

# ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

December 2019



## ALL I WANT FOR THE HOLIDAY IS...

Christine's Stocking Stuffer  
Gifts for 2019

**Bike Shop Gift  
Cards  
are GREAT !!**  
More ideas on **page 2**



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# Twas The Ride Before Christmas

by Bill Wenk

Twass the ride before Christmas, it's finally here  
the riders they came with smiles and good cheer.

Fleeces and hot gloves and booties and masks  
they all came prepared for the upcoming task.

They huddled together for Norms photo shot,  
they heard all the rules and pulled out of the lot.

Down Station and Woodside they kept a good pace,  
but oh not too fast with that wind in our face.

On Manny and Bernie and Tommy and Ron

On Billy and Christy and Davey and John.

Up Victory and over the long hill at Barnes,  
a hill that can set off some pulse rate alarms.

To North where its cold no matter the day,  
a daily routine, we all know the way.

Up Mill onto Halsey then race to the break  
no speed limit here, we're starting to ache.

McD's for some coffee, but we can't stay too late  
we have to get back by 10:28.

It's back to the start one of two ways,

the wind at our backs the perfect of days.

South to North then some resident blocks

the people can time us, we ride like a clock.

Down Floyd onto Victory it feels like a race,

for this is the spot we throw out the pace.

As fast as we can there's very few bumps,

then back onto Woodside that god awful hump.

Some race, some crawl it's surely not fun,

but we gladly push on, the ride's almost done.

Right onto Sills, a head wind for sure,

we all don't care, we're ready for more.

Into the lot at Sunshine's the end,

a nice cool down pedal and time to commend.

We pull off our face masks, call out the speed,

we match all our numbers, a fine ride indeed.

We jump in our cars and ride out of sight

Merry Christmas to all and to all a good night.

## Christine's Stocking Stuffer Gifts for 2019



1) Bike Shop Gift Cards are GREAT!! Support ur local bike shops, it's always a GOOD thing to do !!

2) Turbolito Anyone ??? NOT ur normal bike tube, it's a super light inner tube to max out ur riding experience, pop in at Krieb's to check them out!! just say, "Turbolito!!"

3) Knog Cobber Bike Lights, they have 330 degrees of light, which means you can be seen from almost ALL angles, they are seriously bright lights and increase visibility-even in the day time!!! The USB charger is integrated into the light, no wires when it comes to charging, they are very COOL!!!

4) A pair of WOOL cycling socks, they will certainly help keep your toes warm and they have funny biking themes to show off your riding style !!

5) And finally the SBRA Holiday Awards Party, treat a friend or spouse to a dinner at Land's End and introduce them to ur cycling buddies, I heard the bar is open ALL night !!

Merry Christmas, Happy Chanukah and to all a very Happy & safe New Year!!!



# New SBRA Board Sees Little Change for 2020

## TWO TAKE LEAVE WHILE REST OF BOARD RETURNS



Dan Rostrup this year's Ride Director

This year's SBRA board elections proved to be a rather simple process. Since there was only one candidate for each position, only one vote needed to be cast by Recording Secretary, Bruce Redlien to approve 2020's board members.

Two board members stepped down. Dan Rostrup, Ride Director, was replaced by Tom Miceli and Wendy Schmittzeh, by Paul Miklean, who had been serving as Safety Director. Manny Rosenkantz filled his position.

We all wish to thank Wendy and Dan for their dedication and service to the club.



Wendy Schmittzeh served as VP of operations.

## More Holiday Gift Ideas



*From Tim Mayr*  
Riding in the rain is no fun, especially when your rear wheel is flinging rain, mud, sand, and road debris against your back and your butt. The SKS S-Blade rear fender does a good job of keeping all that crud at bay, and it's very easy to use.

The S-Blade mounts to your seatpost using a plastic quick-release lever, which engages a V-shaped rubber mount and a thick nylon strap. It can be mounted or removed in seconds and weighs just four ounces. The strap can be adjusted to fit any diameter seatpost.

The fender height is adjustable, just



SKS S-Blade rear fender

raise or lower as needed, and SKS claims it will work on tires up to 38mm wide. The cost is around \$20.

These fenders were field tested by the FANY crew on this year's tour, and while it didn't stop us from getting soaked as we rode in the pouring rain for two hours, it did at least keep that fire hose of rear wheel spray from assaulting our rears.

*From Gary Ristau*

### Bicycle Trash

Earlier this year was "dragged along" to a craft fair while visiting Baltimore. My boredom was quickly eliminated when I saw a booth displaying goods made from "bicycle trash".

The proprietor makes high quality belts, purses, wallets and six pack holders from recycled inner tubes and bottle openers from recycled bike gears.



bought two belts and find them to be very durable and well made. Check out her website for more information.

<https://www.bicycletrash.com/>



# Holiday Wishes From the President



For the next couple of months, we have back to back Holidays, and along with that comes overindulgence of all kinds! Along with that comes cold weather and perhaps snow that keeps us from getting out on our bikes to work off those nights of maybe too much food and beer.

