

# ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

MAY 2020

COVID 19    CORONAVIRUS    PPE    STOP THE SPREAD  
STAY HOME    MITIGATION    NEW NORMAL

NEW REALITY

**SOCIAL  
DISTANCING**

**APEX**

COMMUNITY  
SPREAD  
**PANDEMIC**

SHELTER  
IN  
PLACE

ASYMPTOMATIC

**N95 MASKS**

CURBSIDE  
PICKUP

TESTING  
PROTOCOLS

**CONTACT TRACING**  
**FLATTENING THE CURVE**

In the past, as May would roll around, many of us would be looking forward to warmer temperatures and sunny skies. Perhaps hours and miles would already have been eaten up in preparation for the BBB and Montauk Century, or maybe just a renewed enthusiasm for cycling.

This year our world is different, dramatically different. Cycling has taken a backseat to the horrors of our war with the Coronavirus.

In this new world dominated by the pandemic, we have had to learn a new vocabulary. The learning curve has been steep, but hopefully, we are nearing the top of the steep climb. I know we are ready for the downhill that awaits, and although our lives will undoubtedly be changed forever, we will again be able to enjoy the pleasures that come with cycling with friends.

This issue of Rolling Wheels has a lot of variety in it. Some articles relate to the pandemic, other pages try to offer a humorous break from the heartbreak we see around us, and of course, there are pieces about what we love to do -- cycling.

I want to thank those that answered my request for copy. As always, the contributors make my job easier and, at the same time, hopefully, make Rolling Wheels an engaging, informative, and fun read.

I wish all of our members good health and look forward to sharing the road and the sport we love in the near future.

My final words go to the women and men who have been crucial in keeping this country going by fighting the good fight against our common enemy, COVID 19. I know a number of those on the front lines are also members of SBRA. To you from all of us, THANK YOU.

Bernie Scherer

**WUHAN**

RESPIRATOR  
MOST  
**VULNERABLE**

NIH  
WHO  
**CDC**  
TESTING  
SITE

NATIONAL  
EMERGENCY

**CONTACT  
TRACING**

DISTANCE  
LEARNING

**RE-OPEN NY**

TESTING  
TESTING  
TESTING

**SELF-ISOLATION**  
**ANTIBODY TESTING**

**SELF QUARANTINE**

NY PAUSE

# Message from the President

First, I want to say that I hope everyone is safe and staying healthy, given the restrictions we have on our lives right now.

The Covid-19 situation continues to affect group gatherings and social distancing. At this time, we do not know when these restrictions will be lifted, so we will continue not to allow rides to be posted until further notice. SBRA will not be responsible for anyone arranging rides on their own.

For More information on the Corona -19 virus updates in our area go to NY.gov

We have canceled BBB this year and postponed the Montauk Century if we can find





another date in an already crowded event calendar. Other clubs are trying to postpone their events until the fall, so September and October will be a very busy time for Charity and Club Events. Now more than ever, we need to support our local bike shops, which are open and ready to help with all bike needs. They are, for the most part, doing curbside drop off and pickups and will welcome the support. Let's keep in touch with them to know we are thinking of them.

We will send updates when we feel we can safely open the club up to rides again. In the meantime, please stay healthy and safe so we can join each other on the road again soon.

All the best,  
Joanna



## Important Dates

 Bike-Boat-Bike	Canceled
 Montauk Century	Postponed

## New Members:

**Frank Marcovitz**  
**Dennis Oliver**  
**Anthony Parlatore**



## 2020 Executive Committee

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VP OPERATIONS	Paul Miklean	631-689-7186
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STATISTICIAN TEAM	Valerie DeRicco	631-874-3669
SUNSHINE	Bruce Presner	516-702-5639



# Lessons Learned from Solo Riding

BY GARY RISTAU

During this time of the Corona Virus, I and many others have made the conscious decision to ride solo until the green light is

lit and SBRA allows posting of group rides again. As of the date of this writing, I have ridden more solo rides this year than all of last year and have grown to appreciate this change in my riding format. Here are some of the things that are different or I have learned from soloing:

- All my solo rides start and end at home eliminating the need to drive to a ride start. My car still has ¾ of a tank of gas after 1 month.
- I can ride according to my schedule based upon plans for the day or the weather.
- No need to be fashion conscious about what kit to

wear, I can even wear my Farm to Fork Chicken kit without being laughed at.

