

# ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

DECEMBER 2021

## The Night Before Christmas 2021

(A Visit from Bernie)

by John Accardo

*Twas the night before Christmas, and all through the house  
Not a creature was stirring, just the clicks from my mouse  
The Bibs and the Jerseys were all hung with care  
In hopes that the weather soon would be fair*

*The cycles were nestled all snug in their racks  
With visions of soon again making tracks  
As Momma fixed us drinks, I thought it ideal  
To settle in and read the new Rolling Wheels*

*When out on the lawn, there arose such a clatter  
My Egg-Nog hit the floor with a splatter  
Away to the window, I ran in a dash  
Tore open the curtains and peered through the sash*

*The moon shining bright, on the absence of snow  
Made it seem likely climate change may be so  
When what to my wondering eyes should appear,  
But an SBRA ride, led by the esteemed Bernie Scherer*

*More rapid than a B-Ride, the cyclists they came  
And they whistled and shouted and called out their names  
Now Fred, Now Manny, Now Bill and Christine  
On Brenda, Joanna, and General Lee*

*As dry leaves that before the wild hurricane fly,  
A few of the riders went zipping by  
Bernie yelled Stopping! And pulled the group aside  
Saying; I won't have those guys hijack my ride!*

*And then, in a twinkling, I heard on the street,  
the familiar clip-clop of road shoes on their feet  
As I drew in my head and was turning around,  
A knock on my door made a startling sound.*

*I took a quick glance at the elf on the shelf  
But in fact, standing there was Bernie himself  
I said, "How you doin' and what brings you here?"  
He said my next issue's deadline is near.*

*I hear that you might have written some prose  
I've little to publish; it's been one of those  
Yes, I've been penning a new Night Before Christmas.  
There's a message in there that I hope is not missed.*

*A wink of his eye and a nod of his head  
Soon gave me to know he got what I'd said  
We spoke a few words exchanging holiday hopes  
In his back pocket, he tucked what I'd wrote  
Then laying a finger aside of his nose and waving goodbye  
Out the door, he did go*

*He sprang to his bike, to the group gave a cheer  
And away they all flew just like Santa's Reindeer  
But I heard him exclaim as they rode out of sight  
Merry Christmas to All, Rolling Wheels is Alright!*

# Christine's Spot

Here's some Holiday Swag ideas for the Roadie or Mountain Biker in your Life...



1) I love the PRO-ELITE Bike Stand by Feedback Sports, it even fits Aero bikes ! It's stable, compact, lightweight, portable and fully adjustable, it even has an automatic ratchet action closure and release clamp, trust me it doesn't get easier than this \$330



2) Show your bike some LOVE with The Muc-Off Ultimate Cleaning Kit. This kit has it all and it should, it costs \$125... LOL !!! Comes with cleaners, special tools

and brushes to get the job done ! Who knows your bike might even pedal faster too !

3) Last but not Least, Gift Cards From Our Local Bike Shops make a perfect gift. So please pick up a few gift cards today for the Special Cyclist in your life and treat yourself to a few gift cards too !



## END OF YEAR STATS

NOVEMBER 1, 2020 - OCTOBER 31, 2021

Total mileage year to date (Nov-Oct):  
339,118 miles ridden by 417 riders.

This is an increase over our Covid shortened ride year last year of 166,733 miles and an increase of 109 riders.

### Mileage Leaders YTD (Nov-Oct)

John Shea	7525
Robin Shea	7365
Dennis Desmond	6959

At year's end, 2 riders over 7000 miles; 1 over 6000; 5 over 5000; 1 over 4000; 8 over 3000; 33 over 2000 and 70 over 1000. Congratulations to all!

### Ride Leader Credits YTD (Nov-Oct)

Jeff Meyer	250
Bill Gravitz	154
Gordon Howard	100

There were 67 ride leaders during the year.  
We thank all ride leaders for posting rides during the year!

