick's fundraising was accomplished through head-shaving events (thus the "Bald" rick's). This symbolized the loss of hair children endure while in treatment. It's something I've done every year since 2005. Beginning in 2018, I was honored to create and lead the first-ever St Baldrick's 5 Boro bike team in memory of my daughter Jen. The ride symbolizes the difficult road traveled by children in treatment. In 2019 we did it again, and we'll be doing it again in 2020. Over the past 2 year's we've raised more than \$34,000 for pediatric cancer research.

Our "1 in 5 Boro Bike team" is open for anyone who'd like to be a part of this awesome event. If you haven't ridden the tour as a Charity team member, it has some great benefits; most notably a pre-1st wave (VIP) start. You'll also get a team cycling jersey, finisher's medal, and a gourmet lunch with free beer at the finish festival. Did I mention free beer?

But most importantly, you'll feel the exhilaration of helping kids who are battling the number one cause of childhood death by disease.

This year the Farmer's Almanac predicts "Sunny and above-average temperatures" for May 3rd, so there are no excuses!

Of course, there are fundraising requirements involved, so for more information, please contact me anytime by email; [j1954a@optonline.net](mailto:j1954a@optonline.net), or on a ride or at the meetings.

Those that don't wish to ride but would like to do something for children with cancer can visit my donation page to read about my history with St Baldrick's and my daughter at this link:



Some of last year's participants in the St. Baldrick's Ride

## Safety Tip

BY MANNY ROSENKRANTZ



The New York Bicycling Coalition safety course that I attended advises against lining up to the right of cars in an intersection while waiting for the green light.

This is something many of us do, with the shout out to bunch up because it may be a quick light.

I saw a first-hand example very recently why this is sound advice. We were lined up to the right of cars. When the light turned green, a driver without signaling or looking made a right crossing in front of one of the riders. Luckily the rider was alert and reacted quickly, and he was safe. I now realize the wisdom of our lining up behind cars at the intersection, just as we would do if we were in a car.

What's the downside, we will not all make it through? The ride will get held up for a minute until everyone is through? If time is really of the essence, then shorten the stay at McDonalds or Netties by one minute.

I suggest that we double up when we are in the traffic lane waiting for the light to change. That way we will get through twice as fast and not impede traffic too badly.

I know this is not club policy, so the ride leaders will decide for themselves what the best approach is. Perhaps we can have a short discussion with a lot of ride leaders present at Super Cycling Saturday.

<https://www.stbaldricks.org/participants/mypage/1041070/2020>



# Will is all that's needed to build the Long Island Greenway

BY MARTIN BUCHMAN

Originally published in Newsday

In January 2017, Gov. Andrew M. Cuomo unveiled plans for the construction of the nation's most ambitious bicycle trail network. The 750-mile lattice of off-road existing trails, multiuse paths, signed bike lanes and bike routes, when completed, would link lower Manhattan to the Canadian border, and Albany to Buffalo.

The trail would be a boon to tourism in upstate scenic areas desperate for an injection of tourist vitality. It would provide a desperately needed safe passage in urban areas for cyclists heading to work, and a linear park for walkers, joggers and recreational users. Seventy percent of the trail is now completed.

When the projected route for this mission was unveiled at the New York Bicycle Coalition summit in 2017, I called attention to a glaring omission. Left out of this visionary and commendable project were the 7 million New York State taxpayers who live east

of Manhattan who need and deserve the extension of the trail to Long Island. When I asked about why Long Island was left out of the project, the response was that Long Island presented density barriers that were prohibitive.

In the two years since the Empire State Trail initiative was announced, the leaders of the Trust for Public

Land have worked with the Nassau Suffolk Hike and Bike Master Plan committee to create a feasibility study to address and provide a solution to the density difficulties. In October, the trust announced a plan for a 173-mile trail from Battery Park to Montauk Point, including a plan for a 24-mile phase of the trail that would run from Eisenhower State Park in Nassau County to Brentwood State Park in Suffolk.

And Cuomo recently announced a \$600,000 matching grant to the trust to fund the planning of this first stage of the route. It is essential now that he backs the funding for the next phase of the planning study so this project can go from the planning stage to being shovel-ready for construction.

The proposed trail route would connect park trails with a network of power-line easements and other off-road alternatives, meaning the construction of this section of the trail would involve minimal traffic dis-

ruption. The idea of using the land easements beneath the power lines is pivotal to solving the density issues of Long Island. Suffolk and LIPA recently reached an agreement for the Port Jefferson-to-Wading River rail trail that reduced the liability burden that had been a stalling point. This cooperation can serve as a model for the Long Island Greenway trail.

In Suffolk County, the construction of the Port Jefferson-to-Wading River rail trail, known as the North Shore Rail Trail, would serve as a model for the economic potential that long-distance scenic bikeways can have. The extension to Long Island of the Empire State Trail would bring tourists to Long Island: They would not add to the already choking motorist congestion, and would be "wallets on wheels," stopping more often at local businesses than motorists. The trail construction would provide well-paying jobs and would help alleviate the Island's unsustainable traffic congestion.