• I can follow my own route or no route, I can stop as many times as I want or not at all. When I get a flat, I can take my time and not worry about holding up the group.

• I can ride at my own pace, fast for a workout or slow to enjoy the scenery or just think.

• When soloing a workout ride, there is no rider in front of me to draft off of virtually eliminating any coasting. My heart rate stays up and potentially I have gained some ability from riding alone.

Having said all of the above, I MISS GROUP RIDING! A big part of why I ride is for the social aspect and now more than ever socializing would be welcome. Hopefully this virus will soon be under control and we can return to our normal SBRA group rides. Until then, be safe, stay healthy and try solo riding.



BY MANNY ROSENKRANTZ

Education & Safety Director

I had many of the Covid-19 symptoms in mid-March with coughing and bad body aches but

no fever. My doctor told me to monitor myself for fever, and if it developed, get tested. I called Stony Brook about testing, and they wouldn't test since I didn't have a fever. The doctor told me to keep a good distance from my wife, but apparently, I didn't do a good enough job at it as she came down with Covid-19 and was in the hospital. She is home now and recuperating nicely.

I say all this to emphasize that I had good reason to read everything I possibly could about the virus and, now that I am out solo on the bike, what I should be doing. I am not a doctor, and I am not offering medical advice but just the most important points that make sense under the circumstances.

First, I trust that you are not riding in groups. I did the math. If you are even 15 feet behind the rider in front, at even a modest 13mph pace, you will cover the distance in less than a second. This means you are constantly inhaling the exhalation of the person in front of you.

If you are riding, it is most important to ride on routes where you can practice safe distancing. Let's consider the consequences of our individual actions on the community around us.

There is a lot of back and forth on wearing a mask when riding. If you feel better mentally by wearing one, by all means, do so. If you have not been able to buy a surgical or the N95 mask, there are a lot of videos on YouTube with instructions on making a mask at home with materials you may have

## Consider These Safety Tips

in the house.

If you are riding on trails or routes with several others, even wearing a buff can help cut down on droplets exhaled by riders in front of you.

Don't wear a mask or any other face-covering if it is wet from spit or mucus. I've read that you may be able to salvage the mask if you dry it out with a hairdryer. I'm skeptical about that. If you have a good number of homemade masks, I would throw the wet one away. I've heard if you have the N95 mask, you can dry it out by placing it in the sun for 15 minutes.

The mask should fit snugly over the nose and mouth. Do not touch it once it's on your face. Wash it if it is dry immediately after use. Some have recommended wiping your bike handlebars, gear shift and brake levers and saddle with alcohol swabs. I am not doing this, no one is touching my bike, and it will not be touched by me again for about 24 hours. Again, do wipe your bike down if it gives you mental relief. I always wash my hands after riding.

I have heard from some friends that they do not want to ride outside, even if solo. There is a concern if you crash and need to go to the hospital. You really don't want to be in a hospital now. I would feel bad taking the attention of the medical staff and a bed in the ER away from a person who may need it more. That's my personal take on it.

I have shortened my rides to 15 to 20 miles and cut the pace. I have a mask, but I do not cover my face unless people are nearby. I do this even though I'm a good distance away. I have been yelled at twice for coming too close although I was a good 15-20 feet away. You can raise and lower the mask by the bands without touching the mask. There is

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**BARBARA BRAUN, WHO IS SELF ISOLATING, RECENTLY READ AN ARTICLE ON THE BICYCLE COLORADO WEBSITE AND THOUGHT THIS EXCERPT WOULD BE OF SPECIAL INTERESTS TO SBRA MEMBERS. SHE MISSES HER CYCLING FRIENDS AND HOPES ALL STAY HEALTHY.**

First and foremost: if you think you've been exposed, self-quarantine. Including being outdoors. Do not ride outside.

