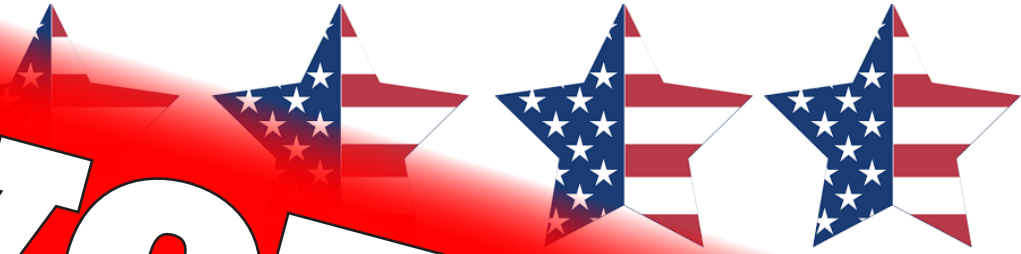


# **ROLLING WHEELS**



**SUFFOLK BIKE RIDERS ASSOCIATION**

**NOVEMBER 2020**



**VOTE**

**TUESDAY**

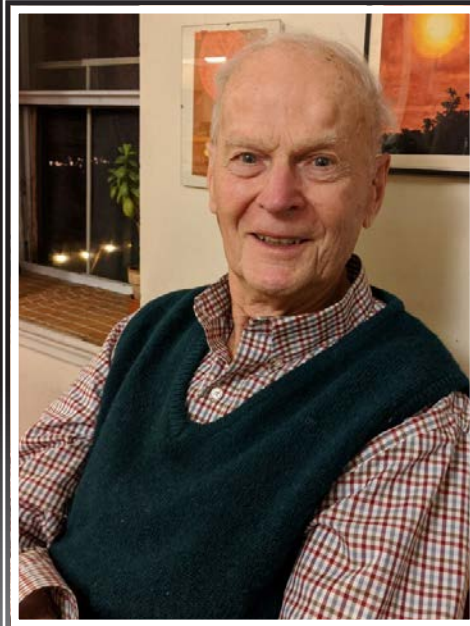
**NOVEMBER 3**



# IN MEMORIAM:

## Richard Joseph Cunningham

It is with a heavy heart that we announce the passing of a very long time member and friend.



## 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 NEWSLETTER	Joanna Pascucci	631-747-3464
PHOTO GALLERY EDITOR	Bernie Scherer	631-804-0751
QUARTERMASTER	Norman Samuels	631-928-3913
REFRESHMENTS	Chuck Ackerman	631-979-9644
REFRESHMENTS ASST.	Tom Pfisterer	631-585-6417
STATISTICIAN TEAM	Hava Forziano	
STATISTICIAN TEAM	John DeRicco	631-874-3669
STATISTICIAN TEAM	Tricia Brandt	631-874-2686
SUNSHINE	Valerie DeRicco	631-874-3669
	Bruce Presner	516-702-5639







## Safety Tips

### LET'S BE HONEST...

BY MANNY ROSENKRANTZ  
Education & Safety Director

**LET'S BE HONEST**, a show of hands, we would all like to ride just a little, or a lot faster. Every B+ rider really wants to be an A rider. I follow a well-known sports medicine doctor, Dr. Gabe Merkin. I always thought progressive weight lifting would make you stronger and, therefore, faster. Dr. Merkin does not agree. He cites a recent review of 22 scientific studies that show that resistance programs such as lifting weights added to cycling provides little, if any, benefit to make you faster.

Resistance exercise does not increase VO2 max, the amount of oxygen that a person can take in and use. You will not get faster. According to the cited studies, you get faster by pedaling harder. VO2 max is improved only by training to shortness of breath by doing intervals. There are many fine videos on YouTube and information on the internet that describe various types of interval training programs.