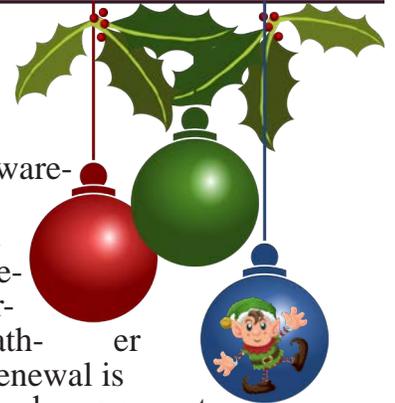
Fortunately, we live in a society that gives us many options to keep the blood flowing and legs moving. Consider one of the many alternate forms of exercise that are available. Perhaps you belong to a gym, and it's time to take it indoors. Spinning is a great way to get the endorphins that you get from cycling outdoors. Indoor trainers, Zwift, there are so many indoor cycling options. How about a Yoga class to stretch the muscles that we shorten as cyclists, Pilates, and Tai Chi are all excellent ways to work the opposite muscles that we continuously use in cycling for a change. Skiing is popular with many of our members as they hang up their bikes and head for the slopes.

But of course, I know we have die-hard riders out there with fat bikes and mountain bikes that

will ride regardless of the weather, so there's that. Riding outside in inclement weather requires a little more awareness on the riders' part and the ride leader that posts the ride since safety is our foremost priority no matter what the weather.

Our membership renewal is open, and the first notice has gone out, so please do not wait for the last minute to sign up. You can do this through Pay Pal or print out a form and send it to Ronnie Levy, our Membership Director.

Our last Food Drive for Long Island Cares is at our December General Meeting so, please stop and drop off a food donation so we can meet our goal of 3500 lbs. We are so close with 300 pounds to go. The December meeting is not so much about club business as it is a time to come meet your fellow SBRA friends before the holidays. This year's time seems to be moving so quickly, and the New Year will be here before you can say, "Is there a Ride Posted today?" Wishing you all the Happiest of Holidays.



Joanna  
SBRA President

## SBRA Presents \$5,500 Check to LI Cares



Volunteers from the SBRA Cares Ride in October were on hand at the headquarters of LI Cares when Joanna Pascucci presented a check for \$5,500 to the organization's CEO, Paule Pachter. He thanked all of our members who participated in this year's event for their generosity.

## TIME TO RENEW YOUR SBRA MEMBERSHIP

RENEW YOUR MEMBERSHIP FOR JUST \$30 SO YOU CAN ENJOY ALL OF SBRA'S RIDING AND SOCIAL EVENTS

DON'T FORGET YOU MUST RENEW BY THE END OF FEBRUARY

GO TO OUR WEBSITE FOR DETAILS  
[www.sbraweb.org/](http://www.sbraweb.org/)

*SBRA Annual Holiday & Awards Party*

# HOLIDAY PARTY

**Saturday, January 4, 2020**

**Land's End Waterfront Catering  
80 Brown's River Road  
Sayville, NY 11782**

- ONE HOUR COCKTAIL PARTY
- SIT DOWN DINNER AND DANCING
- OPEN BAR THE WHOLE NIGHT
- DJ FOR DANCING AND DINNER MUSIC
- DESSERT AND COFFEE
- CLUB AWARDS AND MORE

**NOTE:**

ONLINE PAYMENT MUST BE RECEIVED BY DECEMBER 21ST.

For more information & to sign up hit this link  
<https://www.sbraweb.org/node/31290>

## A Special Thanks to Our Great Stats Team!



Tricia Brandt



Valerie & John DeRicco

**STATS NOVEMBER 1, 2019 - NOVEMBER 30, 2019**

**TOTAL CLUB MILES: 24,609**

**MILEAGE LEADERS:**

- ROBIN SHEA 723**
- MEL EVANS 596**
- BRIAN TOOLE 591**
- DAN ROSTRUP 575**

## Important Dates

**SBRA Holiday Party/Awards Dinner**  
January 4

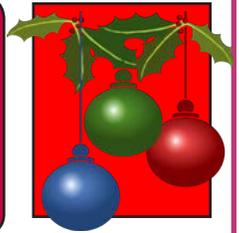
**SBRA Membership 2020 Renewal NOW** 

## December General Meeting

**Thursday, December 5 -- 7:00 PM**

this will be a  
**ANNUAL HOLIDAY MEETING**

**And wear your ugly holiday sweater if you have one!**



## 2019 Executive Committee

PRESIDENT	Joanna Pascucci	631-747-3464
VP ADMINISTRATION	Jeff Meyer	631-471-2129
VP OPERATIONS	Wendy Schmittzoh	631-767-3176
TREASURER	Joe Matzelle	631-949-4458
RECORDING SECRETARY	Bruce Redlien	631-567-7551
ADVOCACY DIRECTOR	Joe DePalma	631-235-9467
EDUCATION & SAFETY DIR.	Paul Miklean	631-689-7186
MEMBERSHIP DIRECTOR	Ronnie Levy	631-696-0832
RIDE DIRECTOR	Dan Rostrup	631-277-7550
SOCIAL DIRECTOR	Darlene Merola	631-708-5396
WEBMASTER DIRECTOR	Brenda Meyer	631-245-2833

## 2019 Chairpersons

ADVERTISING	Paul Miklean	631-689-7186
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
PUBLIC RELATIONS	Paul Miklean	631-689-7186
QUARTERMASTER	Chuck Ackerman	631-979-9644
REFRESHMENTS	Tom Pfisterer	631-585-6417
REFRESHMENTS ASST.	Hava Forziano	
RIDES COMMITTEE	Dan Rostrup	631-277-7550
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

# Why I Ride... A MOUNTAIN BIKE

Norm Samuels



It's difficult to specifically relate why I enjoy Mountain Biking because there are multiple reasons which aren't totally unrelated, and it's difficult to determine which is primary in my thoughts. Since life is to be enjoyed whenever possible, I guess it's the peacefulness and beauty of the woods; that is the first reason I love to ride there. To be fair,

though, the second reason relates to being comfortable enough to cycle in almost any Long Island temperature, and of course, being comfortable is essential to enjoying any activity.

