Rolling Wheels

September 2015

2015 Executive Committee

PRESIDENT	Bob DeVito	745-2282
VP-ADMINISTRATION	Jeff Meyer	471-2129
VP-OPERATIONS	Joy Macana	475-8129
TREASURER	Joe Matzelle	273-3578
RECORDING SECRETARY	Wendy Schmittzer	256-6032
CORRESPONDING SECRETARY	Marybeth Lichtneger	905-6924
MEMBERSHIP	Paul Miklean	689-7186
SOCIAL DIRECTOR	Tom Pfisterer	585-6417
EDUCATION & SAFETY DIRECTOR	Dennis Jackson	848-2328
ADVOCACY DIRECTOR	Joe DePalma	235-9467
RIDES DIRECTOR	Joanna Pascucci	747-3464
WEBMASTER		
WEB EDITOR	Brenda Meyer	245-2833

2015 Chairpersons

ADVERTISING	Bob DeVito	745-2282
BIKE-BOAT-BIKE	Joy Macana	475-8129
GRAPHIC DESIGNER	Jim Deerfield	724-6401
GUIDE DOG RIDE	Jeff Meyer	471-2129
REFRESHMENTS	Tom Pfisterer	585-6417
	Hava Forziano	
MONTAUK CENTURY	Joanna Pascucci	747-3464
NEWSLETTER	James Fehling	926-4370
PUBLIC RELATIONS	Joe DePalma	235-9467
QUARTERMASTER	Chuck Ackerman	479-9644
RIDE COORDINATOR	Wendy Schmittzeh	256-6032
MAPS & CUE SHEETS		
RIDES STATISTICIAN	Joe Matzelle	273-3578
STATISTICIAN ASSISTANT	Bernie Scherer	804-0751
SUNSHINE	Bruce Presner	476-3923

NEXT MEETING

Thursday Sept 3rd 2015 at the New Village Recreation Center in Centereach (Intersection of Wireless Road and Hawkins Road, just east of Nicholls Road [CR97]. Meetings start at 7:00pm

NEW MEMBERS

Eugene Ahrens, Frank Carparelli, Tim Delaney, Mark Dunckley, Jeffrey Erlitz, Adrinne Governali, Fabian Gudino, Christie Harrington, Peter Lap, Jason Lee, Lawrence Loewy, James Lucas, Theresa McCall, George Miller, Lloyd Simon, Maureen Stanners-Janzen, Lydia Sullivan, Ian Williams

September Birthdays

Vincent Alongi, Gary Bass, Robert Becherer, Jamie Blumenthal, Jeff Butler, Sue Campbell, Thomas Chiofolo, Darren Clark, Deborah DiRoma, Michelle Dittmar, Chris Edelstein, Ruth Falco, Paul Falvey, Gwen Ferry, Paul Forziano, Paul Frisone, Richard Gass, Michael Gluck, Grant Graham, Jan Grewenig, Debbie Gross, Paul Heffernan, Lynn Heimberger, David Hove, Arthur Johnsen, Llewellyn Johnson, Chris Joinnides, Lee Kirsch, David Koyles, Brian LeDonne, Jason Lee, John Licata, Deborah Logan, John Martin, Fred McKenna, Bob Miller, Michael Minutello, Kristle Morahan, Ken Moreira, Grace Moss, Lawerence Muller, Anna Murania, Mitchell Newmark , Geoffrey Oatman, Glenn Olszewski, Tom Pfisterer, Jack Pizzillo, Dakotah Pratt-Hewitt, Kate Raftery, Marc Reiser, Bill Rodgers, Michael Sabatella, JacobStern, David Stoebe, Gail Thornton, Brian Toole, StacyLynne Twohig, Bryan Vicari, Christopher Wood, Jennifer Yetti

MEETING MINUTES

General Meeting Minutes August 6, 2015

Call to order – Vice President of Operations, Joy Macana, called the meeting to order at 7:00 pm. Approximately 20 members and guests were in attendance. Acceptance of Minutes – The July 2015 General Meeting minutes were accepted, seconded and approved.

GUEST SPEAKER Victoria Cella spoke on behalf of the Cystic Fibrosis Ride for Life to be held on Saturday, October 3rd. She thanked

the club for the support they have received the past three years. Last year SBRA provided 8-10 marshals and since they expect a larger crowd this year they are in need of at least that many and a few more as well as route markers. Last year they had 260 riders and this year they are moving to a new venue, Splish Splash due to their growth. SBRA has provided the organization with a safe ride and helped those that are not avid riders but are families that are supporting a loved one with CF. Volunteer forms and brochures were left. This is a well run event and one of the best on the Island. Please help support them if you are available. You can contact Victoria at 516-827-1290/1295 or email at vcella@cff.org.

