

ROLLING WHEELS



MARCH MEETING

THURSDAY
MARCH 4, 2010

7:00 PM

AT THE
NEW VILLAGE
RECREATION CENTER

Suffolk Bicycle Riders' Association | March 2010

**THANKS TO EVERYONE
WHO WORKED TO MAKE
OUR HOLIDAY PARTY
A GREAT SUCCESS!**



THE "SWIEZEY'S EASY
MONTAUK RAILROAD
CENTURY" CONTINUES.

On Saturday, May 8th, join SBRA for Long Island's premier 100 mile ride. The ride starts at the Babylon train station. Riders receive snacks and a comfortable ride back from Montauk on the LIRR (if registered with the train ticket option). Bicycles are individually padded by our experienced club members and returned to Babylon by moving van. Get the best price by registering early. Check our website for complete details on prices and cut-off dates for early registration discounts. Due to insurance rules, SBRA membership is now required.



**Never Done A
Century Ride?
Think You Might Like
To Give It A Try?**

See page 6

Volunteers Needed!

See Page 2

2010 Executive Committee

PRESIDENT	Bob DeVito	745-2282
VICE-PRESIDENT	Tom Tilford	816-1060
VICE-PRESIDENT	Janine Schwartz	
TREASURER	Joe Matzelle	273-3578
RECORDING SEC	Dave DiRoma	821-7598
CORRESPONDING SEC	Paul Miklean	689-718
MEMBERSHIP	Norm Samuels	928-3913
SOCIAL DIRECTOR	Evie Karakatsanis	
EDUC & SAFETY DIR	Gordon Howard	878-1716
ADVOCACY DIR	Joe DePalma	235-9467
RIDES DIR	Bill Pope	475-4531
WEBMASTER	Percy Zahl	

2010 Chairpersons

ADVERTISING	John Gennarella	648-8115
BIKE-BOAT-BIKE	Peter Olivieri	365-7588
GRAPHIC DESIGNER	Jim Deerfield	724-6401
GUIDE DOG RIDE	Jeff Meyer	471-2129
	Brenda Meyer	
REFRESHMENTS	Sue Sherman	473-4732
	Hava Samuels	
MONTAUK CENTURY	Jack Steffens	669-4740
	Peter Olivieri	365-7588
NEWSLETTER	Rona Dressler	751-2135
PUBLIC RELATIONS	Phil Enright	664-3151
QUARTERMASTER	Jack Steffens	
RIDE COORDINATOR	Bill Pope	475-4531
MAPS & CUE SHEETS	Lili Burliuk	
RIDES STATISTICIAN	Joe Matzelle	
SUNSHINE	Bruce Presner	476-3923



The purpose of the Suffolk County Bicycle Riders Association is to teach members about bicycle mechanics, bike safety, the joy of bicycle touring, bicycling awareness for non-participants and to enjoy a mutual appreciation and compatibility during bicycle tours that may include camping and racing. Members shall consist of individuals and families who wish to participate as members abiding by the constitution and bylaws of the club. The Club may not discriminate in admitting members, according to their age, race nationality, sex, creed or religion.

SBRA meetings are held on the 1st Thursday of each month at the New Village Recreation Center in Brookhaven. Located near the intersection of Wireless Road and Hawkins Road East of Nicolls Road (CR97).



Welcome New Members

Sally Budde, Kathy Fusco, Nick Fusco, Stephen Landers, Cory McKibbin, Terry McKibbin, Theresa McKibbin, Justin Merrow, Paula Mordini, Charles Morgan, Lawrence Muller, Charles Powell, Diane Scotto.

March Birthdays

Gail Abruzzo, Diane Ambrosino, Lloyd Boone, Brian Brill, Robert Dalpiaz, Anna Dinger, Bob Emmerich, Kathy Fusco, Michael Grumm, Phil Harrington, Fredric Itkin, Mary Kenning, Carol Krupinski, Mary Liers, Robert Meer, Bradley Meltzer, Samantha Meneilly, Frances Montera, Steve Moss, Drew Paoli, Daniel Rogers, Michele Scott, Don Senior, Mark Shannon, Matt Tillman, Katherine Weghorst, Kenneth Wiesmann.



The 2010 Sweizey's Montauk Century is set for Saturday May 8th.

The training rides will start before you know it. We are in need of volunteers to make this ride as successful as it has been in past years. We need volunteers for the following positions:

- Day of registration
- Sag support
- Checking of the route
- Loading and unloading of the bikes on and off the moving van.
- We also are in need of someone to take luggage from the Babylon train station out to Montauk Point for the riders.

If you would like to help contact me at peteolivieri@verizon.net or 631-365-7588.



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MEETING MINUTES

February 4, 2010

1) Call to order –President Bob DeVito called the meeting to order at 7:05 PM. Approximately 45 members and guests were in attendance.