### Sweep Credits YTD (Nov-Oct)

Dennis Desmond	233
John Bambach	96
Ann Mitromaras	74

We thank all our sweeps for their diligence and assistance!

**DON'T MISS THE  
NEXT  
ZOOM  
GENERAL MEETING**

**December is SBRA's  
Holiday Social  
Meeting**

**Let's celebrate the  
holiday season to-  
gether ... but apart!  
Come socialize with  
your SBRA friends  
on ZOOM!**

**December 2, 2021 at  
7:00 PM**



# Important Dates

- HOLIDAY ZOOM GENERAL MEETING DEC. 2
- ANNUAL MEMBERSHIP RENEWAL FEB. 28



Submission  
Due Date  
DECEMBER 20  
Send submissions to  
bys1@optonline.net

## Message from the President

The Executive Board would like to wish you all the Happiest of Holidays! We are grateful for your commitment throughout the year by supporting our efforts to make the club successful and something you want to be part of. It is our members that make SBRA what it is year after year.

Many Thanks to you all.

Happy Holidays to you and your families.  
Joanna



## NEEDS YOUR HELP!

Looking for Member Contributions



Write an Article  
How to –Tech Tip–Advice  
Joke –Riding Experience  
Commentary

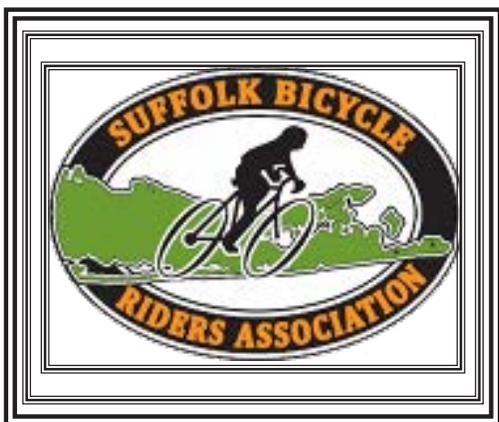
bys1@optonline.net



- |                        |                   |
|------------------------|-------------------|
| Shamsul Arifin         | Monica McDermott  |
| Jamey Blatt            | Jeff Meyer        |
| Dina Bolger            | Robert Miller     |
| Ed Bracht              | Dennis Moylan     |
| Larry Branca           | Patrick Nett      |
| Cathy Cavaliere-Ardle  | Paul Nylund       |
| Melanie Chiu           | Lars Olander      |
| Michael Cole           | Carl Persak       |
| Elizabeth Coleman      | Kqwen Plasencia   |
| James De Ricco         | Colleen Price     |
| Rick Delgado           | Luciano Sabatini  |
| David Diamond          | Wendy Schmittzch  |
| Paula Fries            | Treavor Sears     |
| Thomas Geskie          | John Shea         |
| Heather Giambalvo      | Marie Sidden      |
| Martin Goldstein       | Tom Silhan        |
| JoAnn Grisolia         | Joseph Somma      |
| Douglas Herschell      | Frank Strobel     |
| David Holbrook         | Elaine Sullivan   |
| Michael Kellerman      | Anthony Taormina  |
| Anne Kilarjian         | Marty Thomassen   |
| Linda Kirk             | Rob Verbeck       |
| Russell Koutrouby      | Michael O. Warner |
| Jerry Licht            | Phil Weinstein    |
| David Lippner          | John Young        |
| Margaret Matthews-Ziel | Matthew Zullo     |



Joanna Pascucci and Christine Tanney present a check for \$3,100 to a representative of LI Cares Food Bank. The money was raised by members who supported the SBRA Cares ride in October.