Assemb. Steve Englebright, who chairs the Environmental Conservation Committee, has advocated



for this project and Todd Kaminsky, his State Senate counterpart, is also in favor. Long Island deserves this state-funded trail as much as our upstate brethren, but without public pressure, the window of political possibility may soon close. This is not a prohibitively costly project. All that we need now is political will. Cuomo must continue to approve funds to make this vision a reality.

**THE TRUST FOR PUBLIC LAND**

**LEARN MORE ABOUT THE LI GREENWAY AT THE TRUST FOR PUBLIC LAND WEBSITE.**

[WWW.TPL.ORG/OUR-WORK/LONG-ISLAND-GREENWAY](http://WWW.TPL.ORG/OUR-WORK/LONG-ISLAND-GREENWAY)



## Bicycle & Safari Trip to South Africa

BY JIM DEERFIELD

On August 30th, seven SBRA members (Jim & Betty Deerfield, Barbara Braun, Barbara Abraham, Elaine Sullivan Ronnie Levy, and Margaret Matthews-Zeil) traveled to South Africa for a cycling and safari tour with Panorama Pedals. The tour was ten days long, plus a three-day extension to get in additional safari time.

Not sure what to expect, some of us joked about becoming OMeals on Wheels. But off we went. After a long flight and a day spent relaxing in Johannesburg, the Panorama Pedals van arrived, and we set off on our adventure.

For thirteen days, we biked on dirt roads, paved roads and many roads in between. We rode in safari vehicles that crashed through the savannah brush. Some of us sampled crocodile appetizers, and others snacked on Kudu jerky. A few of us even entered the Giraffe dung spitting competition.

The accommodations were clean and comfortable. We were out in the country for the most part. No Hilton's or Hyatt's to be found, so we stayed where the locals stay.

The staff people were friendly. The food was familiar. It was prepared differently sometimes, but quite good.

For our extension trip, we visited the Ndshaka Bush Camp, which shares an open border with Kruger National Park. We stayed in tents, surrounded by the bush, and were the only guests.

The tents were built on platforms. We had limited solar electric and bathrooms with showers, so we were only semi-roughing it. At night we could hear lions roaring and hyenas howling nearby. One morning

some of us woke up to an elephant walking past their tents.

### THE UPS AND DOWNS OF BIKING IN SOUTH AFRICA

We rode on mountain bikes, I think they were Dutch. They were a bit heavy, but needed for the varied on- and off-road terrain. There were also a few people on E-bikes. No really long distances, but plenty of up and down with interesting scenery every day.

We biked through the Blyde River Canyon Nature Reserve, which is the world's third largest and greenest canyon. We pedaled up and along the crest of the Wolkberg Mountain Range. We rode through orange groves (where we saw our first hippos) and toured the packing plant.

Vehicle traffic on the roads was light. But we had to watch for monkeys and baboons occasionally crossing in front of us.

On foot, we hiked in Mpumalanga National Park, a UNESCO World Heritage Site. During our stay at the Tshukudu Bush Camp, we went on a bush hike with our rifle-toting guide.

### More than a zoo's worth of animals

The ten safari game drives, one or two a day, were amazing, especially the day we spent in Kruger National Park and our three days in Ndshaka. We saw lions, elephants, giraffes, hippos, African buffalos, cheetahs, zebras, hyenas, and wild dogs. There were antelopes of all kinds, plus dozens of different species of birds. We were able to watch many of them from only a few feet away.

Our guides in Ndshaka, Prince and Funny, were determined to find the elusive leopard for us. It wasn't easy. But, after two days of failure, on the morning of our last day, they were successful, and we watched a mother and her cub.

### OTHER HIGHLIGHTS

- Some of us toured a local hospital.
- We all visited a tribal village and met the village elders
- We toured the Kaross Embroidery facility. This

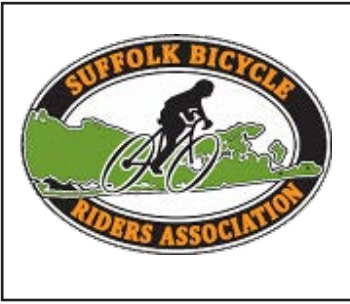
company provides work at home jobs for 1,000 local women.

- We went spelunking in the Echo Caves



Continued on page 12





# General Meeting Minutes

January 2, 2020

**Call to order** – President Joanna Pascucci called the meeting to order at 7:07 pm. Approximately 40 members and guests were in attendance.

**Acceptance of Minutes** – The August 2019 General Meeting minutes were accepted, seconded and approved. There are no minutes from the December social meeting.

## 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. The web site upgrade ran over its budget significantly. We will see if reductions in the cost of the holiday party and awards will at least cover some of that over run.

**Vice President of Administration’s Report** – (Jeff Meyer ) I have contracted for the meeting rooms for the board meetings and the general meetings. I have the contract forms for BBB. We can submit the BBB contracts after we get our insurance.

**Webmaster** – (Brenda Meyer) – The Montauk Century is posted. The Web Site upgrade went smoothly except for the Photo Gallery which took more effort. The Photo Gallery now has a new look and it runs faster. Check out the random image!