When I'm cruising through the woods on a sunny day with the sun's rays filtering through the trees, the scene is indescribably delicious even in the middle of winter when there is enough growth, such as mountain laurels and evergreens, to highlight the winter brown of the woods. If there's been a bit of snow (two to three inches is the max for my standard mountain bike), the beauty is even more astounding. When the wind is howling out on the road, the woods are full of a whipping sound, but the wind's fury is abated at the level of the trail (more about that later).

The trail conditions throughout the year are also part of varying conditions that bring on enjoying a ride in the woods. The dirt base can go from sticky, making the tires hold better on turns, to hard-packed and crackly, which helps increase the speed. This is similar to running 100+ psi on road tires rather than 85 psi, which is to some, more comfortable but slower. Then there is the mud after a wet spell. For me riding in muddy conditions have more negative reasons to avoid doing so than the positive enjoyment of a different type of trail condition. In addition, most concerned mountain bikers try to avoid muddy conditions as it has a destructive effect on the trails.

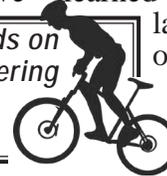
Most importantly, I consider the trail to be safer than riding on the road. Dealing with the hazards on the trail on Long Island are more in MY control than being on the road contending with vehicle traffic or poor road conditions. For sure, there are hazards on the trail. I considered quotes around the word "hazards" because when I am on the trail, I almost always have a choice to dismount and walk over/around a hazardous or technical section that scares me. The only riding hazard that is difficult to predict is when an object unexpectedly moves from under the tire (i.e.,

a rut. Once one is comfortable in the woods, it's unbelievable how much can be rolled over without being overly concerned.

Of course, there is also the hazard of ticks in the Long Island woods. Much like road riding, my route in regard to safety is a primary factor when I ride in the woods; the course is also a prime consideration. If one stays in control and remains on the trail, the chance of encountering a tick is greatly reduced as ticks don't jump or fly but hitch a ride by being brushed off vegetation. Many serious mountain bikers have their riding kits commercially processed, such that tick repellent is embedded in the fibers. I use the readily available tick spray during the non-Winter period as an extra level of resistance toward the ticks. Most of the trails on Long Island are thankfully maintained by CLIMB (Concerned Long Island Mountain Bikers), and as a single track, they are relatively wide and clear of brush.

Over time I've learned which trails to avoid in the late summer and fall due to overgrowth.

*When I'm cruising through the woods on a sunny day with the sun's rays filtering through the trees, the scene is indescribably delicious...*

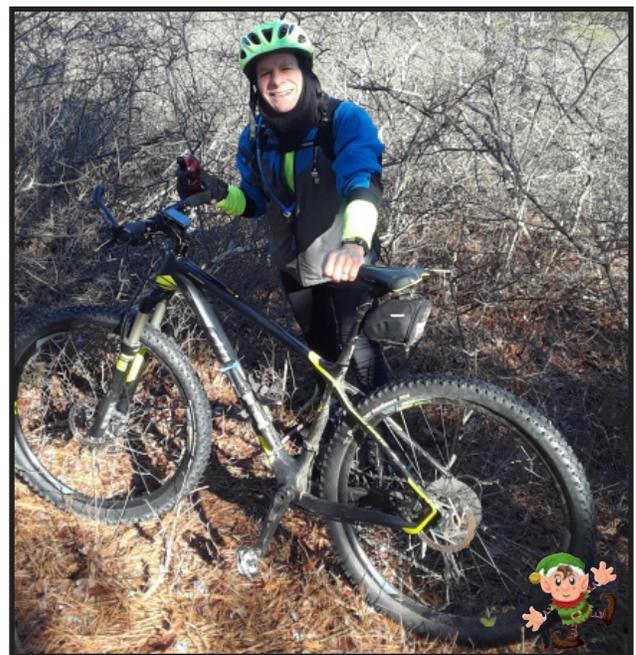


The winter wind is what initially drove me into the woods, and it is still a factor causing me to

select the woods rather than on the road for most of the winter.

There are two cold weather factors related to riding in the wind that cause the woods to beckon me each winter. Wind chill is one. Depending upon how it is calculated, standing still with a temp of 35°F and a 10 mph wind it will feel like it is between 22°F and 27°F! At 25°F with a 10 mph wind the effect is a wind chill closer to 10° to 15°F.