Ed Adams spoke on behalf of formerly Love 146 Ride, FreedomFit 2015, Long Island Against Trafficking (LIAT). They assist the victims of human trafficking by providing aftercare support and to create awareness within our community for the need of justice. Their event will be held on Saturday, August 22nd from 9 am to 4 pm at the Holtsville Ecology Center. They are looking for marshals for their 5/10/25 and 50 miles routes. Please see the website under Forums – Information about non SBRA Events. If you are interested you can contact them at liagainsttrafficking @gmail.com.

Rosemary Mascali spoke about the 3rd Annual Car Free Day Long Island on September 22, 2015. This is a world-wide celebration to encourage little to no use of single occupancy vehicles to reduce greenhouse emissions. Last year 2,800 people pledged to be car free or car-lite and 30% of that number represented those who would ride a bike. Please go to carfreedayli.com/pledge to sign up to be car free or car-lite on that day. If you pledge before 11:59 pm on Tuesday, September 22, you will be entered into the prize raffle drawing. Additional information can be found on the home page of the SBRA website.

COMMITTEE REPORTS

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.

Statistician (Joe Matzelle) –The below reports represents the 2014/2015 ride season:

- A total of 262,799 club miles since the start of the season.
- There were 285 posted rides in July of which 35 were cancelled.
- One (1) ride sheet has not been submitted for March (lost).
- One (1) ride sheet has not been submitted for April (lost).
- One (1) ride sheet has not been submitted for May.
- Two (2) ride sheets have not been submitted for June (1 lost).
- Eight (8) ride sheets have not been submitted for July.
- 450 members have participated in at least one club ride this season.
- 79 members have 1000+ miles for the season.

Top 5 ride leaders: Bill Wenk (122), Bobby Ploetz (102), Chris Musso (73), Joanna Pascucci (47) and Tom Pfisterer (47)

34 ride leaders have earned a ride leader jersey.

Top sweeps: Dennis Desmond (94), Christine Ploetz (68), John Bambach (64), Bill Wachholder (63) and Glen Cochrane (25)

Top mileage leaders: Alison Gonzalez (5368), Bill Wenk (4481), Karen Catoggio (3978), Glen Cochrane (3712), and Bernie Scherer (3675)

Membership – (Paul Miklean) – We currently have 750 members. We have 28 new members for last month and we keep receiving reinstated memberships as well. Brochures and SBRA cards are available. Please see Paul after the meeting.

Sunshine Report - (Bruce Presner) – No report as Bruce was not present at the meeting.

Safety Director – (Dennis Jackson) – Hydration is always important but most important during this time of year due the high heat and humidity. If you notice a fellow rider who seems to be off, not sweating and may have a rapid heartbeat, get that person to an air conditioned vehicle or building and monitor them until they are stable. Try to get extra electrolytes to recover a bit. Please consider the heat and humidity when planning your ride.

OLD BUSINESS- No old business to discuss

NEW BUSINESS

- Lobster Ride is sold out. You may still ride in the morning but the lunch is full.

- Guide Dog Foundation. The event will be held on September 27th

- Jeff Meyer spoke with the shops in Eastport King Kullen shopping center regarding the parking signs in the lot and they did not have any issues regarding the parking. After speaking with the property management they stated that the bike club is welcomed to use the parking lot. If the towing company was to tow, the property management would need to give the permission and they would not allow them to tow the vehicle. This new signs seemed to be for other

situations such as car pooling or parking overnight. Feel free to post from Eastport KK.

- Use of ear buds on rides. Jeff addressed the membership that the wording on the website was incorrect in regards to the use of ear buds stating it was against NY State law. The law actually states that it is restricted to one ear bud. The board decided that we will prohibited ear bud use on SBRA rides due to safety. The sign-in sheets have been updated and the website has been adjusted as well.

- Due to the low attendance of the meeting, the budget presentation has been put on hold until the September meeting.

- Nominating Committee. Elections will be coming up in November and a committee is needed to poll/vet potential members for board positions. All positions are available/open if anyone is interested. Bobby and Christine Ploetz and Mike Adams have volunteered for this committee.

- For future rides out of Manorville King Kullen, we were asked to please park on the south side of the parking lot along Chapman.

Adjournment – The meeting was adjourned at 7:45 PM.

Respectfully Submitted,

Wendy Schmittzeh

Recording Secretary

Request from the SBRA Photo Editor

We begun to capture the history of SBRA in photographs taken before the year 2000. Take a look at the few that we have already mounted at: http://www.sbraweb.org/gallery2/main.php

If you have any SBRA “collectables” from the last century please scan them or photograph them and send them to me. Each time we have ten new items mounted in this album we will include a notice in the monthly email blast.

Thanks,

Norm Samuels

Registration *(continued)*

Name _____

Address _____

City_____ State____ Zip_____

Phone_____ Age *(as of 9/27/15)* _____

Email_____ T-Shirt Size _____

Please make checks payable to
Guide Dog Foundation for the Blind.