*Congratulations  
to  
Sima Freierman  
&  
Bruce Redlien  
Who Recently Married*



## Important Dates



**VIRTUAL GENERAL MEETING**  
NOVEMBER 5



**VOTING FOR CLUB OFFICERS STARTS**  
November 5

**ELECTRONIC  
VOTING  
FOR CLUB OFFICERS  
NOVEMBER 5, 2020  
THROUGH  
NOVEMBER 11TH, MIDNIGHT  
IF NECESSARY**

## Try a Mask Extender

BY TRICIA BRANDT

Have you had difficulty with trying to wear your helmet, sunglasses, mask and perhaps a hearing aid or two?

I recently spoke to one member who almost lost a hearing aid due to taking a mask on and off and subsequently was nervous about wearing the hearing aid while riding. I gave that person a rubber mask extender to try.

An extender helps by allowing the mask to be hooked on the extender and not your ears. There are many different kinds to choose from on Amazon. Maybe something to try out?



# THE BASICS – Alerting Passing Motorists



## BY NORM SAMUELS

I've found myself riding alone on Whiskey Road a lot this year. If you don't know Whiskey Road, it's a narrow single lane road (in each direction) that winds through the Pine Barrens from Coram through Middle Island and terminates at William Floyd Parkway in Shoreham. Whiskey Road has never had a wide shoulder

but always had the appeal of a quiet, peaceful back road even though the shoulders are sometimes broken asphalt that's littered with tree and, unfortunately, human trash.

In the past few years, the peacefulness has decreased, but I still enjoy passing through the wooded sections. As traffic has increased, I've developed three good signals to the car behind me to indicate that they could pass me as a single rider while maintaining full control of the bike. I would not be surprised if many experienced cyclists already make these maneuvers without conscious effort.

While riding with no cars back on small roads, I often ride just to the left of the white shoulder line.

When I first spot a car approaching from the rear, I wait until I think they can easily have spotted me riding in front of them. At that point, if the shoulder is ride-able, I make a noticeable right cut across the white line to indicate that I know their car is approaching and that they have the entire lane to pass. I've found that making an obvious move to the right serves as a signal even on larger roads.

On small winding roads, there are many times when cautious drivers do not pass as readily as they would on wider or multi-lane roads. At this point and ONLY when I'm riding alone, I utilize a second signal indicating that I'm in control and it's okay to pass. Paceline riders are sure to recognize this one. When in a paceline, the rider in front signals that he/she's ready to drop back by wiggling the elbow on the side that the pass is to be made by the succeeding rider. When I'm ALONE, in control, and it's clear for the car to pass, I vigorously wiggle my left elbow. Most drivers don't know about paceline etiquette, but they figure it out pretty readily, and I manage to keep both hands on the handlebar in full control.

Lastly, when a driver continues to hang back while I think they would be okay to pass, I simply stop pedaling and coast. For all the driver knows, I'm stopping and pulling off the road; this is more than enough to convince them to pass me.

## Stop and.....see the seals!

### BY TRICIA BRANDT

Recently I have been thinking about all the amazing and interesting things we pass while we are riding around Long Island. I've decided to try to snap some pictures and share them in Rolling Wheels. Maybe you can do the same as you ride and submit them in a future edition.

One benefit of being a Ride Leader is I get to plan the route, start location, time of the ride, length of the ride. And if we should stop to look at something we are passing!

On a recent ride, we left the waterfront in Riverhead, heading to Briermere. I wanted to stop and see the seals outside the Aquarium. We were so fortunate to see 4 animal trainers checking out each seal: putting them through some of their tricks, checking their fins, even brushing their teeth! It was an amazing few minutes as we watched! Thanks to Jim Heaney for snapping these pictures when I was too focused on the seals to think of it!



# Ask The Cycologist

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



DEAR CYCOLOGIST,

Dear Cycologist,

I was recently on a ride that went five miles west on Dune Road and the average was 22mph! On the return five miles the average was only 9mph! Is there something wrong with my bike? Should I bring it in for service? I checked the tire pressure and it was fine.