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Norm at BSP Meditation Ridge



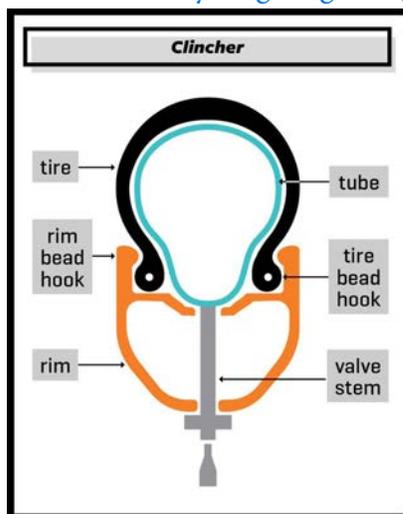
## Changing a Tire with Tubeless-Ready Wheels

BY TOM FARRE

If you've bought a new road bike or set of wheels recently, they are probably "tubeless ready," or designed to run tubeless tires. I haven't tried this, but I do have tubeless-ready wheels that I run with regular clincher tires and tubes.

I was shocked the first time I tried to change a tire. Even working in my no-pressure living room, the tire was too tight to get off. I've also twice been on rides when someone with tubeless-ready wheels got a flat. One tire was so hard to remove the rider had to call home for a ride. The other time it took the group half an hour to get it off.

The reason, I think, is that on tubeless-ready rims the rim hook-tire bead connection is tighter, even if you're not running tubeless tires (see illustration of rim profile here from [Bicycling Magazine](#)). So if you



have such rims, you have to use the best techniques to change the tire. Here are some suggestions:

**Release the tire:** The hard part of removing a tight tire is getting the tire iron under the tire bead. Here's a trick: Seated tires are tight to the edge of the rim, but there's a groove down the center with a larger circumference (see [illustration](#)). You can create slack by pinching the tire away from the edge so it sits in this groove. Creating slack this way makes it easier to get the tire iron under the bead. Once you get it started,

you can clip the iron to a spoke and insert a second iron to pop the tire off.

Get the right tools: If you have trouble getting the iron under the bead, try changing tools. Tire irons come in many shapes and materials, some easier to use than others. When I first had this problem, I found a thinner metal iron worked best. Now I use a wider plastic one. A search for "bicycle tire irons" returns many choices. If you're worried about skinning your knuckles if the iron slips, maybe try this one from Crank Brothers.



Crankbrothers Speedier Tire Lever

Consider a jack. When putting the tire back on, those last few inches can be difficult. First, try to get the tire in the center groove to create slack. Start pushing the tire on with your hands at the valve and work around to the other side. If it's too hard to get on all the way with your hands, you can use a tire iron, but it's easy to damage the tube. Cool-Stop makes a jack that helps to lever the bead over rim. You can buy it on [Amazon](#).



Kool Stop Tire Bead Jack

Try it at home first. You don't want to first discover a problem out on the road. If you get a new bike or wheelset, try changing a tire at home first. It's easier to experiment there than after a flat. You can also consider different tires, as some rim-tire combinations are easier to change than others.

## Editor's Note

### PLEASE CONSIDER CONTRIBUTING

One of the more difficult parts of putting together a monthly newsletter that people will want to read is getting interesting content.

We need copy that will provide insights, information, commentary, or humor for fellow cyclists.

A new season is beginning. Many of our members are waiting for the winds to calm and the temps to

warm. So why not help their anxiety about not being able to ride by providing them with something to read in front of the fireplace's glow. Write for Rolling Wheels.

If you feel your ride level is being ignored, let me know. Better yet write an article that will be directed towards your fellow cyclists.

Thanks,  
Bernie Scherer [bys1@optonline.net](mailto:bys1@optonline.net)



## Torquing Your Bolts

BY TIM MAYR



**Warning:**  
*This article contains STEM references, which may cause acute somnolence.*

It's crucial to fasten the bolts on a bicycle properly. This is especially important on carbon fiber bikes and components, which are easily damaged if bolts are overtightened. Under-tightened bolts are also very dangerous, a loose stem or collapsing seat post will make for a very exciting ride.

Torque is defined as a twisting force, and on bikes, it's usually indicated in newton meters, commonly abbreviated as Nm. (You may also see references to inch-pounds, the English unit equivalent,  $1\text{Nm} = 8.85\text{ in-lb.}$ )

Many bike components have a printed torque value, such as "max 5Nm", which indicates the torque limit. Most bolts on a bike are small and will have low torque values, typically around 3 to 10 Nm. There are exceptions to this, such as cassette lock rings, which can call for up to 40 Nm. You can check with the component or frame manufacturer if you're unsure of a correct torque spec.

Torque wrenches are used to fasten bolts to an exact spec. There are two main types: the beam torque wrench, and the click-style.

A beam torque wrench uses a fixed metal beam that bends as torque is applied, and, above the beam, an independent pointer rod that remains straight and indicates the torque value on a scale affixed to the beam handle. Beam torque wrenches essentially have no moving parts, other than the bending beam, and they will remain accurate for the life of the tool.

(The pictured beam torque wrench was made in the 1960s by the New Britain Tool Company in New Britain CT, model TW1-100, accurate to 2%, forever.)

Although they're simple and accurate, the downside of beam wrenches is that the torque scale must be viewed as torque is applied, something that isn't always easy. There is no audible or tactile indication that the proper torque has



(T) Ratchet Type Torque Wrench

(B) Beam Type Torque Wrench

been reached. Beam wrenches also don't ratchet, and it can be cumbersome to reposition them as a fastener is tightened. Having said that, a beam torque wrench is my preferred fastening tool. Convenience is overrated.