## New Members

- Kirstin Forman
- Kenneth Sandtorv
- Richard Winkler



## Ask The Cyclogist



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

**Dear Cyclogist,**

The winter is here, yet I have no idea how to dress. I try to look around to see what other riders are wearing, and it gets me more confused. Take my friend Paul. If it's below 55, he wears a full head mask, winter gloves, a neck warmer, and booties. Then there's Tim. The temperature at the ride start is 41 degrees. I'm freezing and dying to start riding to warm up while Tim has on shorts and just a Jersey. The next day it was 38, so Tim added a thin windbreaker to his outfit. Bernie and I try to decide what's best, which does not usually work out too well. What is the secret? Would you happen to have a temperature chart for each layer of outfit that works best? Why are so many people different when it comes to hot and cold conditions?

Sincerely,  
Nanuk of the North

**Dear Nanuk of the North,**

There are so many differences in tolerance of weather conditions. Dozens of Journals have been written on the subject. Many people can handle cold temperatures on their skin, but that does not mean they are resistant to hypothermia. I will say that riding at a brisk pace will usually keep your core warm enough. A problem can quickly arise if the rider must stop for a flat, breakdown, or accident. You just have to experiment each time and make your own chart noting the wind as a major factor. Wind chill can make conditions much worse. Most people start to become chilled when the temperature goes below 43 degrees. Your friends Paul and Tim are examples of each end of the spectrum. Performance, Bontrager, and many other companies are testing electric winter gear that can plug into your electric bike or run on their own batteries. Perhaps think outside the box: you can stop for a break and make a small fire, wear seven hot packs, but they are ineffective if they don't get enough oxygen, duct tape your booties, and duct tape your helmet. Another good idea is to follow the biggest person to help break the wind. If none of these work for you, give Paul a ring and go to the gym to spin for two hours.

Sincerely,  
The Cyclogist

## SUGGESTIONS FROM AN OLD TIMER Tips for New Club Members

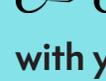
 Check and pump up your tires before each ride.

 Be sure to have a pump or CO2 and a spare tube with you

 It's customary to say thanks to the ride leader and sweep at the end of

 a ride  
Use a mirror-on your bike, helmet, or glasses

 Don't go ahead of the leader unless he/she says it's ok

 Don't wear underwear with your chamois shorts or pants

 Ask questions if you have any

 Enjoy riding with your new friends!



Email your best tips to [bys1@optonline.net](mailto:bys1@optonline.net)

**ROCKY POINT  
CYCLE**

664 Route 25A  
Rocky Point, NY 11778  
Phone: 631-74-45372

**CYCLERY**  
*Sunrise*

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

**CAMPUS  
BICYCLE**

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



620 Middle Country Road  
Middle Island, NY 11953  
Phone: 631-924-5850

**KREB  
CYCLE**

10 Bell Street  
Bellport, NY 11713  
Phone: 631-286-1829



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

# Riding Tips

## Stability Skills

BY MANNY ROSENKRANTZ

Education & Safety Director



### Let's try this...

We are an aging club with many of our members over 70. Many of us who have been riding for many years are now realizing that things are changing. We need to practice and develop stability skills (stability defined as controlling your body during movement). Statistics show that most bike accidents are because the rider just loses control.

There are some stability skills that can be practiced.



1. Riding slowly helps you to ride steadily, stay stable and hold your line.



2. Riding in a straight line is pretty easy when you are zipping along but maintaining your line in the following situations becomes more difficult.



---Starting in a straight line. You need to work on transitioning smoothly from one foot on the ground to getting both feet on the pedals and your butt on the saddle.



--- Getting to the water bottle without looking down, which can cause you to lose your line. Replacing the bottle is the trickiest.



---Reaching into your rear pocket for a snack.



--- Looking back. You need to use a rearview mirror.

Even with a mirror, you should be able to look over your shoulder to double-check before moving into the traffic lane, turning left or right.

More to follow next month when we will be 30 days older.