I remain  
The Big Kahuna

Dear Big Kahuna,

I am about to tell you one of the best kept secrets in biking and bike construction. Please realize that on your journey west at 22mph, you were exerting so much kinetic energy that wasn't being used. That energy, if sustained long enough, will be converted back into potential energy by a special coil built into all crank cases. An analogy would be like winding up a toy car. This stored potential energy will only remain for 2-3 hours, at most, as the coils will return to normal tension.

If you look hard enough, under your front left brake hood, you will find a small button that, when pushed, will begin releasing that stored energy back to kinetic energy. This kinetic energy can be used to battle a head wind of any sort without much effort. The amount of time this can be sustained is inversely proportional to the mass of the bike and rider over the square root of your tire pressure minus the weight of your water bottles. It also depends on the age of your bike and how well the flux capacitor has held up in wet weather over the years.

Try this the next time you're cruising along with a great tailwind. Push that button on the way back and hang on. I recommend you only do this when you are pulling due to the surge potential and amount of friction on the saddle cushion.

Enjoy the Ride  
The Cycologist

## New Members:

Paul Baessler  
Richard Eberly  
Lia Faulisi  
Christopher Hamlin  
Albert Inserra  
Mary Lazarides  
Venetios Polychronakos  
Paul Schulman



## Signs, Signs, Everywhere

### There's Signs... Can you identify where this picture was taken?



ANSWER: Beach Bakery  
Signs, Signs...



## CONTRIBUTE TO YOUR NEWSLETTER

Submission  
Due Date  
NOVEMBER 20

Send submissions to  
[bys1@optonline.net](mailto:bys1@optonline.net)





# Bike Mechanics 101 .... FIXING A FLAT

STEPS TO FIXING A FLAT: ORIGINALLY PRESENTED BY LEE KIRSCH AT SEPTEMBER'S VIRTUAL GENERAL MEETING

Suggested Parts to carry in your bike bag:

- Spare tube or two.
- Tire Levers,
- Pump and/or at least two CO2 cartridges
- Park tire boot or substitute
- Tweezer or little pliers.



Steps:

- Make sure you are off the road.
- Remove your supplies and tools from the bag.
- Zip the bag back up.
- For changing the tube on the rear wheel put the chain on the smallest cog.
- It's good to turn the bike upside down, remove the computer if it is in the way.
- Loosen the quick brake disconnect and the axle quick release.
- Pull the derailleur back and lift up the tire.
- Examine the tire for glass etc.
- Squeeze the tire all around to break the bead.
- Take the tire lever and lift the bead from the rim away from the valve.
- Use the second tire lever to slide around under the bead to lift the tire from the rim.
- Remove the tube at the valve, keep it oriented as it was in the wheel to check for a hole in the tube.
- Examine the tire to make sure there is nothing stuck in the tire that will cause another flat. Be careful not to cut yourself on something sharp stuck in the tire. Also check inside the rim that the rim tape is good and a spoke end is not uncovered.
- Get the new tube out and put a little air in it. Put the valve stem back in the rim and put the ring back on.
- Push the tube back in the tire, making sure it is not folded
- Start putting the tire back over the rim, use both hands to work around. Sometimes it is easier if two people do it.
- After the tire bead is back in the rim check all around to see that the tube is not stuck between the rim and the tire bead. The tube must be in the tire. Make sure to do both sides.
- Using the CO2 inflate the tire slowly, make sure the tube is not pushing out anywhere. Inflate it as much as you can with CO2 it should be firm. When you get back home replace the CO2 with air.
- Hold the wheel in your right hand, pull the derailleur back with your left hand and put the wheel axle into the dropouts. Tighten the quick release and the brake release then spin the wheel to make sure it is in straight and not rubbing anywhere.
- Additional tip: If you have trouble getting the tire bead over the rim start again near the valve and push the tire away from the valve and towards the far side of the wheel. Doing that usually gives a little more slack so you can get the tire bead over the rim.
- Keep your bike clean and you will not get dirty when you change the tube.



# IT WAS JUST ONE OF THOSE RIDES

BY RONNIE LEVY

## Is It Ever Appropriate to Call a Ride??

When the ride leader shows up for a ride without a bike, is that an indication that a ride should be aborted there and then? Apparently not. For five devoted Cyclopaths, the ride must go on, with a substitute ride leader.



