

ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

March 2020

Get Ready, Get Set, GO!

March is a busy time for cyclists. For some, it's thinking about the transition from mountain to road bike for others perhaps the thought of ditching the gloves, leggings, booties, and windproof jerseys. Then there are those who have just waited for the warmer temps to hit the road.

It's also a time when most of us share one task: getting our favorite ride ready for the great cycling weather we hope is ahead.

For those that choose to avoid the do it yourself approach, it's a good time to bring your bike to your favorite bike shop for a spring tune-up. These tune-ups, like many other cycle-related chores, ranging from the simple to the complex. If your bike hasn't been to a shop in a while, it might be time for a visit.

Others may wish to take the time to make sure their bike and peripherals are in good working condition. On a cold, windy, or rainy day this time of year, it can be fun to do some or all of the work yourself. Check out the checklist on page 3.

KICK OFF THE 2020 CYCLING SEASON BY ATTENDING



March 14 10:00 AM to 4:00 PM

Open to members and non-member

**FIRST FOOD DRIVE OF 2020
BEGINS ON SUPER CYCLING SATURDAY**

**SBRA CARES
2020**

Help the Hungry of Long Island



<http://www.sbraweb.org>



Message from the President



It's Hard to believe that Spring official is here on March 19th and all of us cyclists will be chomping at the bit for the weather to warm so we can take our bikes out of hibernation.

We have been getting a nice day here and there but then it is followed by a few cold days so it is hard to keep any type of momentum going so we can start to get in shape for Bike Boat Bike and the SBRA Montauk Century. In spite of the setbacks the warm weather always comes and we seem always have enough time to train to get the job done. There is nothing sweeter than rolling into Montauk 100 or 65 miles later and seeing your friends at Shagwongs. If you are new to the club and have never done the Montauk Century I encourage you put this on your list of things to do this year.

We have big plans for our SBRA CARES Food Drive this year and our first big Food Drive will be at Super Cycling Saturday. We have a 3500-pound goal this year and we missed our goal last year by 300 lbs so we need to start early and get the ball rolling so we can all achieve this goal. We will be having rides throughout the season that will be for the Food Drive so watch for them on the ride calendar.

Our March Meeting will be held the morning of Super Cycling Saturday which is March 14th. If you are new to SBRA and riding we will have a new rider's presentation in the afternoon. You will meet Ronnie Levy our membership director, Bob Goykin who does the Century Training for new riders, and one of our local bike shops will be there to talk everything bikes and answer any questions you have when making your bike purchase.

It is a fun way to kick off our biking season. Come meet the ride leaders, and other SBRA Members you will be riding with this year.

Joanna

REMINDERS FROM YOUR RIDE LEADERS

BY BILL WENK

Spring is fast approaching. It will soon be time to dust off your bike and head out. Here are the obvious things all riders should consider to ride safely and efficiently this season



- ALWAYS RIDE SINGLE FILE
- ALWAYS FOLLOW THE WHEEL IN FRONT OF YOU
- TRY TO MAINTAIN A STRAIGHT

LINE OF TRAVEL WITHOUT MOVING MORE THAN A FEW INCHES RIGHT OR LEFT

- NEVER CROSS THE WHEEL OF THE RIDER IN FRONT OF YOU
- POINT OUT OBSTACLES, DEBRIS, AND HOLES
- ALWAYS SHOUT "STOPPING" IF YOU DECIDE TO STOP
- TRY TO KEEP CHATTING TO A MINIMUM
- AVOID PASSING RIDERS ON THEIR RIGHT SIDE
- PULL AT THE SAME SPEED EVERYONE IS PULLING
- AVOID LEADING 10-30FT OUT AHEAD OF THE RIDER BEHIND YOU (YOU'RE GOING TOO FAST)
- EASE SLOWLY BACK TO SPEED AFTER A TURN
- CALM DOWN CLIMBING HILLS
- NEVER COAST WHEN LEADING THE PACK
- GET A MIRROR, WATCH THE BACK OF THE LINE AS MUCH AS THE FRONT
- 18MPH OUT DOES NOT MEAN 18MPH BACK WHEN YOU FACE A HEADWIND