2) Acceptance of Minutes – the minutes of the January 7, 2010 meeting were accepted as published in the February Rolling Wheels.

3) Treasurer's Report (Joe Matzelle): Joe reported on the bank balance and the revenue and expenditures associated with the Holiday Party. He noted that we are now accepting payment of membership dues via PayPal on the SBRA web site.

4) Committee Reports:

i. Statistician (Joe Matzelle) – Joe reported that for the year to date a total of 19,696 miles have been accumulated. Full statistics were posted on the web site today. Joe noted that 17 ride sheets from November and December have yet to be turned in.

ii. Membership – (Norm Samuels) – there are presently 696 members, including 120 families and 10 new members.

iii. Sunshine (Bruce Presner) – No new injuries or illnesses to report.

iv. Webmaster (Percy Zahl) – No report.

v. Web Editor (Brenda Meyer) – No report

vi. Safety/Education (Gordon Howard) – Gordon noted that recent weather conditions have increased the hazard to cyclists from “black ice” on the road surfaces. Cyclists need to use extra caution when riding in winter conditions. Gordon also stressed the importance of dressing for winter conditions, including the use of fabrics (not cotton) that keep moisture off the skin in order to prevent chills and potential frostbite.

vii. Advocacy (Joe DePalma) – No report.

viii. Social (Evie Karakatsanis/Beth Borowy) - Bob thanked Beth and Mike Warner on behalf of the Club membership for the successful Holiday Party on the previous Saturday evening. Everyone in attendance reported having a good time and comments regarding the food, music and the service were very positive. Bob also thanked the Awards Committee of Barbara Abraham, Barbara Braun, Jim Deerfield, Ronnie Levy and Joe Matzelle for all of their efforts on the awards and prizes.

Old Business:

a. Montauk Century – Pete Olivieri announced that the ride would be supported by 3 SAG's this year. In addition, Pete has made arrangements with the moving company that transports the bikes to be available on Saturday, May 15th in the event the ride needs to be moved due to weather considerations.

b. Bike-Boat-Bike – Has officially been scheduled for Sunday, June 6th. Pete noted that volunteers are needed for all aspects of the ride with the exception of Parking, which will be handled by Pete and Lil with the usual crew. We do need at least one and potentially more photographers to be at the ride finish to photograph participants as they finish the ride.

c. Super Cycling Saturday - Tom Tilford discussed the program that is being planned for this event, to be held on Saturday, February 27 at the Brookhaven Town Rec Center from 9AM to 5PM. Tom noted that the format would be a “round-robin” style, with presentations repeated multiple times during the day so that participants can attend as many as they want, with a minimum of conflicts. Current planning calls for a series of how-to seminars, bike shop participation, wellness and nutrition clinics and food. As previously discussed, Ride Leader and Sweep training will also be held during

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the day, with make-up sessions to be provided prior to the start of the training rides for any members who can't participate in the Saturday sessions.

d. Brookhaven Town Meeting – Bob DeVito, Joe DePalma and Paul Miklean met with members of the Town of Brookhaven Recreation Department to discuss topics of mutual interest. The new supervisor, Mark Lesko, is very supportive of cycling and the Town has expressed an interest in developing a relationship with SBRA. In particular, they are interested in the Super Cycling Saturday program and would like to see it repeated in a number of locations around the town

e. SBRA Bowling Event – Michelle Dittmar is organizing this for Sunday, February 21. A "Save the Date" e-mail is on its way to the membership for this activity.

f. Ride Sheets – Bob and Joe Matzelle addressed the continuing issue of ride leaders who do not submit their ride sheets. For the 2010 season the web site will have an added feature that will allow Joe to note on the ride calendar if the sheet for any particular ride has been turned in. This will allow riders to see if their leaders are complying with club rules and allow riders to decide whether or not to continue to ride with those leaders who chose not to report the mileage.

g. Island Harvest – Janine Schwartz noted that we have received a letter from Island Harvest thanking the Club for the donation of food and cash from our holiday charity effort.