## Hilly Cordwood Path Ready for Riders

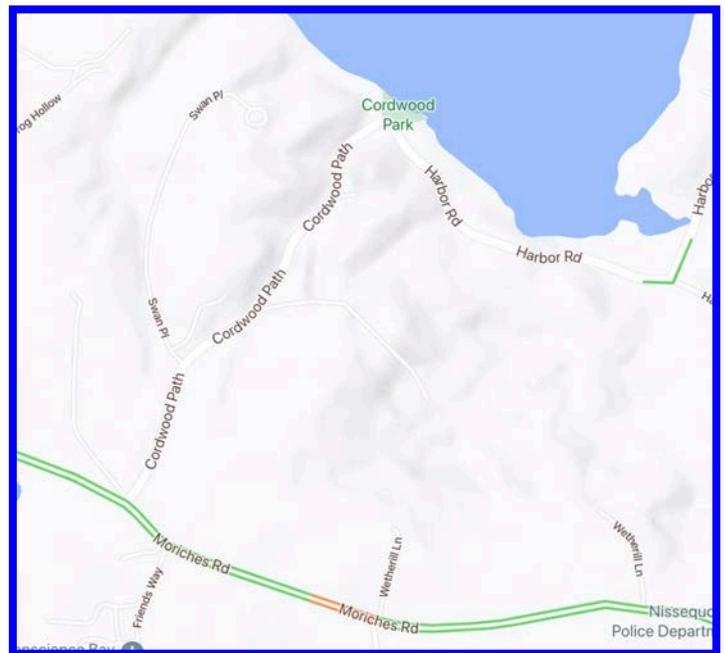
BY TIM MAYR

Well, it took at least thirty years, but all of Cordwood Path in Head of the Harbor has finally been repaved, from Moriches Road to Cordwood Park, and the western section of Harbor Road from Cordwood Park to Harbor Hill Road is also newly paved.

Cordwood Path has been unrideable for decades, full of potholes, ruts, and loose gravel, making climbing a pain and downhill riding extremely dangerous.

I rode Cordwood downhill from Moriches Road just before Thanksgiving, it had paving as smooth as a baby's bottom, and the 12% grade was a blast. The new paving continues onto Harbor Road as you make the sharp right at Cordwood Park.

Take care at the bottom, or you'll get a closer than anticipated view of Stony Brook Harbor.



Cordwood Park

Tiny Cordwood Park overlooks Stony Brook Harbor, very scenic, a nice spot to take a break.

Cordwood is one of the more challenging climbs in Suffolk, very steep at the bottom, and almost a half mile long, with nearly two hundred feet of climbing. If that sounds too daunting, you can always just do the downhill, but what's the fun in that?

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

  
218 East Main Street  
Babylon, NY 11702  
Phone: 631-587-6709

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

## Squeaky Wheel Interviews --



### LONG-TIME SBRA MEMBER BARBARA BRAUN (AKA BABS)

Barbara is one of our Ride Leaders and will be bestowed as an Honorary Member of the club this

membership year.

**Squeaky Wheel:** When did you join SBRA ...

**Barbara:** I believe it was in 1995 ... I don't know how the time has gone by so quickly. My brother, Bob, and sister-in-law, Margaret, followed suit and joined in 2001

**Squeaky Wheel:** What prompted you to join the club?

**Barbara:** I was looking for a new experience and read about the club in Newsday's Fun Book. I always liked to bike, my bike was my best friend when I was a kid, but I had gotten away from it for a long time. My first SBRA ride was with Allen Perreault to the Strawberry Festival in Mattituck.

**Squeaky Wheel:** Who was the club President when you joined in 1995?

**Barbara:** Glen Cochran and the meetings were held at the Holtsville Ecology park that year as there had been a fire at the Centereach Recreation Center.

**Squeaky Wheel:** Do you remember where your first holiday/award party was held?

**Barbara:** Yes, it was held at the Polish Hall in Port Jefferson Station.

**Squeaky Wheel:** What were the dues when you joined the club?

**Barbara:** I think it was \$10/year.

**Squeaky Wheel:** What bike were you riding when you joined?

**Barbara:** I rode my son's mountain bike with slick tires for a month or so on club rides. It wasn't really a good bike fit, so my boyfriend helped me pick out my next bike, a Cannondale.