- "EVERYONE LOOKED OK" IS NONSENSE. STAY AT THE SPEED YOUR LEADER STATED AT THE START
- SOMEONE IS ALWAYS STRUGGLING SO TRY TO SPOT THAT AND HELP THEM
- FIND A PLACE IN THE LINE AWAY FROM UNPREDICTABLE RIDERS
- GIVE UNPREDICTABLE RIDERS PLENTY OF SPACE & BE ALERT
- DON'T ALLOW GAPS MAKING THOSE BEHIND YOU WORK HARDER TO CLOSE THEM
- DON'T PULL IF YOU DON'T HAVE A SPEEDOMETER
- GET TO THE RIDE START 15 OR MORE MINUTES EARLY

Enjoy the ride!!!! Find a leader that fits your style and ability. Each leader is unique in how he/she handles a ride. There are plenty to choose from.

Do you want to move up to a higher classification, but the fear factor worries you? Often times several rides leave from the same parking lot. Hop on a faster ride knowing a slower ride is just minutes behind if you can't do it. You can also hop on a faster ride for the second half of it if you think you're having a good day and conditions are favorable.

The most important thing for your conditioning is to ride often. You will notice changes in your ability quickly. You will develop good habits when you bike with good riders. You will notice how your skills have improved when you move up or down the ride classification categories and your style will be noticed by others. People are always learning, you will be a fine example and model for them.



SPRING TO DO LIST

A CHECKLIST OF SOME OF SPRING TASKS

CLEAN BIKE THOROUGHLY

- FRAME, RIMS, DRIVE TRAIN

INSPECT

- FRAME
- CHAIN (USE TOOL CHAIN CHECKER)
- CABLES (BRAKE AND SHIFTING)
- RIMS (ESPECIALLY CARBON)
- TIRES (WORN, SIDEWALLS, DEEP CUTS)
- REPLACE WORN OUT PARTS

LUBE

- CHAIN
- SEAT POST (ESPECIALLY NON-CARBON)

BATTERY CHECK

- GARMEN/WAHOO/ODOMETER
- FRONT AND TAIL LIGHTS
- ELECTRONIC SHIFTING
- SPEED SENSOR
- HEART RATE MONITOR

CHECK

- CHECK TIRE PRESSURE
- HELMET
- SHOES/CLEATS
- WATER BOTTLES
- SADDLEBAG

WHAT'S IN THAT SADDLE BAG?

ESSENTIALS:

- TUBE
- CO2, CO2 ADAPTER, OR PUMP
- TIRE LEVERS

EXTRAS:

- MULTI TOOL
- MONEY
- TIRE BOOT
- DITCH THE OLD ENERGY BAR

HAVEN'T BEEN RIDING ?

DEVELOP A PLAN TO GET BACK
IN CYCLING SHAPE

PLAN FOR FUTURE RIDES

BBB

MONTAUK CENTURY
OFF ISLAND RIDES

NEW TO CYCLING?

THESE ARE ESSENTIALS

Helmet

Bike in **GOOD** working condition

Mirror

Water bottles

Spare tube and inflation device (pump or CO2)

Odometer -- Doesn't have to be expensive

(CAT EYE - Velo Wireless Bike Computer \$35)

GREAT RESOURCES

ASK AN EXPERIENCED CLUB MEMBER

ZINN'S BOOKS ON MAINTANCE



Global
Cycling
Network

EXCELLENT VIDEOS ON EVERY ASPECT
OF CYCLING

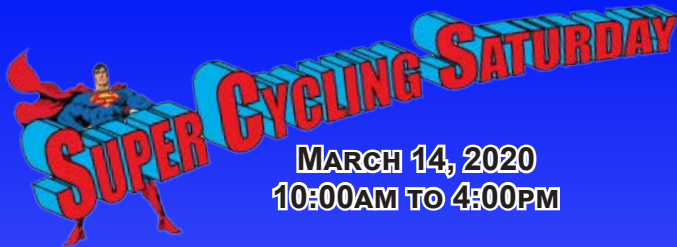
EXAMPLE: "HOW TO WASH YOUR BIKE"
www.youtube.com/watch?v=fYaeVDnSK2c