The most popular torque wrench is the click-type, which uses an internal spring that gives, or clicks when the torque setting is reached. Torque

is set by loosening and turning the handle to the desired setting, which changes the spring tension. The handle is then locked, and torque

applied until a click is felt and/or heard. Click-type

wrenches also ratchet, meaning they work well in tight quarters, such as when fastening under-seat rail bolts. (The click wrench pictured is a Tekton Model 24320, individually calibrated to 4% accuracy, cost around \$40).

For general bike repairs, a good starter torque wrench would be a 1/4 inch drive head click-type with a torque range of around 2 to 20 Nm. Many are available as a kit, which includes metric hex sockets and socket extenders. I don't have a brand recommendation, but avoid a wrench that isn't calibrated, or that doesn't indicate % accuracy.

As with most tools, the quality is usually reflected in the price. Click-type wrenches typically have an accuracy of around 4%, which is perfectly acceptable for bike components. Most decent click-type wrenches start at around \$40-\$50, but some, such as the two Park Tool models, cost over \$100. That's a lot extra for a blue handle.

As for current model beam-type wrenches, an inexpensive decent quality wrench is getting harder to find.

The most common beam-type model is the Neiko 3727A, around \$20. Unfortunately, it's a flimsy, overly flexible, and inaccurate tool. Similar models are sold as other brand names; all are best avoided. My recommendation would be to stick with the click-type wrenches, but if you need a quality beam-type, the Tohnichi SF12N is about \$120.

*Fun fact: a newton expressed as gravitational force is the same weight as a medium-size apple. Apples and gravity have a serendipitous history.*



## December Birthdays:

Eian Austrie  
 Jamey Blatt  
 Dina Bolger  
 Ed Bracht,  
 Larry Branca  
 Cathy Cavaliere-Ardle  
 Judi Cestaro  
 Michael Cole  
 Elizabeth Coleman  
 Maureen Coley  
 Dan Coniglio  
 James De Ricco  
 David Diamond  
 Danniella Downie  
 Jackie Drago  
 Sharon Dunigan  
 Greg Ferguson  
 Paula Fries  
 Thomas Geskie

Heather Giambalvo	Lars Olander
Martin Goldstein	Kqwen Plasencia
JoAnn Grisolia	Colleen Price
Christie Harrington	Shari Roessler
Douglas Herschell	Wendy Schmittzeh
David Holbrook	Michael Scottaline
Michael Kellerman	Trevor Sears
Michele Kelly	John Shea
Linda Kirk	Marie Sidden
Jerry Licht	Tom Silhan
David Lippner	Brenda Silva
Margaret Matthews-Ziel	Linda Smith
Monica McDermott	Joseph Somma
Jeff Meyer	Michael Starrantino
Robert Miller	Elaine Sullivan
Dennis Moylan	Marty Thomassen
Pat Mullen	Nick Attisano
Robert Mundy	Michael O. Warner
Patrick Nett	Gregory Wirth
Paul Nylund	Alan Yancovitz
Kristine Nylund,	John Young
	Matthew Zullo

## New Members:

Tom Carlin  
 Theda Clesceri  
 James Constantine  
 Kevin Fitzpatrick  
 Ray Garcia,  
 Thomas Krischke

Rick Laspesa  
 Rotations Southampton



The answer to that question can be found on [page 14](#).

## Ask The Cycologist

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



DEAR CYCOLOGIST,

It's Christmas and I have a dilemma. My wife is athletic, loves the outdoors and has a rather dominant personality. Three years ago I got her a hunting rifle and brought her up to hunting camp. The next year, four of the guys I hunted with for 30 years didn't come up. Even Chris and he's hearing impaired. The next year I got her a surf casting rod and now all of my fishing friends stay far down the shore when we are there. This year she asked for a bicycle.

What should I do? I'm an established ride leader with a faithful group of daily riders. I don't want to lose them. HELP!

Signed,

**IN LOVE, BUT FRIENDLESS**

DEAR IN LOVE, BUT FRIENDLESS,

I don't usually use my personal life to give advice, but in your case I have a similar situation. My hunting buddies hated having to leave their boots outside the cabin, fold up their sleeping bags, stop cursing so much, and not leaving the toilet seat up. When she asked for a bike for Christmas a colleague recommended the Zwift indoor bike trainers. There's a small catch though. I bought one for her sister, who is very competitive with, and another for her best friend. Sounds crazy, but the total price was less than what a good bike would cost.

Now she spends two hours each morning riding with them and many other people she has connected with on-line. An extra advantage is that in the afternoons they meet for several hours for yogurt or salads and discuss how they are improving.

I love my new quiet house and a wife too tired to think of all the work that I need to get done. Plus it gave me the idea that new bike clothes would be the perfect gifts for under the tree and her birthdays.

Try it, I'm sure you will be happy.

Happy Hoildays,  
 THE CYCOLOGIST



**NEED ADVICE?**

**HIT THE CYCOLOGIST**

**← HELP LINK**

**& EXPLAIN YOUR PROBLEM**

# Off Island Rides

## Biking & Barging Down the Danube

BY LYNN FINNEGAN

First appeared in the Suffolk Skidaddlers Newsletter

It was a week to remember filled with superb biking, beautiful scenery and delicious wine and beer! Our Bike and Barge trip down the Danube started in early September and despite some major airport “challenges” (including cancelled flights and lost luggage) we made it to our barge on time!