Maintain six feet of distance when riding around others.

Do not go for group rides with people who live outside of your household. Only ride with people you are already staying at home with and, when passing someone else on the road or trail, leave as much space

as you can to ensure you are adhering to social distancing best practices.

If you are going for a bike ride, ride from your place of residence.

Do not put your bike on your car or leave your community to ride.

Wear a mask or a buff while riding to protect yourself and others.

Practice good hand hygiene at all times.

Get your sleep! Your immune system is stronger when you practice healthy sleep habits. Ronshon recommends 8-9 hours.

Eat healthily. Now is not the time to fast; fasting hinders your immune system.

Exercise!

But keep in mind that it's important not to overdo it. When you push yourself too hard, you can limit your immune system's response to a virus.

Do not spit or snot-rocket on rides or around other people walking or biking. Carrying a kerchief or bandana in your pocket is a good alternative that will mitigate the risk of any spread.

If you have to do so and don't have bandana or kerchief, make sure no one else is around you. Check out this article from Bicycling Magazine which dives deeper into the topic.

If you're in a shelter-in-place or stay-at-home area that prohibits you from riding your bike, it's important to heed those rules and stay home. Don't put yourself or your loved ones at risk because you want to go for a ride. For a list of communities with shelter-in-place orders, scroll down to the "What We're Hearing" section.

Finally, don't ride risky. This is an especially bad time to be in a bike crash. You don't want to go to the hospital right now, and doctors don't want to see you unless they need to, so taking reasonable precautions while riding is especially important right now.

**ADDITIONAL DETAILED INFORMATION ABOUT BIKING DURING THE COVID OUTBREAK IS AVAILABLE AT THE BICYCLE COLORADO WEBSITE. HIT THE LINK**

[HTTPS://WWW.BICYCLECOLORADO.ORG/BIKE-NEWS/COVID/](https://www.bicyclecolorado.org/bike-news/covid/)

# Undaunted by COVERED SOLO FUNDRAISING RIDE TO FIGHT CHILDHOOD CANCER IS A GO!

BY JOHN ACCARDO

When I wrote about my St Baldrick's 5 Boro Bike team in the January edition of Rolling Wheels, I had



no idea the world would be turned on its head. We're now at the end of April with just days to go until the May 3rd tour date, and as you might imagine, it's a no go. Instead, we all have a new phrase in

our vocabulary: "Social Distancing," in other words, a cluster of 32,000 cyclists all crammed together in lower Manhattan probably isn't a good idea.

Unfortunately, Covid-19 has not stopped children from getting cancer; in fact, globally, every 2 minutes a child is diagnosed. What's worse is the death rate for a child diagnosed with cancer is 20% (1 in 5). St. Baldrick's foundation is the Number-1 funding organization for pediatric cancer research worldwide, and it was founded right here in Suffolk county. The Pandemic happened to hit right at the time when the majority of the St Baldrick's fundraising events would have occurred, resulting in a significant short-fall compared to the previous year's levels. This will have a negative impact on the summer research grants they provide to a wide range of institutions around the country, including many here on Long Island.

But the great thing about cycling is you CAN go it alone. As the captain of my "Jen's Ducks" team, I had promoted our participation in the 5 Boro Bike Tour to raise research dollars. We would be riding 40

miles through the streets of NYC to symbolize the difficult road traveled by children in cancer treatment.

But who needs a Bike tour to achieve this goal? With the tour postponed, I will still ride the 40 miles (and maybe more) on May 3rd as a solo rider. I owe it to my sponsors, to the foundation, and most of all, to the kids who must battle the many forms of childhood cancer. My other teammates will also do their own solo rides

I've planned two possible routes to ride, each with their own symbolism.