STATS NOVEMBER 1, 2019 -
FEBRUARY 25, 2020

TOTAL CLUB MILES: 65,432

MILEAGE LEADERS:

BRIAN TOOLE 1,902
ROBIN SHEA 1,711
GARY RISTAU 1,572
JOHN SHEA 1,497



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

SUPER CYCLING SATURDAY SCHEDULE

- 10:00 - 10:30
SBRA March General meeting
- 10:30 - 11:00
Dan Flanzig, of Flanzig and Flanzig, LLP
-
basic bike laws, electric bike laws and what to do if in an accident.
- 11:00 - 11:30
Missy Galager - All about stretching.
- 11:30 - 12:30
LUNCH Heros & Salads
- 12:30 - 1:00
Tom Miceli - Tire Changing (disc and non-disc wheels)
- 1:00 - 2:30
Ride Leader / Experienced Rider Training
- 1:00 - 3:30
New Member / Beginner Rider Training
- 2:30 - 3:00
Manny Rosenkrantz - Safety

Please Notes: The 2020 Beginner Century Training and Experienced Century Riders Training will start Saturday, March 28th, 2 weeks after Super Cycling Saturday (check the Ride Calendar for details).

All Ride Leaders should renew their SBRA memberships before Super Cycling Saturday.

Important Dates

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

March General Meeting

Will be held on Super Cycle Saturday

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

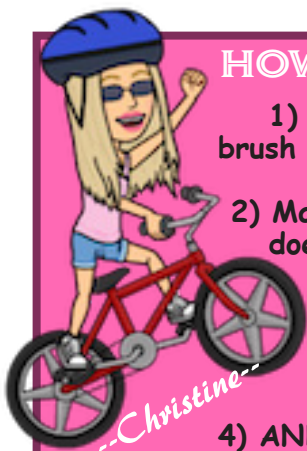
2020 Chairpersons

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



Check out an article that appeared in TBR Newsmedia about the Bike Co-Op and the work that Greg Ferguson and Richard Dittmar are doing at the Bike Co-Op headquarters.

HIT THIS LINK



HOW TO LOVE YOUR BIKE ...



- 1) Give your bike a bath, lightly brush away all that winter dirt & grime
- 2) Maybe you need a NEW bike chain, who doesn't love a little jewelry !
- 3) Buy your bike something pretty, NEW bar tape is always my favorite, try a NEW color !
- 4) AND finally take it on a Date....join a SBRA ride in your favorite SBRA jersey !

*please remember to support your local bike shops, they have great ideas on How to Love your Bike and don't forget your SBRA discount !



Safety Tip



BY MANNY ROSENKRANTZ

Education & Safety Director

SBRA requires that all riders wear helmets.

If anyone is currently looking to buy a new helmet. I recommend they take a look at a website from Virginia Tech (VT).

VT tests helmets for their protection provided and rate helmets from 5 stars (best) to 1.

All helmets sold in the US must be Consumer Products Safety Council certified.

Of course, some helmets provide better protection than others. Many of the helmets that earned 5 stars are quite expensive, a few \$300+.

I am starting to see more riders with the Bontrager Wave Cell helmet, which many believe is

the state of the art for protection.

Another good feature of the Bontrager helmet is their bright yellow model. This provides us with better visibility to motorists.

Surprisingly, the helmet rated second best, a Lazer Cyclone MIPS, has a suggested retail price of only \$70.

Only the Bontrager helmet and many companies that manufacture MIPS helmets received 5 star ratings.

I recommend anyone looking for a new helmet to go to the VT website, www.helmet.beam.vt.edu.