At eight miles into the ride, a 'mechanical' is called. The group comes to a halt only to find one of the group has the chain of her bike, not only off, but wrapped twice around the axle, kinked and not wanting

to budge. After a half-hour working unsuccessfully to get the bike in riding condition, we were considering how to get the bike and rider back to their car. Just at that point in time, along flies Gordon and Gerry, minding their own business. We hailed them down and convinced them that we needed some of their expertise.



After some time and finesse, the group was able to get the chain off the axle, unkink it, and get the bike in riding condition.

Ever optimistic, the five devoted cyclists continue on their way, only to realize the substitute ride leader was heading in the wrong direction. Still, no, the ride must go on.

Who knows where we went or how we got there, but 30 miles were completed, and five cyclists were very happy.

## November Birthdays:



John Bambach  
Paul Barenholtz  
Arnold Batist  
Kenny Bautista

Michael Breitweg  
Mickey Cantwell  
Christian Caputo  
Carl Carilli

Patricia Cavanagh  
Chuck Clayton  
Carmela Cohn  
David Cohn

Fred Cole  
Patricia Corrao  
Richard Croke  
Peter D'Elena  
Francine Deacutis  
Tristan Eckstein  
Joanne Fiore-Powell  
Victoria Fischer  
David Gerde  
Ken German  
Steve Gould  
Raymond Guido  
Patrick Hait  
David Hall  
Dean Johnson

Steven Jonas  
Michael Kaplan  
Modesta Kraemer  
Diane Krieger  
Herb Krieger  
Ed Langone  
Robert Libbey  
Lawrence Loewy  
Matty Mazur  
Elizabeth McLoughlin  
Paul Miklean  
Walter Mirecki  
Gerardo Munar  
James Olson  
Luis Paniagua

Ellen Reichel  
Linda Resnick  
Linda Roesel  
Dan Rostrup  
Rick Laspesa  
Tim Roth  
Constance Savino  
Nicholas Seeberger  
Debra Sehy  
Jimmy Senia  
Bozena Syska  
Kirk Wheeler  
Paul Wiesehan



# Riding Solo... ON THIS OLD BIKE

BY BRUCE REDLIEN

Some of us have a love of old bikes, especially bikes that have been ridden a lot and to memorable places. I just read a story about a man who shipped his 1976 Panasonic Bike to Nevada this February in preparation for a winter tour of Death Valley. Covid happened, and whoops – he had to cancel his trip and then track down his bike stuck in the innards of UPS. With UPS internet tracking, he watched helplessly as the bike traversed back and forth across the United States. He finally got his old friend, the companion on a long tour in 1976, back when a sympathetic UPS worker held it hostage from the trucks for a day. I, too, have an old friend.

My wife and I planned a cross-country bike tour, from Towson, Maryland, to Astoria, Oregon. We had done week bike tours before using our 1970's Schwinn LeTour bikes, and we knew that they were too light and wobbly for a long and more heavily loaded tour. We purchased two Cannondale touring bikes from Brands in early 1984. These were some of the first Cannondale road bikes manufactured. The frame had very stiff aluminum tubes. The bikes had bomb proof wheels. We put stiff Blackburn aluminum racks on the bikes, and they were not wobbly even when loaded with fifty pounds of gear.

The trip was a great adventure. Accompanied by a cycling friend, we spent eleven weeks traversing the USA. It was a very rural route mapped out by Bikecentennial (now known as Adventure Cycling). We biked down the Shenandoah Valley, across the Appalachians, through midwest farmlands, the Great Plains, and the Rocky Mountains to the Pacific ocean. I got to know the bike very well on the 4000 plus miles of the trip. Its low gearing got us up the sometimes very long grades, and its stiff frame was stable on sometimes fast long long descents.