Should May 3rd turn out to be like last year's tour; with incessant rain, wind, and chilly temperatures I'll ride from my home in Shirley out to the Big Duck and back, it's a 40 mile roundtrip to my teams namesake and in honor of my daughter's love of ducks. Alternatively, if we have a beautiful spring day I will ride to Montauk point ("The End"). It's a 65-mile route that matches my age yet symbolizes an "End" to cancer. I'll then don a mask and gloves and jump on the LIRR for the trip home.

This is my interpretation of "Social Distance" with a "Socially Responsible" goal to help fund the most promising research specifically for Childhood cancers.

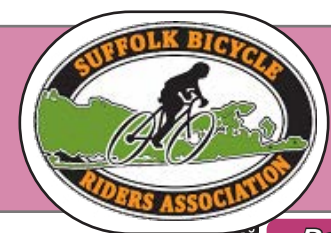
If you'd like; You can ride along with me (virtually) while keeping your social distance by sponsoring my solo event with a donation in any amount. Just visit my fundraising page on the St Baldrick's website here: <https://www.stbaldricks.org/participants/mypage/1041070/2020>

While you're there, take a little time to read about the great work they've done these past 20 years. I'll also take pictures along the way and possibly a video as well. On Your Left! (6 feet away).



## General Meetings

**DUE TO THE CORONAVIRUS  
GENERAL MEETINGS HAVE BEEN CANCELED**





# Ask The Cycologist

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

**DEAR SBRA MEMBERS,**

I have been swamped with letters and questions about COVID 19. I'll just take a moment to tell you that we are all in the same boat.

I stopped at Glen Cochrane's the other day. We were outside on his deck and I asked where his wife was. He replied that she was in the garden. "I don't see her there Glen, you sure?" He said "Yes, you just have to dig a little deeper."

John Martin was in Costco in full protection gear when a woman yelled at him to help push the damn cart. He helped her all the way to the car and home before she realized he wasn't her husband.

Manny R. has alcohol in every room of the house. At night he dresses up and does a bar crawl.

I told my wife it felt good to be spending time with my love during this quarantine. She replied, "Must be nice."

I watched birds fighting over worms in the yard yesterday for three hours until I fell asleep in the chair. The Cardinals were beating the Blue Jays 4 to 1.

Bernie S reports a bag of M&M's has 475 pieces. A strawberry has 1,280 seeds.

Christine says if you keep a drink in each hand, you can't touch your face.

Lee says he and his dog spend the day barking at squirrels and it relieves tension.

Joanna says that Finland closed its borders and now no one is going to cross the Finnish Line.

Mike Grumm gets excited every Monday and Thursday to take the garbage down to the curb. He has a hard time deciding what to wear.

Brian Toole made hand sanitizer that turned out to be like Jello shots. He, Dan and James are nowhere to be found.

Ed D had a three hour conversation with a spider and told me the guy was a web designer.

My son tells me he wants my grandson transferred to another class.

My grandson says he hopes he doesn't get the same teacher again next year.

My niece called her mother from her room and told her she missed the bus.

If you needed 144 rolls of toilet paper you should have been seeing a doctor long ago.

Many "Crumplers" of toilet paper have adapted to being "Folders." No more spinning that thing like a roulette wheel.

This is going to last longer than they are saying. The Virus will determine the timeline and no one else. Stay safe, stay home and this will slow down, but it won't go away. Be Smart.

**SIGNED,  
CYCOLOGIST**

## Safety Tips

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enough fear out there, and I don't want to add to it.

Some members have organized "group" rides on Zwift. Brilliant.

Let's use reasonable caution; let's not ignore the advice of government health agencies and the medical profession. We'll get through this, and we'll be back on the roads on our group rides.

Finally, a loud shout out to those in the medical professions who are on the front lines of this battle, and all the first responders who are answering the calls for help.