A cutaway view of Bontrager's Wave-Cel helmet

For more information about the WaveCel helmet read "Cycling Gear Roundup" on page 5 of the May 2019 issue of *Rolling Wheels*.

HANDY GADGETS

PARK TOOL WTK-2 ESSENTIAL TOOL KIT

For those new to cycling & who don't know what to carry on rides, this is a descent kit have.



\$22.95 (Amazon)

THE STICKY POD BIKING WALLET

This wallet, which fits in the rear pocket of a jersey, is perfect for protecting your phone, keys and money.



It is made so that it resists popping out of the jersey pocket. It comes in different sizes and can also hold items that don't fit in your saddle bag.

\$15.00 at Amazon



New Members:

David Camhi
Robin Camhi
Rob Cosentino
Andrea Huggler
Kerri McCarthy
Lou Sparaco



NEED ADVICE?
 HIT THE CYCOLOGIST
 ↩ [HELP LINK](#)
 & EXPLAIN YOUR PROBLEM

March Birthdays:



Ron Albinson	Fredric Itkin	Lisa Piazza
Larry Alvarez	Brian Kroll	Kathleen Porter
Jon Austin	Damon LeGare	Charles Powell
Mike Monastero	Mary Liers	Albino Reverberi
Stephen Beck	James Lucas	Gary Ristau
Lloyd Boone	Joseph Maiorana	Daniel Rogers
Andy Boyden	Brian Manghan	Kevin Rooney
Smadar Chen	Lynda Maniscalco	Heather Rottino
Leo Coniglio	Brian Margolis,	Jason Rudish,
Sharon Connolly	Chris Massaria	Thomas Saluzzi,
Ron Corella	Mary Jane McKenna	Mark Shannon,
Philip Costa	Mike Merlo	Lou Sparaco,
Bob Dalpiaz	Gerald Meyer	Carl Struck,
John DeRicco	Thomas Miceli	Gregory Zmijewski
Valerie DeRicco	Don Monell	Steve Zmijewski
Edward Downie	Frances Montera	Frank Totino
Elizabeth Dyer	Jeff Moore	Christine Taylor
Bob Emmerich	Thomas Murphy	Bryan Turner
Rik Fairchild	Terrence O'Brien	Peter Vassallo
Mary Fischer	Dan O'Shea	Alice Wexler
Christopher Granelli	Amy Olander	Peter Wicik
Michael Grumm	Eduardo Pabon	Kenneth Wiesmann
Jim Heaney	Felix Perez	Jason Winters
Ellen Higgins	Damon Perfetti	Joseph Zaverdas
Joan Hubbard		

Ask The Cycologist

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



DEAR CYCOLOGIST,

Winter, they say is mild this year, but all this rain and that wind is my fear. My riding clothes are on the work bench all covered with dust. My bike's on a hook and the chain's got some rust. My wife says good morning and I bite off her head. If I keep this up, I'll surely be dead. I tried doing spin class, I look like a fool. With no pavement beneath me my sweat forms a pool. Stand up, sit down what is all that crap. I didn't last long, I stay home and nap. Get professional help she tells me one day. So I agreed and scheduled an appointment that day. The shrink says that I have depression. Duh, a waste of \$300 for that stupid session. My friend Bernie says to write to you, throw you a pass. So I sit here and type on my winter fat ass. So help me please, I'll do anything you mention. I have to get out and relieve all this tension.

SIGNED,
OLD MAN WINTER

DEAR OLD MAN WINTER,

You are suffering from a classic condition known as incyclosanity. No need for medication or therapy. You're afraid to go out, you think you won't last and you're probably right. Start with a BMX bike with no pedals and push yourself up and down the driveway for a few days. Then try clipping in on your bike so you remember how to do it. Ride in a parking lot a few times to practice your skills. Begin riding with your club on a D ride. No big milage yet, you want to finish before it gets dark. Slowly move up classifications and try to encourage others to do the same until you find a comfortable pace. You will find out that after as little as ten rides you'll start getting into the groove again. Go easy on your wife no matter what. Keep in mind that you're going to need a new bike again soon.