Returning home, we stripped racks and fenders from the bikes, and they became our sport bikes. We

did day trips on Long Island and daily morning and evening rides. I've replaced crank axles and bearings, serviced the pedals, replaced rear derailleurs and free wheels, plenty of tires, and chains too. We did daily rides and trained each spring to ride in SBRA's Bike Boat Bike for two decades. We liked to ride from Sayville up to Old Field and also from Sayville to Smith's Point.



1984 Cannondale Touring Bike

I started riding with SBRA group rides after my wife passed. My old friend was not up to the group rides. The bombproof wheels were hard to accelerate, and the antique

half-step plus granny friction shifter drive-train didn't let me quickly respond to the ebb and flow in group riding. I loved the group riding and got a light wheeled, quick-shifting bike. I only rode my old friend when riding alone or with groups that appreciated a very relaxed pace.

Now the novel corona virus pandemic has me riding alone again. My old friend is entirely suitable. The bombproof wheels make for a stable ride with very few flats; the handlebar bag carries snacks and a camera. I never find myself going faster or slower than the group. While riding, I'm reminded of past sights and adventures. It's good to be out on my old friend, but I'm waiting expectantly to ride with my SBRA friends again.

SHARE YOUR STORY  
WITH YOUR SBRA FRIENDS

SEND SUBMISSIONS TO  
BERNIE SCHERER  
bys1@optonline.net





# A Different Type of BBB... *BIKE BOAT BIKE 2.0*

BY JOHN ACCARDO

We all know 2020 has been a year of event cancellations with biking events being no different, the 5 Boro Bike tour? Nope; Tour of the Hamptons? Nah; Bike-Boat-Bike? Not happening....or did it? Well, as an SBRA event, it didn't, but as a personnel event, it was "A Go."

It all went down on Sept. 20. BBB 2.0 was an idea to close out the summer with a bucket list goal: my first ever century ride. The plan? "The twin points Century." A ride from my home in Shirley to both points; first to Orient then on to Montauk, a bit over 100 miles all in all. I also managed to rope a friend into the ride as well, another John.

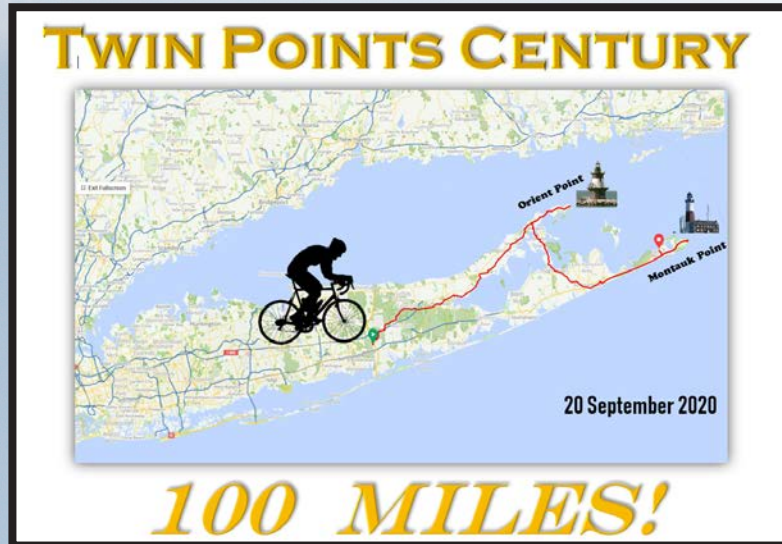
Sunday, Sept. 20 was more mid-fall than the end of summer. A beautiful day but mid 50's in the morning and a stiff Northeast "breeze" gusting to 20 straight into our faces. We rolled at 7 AM bound for Riverhead. After a bagel (gluten-free, of course) & coffee, we rolled on, quickly realizing that Bio-break planning was key nowadays.

My ride plan was to maintain a 15 MPH average, which should get us to both points and back to Montauk in time for the 3:30 PM train. That plan seemed to get tested early as I kept seeing my ride partner John fade away in my mirror, requiring wait ups at strategic turns (lots of rest for me but not for him).