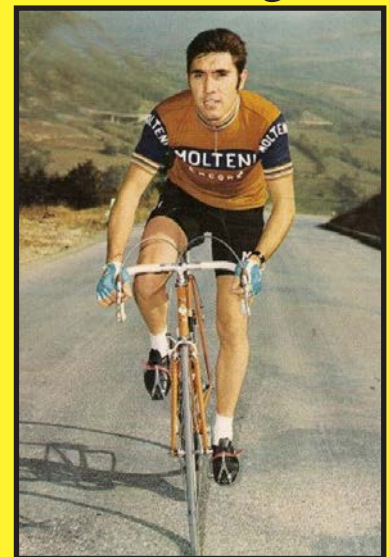
## GORDON'S THOUGHTS



**NOW IS THE  
TIME TO BE  
VERY CARE-  
FUL AND  
STAY INSIDE  
AS MUCH**

**AS POSSIBLE WORK OUT AT  
HOME AND TRY TO STAY IN  
SHAPE ANYWAY YOU CAN,  
STRETCH OUT OFTEN, EMAIL,  
TEXT, PHONE CALLS, WALK  
AROUND WHERE YOU LIVE.**

## Name the Cyclist



**Eddy Merckx**





# Survival Strategies for Grounded Cyclists

BY LYNN HEIMBERGER

So by now, we are all getting really Really REALLY antsy, itchy pants, climbing the walls, yearning to get back out there and be able to ride, but with ALL our biking friends, ALL together .....Tire to Tire.... missing those call outs, and looking forward to a GROUP ride break at Micky D's. I'm sure we have all put our energies to work, thinking of OTHER things to keep ourselves busy during this horrible time of social distancing.

Maybe you tried making a sandwich and driving out to some nearby parking lot and having yourself a "car cabin" picnic:



Or maybe you "tried" to work those muscles by starting strength training at home:



Or maybe even tackling that old project that has been on your "to-do-list" for SEVERAL years now:



Or you vowed to start eating healthier:



....Whatever it may be, Just keep telling yourself, WE'RE ALL IN THIS TOGETHER, and we WILL get through it. Whether you've been successful or not, how about sharing what YOU have been doing to keep yourself sane???? Until then, just know that your best cycling buddies are thinking of you and missing you too!!

# THE BASICS – Mountain Biking – PART II

BY NORM SAMUELS



This is the continuation of last month's article on mountain biking.

Let's continue to examine elements that must be considered before and during a ride.

## Technical Aspect:

**Straight Run:** 50 to 300 feet of single trail, each trail

has a few but not that common on LI. Great place to pour on the speed but suggest caution as there's usually a turn at the end ;- ) that the rider has to be ready for.

**Weaving:** Sweeping or tight turns ... very often bracketed by trees.

## Obstacles:

Single logs (2-4" diameter are traverse-able while riding).

Ramped log jump are designed to be ridden over. Rocks, dips, fox-holes (deep dips) and moguls (designed to be ridden over but take care as some have turns at the peak).

## Momentum:

The Mountain Biker's friend ... as you become more skilled you'll find two things in this respect:

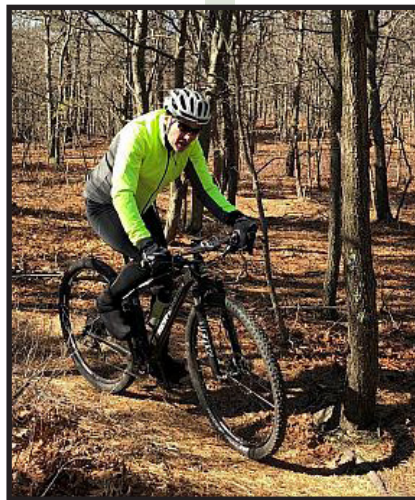
**Obstacles:** You'll be surprised how easy it is to roll over things if you don't pull on the brake lever and get stalled at 0 mph.

**Downhill facing an uphill:** Let gravity help, spin high gear at the bottom and while (almost) coasting uphill, down shift until almost all of gravity's energy is dissipated and pedal over the hill top. The sensation of being at the right rpm, pedal pressure and speed is amazing. A technique that will reserve one's strength.