SIGNED,
CYCOLOGIST

Why I Ride



Share your story
Why do YOU ride?



Cycling Gear Roundup

BY NORM SAMUELS

Review: Te-Rich Headlight



After Bruce's accident and his exhortation use a front flasher, I knew I'd have to upgrade from the cheap LED flasher that on the front of my road bikes. I really want to be seen, especially since I ride alone to a number of the club rides.

Little did I know that the Te-Rich handlebar light would also be more than sufficient to replace the handlebar light on my mountain bike. The cost of this bright idea is \$22 on Amazon, which also included a rear red flasher in the package. It's a price that can't be beaten. This little beauty shines at 800 lumen for up to 3+ hours. The \$80, 250 lumen mountain bike light it replaces is more than 10 years old.

Technology in the area of batteries is very much like home computers ... more bang (light?) for the buck than ever. Note this light is really the second light I use when I mountain bike. The main light is

mounted on my helmet, so it directly illuminates where I look.

What led me to try the Te-Rich on my mountain bike was two-fold. Not only did it appear to be very bright, but it is made to take a beating. The body of the light is aluminum alloy, and the four-mode light switch, battery compartment, and charging port appear very well sealed. The unit's weight is NOT light at 157 grams. This is partly due to the rechargeable AND replaceable lithium battery. If the same company produced a similar model with a plastic body, I would jump at buying it for use on the road.



The only drawback I've found with this light is that the mounting base is tightened around the handlebar with a plastic screw (part of the base) and nut. With this type of mounting one has to be careful not to over tighten the nut and strip the plastic base screw. This is a concern when using it in the woods at night since there's a lot of bouncing around over obstacles.

I've tried contacting the manufacture to buy two more mounting brackets for my road bikes. These brackets could be permanently mounted and thus avoid the risk of stripping the mounting screw. So far, I've not been able to contact the manufacturer via Amazon.



40th BIKE - BOAT - BIKE

June 7

7:00 AM

Registration by May 12

\$60 (Through 4/3/20) Early Registration

\$70 (Through 4/30/20)

\$80 (Through 5/12/20)

(All plus active.com fee)

NO Day-of-event registration

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

Montauk



Montauk Century Training

Ride 100 miles – Get in Shape – Beginner Training!

Riding a bicycle 100 miles in a day is a great accomplishment as well as a physical and mental challenge you will never forget. Doing a Century ride is an major accomplishment like a marathon is to a runner. SBRA offers a unique program that in conjunction with the Montauk Century can help even a new cyclist ride 100 miles.

The Swezy/Pope Memorial Montauk Railroad Century takes place this year on *Saturday, June 13th*. Ride the backroads from Babylon, with beautiful south shore views, on one of the flattest Century routes anywhere. You'll take the LIRR back with the other riders enjoying ample snacks, while your bike is returned to you after a padded ride in a moving van.



This training ride series began in 1987 with the goal of helping C and D level riders do their first 100-mile ride. Led by Josie and Bob Goykin along with a team of helpful and experienced club members, these rides can help any cyclist ride 100 miles, the easy way. We understand the needs of new cyclists and riders who want to increase their speed and distance.

The first training ride is March 28th. Each week we cover new skills and techniques that you'll need to reach our goal of riding 100 miles at about 15 mph. You'll learn about drinking, eating, clothing, gearing, safety, roadside repairs, bike fit and more!

The rides start in Ronkonkoma and head east. The first ride is a 25 mile D pace to get into the swing of things. Each week we go a little faster and further learning appropriate skills to get you over the next milestone without injury. We aim for unique lunch stops with ample snack and bathroom breaks. You'll be comfortable in a supportive, social setting where everyone is working toward the same goal.

Over the years hundreds of riders have completed this program and discovered the joy of longer distance club riding. You'll be riding with a group of people all learning and trying to reach Montauk at about 15 mph.