New Business:

- 1. Beginners Rides** – Bob and Josie Goykin will be leading the Montauk Century training rides for beginners this season. Bob DeVito commented that he was concerned that this group may have some size constraints as riders from previously years seem to want to continue to ride with this group. Bob commented that we will continue to work on alternatives so that riders who are not comfortable moving to faster groups can ride with other like-minded riders but without compromising the beginners training.
- 2. Facebook Page** – Bob DeVito noted that SBRA now has a Facebook page that can be accessed by anyone interested by typing "Suffolk" on Facebook. The page was generated and will be administered by Brian Mahoney.
- 3. Club Store** - Bob notes that we are still in needs of volunteers to put together a store that can be accessed through the Club web site.
- 4. Newsletter** – We need contributors to provide content – articles, photos etc. on topics of interest that are cycling related. John Generella suggested we ask local shops to allow us to copy some of the materials from their web sites with attribution to the shop.
- 5. Member Survey** – Bob announced that a member survey would be e-mailed to the membership in February as a means of determining member needs and interests.
- 6. USA Cycling** – Bob announced that SBRA would be partnering with the "Green Arm Bandits", a local amateur racing club, to sponsor some events in the coming year. Possible activities may include a race sponsored by SBRA and some type of social event between the groups. Although SBRA is not a racing club, we do have some members that are involved in racing and this is a good opportunity to get some exposure for the Club with another cycling group in our area.



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Program:

Lanny Wexler, an SBRA member who works for the NYS DOT on Bike Advocacy issues gave an update on the status of the proposed Port Jefferson to Wading River Recreation Trail , to be built along the LIPA right-of-way. Apparently discussions have broken down due to issues of liability for trail repairs due to LIPA's maintenance activities. This has the potential of LIPA not allowing access to the property and a loss of the funding that has been obtained to complete engineering studies and preliminary work. Lanny handed out letters to LIPA, town and county officials that can be sent by SBRA members to show support for the trail.

Adjournment - the meeting was adjourned at 8:25 PM.

*Respectfully Submitted,
David DiRoma – Recording Secretary*




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The Montauk Century Training Rides

Ride 100 miles – Get in shape – Beginner Training!

SBRA Century Training School

If you have never ridden a century before, you will be happy to learn that *SBRA* is once again offering our one of a kind *Century Training School*.



These rides began in 1984 with the promise of helping C and D level riders do their first 100-mile ride. Led by Josie and Bob Goykin these rides can help any cyclist ride 100 miles, the easy way. If you complete the training rides you will finish the Century with energy to spare.

Who Should do the Beginner Training Rides?

If you have never ridden 100 miles or haven't done distance riding in years. You can ride 25 miles at 10 mph and are planning on doing the Century.



What is the plan?

Take the Mystery out of Cycling. The *Training School* rides start with a 25 mile ride on **Saturday, March 6th in Ronkonkoma**. Each Saturday the ride goes a little faster and further. Our riders do the 100 miles at a \dot{B} pace. Prior to the rides we give pointers on every aspect of cycling including, nutrition, technique, clothing, bike fit and simple repairs. You

will learn to ride efficiently, effectively and painlessly. We answer all of your questions, keeping in mind the special needs of beginner and women cyclists. COURTESY, SAFETY and ETIQUETE will be emphasized. We stop at bathrooms, keep the group together & stick to the advertised pace. We want everyone to finish!



DON'T BUY A NEW BIKE YET!

Please call us before you spend big bucks on the wrong bike. You can try the first ride or two on a hybrid to see if you enjoy the rides. As the rides get longer you will need a road bike. Yes, a person could ride 100 miles on a hybrid, but not at the pace we are

going to ride. *In our 20 plus years, most riders on hybrid or mountain bikes could not complete the training.*

How come these rides are not listed?

You must sign up and for the whole 9 week course. The training works because everyone knows the plan, has the same goal and develops together.

PLEASE CALL AHEAD TO REGISTER FOR THE TRAINING SCHOOL RIDES. Part of the success of this program is a result of the development of the same group riding together each week. Anyone who sticks it out and follows a few simple tips will succeed.

For Century Training School details contact: Bob or Josie Goykin at 737-1871 or rgoykin@suffolk.lib.ny.us

If you have already ridden a Century check the ride calendar for the Sunday Training Rides.

Swiezy's Easy Memorial Montauk Railroad Century Saturday May 8th. If you have never experienced this great ride you won't want to miss it. This is one of the flattest, easiest and most scenic Century rides anywhere. It is a best bet if you want to try 100 miles for the first time! Registration details are available on the web.

Bike in New England and Canada aboard the Celebrity's "Summit."

I am in the process of organizing a bike-boat cruise from New York (Cape Liberty-Bayonne) to New England and Canada aboard the Celebrity's "Summit" leaving on August 29th and returning on September 5th. We will be able to take our bikes aboard, where they will be stored, and ride at each port of call, which includes Portland, Maine; Bar Harbor, Maine; St. John's, New Brunswick; and Halifax, Nova Scotia. Non-riding spouses and/or guests are welcome to join us.



The per person cost, which includes all port charges and taxes, a \$25 on board credit per cabin, and champagne in your cabin, is \$847 for an interior cabin and \$1,137 for an exterior cabin.

If you are interested or would like more information, contact Dick Cunningham (631 846-7825, recunningham13@optimum.net).



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More Holiday Pictures



Joe, after the ride sheets are turned in!