## Beginner/Intermediate Trails on L.I.

(in order of preference)

**Eastport:** It's a schlep out to Manorville but worth it for the good basic relatively wide and clear single track trail. Well marked. Maybe a single small log or two to traverse. No big climbs or obstacles. Only drawback is an open field which should be avoided by following signs. A good number of turns but most are not that tight. The CLIMB online map is simple but not quite up to date as a choice of two bonus loops are not shown.



**Overton Gravel:** Three multi-track loops that make up a short ride of < 6 miles. One or two short climbs. No map available and the three marked loops are intersecting and have overlap that can be confusing but you really can't get lost. Only negative is the short distance. Start by parking at Overton South lot, riding up the dirt Overton Road to the wide entry onto loop A on the right. Marked with a yellow blaze sign.

**Calverton:** A Beginner and Intermediate trail rolled into one. Start and finish are flat and very winding. The north end has a few single black diamonds. The Log Ride BD has deteriorated over time and is not difficult but care must be taken for possible loose logs. The CLIMB map is up to date. One of the fastest drying trails around and therefore a favorite after a rainy day. A DEC permit is required.

**Overton Blue:** A good relatively wide and clear single track trail. Well maintained and marked but the CLIMB map is not up to date for BDs and newer small off main loop trails. Blue trail has two short off loops ("Got 6 Minutes" and "Sheep Pasture") for variation and Black Diamond #5 can be done by an advanced Beginner or Intermediate rider. All loops return to the main blue trail.

**Brookhaven State Park:** Three well marked fire roads begin at the parking lot + a single track (yellow blazed) intersects both the red and green fire roads. The fire roads have a few sandy sections and can be rocky at a few places. The green fire road loops around for a view of Lake Pomonka. The single track is shared as a hiking trail and hikers have the right of way. Not many technical obstacles except for one or two hills to climb. The single track is moderately wide but can get over grown in the southern end of the trail near Rt 25. Other single track trails exist but are not marked. The only Mtn Bike park to have a porta-potty at the trail start/end.

**Glacier Ridge:** Soon after leaving the parking lot there is one root obstacle jump which Beginners and Intermediate riders should dismount for. After this walk or ride up to a rocky fire road which has is part of the main. The main is sometimes single track and sometimes rolling fire road. All diamonds can be skipped to do the 6 mile loop or some single BDs can be ridden by Intermediate riders ... CR83 South and Hunter Trail.



### IF YOU CAN'T BEAT THEM, JOIN THEM!

My cycling history has been a stop and start journey, punctuated (punctured!) by long periods out of the saddle.

In a very real sense, I can thank cycling for my own beginning: in 1952, my parents met at a cycling club in London, and on their second-ever date, a disaster struck: an army truck ran a red light. My parents were pedaling along on a tandem, and they were both seriously injured. By the time they were out of the convalescence hospital, they had decided they didn't need any more dates, and they married.

Many mothers are nervous about their children cycling on the road for the first time, but as a result of the accident, my mother was in the top percentile of Nervous. At ten, she made me take the Cycling Proficiency Test, a national scheme in the UK with the mandate to "provision child cyclist training."

I wasn't an enthusiastic pupil! The course was at my school and taught us useful things like how to alter the height of the saddle and handlebars (hit the stem with a hammer!) and how to mend a puncture and how to ride around mock

roads on the playground. I vividly remember the 'cone slalom' and the 'slow races' where the slowest person won -- no putting your foot on the ground! -- excellent training for not unclipping at traffic lights. At the end of the 4 week program we had a road test.... and it took me 5 attempts to pass. I kept failing on the left hand turn! I'm much improved now - but maybe beware anyway! I'd like to say this course set me on the road immediately and joyfully... but my mother still wouldn't let me on the street!

When I was about 14, I was finally given my mother's road bike: A 5 speed Falcon with Reynolds 531 tubing that was too small for her. This bike traveled with me to Ottawa and then Long Island and I rode it until my 2yr old son refused to sit in the child seat on the back. I can't think what put him off. Maybe something to do with a slow fall -- no injuries! -- onto the grass verge? Even after that, the Falcon didn't totally retire from duty until 2010 as I passed it along to my daughter in turn.) From 14 until I learned to drive at 23 my bicycle was my primary mode of transportation: a commuting tool rather than something to be enjoyed. It wasn't until I got my first car that I joined a bike club (Ipswich Cycle Touring Club) and started cycling recreationally.