**Squeaky Wheel:** What is your

favorite club ride on Long Island?

**Barbara:** I love to ride out east. I guess my favorite is the Three Point ride which visits Nassau, Paradise, and Horton Points. We did that ride a few months ago with Susan Sears.

**Squeaky Wheel:** Name your favorite off Long Island ride with club members?

**Barbara:** My favorite is the Sea Coast Century in Hampton, NH. We always get a nice group from

(retired college professor and moved to Healdsburg, CA).

**Squeaky Wheel:** I know that you're a nurse by profession; have you had to utilize your skills while on an SBRA ride?

**Barbara:** Not too much other than just normal first aid.

**Squeaky Wheel:** Have you ridden a club ride in the rain?

**Barbara:** Not if I can help it! I've been caught out in the rain on a few rides though.



It's Ronnie, Barbara and Barbara sharing the shade with a local during a trip to Africa.

**Squeaky Wheel:** What was the hottest ride you did?

**Barbara:** The hottest ride I did wasn't on a club ride but was with other club members in France. Europe had the overwhelming hot spell when the temps hit 105F.

**Squeaky Wheel:** What was the coldest ride you did?

**Barbara:** In the past, I hadn't ridden through the winter, but during COVID last winter I managed to ride throughout the year down into the 30s.

the club and enjoy a long weekend of riding, eating, and camaraderie while sharing a house near the ocean. Always a good time and a beautiful scenic ride along Scenic Highway 1 to the Nubble Lighthouse in York, MA. Plus, there's the great ice cream shop near the lighthouse.

**Squeaky Wheel:** What's the longest ride you did with the club?

**Barbara:** I've done 85 miles as my longest ride. I was supposed to do a 100 miles at the Sea Gull Century a few years ago when Bobby Plotz led a bunch of us down to Maryland. I had a little mishap on gravel early in the ride which damaged my derailleur. At the 85 mile point, when I downshifted to ride over a bridge, it broke off the frame, and I had to get trucked back to the start.

**Squeaky Wheel:** Name three Ride Leaders from when you first joined the club.

**Barbara:** Billy Grasso (now in Florida), Lil Burlik and Gary Goss

**Squeaky Wheel:** Do you have a favorite club jersey?

**Barbara:** I don't know which is my favorite. I did help Diane Kreiger design the jersey with the duck and kayak on it.

**Squeaky Wheel:** What has changed in the club since you joined that you appreciate or enjoy?

**Barbara:** The creation of the website and the ability to post rides anytime. When I first joined SBRA we had ride coordinators. I was the C ride coordinator. The ride coordinator's job was to call the Ride Leaders and persuade them into making a commitment to lead a ride about six weeks in advance. The rides would be listed in the SBRA newsletter, which would be sent by snail mail to each member. Canceling a ride was not easy. You had to show up at the ride start to let people know that you were unable to lead the ride and that it was canceled.



# SEND YOUR NEW YEAR'S RESOLUTIONS, HOPES, AND WISHES FOR INCLUSION IN JANUARY'S ISSUE OF ROLLING WHEELS

[BYS1@OPTONLINE.NET](mailto:BYS1@OPTONLINE.NET)

# SBRA Riders Attend Fall Foliage Ride



**BY TRICIA BRANDT**

Seventeen SBRA members and two spouses journeyed to Hanover, PA (near Gettysburg) on October 21-25, 2021, for the Bicycle Club of Philadelphia's (BCP) Fall Foliage Ride. A few members had done this ride in previous years though it had been quite some time, and personally, I had forgotten how hilly it is! I was proud of myself that I only had to walk one hill on Saturday!