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

**Vice President of Operations’ Report** - (Paul Miklean) Please contact me with any ideas you have for meeting speakers. I am open to listening to any issues any member may have.

**Statistician** (Tricia Brandt) –  
For the 2019/2020 ride season:  
In December, 131 rides were posted and 95 rides were ridden.  
Total mileage for the month of December was 15,274 ridden by 137 different riders.  
Total Mileage Year to Date (Nov-Dec) is 40,966 by 209 people.  
There were 8 days when no rides went out and one day no rides were posted at all.  
Rides were led by 28 different ride leaders in the month.

### Mileage leaders:

Robin Shea 1189  
Mike Cole 1115  
Brian Toole 1032

### Ride Leader Credits:

Jeff Meyer 31  
Norm Samuels 17  
Lee Kirsch 14

### Sweep Credits:

Dennis Desmond 26  
John Bambach 14  
Lynn Roesel 12

**Membership** – (Ronnie Levy) – Thank you everybody that has renewed early. We have 849 members and 10 bike shop members. There are 39 honorary members. Please log on and check that your birthday is accurate. It is the only way that Ronnie can know if you are eligible for honorary membership.

**Safety Director** – (Manny Rosenkranz) – We are dressing for colder weather, it is also important to warm up with some simple loosening exercises before riding such as rotating your hips and knees and swinging your leg.

**Sunshine Report** - (Bruce Presner) – I sent out too many cards this month!

Rich Mardosa had his appendix out.  
Mike C , Steve and Jim Drago had health issues.  
Eduardo lost his Mother-in-Law

**Social Director** – (Darlene Merola ) - This Saturday is our Holiday Party There are 110 people attending – Everybody have a good time!

**Presidents Report** - (Joanna) - Jeff is planning for BBB.

The Holiday Party is Saturday  
Super Cycling Saturday is March 14.  
In the morning of March 14 we will have our March meeting, we will break for lunch and then have ride leader training in the large room and have new rider training in the smaller room. Please everyone try to attend Super Cycling Saturday.

**BikeBoatBike** is Sunday June 7th. The Montauk century is Saturday June 13th.

**Picnic** (Darlene Merola) The Picnic date is not booked yet.

**Support our Break Stops!** Please purchase something at establishments where your ride stops and uses the bathroom.

### Please Support our Bike Shops.

**Bike Racks** (Bill Gravitz) -Please be careful if you have a bike rack. Make sure your bike wheels are not near the exhaust pipe. Carbon wheels can warp if they are in the exhaust stream.



## General Meeting Minutes

The SBRA Cares Ride will not interfere with the ALS ride. It will be on the other day of the first weekend in October. We will get more food donations for the party this year.

**Food Drive Goal** - (Joanna) - We will strategically place food drives at certain rides. We missed our goal of 3500lbs donation to Long Island Cares by just 100 pounds. We will have a goal of 3500 lbs for 2020.

**Casual Rides** - (Norm Samuels) Several members have expressed a desire for slower, sight-seeing rides. We need to encourage ride leaders to post these kinds of rides.

**Adjournment** - The meeting was adjourned at 7:50 PM.

Respectfully Submitted,  
Bruce Redlien, Recording Secretary

## Off Island Rides

*continued from page 10*



- We hiked around the Potholes, a geological formation created where the Blyde and Treur Rivers come together.

- We rode to the Berlin waterfalls.

- We viewed the Three Rondavels, an ancient geological wonder.

### OUTSTANDING GUIDES

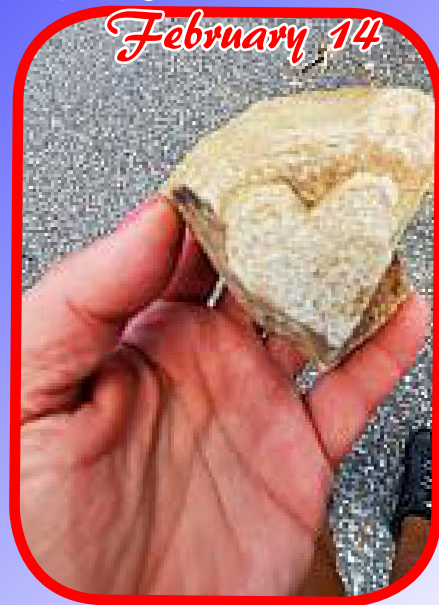
Finally, we had two outstanding guides. Lizelle Gubitz owns Panorama Pedals. She rode with us, making sure everyone was safe and happy. Wendell Hough, an accredited South African Wilderness and Trails Guide with 31 years experience, was our naturalist and drove the support vehicle. Traveling with folks who could talk in-depth about the people, animals, and history of the country, as well as share details from their lives in South Africa, really added to our enjoyment.

So, in summary, nobody got eaten. Nobody got injured. The people were friendly. The food was excellent. And we all had a great time.

## PARTING SHOT

*Don't Forget Valentine's Day*

*February 14*



## The Market

**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



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