We rode Peconic Bay Blvd and New Suffolk Ave. out to Cutchogue before rejoining the main road for the remainder of the ride. I arrived at Orient at 11 AM after battling some stiff winds east of Greenport. John showed up about 10 minutes later. I gave him the option to grab the 12:05 train from Greenport if he didn't think he'd make it, but he wasn't having any of that.

Leaving Orient was a joy; a nice tailwind would keep us moving back to Greenport, across Shelter Island, and all the way to East Hampton where we would once again turn Northeast.

After the ferry waits on both sides



of Shelter Island, it was obvious that the 3:30 Montauk train was not likely to happen for us. Fortunately, there was also a 5:25 PM. Accepting this realization took the stress out of the ride, and we forged ahead (with wait-ups).

One last Bio stop at Hither hills, and it was a final push to the point. The ultimate test was climbing that last big hill by the overlook, all while eating the Northeast wind! Know-

ing I'd have that tailwind on the way back made it a bit more tolerable.

I arrived at the lighthouse about 3:45 PM hitting "Point-2" of our twin-points ride! I was even able to do a little gift shopping to celebrate while awaiting John's arrival. I had to admire his perseverance getting through this ride; however, he may not want to ride with me much more.

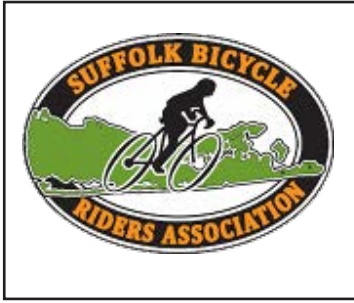
After our photo ops, we could turn our backs to the wind one last time and fly back to Montauk village. That big hill now had me doing 30+ on the backside. There was even enough time for some Tacos and a cold beer reward before heading to the train station for that relaxing ride back to Shirley.

**The final tally: 106.2 miles, my first ever century ride (at age 66), John's first one as well, AND a salute to Bike-Boat-Bike for 2020. Let's do it again!**





# General Meeting Minutes



**October 1, 2020**

**Call to order** – President Joanna Pascucci called the meeting to order at 7:00 pm. Zoom General Meeting, Brenda Meyer was Zoom Host. Approximately 37 members and guests were in attendance.

**Acceptance of Minutes** – The September 2020 General Meeting minutes were accepted, seconded and approved by Tricia and Jeff.

## COMMITTEE REPORTS

**The election will be next month:** The officers, directors and committee chairs reported on their history with the club and the duties of their current position:

**President** (Joanna Pascucci) Joanna has served on the awards committee, been ride director, planned club wide rides and is now president.

**Vice President of Administration** (Jeff Meyer) Ran guide dog charity rides, was ride director in 2011, as vice president took over BBB planning. He directed other club rides and coordinated with other groups and towns.

**Web Master Director** (Brenda Meyer) Brenda has been web master for 10 years. The vote will be electronic for contested positions. An email will be sent to every member for the contested positions. A link in the email will open a voting window. When you select and vote the window goes away.

**Treasurer** (Joe Matzelle) Joe has been treasurer since 2007 and was also statistician from 2005 until 2015. There is a lot of record keeping.

**Social Director** (Darlene Merola) Darlene has been Social director for 4 years. Darlene tries to make the events exciting for the membership and is looking forward to when we can have club wide social events.

**Vice President of Operations** (Paul Miklean) Paul finds speakers for the meetings, Lee Kirsch will speak tonight. Paul has been advocacy director, corresponding secretary, membership director, safety director and advertising director. It's very interesting to be involved in running the club. Next months speaker will be Dan Flanzig.

**Safety Director** (Manny Rosenkranz) I try to have an article in each rolling wheels on safety – I would appreciate feedback on the articles.

**Secretary** (Bruce Redlien) Bruce takes notes at meetings, updates the constitution, writes the minutes

and counts votes. Bruce has been active with the club since 2012 and is a ride leader. Our Voting procedure: the process has always been that the secretary casts a vote for unopposed candidates. There may be nominations from the floor at the November meeting. If all candidates are unopposed then the secretary will cast one vote for each of them and the voting is concluded.