The BCP runs a well-organized event. For the low price of about \$200, you received 2 nights in a hotel (Hampton Inn or Holiday Inn Express); dinner on Friday (a boxed meal) and Saturday (at a local restaurant); breakfast each day; PLENTY of snacks/sandwiches to take along on your rides or eat after; beer and wine in the hospitality room. The club provided



paper cue sheets or GPS routes for an amazing number of rides of various distances and difficulties. There were no planned rest stops, but they provided infor-



Gary and Gina Ristau, Dan and Bridget Rogers, Sandy and Larry Willig, Connie Savino, Karen Shumar, John and Robin Shea, Al Barry, Dennis Desmond, Jeff Meyer, Darlene Merola, Elaine Sullivan, Jane Wirth, Tricia Brandt, Valerie Godfrey, Tom Pfisterer.



mation as to where you could get food along the routes, and they did have SAG support.

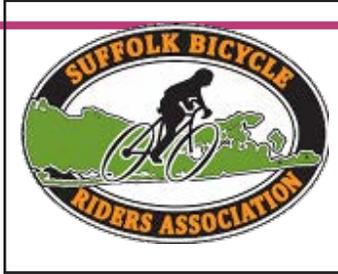
Some SBRA members arrived Thursday and some Friday, with each group getting in a short ride that day. Saturday was the biggest ride day though some also rode Sunday, and a few people stayed til Monday. The scenery was amazing-I've never seen so many horses and horse farms! (Well, some of us DID do the route called Horse Farms!)

It was a great weekend spending time with others in the club and getting to know people a little better. The BCP hosts a Spring Ride which will be May 20-22, 2022, in a different area of PA (supposedly less hilly!) Perhaps a group from SBRA will decide to go? Watch for information in Rolling Wheels or on the website Forum.

Feel free to talk to anyone who went on the trip to find out more!



# General Meeting Minutes



**November 4, 2021**

**Brookhaven's New Village Recreation Center on Wireless Road 7:00 pm**

**Call to order** – President Joanna Pascucci called the meeting to order at 7:07 pm. Approximately 27 members and guests were in attendance.

**Acceptance of Minutes** – The October 2021 General Meeting minutes were accepted, seconded by Darlene Merola and Tom Pfisterer.

## COMMITTEE REPORTS

**President (Joanna Pascucci)** We had a very successful SBRA Cares Ride, we donated \$3100 and more than 400 pounds of food to LI Cares.

First of ride season - We will have multilevel ride this Saturday from the Ecology center, we should be able to use the gazebo.

**December meeting will be Zoom** – a social meeting were we we will have games.

**Super Cycling Saturday:** Our next in person meeting will be SCS in March.

**Season Awards:** 20 ride leaders and 8 sweeps qualified for award Jerseys.

**Holiday Party Poll (Brenda Meyer)** - very few people responded that they would attend the party so far, the poll ends Saturday.

**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.

**Membership ( Norm Samuels )**– SBRA has 688 members up 6 new members from our last meeting

**Sunshine Report ( Norm Samuels for Bruce Presner )** David Service was hurt on a ride.

**Social Director ( Darlene Merola )** - We have no deposit for the Holiday Party so we will not lose money if we cancel. We would have to commit to 75 attendees to have the party.

**Webmaster ( Brenda Meyer )** If you see something that is not right or have any suggestions please contact Brenda.

**Ride Director – ( Chris Joinnides )** – The calendar is falling off because it is getting colder. Riding in the woods and virtual rides will be picking up now. We had a good comeback year for rides. Many riders are still hesitant to ride in large groups.

Tricia noted that it is fun to join virtual rides by using discord, you don't have to have Zwift.