The boat was the MS Carissima, which was longer than a football field and had three decks, carried 180 passengers and had a crew of 36. The bikes we used were either standard bikes with 21 gears or e-bikes. E-bikes were great for going up hills and long bikes rides. The standard bikes were great for getting one in shape for skiing!

The boat left from the German border city of Passau and its first stop was the Austrian village of Engelhartzell. The first bike ride was 29 miles from Engelhartzell to Aschach, Austria. Those of us who were fortunate enough to oversleep, missed the opportunity to ride in the rain, depending on who you talked to, it was either a refreshing ride with some drizzle, or a miserable one through a downpour. For those of us who missed this opportunity, we had the time to explore the boat at our leisure. It featured a lounge at the front of the boat with expansive views of the countryside. There was a library, a spa and the Sun Deck on



top with lounge chairs and a swimming pool.

The boat mostly traveled at night and by the next morning we arrived at Devin, Slovakia for the next leg of our trip.

The next day was bright and sunny and it featured a 27-mile ride from Devin to Bratislava Slovakia, where we were helped along the way by arrow stickers conveniently placed showing us the proper way to go. Despite this, some of us managed to get “misdirected” and a couple of kilometers were added to our travels. This ride took us to the Schloss Hof Palace where we learned about the Hapsburg Dynasty and Empress Maria Theresia, who had 16 children in 19 years (one of whom was Marie Antoinette) while she (not her husband) ruled an empire.

And then it was on to Bratislava the Capitol of Slovakia. Bratislava is both a modern as well as an ancient city that figured



prominently during the Hapsburg rule. Most of the Skidaddlers went on a tour of the city at night and learned many fascinating things. The next day (Wednesday) it was on to Budapest, Hungary and it was supposedly a day of rest, but we got no rest in Budapest. It is a vibrant, bustling and resilient city rich in heritage. Some of us elected to do a bike tour, while others did the Hop on-Hop off bus tours. That night most of the group went to a folklore show that featured gypsy music and dancing and some of the men from our group were invited to join in the dancing. Everyone seemed to enjoy the show, the Hungarian goulash and wine!

On Thursday, we had a 26 mile ride from Vac to Esztergom, Hungary, this ride took us past farmland where we had the opportunity to sample cherry beer. Esztergom features a magnificent Basilica which unfortunately is up a steep hill, but after a day of bike riding it was tough, but well worth the hike up the hill.

On Friday it was on to Vienna (another exhausting day of rest), as it was a whirlwind day of sightseeing. That night we spent an enjoyable evening at the mag-

CONTINUED ON **PAGE 11**

## Biking & Barging Down the Danube

CONTINUED FROM PAGE 10

nificent Schonbrunn Castle where we attended a chamber music concert and listened to music by Mozart and Strauss that included the Blue Danube Waltz.

On Saturday we biked 22 miles from Krems to Melk, Austria. This was a refreshing ride through the drizzle (as long as one had proper rain gear). Along the way we stopped in Durnstein a quaint town rich in history, the next leg took us through vineyards, where the mist and fog added a spooky allure to the ancient hillsides. The next stop was at the Schneeweiss winery for a wine tasting where numerous Skidaddlers got a sample of the local wines. Our last stop was at a restaurant where we had an authen-

tic Austrian lunch. Of course, no bike trip would be complete without that one last killer hill (or as the e-bikers would say hill? What hill?), which just added to the sense of accomplishment one gets after completing a challenging ride.

We had many memorable activities on the boat during the week. One night the crew dressed up like pirates, and another night the staff put on a skit. We also had an excellent demonstration from the head chef on how to make strudel. (Of course, sampling was included!). We had two gala dinners plus a welcome cocktail hosted by the Captain. The boat had a DJ who kept the music going at night, and the last night featured music from the 60's and 70's complete with

clothes and accessories for us to wear that night! There was also a large contingent of Germans on board who danced with great enthusiasm and energy that was fun to watch.

On Sunday it was on to Munich and two more days of whirlwind sightseeing. We spent our last night at the historic Hofbrau Haus drinking one-liter beer steins and listening to traditional Bavarian music.

Overall, it was a wonderful trip and adventure that was well worth it. Kudos to Lynn (and Pat) who did an incredible job. Hopefully there will be more trips like this in the future.

To see more pictures, visit: <http://skidaddlers.com/bike-and-barge-2019.html>



## Why I Ride... A MOUNTAIN BIKE

CONTINUED FROM PAGE 6

The other factor to consider is the rider's heat generation, and its loss due to the wind. While riding in the woods, the whole upper body is more involved in motion to work the bike on the trail. This working motion creates more body heat, which is not as quickly swiped away by the diminished wind. Clothing for biking in the winter is much the same as for the road, with the exception of always requiring a heavy wind-proof layer. The base layers need to exhaust to keep one dry, and therefore the layering is usually not as heavy.