What's required?

- You should be an SBRA member
- You have never done a Century or have been away from cycling for a while.
- You are repeating but riding with a friend who has never done 100 miles before.
- You can ride 25 miles at 10 mph.
- You are a D or C rider who wants to improve.
- You are free most Saturdays until the Century.
- A road bike.
- Register for the series.



Before the rides

- Don't buy a new bike yet – we'll help you select the right one. In our 35 years, very few people have been able to ride the distance and pace on a hybrid. It can be done but you'll work harder.
- Have a helmet, 2 water bottles and cages, tube and inflator (pump or CO2) that fits your tire.
- Bring your bike to a good shop for a tune up
- Go for a test ride.
- We recommend you attend **Super Cycling Saturday** and the Beginner Rider session – **March 14th from 10 am to 4pm**

Sign Up for the series or for more information, call or email Bob or Josie Goykin – 631-737-1871 or rgoykin@gmail.com

If you have already done a Century check out the training ride in the Ride Calendar <https://www.sbraweb.org/calendar>

February's General Meeting — What You Missed

Photos by Christine Tanney



Guest speaker, Kristi Ladowski, an injury prevention & outreach coordinator at Stony Brook University Hospital gave a presentation on the benefits of Tai Chi to all who attended.



Kristi demonstrated some of the Tai Chi movements.



Kristi also had SBRA members join her in order to better understand the benefits of Tai Chi.



TAI CHI WORKSHOP

When: Wednesdays & Fridays for 8 weeks (16 classes)
Multiple workshops throughout the year:
(Spring) March 11 - May 6, (Summer 1) May 20 – July 10,
(Summer 2) July 22 – Sept 11, (Fall) Sept 21 – Nov 20

Times: Part 3: 9:30-10:15 am (Movements 21-41)
Part 2: 10:30-11:15 am (Movements 9-21)
Part 1: 11:30-12:30 pm (Movements 1-9)
Beginners should start with Part 1 to learn first set of movements

Where: North Shore Jewish Center Ballroom
385 Old Town Road, Port Jefferson Station, NY

Cost: \$36/pp for facility use, cash or check (made to North Shore Jewish Center) paid on first day of class

To register or questions:
Contact Kristi Ladowski at 631-444-8385

This program is offered as part of the NYS Department of Health
Older Adult Fall Prevention Program

What it is?

Tai chi is an ancient Chinese practice that combines slow moving with deep breathing.

Benefits of Tai Chi for Health:

- Increase strength, balance and posture
- Prevent falls
- Improve mind, body and spirit
- Reduce stress and increase relaxation



Attend SBRA's General Meetings

**BE INVOLVED
& GET UP TO DATE
INFORMATION ABOUT
YOUR CLUB**

**LEARN ABOUT FUTURE CLUB
RIDES**

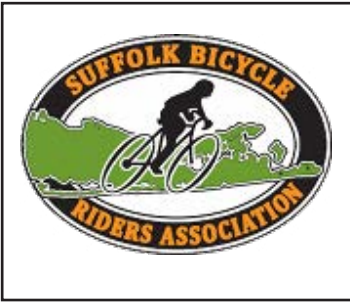
**HEAR REPORTS FROM
EXECUTIVE COMMITTEE
MEMBERS**

**GET UPDATES FROM
CHAIRPERSONS**

**HANG OUT WITH FRIENDS
& FELLOW BIKERS**

**LEARN FROM GUEST SPEAKER
PRESENTATIONS**





General Meeting Minutes

February 6, 2020

Call to order – President Joanna Pascucci called the meeting to order at 7:07 pm. Approximately 50 members and guests were in attendance.

Acceptance of Minutes – A motion to accept the January 2020 General Meeting minutes was made and seconded by Bobby Ploetz and Chuck Ackerman.

COMMITTEE REPORT

Vice President of Administration’s Report – (Jeff Meyer) The permits for BBB are started. Two food trucks are contracted. We are using the same routes as last year so the town permits should go smoothly.