## OLD BUSINESS

**Board Elections ( Bruce Redlien)** The slate was read and nominations from the floor were requested. There were no nominations from the floor or contested positions. The slate and officers and directors starting January 1, 2022 are:

<b>President</b>	<b>Joanna Pascucci</b>
<b>Vice President of Admin.</b>	<b>Jeff Meyer</b>
<b>Vice President of Operations</b>	<b>Paul Miklean</b>
<b>Treasurer</b>	<b>Joe Matzelle</b>
<b>Secretary</b>	<b>Karen Browder</b>
<b>Advocacy Director</b>	<b>Joe DePalma</b>
<b>Education/Safety Director</b>	<b>Manny Rosenkrantz</b>
<b>Membership Director</b>	<b>Norm Samuels</b>
<b>Ride Director</b>	<b>Christopher Joinnides</b>
<b>Social Director</b>	<b>Darlene Merola</b>
<b>Web Master</b>	<b>Brenda Meyer</b>

**Vice President of Operations ( Paul Miklean )**  
Tonight our guest speaker is Kerry Dunn. She will speak about nutrition while cycling.

## GUEST SPEAKER

**Kerry Dunn** – Has degrees in Exercise Physiology and is a Cross Fit Coach. Kerry emphasized that each one of us is unique regarding not only size but in our response to any particular food or nutritional supplement. It is important to hydrate and eat during long rides. How much and how often depends on individual requirements. She uses and recommends the product Liquid IV for hydration and Fit Aid for recovery.

**Adjournment** – The meeting was adjourned at 8:20 PM.

**Respectfully Submitted,  
Bruce Redlien, Secretary**

## 2021 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	631-543-1695
MEMBERSHIP DIRECTOR	Norm Samuels	631-696-0832
RIDE DIRECTOR	Chris Joinnides	631-286-1829
SOCIAL DIRECTOR	Darlene Merola	631-708-5396
WEBMASTER DIRECTOR	Brenda Meyer	631-245-2833

## Monthly Stats Report on Following Page Final Stats for 2020-2021 on Page 2

## 2021 Chairpersons

AWARDS	Joanna Pascucci	631-747-3464
BIKE BOAT BIKE	Joanna Pascucci	631-747-3464
GRAPHIC DESIGNER	Brenda Meyer	631-245-2833
MONTAUK CENTURY	Joanna Pascucci	631-747-3464
NEWSLETTER	Bernie Scherer	631-804-0751
PHOTO GALLERY EDITOR	Susan Sears	
QUARTERMASTER	Chuck Ackerman	631-979-9644
REFRESHMENTS	Tom Pfisterer	631-585-6417
REFRESHMENTS ASST.	Hava Forziano	
STATISTICIAN TEAM	John DeRicco	631-874-3669
STATISTICIAN TEAM	Tricia Brandt	631-874-2686
STATISTICIAN TEAM	Valerie DeRicco	631-874-3669
SUNSHINE	Bruce Presner	516-702-5639



## Monthly Stats Report

Tricia Brandt

October 2021

In October 189 rides were posted and 155 rides were ridden. Only 3 days had no rides go out; one day had 12 rides go out.

Total mileage for the month of October is 32,231 miles ridden by 231 riders.

### Mileage leaders: October

John Shea	709
Robin Shea	641
Gary Ristau	553

### Ride Leader Credits: October

Jeff Meyer	18
Bill Gravitz	12
Gordon Howard	9

42 different leaders

### Sweep Credits: October

Dennis Desmond	17
John Bambach	8
Lynn Roesel	8

## PARTY SHOT



The weekly Sunday BOA ride turns it on with this special post ride party!

## The Market

### CycleOps Pro300PT



Asking for \$500  
Contact John Petrie  
dspayre@mindspring.com

### CALLING ALL CLUB PHOTOGRAPHERS

FROM: Susan Sears SBRA's Photo Editor

Picture perfect photography not necessary

Send us your scenic panoramas or comedic road signs (my latest favorite amusing road name -Weesuck lane)

How about embarrassing your fellow cyclists?

Does someone have a new bike - submit proof of the proud owner with their acquisition.

Don't forget the group shots!

To submit a photo just go to the home page, fill in the form, it only takes a few minutes. The club photo editor will do the rest - to the best of her ability.