One of the significant benefits of mountain biking that I've come to appreciate is the extra skills of bicycle handling learned while on the trail, much of which is directly transferrable to road biking. There are many small obstacles, holes, and dips along the trail. Learning to negotiate these hazards in the woods gives me the confidence to apply these skills while riding on the road. I've noticed that while on a paceline other riders swerve, too often on short notice, to avoid a road discontinuity that I have no problem in choosing to ride across or over. That swerve could have been avoided if riders ahead had indicated the problem, but that is not guaranteed, and the abrupt motion puts the rider(s) behind at risk. I'm not talking about purposely riding into a hazardous situation or bunny hopping an object

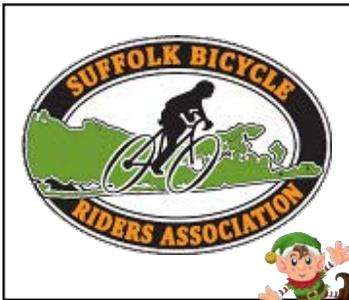
when it's not needed but just having another riding tool that is a skill enhanced while riding in the woods.

Last but certainly not least, riding with others in the woods is not quite the same as riding on a paceline but more like doing the hills on the road, which requires lots of individual effort. Needless to say, I always feel more secure when I'm riding with others, whether in the woods or on the road. Riding in the woods with others provides a backup that a road does not quite require. If one should get seriously hurt in the woods, it's downright scary. On the road, help is certainly more accessible.

Companionship also helps me conquer my fears as there are technical challenges that I will not try when alone. In any endeavor of life, the feeling of quelling one's fear and successfully mastering a technical hurdle is something we all probably have accomplished. It still excites me that I can ride 100 miles on the road in one day. Mountain biking brings this experience in another realm. By the end of the winter, I've always had that same exhilarating feeling of having been able to successfully do something I was afraid of tackling earlier in the season.

If you have the outdoor urge to ride during the winter, but the wind chill discourages you try this different type of safe fun.





# General Meeting Minutes

September 5, 2019

**Call to order** – President Joanna Pascucci called the meeting to order at 7:04 pm. Approximately 40 members and guests were in attendance.

**Acceptance of Minutes** – The October 2019 General Meeting minutes were accepted, seconded and approved by Mike Adams and Christine Tanney.

## COMMITTEE REPORT

**President's Report** – (Joanna Pascucci)

**Breast Cancer Awareness:** At Bino's prompting several ride leaders raised money for Breast Cancer Awareness which was double matched by Estee Lauder. SBRA raised \$430, The total donation with the match was \$1290.

**SBRA Cares:** Our SBRA Cares ride was a huge success and Joanna thanked all the volunteers and participants. 830 pounds of food were collected and \$5500 was raised. Our food donation goal is 3500lbs and we are at 3100 lbs. We will collect food donations at the December meeting. Today Joanna presented a check to LI Cares for \$5500 and she with the SBRA group (Bernie, Lynn, Ronnie, Christine and Brenda) were given a tour of the LI Cares facility. Long Island Cares services 390 organizations on Long Island. It buys food as well as distributing donated food. Food donations must be in the retail packaging.

**December General Meeting:** The meeting will be mostly a social meeting with light refreshments. This is a festive meeting – please wear an older club jersey or ugly sweater.

**Meeting Refreshments:** We voted on budget this summer that cut the allotment for meeting refreshments in half. We will have mostly light refreshments at the meetings going forward.

**Webmaster** – (Brenda Meyer) – The Website is being updated off line. Brenda tests the upgrade offline. The site will be down for a few hours when the upgrade is put on line. Brenda will send an email when the upgrade is being installed on line. If you see something that is not right or have any suggestions please contact Brenda.

**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.

**Social Director** – (Darlene Merola ) - The Halloween party was great except for the weather. Attendance was down about 30 people. The holiday party is January 4th at a new venue, Land's End and with a new DJ. It will be a sit down dinner.

**Sunshine Report** - (Bruce Presner) – Dave Man-

sfield was hurt while riding by himself. He is getting a second surgery on his ankle.

**Statistician** (Tricia Brandt) – –The reports below represent the 2018/2019 ride season:

In October, 241 rides were posted and 175 rides were ridden.

Total mileage for the month of October was 37,998 ridden by 264 riders.

There were only 4 days this month when no rides were ridden.

Total mileage Year to Date (Nov-Oct) is 477,270 ridden by 557 riders.

**Mileage leaders:(YTD) September Mileage Leaders**

Brian Toole 8291 (Brian rode 201 rides this year!)

Jim Drago 6968

Robin Shea 6183

163 riders are over 1,000 miles with 41 of those over 2,000; 27 over 3,000; 6 over 4,000; 4 over 5,000; 3 over 6,000 and 1 over 8,000.

**Ride Leader Credits:**

Jeff Meyer 143

Mike Fiorella 105

Bobby Ploetz 103

Rides were led during the year by 81 different ride leaders.

**Sweep Credits:**

Dennis Desmond 157

John Bambach 117

Lynn Roesel 104

**Ride Leader Awards** (Joanna Pascucci) - Years ago rides had to be posted 7 weeks in advance and were mailed out in Rolling Wheels. Ride Leader jerseys were given to incentivize leading rides.

This year we are giving out 47 ride leader and sweep jerseys. It is a gift that ride leaders earn and are given out at the holiday party. They cost \$59, we may not be able to afford to give them out in the future.

**Membership** – (Ronnie Levy) – There are 804 members, 9 bike shops, 39 honorary and 4 new members.

**Ride Director** – (Dan Rostrup) – The colder times are upon us. Watch out for leaves. Sometimes there is dew on the ground in the morning, maybe start your rides a little later when it is warmer.