**Membership Director** (Ronnie Levy) This is Ronnie's third year as membership director. She is not returning to the position. In the past she was president for 2 years, vice president for 2 years, ran BBB, did registration for BBB, did awards and was a member of the Lobster Ride committee. There are 669 members now, there were 796 members last year. She hopes that all those people who got bikes this year join the club next year.

**Advocacy Director** (Joe DiPalma) Joe has been Advocacy director for more than 20 years, He has been on BBB committees, advocates for bikeways, the greenway and ocean parkway bikeway. Joe attends planning meetings and meets with town governments.

**Ride Director** (Tom Micelli) Tom is not returning as ride director next year. While he is out he sees a lot of people riding. He sees that riders, even if they are not posting with the club they mask up at rest stops. Tom has been a member for 10 years.

**Rolling Wheels** (Bernie Scherer) – I can always use more articles. Please write anything that you have an idea for. Your stories and tips make rolling wheels interesting to the club members.

**Sunshine Committee** (Bruce Presner) Bruce sent a get well card to Amanda Sexton who was hurt on a ride. Bruce has been sunshine comittes for 25 or 30 years.

**Statistician** (Tricia Brandt) The Statisticians are not elected positions. Valerie Dericco, John Dericco and Tricia are the statisticians. The statisticians enter the ride data into the club data base to create the statistics.

CONTINUED ON NEXT PAGE



# General Meeting Minutes

CONTINUED

Total mileage for the month of September was 25,662 ridden by 172 different riders.  
Year to Date mileage (Nov-Sept) 154,027 miles by 349 riders  
Rides were led by 27 different ride leaders in the month.

### Mileage leaders for Sept.      Mileage YTD (Nov-Sept)

Dennis Desmond	717	Dennis Desmond	3336
Tom Pfisterer	673	Bill Gravitz	3020
Jeff Meyer	568	Robin Shea	2739

### Ride Leader Credits for Sept.      RL Credits YTD (Nov-Sept)

Jeff Meyer	24	Jeff Meyer	106
Susan Sears	18	Bill Gravitz	93
Tom Pfisterer	14	Susan Sears	51

### Sweep Credits for Sept.      Sweep Credit YTD (Nov-Sept)

Dennis Desmond	26	Dennis Desmond	109
Ann Mitromaras	14	John Bambach	63
John Bambach	13	Ann Mitromaras	36

**Comfort with group Rides** ( Barbara Abraham) I don't feel comfortable riding with groups right now because of the Covid-19 Virus pandemic. I miss the group riding very much. The email from the owner of Netties bakery made me think of this. Joanna received the email from Netties owner and then it was sent to every club member. Netties bakery is very small and very popular. We need to respect the rules so that Netties doesn't get fined or shut down. Ride leaders should try to avoid being at Netties at the same time as other groups. Regarding group rides Joanna pointed out that ride leaders can set the rules regarding group size and whether riders must wear masks while riding.

## OLD BUSINESS

**We will elect officers and directors at the November Meeting.**

**Nominations** (Mike Adams) Mike, Christine and Janice Rosenkrantz were the nominating committee.

### Nominations:

President	Joanna Pascucci
Vice President of Administration	Jeff Meyer
Vice President of Operations	Paul Miklean
Treasurer	Joe Matzelle
Recording Secretary	Bruce Redlien
Advocacy Director	Joe DePalma
Education/Safety Director	Manny Rosenkrantz

Membership Director	Norm Samuels
Ride Director	Chris Joinnides
Social Director	Darlene Merola
Web Master Director	Brenda Meyer

**Also:** Nominations may be made from the floor at this meeting and at the November Meeting. There were no nominations from the floor at this meeting.

### Membership Director Nominee (Norm Samuels)

Norm did the stats for a couple years, then membership for a couple of years, advertising and was Webmaster for four years before Brenda. He looks forward to putting out SBRA cards at Veterans Memorial Park, he would like to look at how Honorary Memberships affect our dues, perhaps we will get more younger members with all the new people bicycling.