Treasurer’s Report (Joe Matzelle) – Joe explained that a large expense to upgrade SBRA’s website overran the budget by about \$2500. However a number of expenses have since come in under what was budgeted. Ride leader incentives were \$500 less, Insurance was \$692 less. The Holiday Awards Party cost less than budgeted by \$13 per member attending because the actual cost was that much less than the expected cost. club members were subsidized for \$7 each instead of \$20 each. Non members, since they pay the full cost, were refunded \$13 each. The total savings to the club were \$1793. So at half way through the budget year we are \$466 under budget. A full report including the current balance in the SBRA bank account is available to any member by contacting Joe.

Vice President of Operations’ Report - (Paul Miklean)

Statistician (Tricia Brandt) –The reports below represent the 2019/2020 ride season: In January, 105 rides were posted and 84 rides were ridden.

Total mileage for the month of January was 12,469 ridden by 132 different riders.
Total Mileage Year to Date (Nov-Jan) is 53,468 by 223 riders.

There were 3 days when no rides went out and one day no rides were posted at all. Rides were led by 27 different ride leaders in the month.

Mileage leaders:	Mileage Leaders (January)
Brian Toole 1573	Brian Toole 541
Robin Shea 1467	Milt Grumm 393
John Shea 1253	Gary Ristau 366

7 Riders have over 1,000 miles.

Ride Leader Credits:
Jeff Meyer 35
Norm Samuels 26

Bill Gravitz 21

Sweep Credits:
Dennis Desmond 35
John Bambach 17
Lynn Roesel 14

Sunshine Report - (Bruce Presner) – The only card went out was to Joe DePalma who had Shoulder surgery I saw him last week and he is doing well.

Membership – (Ronnie Levy) – There are 822 members, 10 Bike Shops ,7 new members in January and 39 Honorary members. About 25% of the membership has renewed. Please Renew early.

Safety Director – (Manny Rosenkranz) – When we come to an intersection do not bunch up too much. Pairing up is good. A large bunch is dangerous starting up. We will be going over the intricacies of intersections during Super Cycling Saturday.

Ride Director – (Tom Micelli) – Super Cycling Saturday is March 14th. Ride leaders should make sure their dues are current by that date. If you want to be a ride leader you must attend Super Cycling Saturday.

Vice President of Operations (Paul Miklean) Dan Flanzig, a bike lawyer, will speak at the Super Cycling Saturday meeting. At the April meeting Chris from Krieb Cycle will talk about Nutrition for cycling for different length rides.

President (Joanna Pascucci) There was an issue with Optimum that the meeting notice and the link to Rolling Wheels was not sent to some members that use Optonline email.

Joanna congratulated Bruce Ruberio on his 60th birthday and welcomed our new members.

The Holiday party was a great success. The food was delicious, the service was great, the band was geared to our group, I think everybody had a great time.

The SBRA jersey is on the web site for pre-order.

BBB is Sunday June 7th.
Super Cycling Saturday is Saturday March 14th. We

General Meeting Minutes

will minimize expenses by having our Business meeting that morning. We will have Dan Flanzig speak about Bike Law. Missy Gallagher will lead us in some Yoga. Tom Micelli will demonstrate changing a tire on a disc brake and regular bike. There will be lunch after the business meeting then ride leader training will be in the large room and beginner training will be in the smaller room.

GUEST SPEAKER Kristi Ladowski from Stony Brook Trauma Prevention. Kristie gave an overview of Tai Chi which is an asian martial art. It is an art that is towards the meditative end of the martial arts spectrum. It is a physical art that improves balance and has other health benefits. Kristi gave us a list of Tai Chi Workshops and also gave us a short demonstration and taught us an alignment and a warm-up move.

Adjournment Meeting was adjourned 7:55 PM.

Respectfully Submitted,
Bruce Redlien, Recording Secretary

PARTING SHOT



OUCH!

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

---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