In 1983 I quit my job and joined [my boyfriend (now husband)], Trevor in Ottawa, Canada. There are some great cycling trails in the area, and I would frequently ride my Falcon up into the Gatineau hills (felt like mountains!) in Quebec.

Then we moved to Long Island, where the arrival of our children curtailed my free time. Before long, my bike hung from the garage ceiling and stayed there for years on end. Was this to be the end of my cycling journey? Well, no, obviously not, but it seemed that way for a while.

Fast forward to 1991: we spent the year in Cambridge, England, a small city famous for its universities and its thousands of student cyclists. Trevor bought himself a new bike and started cycling seriously again, after many years mostly running. Soon after we returned home to Long Island, he started racing and joined SBRA. Despite Trevor's returned cycling enthusiasm, my bike continued to imitate a five-gear chandelier. I began work at BNL myself, circa 1998, and purchased a mountain bike from Kreh, which I used to explore BNL woodland trails during my lunch breaks. Gear-changing technology had come a long way since the 60s! I only fell off once! I saw the big hole too late and re-discovered The Law of Inertia, the fall resulted in some bad bruising, but the bike was OK. Perhaps those long-ago cycling proficiency classes helped me!

Eager to get me cycling more, Trevor told me that Claire Reed did a Sunday morning ride at the same time as his Early Bird rides. So I went along and soon discovered that group riding was very enjoyable, even on my old heavy mountain bike. Claire commented that it sounded like a truck coming up behind her! After a while, Trevor rebuilt his old training bike



Susan with some cycling friends during her Vietnam trip.

for me. It was still quite an old heavy bike, but it helped me discover my interest in road cycling again.

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**IF YOU CAN'T BEAT THEM, JOIN THEM!**

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I could now escape BNL by the westernmost gate and cycle around Manorville during my extended lunch break. In about 2012, I rejoined SBRA, and in 2014 the old steel bike was replaced by my first brand-new road bike, a Specialized Ruby.

My cycling career may have started with a bike crash and a reluctant childhood proficiency test, but I am now a convert. I really value and enjoy the friendships that I have made during my time with the club. It has opened up many new experiences for me: I would never have been to Vietnam had it not been for a chance comment at a kayak outing with club members! I hope to continue riding with the club, enjoying many adventures for years to come.

**Looking for Captions**

These photos supplied by Lisa Valentine are begging for just the right caption. We all could use a laugh so pass along your suggestions to me at [bys1@optonline.net](mailto:bys1@optonline.net)



Got a photo that needs a caption? Send it in, and we'll ask our members for suggestions.

*May Birthdays:*

**HAPPY BIRTHDAY**

Rafael Aguayo	Peter Harte	David Radford
Dawn Alperstein	Madelyne Jackson	Harry Resnick
Michael Alster	Karl Kampfer	William Riley
Philip Austen	Jed Lee	Kenneth Rivalsi
James Badia	Peter Legakis	Mike Savas
Tricia Brandt	Gladys Lepolszki	Lisa Scrima-Castelli
Bruce Cameron	Michael Loeser	Robin Shea
Tom Carlin	Stece Luciani	Karen Shumar
Joseph Cecchetto	Frank Marcovitz	Lloyd Simon
Edmond Coman	Richard Mardosa	Jeanne Sisinni
Peter Conticello	Tim Mayr	Susan Taylor
Joseph Deacutis	Darlene Merola	Costa Triculis
Brian Dinger	Brenda Meyer	Curtis Veit
Karen Erickson	Ann Mitromaras	Carlo Viri
Bill Ferguson	Dennis Oliver	Glenn Warmuth
Hava Forziano	Judy Onorato	Janine Wasserman
Jerry Funk	Robert O'Neill	Randy Weintraub
John Gendron	Christopher Pile	Lawrence Willig,
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