Total amount to be charged: $ _____

☐ Visa ☐ MasterCard ☐ Amex ☐ Discover

Card # _____ Exp. Date___/___

Signature _____

Mail payment & registration to

Guide Dog Foundation Stroll & Roll
371 East Jericho Turnpike, Smithtown, NY 11787

Our Mission

GUIDE DOG FOUNDATION EST. 1946

The Guide Dog Foundation seeks to improve the quality of life for people who are blind or visually impaired, or who have other special needs.

Helmets are required for all riders.

All registered participants are welcome to join in the festivities throughout the day.

8 a.m.	**75-mile unescorted** *(suggested start)*
8:30 a.m.	**52-mile unescorted** *(suggested start)*
9 a.m.	**32-mile escorted**
9:30 a.m.	**22-mile escorted**
10 a.m.	**10-mile escorted**
10:30 a.m.	**3-mile escorted**
10:45 a.m.	**Welcome ceremony**
11 a.m.	**Dog walk**

Training demonstrations
Raffles & door prizes
Fun & games for all!
Lunch will be available from noon to 3 p.m.
($5 nominal fee)

Presenting Sponsor
Marchon

Host
Suffolk Bicycle Riders Association
www.sbraweb.org

Rider Support
Campus Bicycle & Fitness

Event Sponsorships Available
All sponsorships due by August 26, 2015

If you have any questions, please call
(631) 930-9054 or e-mail Jaime@GuideDog.org

GUIDE DOG FOUNDATION EST. 1946

371 East Jericho Turnpike, Smithtown, NY 11787
(631) 930-9000
GuideDog.org
Facebook.com/GuideDogFoundation

MARCHON
Presents

GUIDE DOG FOUNDATION
2nd Annual

Stroll & Roll

Sunday, September 27, 2015

To benefit

GUIDE DOG FOUNDATION EST. 1946

Hosted by
Suffolk Bicycle Riders Association

Leaving from
The Rinx
Hidden Pond Park
660 Terry Road, Hauppauge, NY

RAIN OR SHINE

About the Stroll & Roll

September 27, 2015

Our first Guide Dog Foundation Stroll & Roll was such a success, we're happy to announce our second annual combination bike-a-thon and dog walk!

Bike riders will leave from The Rinx at Hidden Pond Park in Hauppauge. The Suffolk Bicycle Riders Association will once again plan fun and exciting routes through central Long Island, ranging from flat terrains for casual riders to challenging courses for experienced bikers.

Back by popular demand – a family-friendly 3-mile ride! Our other rides go from 10 miles and up to a challenging 75 miles. Depending on the ride's length, riders will tour Ronkonkoma, Holtsville, Yaphank, Rocky Point, and Wading River.

The 3-, 10-, 22-, and 32-mile tours are escorted by volunteer marshals from the Suffolk Bicycle Riders Association (SBRA). The 52- and 75-mile tours will be unescorted; participants ride at their own pace using the route cue sheets provided.

If you'd rather "stroll" than "roll," we have just the thing for you. Take an easy hike through Hidden Pond Park on our family-friendly 2-mile dog walk. Don't worry – you don't have to walk with a dog. Just pack up the kids or bring a few friends and saunter around the park.

Helmets are required for all riders.

Emergency support vehicles (SAG) can assist riders with difficulties. Rest/water/food stops are available along the routes.

Pre-register to get your free 2015 Stroll & Roll commemorative t-shirt (while supplies last).

We encourage you to get sponsors for your "roll" or "stroll." Participants who raise $75–$200 or $200 or more will receive exclusive gifts. Every dollar raised helps the Guide Dog Foundation place assistance dogs with people with disabilities.

Create your own personal fundraising page and get all your friends involved!

You can add your own message, photos, and videos, and set your own goal. And you'll be able to see at a glance how you're doing.

It's easy to do. Here's how:
Go to www.Stroll.GuideDog.org to register, and follow the instructions from there.

Questions?

Please call us at (631) 930-9054.
We'll be glad to help!

Please detach and mail registration form

Registration

Register online at Stroll.GuideDog.org

Register by September 10 to get your FREE event t-shirt
(while supplies last; maximum of 2 shirts per family).

Online/mail-in registration ends September 24 at noon.