# General Meeting Minutes

**Safety Director** – (Paul Miklean) – There were 5 SBRA people at Alan Yancovitz’s memorial service in New York City. Alan was an important ride leader because he led many interesting rides in the Hampton Bays area. As the weather gets colder be sure to bring a variety of clothes to the ride start.

**Rolling Wheels** – (Bernie Scherer) Bernie thanked the contributors to Rolling Wheels. The writers give meat to each issue. The club members have a lot of expertise to share, which is much appreciated. Rolling Wheels needs your input. Please contribute even if you feel you are not the most polished writer. Bernie promises to do the polishing.

## OLD BUSINESS

### **Election of Officers and Directors:**

The Secretary read the list of the candidates for office made by the nominating committee:

<b>Joanna Pascucci</b>	President
<b>Paul Miklean</b>	Vice President of Operations
<b>Jeff Meyer</b>	Vice President of Administration
<b>Joe Matzelle</b>	Treasurer
<b>Bruce Redlien</b>	Secretary
<b>Joe DePalma</b>	Advocacy Director
<b>Manny Rosenkrantz</b>	Education/Safety Director
<b>Ronnie Levy</b>	Membership Director
<b>Thomas Miceli</b>	Ride Director
<b>Darlene Merola</b>	Social Director
<b>Brenda Meyer</b>	Web Master Director

A call was made to the floor for additional nominees. None were offered from the floor.

### **Each candidate introduced themselves and spoke to what they hoped to accomplish in the coming year**

**Paul Miklean** The Vice President of Operations gets the speaker for each meeting. I welcome any suggestions that you may have. I also look forward to help in other club matters.

**Jeff Meyer** As Vice President of Administration I get the permits for the various events, especially BBB and I help out with other tasks.

**Joe Matzelle:** I make sure the bills get paid on time. I am also the insurance liason.

**Bruce Redlien:** As Secretary I write up the minutes and keep track of and modify documents such as the SBRA constitution.

**Joe DePalma:** As Advocacy Director I keep in touch with various bike related projects and represent SBRA at Bicycle Advocacy events.

**Manny Rosenkrantz:** I recently took a League of American Wheelmen safety course and look forward to working with the ride leaders to increase safety in the club and work to analyze incidents to increase safety.

**Ronnie Levy:** I maintain the club membership database and want to thank Norm who is assisting me.

**Thomas Miceli:** I was a rider most of my life. A few years ago I went to Krebs and got set up with a road bike. Chris invited me to ride with his Friday morning group, I thought I was going to have a heart attack following a very fast rider up a hill! I ride regularly with SBRA now and many of my friends are fellow riders. I’m happy to step up and be ride director for next year.

**Darlene Merola:** I run the Halloween and Holiday parties and the picnic. I try to make them better each year so many members come out and enjoy themselves.

**Brenda Meyer:** I keep the website running. I am looking for help with email distribution.

**Joanna Pascucci:** I want to thank Wendy for helping out and being my wingman over the years. I’m looking forward to another great year.

The Secretary cast a vote for each of the nominees, they will take office January 1, 2020

## NEW BUSINESS

**BBB** (Joanna Pascucci) - BBB will be 40 years old this coming year. We would like to do a special jersey that you would buy. We are looking for a design. Designs need to be submitted by February 1, 2020.

## ADJOURNMENT –

The meeting was adjourned at 8:00 PM.

Respectfully Submitted,  
Bruce Redlien, Recording Secretary



# The Market

Keo Blade Carbon Pedals,  
Limited Edition Tour de France - Yellow Jersey.



## PEDALS

Ultra-light pedals, 220 grams per pair.  
Pedals are brand new in box, complete with cleats and mounting hardware.  
12nm carbon blades installed, includes extra set of 16nm blades.

**Condition:** Very Good

**PRICE:** \$139, and I'll install them if you want.

**SELLER:** Tim @ 631-655-5447



## TOUR DE FRANCE JERSEY

100th year anniversary

**Condition:** New (never worn)

Size: XXL

**PRICE:** Asking \$100.00

**SELLER:** Ron Goodstadt

**EMAIL:** sheronrx@aol.com

## 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

## SBRA Welcomes Rotations



631.283.2890

32 Windmill Lane  
Southampton, NY 11968

"Rotations Bicycle Center has been the premier bike shop in the Hamptons for over 30 years. Located in the heart of Southampton, we cater to every level of cyclist. Over the decades, we have tailored our product offerings to our community's unique clientele. We know our customers well, and whether you are looking for the perfect bike for your child or the dream bike you have always wanted, we have what you are looking for."

## WHERE ARE WE?

McCallister Park in Port Jefferson



# Support Our Sponsors



270 Larkfield Road  
East Northport, NY 11731  
Phone: 631-261-2881



1966 Wantagh Avenue  
Wantagh, NY 11793  
Phone: 800-649-3739



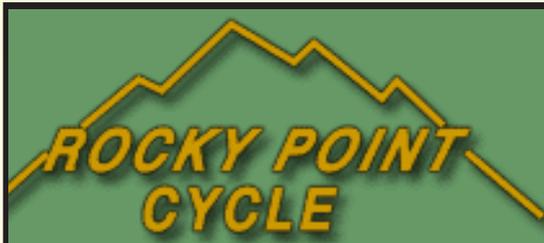
1077 Route 25A  
Stony Brook, NY 11790  
Phone: 631-689-1200



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



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



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



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