## GUEST SPEAKER

**Lee Kirsch Flat Fixing Demonstration**

See [page 6](#) for demonstration details

**Adjournment** – The meeting adjourned at 8:25 PM.

Respectfully Submitted,  
Bruce Redlien, Secretary





NYBC 7 Sunken Meadow

The folks who did the long ride combining Parts 1 & 2 got to see this if they went to the boardwalk.

## The Market



**JERSEY:**

Women's Sleeveless  
SBRA Ride Leader Jersey,  
Size: Large

**Condition:** New-with Tags

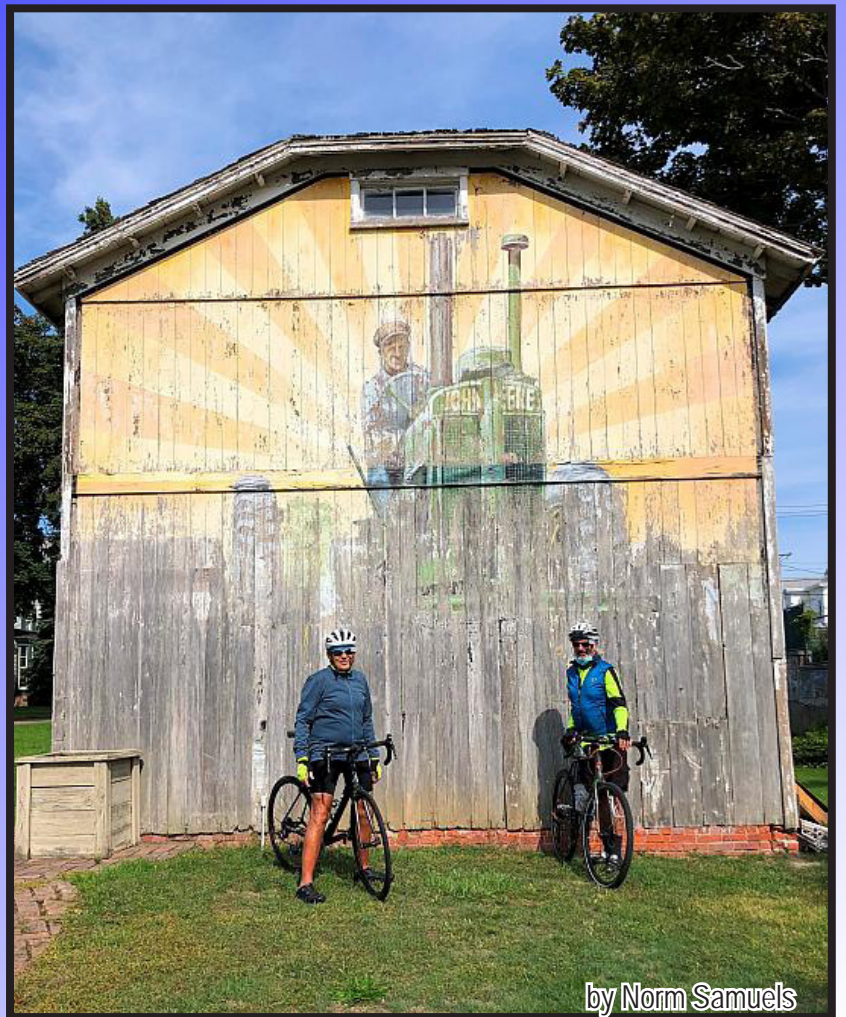
**PRICE:** Free

**SELLER:** Lisa Valentine

**TEXT:** (516) 818-7855

**THIS IS A BIKER TO BIKER TRANSACTION  
AND DOES NOT INVOLVE SBRA.**

## PARTING SHOT



It's Mike and Mike in front of Riverhead history!





# 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



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



4828 Sunrise Hwy.  
Massapequa Park,  
NY 11762  
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LONG ISLAND, NY  
1024 Portion Road  
Ronkonkoma, NY 11779  
Phone: 631-866-5029



32 Windmill Lane  
Southampton, NY 11968  
631.283.2890