Activity Choice *(check all that apply)*

☐ 3 mile ☐ 10 mile ☐ 22 mile ☐ 32 mile
☐ 52 mile ☐ 75 mile ☐ Dog Walk

(Bike registration entitles you to participate in the Dog Walk)

Individual Bike Registration

☐ $40 early registration *(before August 1, 2015)*
☐ $45 registration *(after August 1)*
☐ $50 registration on event day
☐ $25 student registration

Family Bike Registration

(up to 2 adults and 2 children 17 and under)

☐ $60 early family registration *(before August 1, 2015)*
☐ $70 family registration *(after August 1)*
☐ $75 family registration on event day

Dog Walk Registration

☐ $25 student registration
☐ $30 registration
☐ $35 registration on event day

Dog Walk Family Registration

(up to 2 adults and 2 children 17 and under)

☐ $60 early family registration *(before August 1, 2015)*
☐ $70 family registration *(after August 1)*
☐ $75 family registration on event day

Total number of riders/walkers _____

Virtual Participation Registration

☐ $25 walk or ride in your own community

☐ Enclosed is my additional gift of $ _____

(over)

SBRA ANNUAL HENRY SCHMIDT MEMORIAL

HALLOWEEN RIDE

Sunday, October 25, 2015

9:00 AM (please check the ride calendar for each posted ride start time)

PRICE: $10.00 per person (for members, $20 for non-members)

Checks must be received by October 20, 2015.
SORRY, NO "DAY OF" OR LATE REGISTRATION, NO EXCEPTIONS

Join us at the Holtsville Ecology Center for a Multi-Level Ride
Costume optional

After the ride we will be inside to enjoy some
hot soups, sandwiches and salads. C'mon down for some Halloween fun.

Reservation Required for Halloween Ride Soup & Sandwiches after the Event Only.
(anyone can participate on the morning rides)
No refunds for no shows, ride will take place rain or shine

Members: $10 (please note this event **will be subsidized by SBRA** so checks will be returned to you at the door)
Non-members: $20 (non-refundable: we must ask all guests and family members who are not members of SBRA to pay the guest amount)

Please make checks **payable to SBRA** & must be received by 10/20/15:

BigKahuna ****NO EXCEPTIONS****
348 Pamlico Avenue
Ronkonkoma, NY 11779

QUESTIONS? Call Tom @ 631-585-6417 after 5:00 pm or pfisterer348@aol.com

Help Needed: If you can make soup for this event please contact me as soon as possible. Thank you

Detach below and include with check

Member Name: _____

Address: _____

Phone: _____ Email: _____

Guest Names: _____

_____ Members Attending _____ Non-Members Attending

Total Amount Enclosed: $ _____

Unsubmitted Ride sheets

Unsubmitted Ride Sheets (through 8/13/2015)

Date and Time of ride	Ride Title	Ride Leader First Name	Ride Leader Last Name	Class	Posted Miles	Notes
Wed, 03/25/2015 - 9:30am	Three Village meader	Patrick	Brennan	B	31	Ride Sheet lost
Sun, 04/05/2015 - 9:00am	B+ Century Training Ride III	Robert	DeVito	B+	41	Ride Sheet lost
Mon, 06/01/2015 - 5:30pm	Sunshine 17 miles	Steve	Erickson	C+/B-	17	Ride Sheet lost
Sun, 05/17/2015 - 9:00am	North Shore Bike Tour	Bob	Miller	C-	35	
Thu, 06/25/2015 - 5:30pm	Thursday Loop	Murray	Turner	B+/A	30	
Wed, 07/08/2015 - 10:30am	Center Moriches Meander	Bob	Miller	D	13	
Wed, 07/08/2015 - 1:30pm	Center Moriches Meander	Bob	Miller	D	13	
Fri, 07/10/2015 - 9:00am	Friday Ramble	Patrick	Brennan	B	32	
Sun, 07/26/2015 - 8:30am	Bruce's "South Loop" Ride	Bruce	Presner	B	35	

Please Support Our Advertisers

KREB CYCLE

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

BRANDS CYCLE & FITNESS

1966 Wantagh Ave.
Wantagh, NY 11793
Phone: 800-649-3739

Sunrise CYCLERY

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

ADAMS CYCLERY

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

ROCKY POINT CYCLE

664 Route 25A
Rocky Point, NY 11778
Phone: (631) 744-5372

BICYCLE PLAYGROUND

256 Main Street
Huntington, NY 11743
Phone: 631-683-5522

The Bike Doctor
Port Jefferson, NY

1607 Main Street
Port Jefferson, NY 11776
Phone: 631-509-5530

Campus Bicycle

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

the bicycle**planet**

340 Robbins Lane
Syosset, NY 11791
Phone: 516-364-4434

Babylon Bike

Fittings are included with new bike purchases
218 East Main Street
Babylon, NY 11793
Phone: 631-587-6709

CARL HART BICYCLES

620 Middle Country Rd.
Middle Island, N.Y. 11953
Phone: 631-924-5850

Sunrise Tri

520 Sunrise Hwy.
West Babylon, NY 11704
Phone: 631-587-6200
Full fit included with bike purchase

Twin Forks BICYCLES

121 East Main Street
Riverhead, NY 11901
Phone: 631-591-3082