

# ROLLING WHEELS



JULY MEETING

THURSDAY  
JULY 1, 2010  
7:00 PM

AT THE  
NEW VILLAGE  
RECREATION CENTER

Suffolk Bicycle Riders' Association | JULY 2010

**Thanks To Everyone Who Helped Make This Year's  
Bike-Boat-Bike Another Big Success**



more photos inside

# Welcome New Members



Abu Ahmed, Karen Alterio, Dennis Amato, Jonathan Austin, Lanny Ballard, Alison Bardong, Evan, Anna, Sebastian, Sammy Cila, Mary Donovan, Colleen Eiermann, Todd Fieldstad, Luda, Sharon, Richard Filiberto, Ellie, Terry, Julia Joshua Hughes, Linda Kornreich, Adam Lopuch, Michael Merlo, George Miller, Chris and Rachel Perks, Tom & Ellen Perry, Charles Reed, Rebecca Reeve, Maggie, Ethan, Jeanne & James Rothwell, Anthony & Christine

Scionti, Bridget, Charles & Charles Sydnor III, Doranne Tay, Kevin Tims, Bruce Uveges, Kevin Ware, Nora & Steven Weiss — *Norm Samuels, Membership Chair*

## 2010 Executive Committee

<b>PRESIDENT</b>	Bob DeVito	745-2282
<b>VICE-PRESIDENT</b>		
<b>VICE-PRESIDENT</b>	Janine Schwartz	
<b>TREASURER</b>	Joe Matzelle	273-3578
<b>RECORDING SEC</b>	Dave DiRoma	821-7598
<b>CORRESPONDING SEC</b>	Paul Miklean	689-7186
<b>MEMBERSHIP</b>	Norm Samuels	928-3913
<b>SOCIAL DIRECTOR</b>	Evie Karakatsanis	
<b>EDUC &amp; SAFETY DIR</b>	Gordon Howard	878-1716
<b>ADVOCACY DIR</b>	Joe DePalma	235-9467
<b>RIDES DIR</b>	Bill Pope	475-4531
<b>WEBMASTER</b>	Percy Zahl	
<b>WEB EDITOR</b>	Brenda Meyer	

## 2010 Chairpersons

<b>ADVERTISING</b>	Bob DeVito	745-2282
<b>BIKE-BOAT-BIKE</b>	Peter Olivieri	365-7588
<b>GRAPHIC DESIGNER</b>	Jim Deerfield	724-6401
<b>GUIDE DOG RIDE</b>	Jeff Meyer	471-2129
	Brenda Meyer	
<b>REFRESHMENTS</b>	Sue Sherman	473-4732
	Hava Samuels	
<b>MONTAUK CENTURY</b>	Jack Steffens	669-4740
	Peter Olivieri	365-7588
<b>NEWSLETTER</b>	Rona Dressler	751-2135
<b>PUBLIC RELATIONS</b>	Joe DePalma	235-9467
<b>QUARTERMASTER</b>	Jack Steffens	
<b>RIDE COORDINATOR</b>	Bill Pope	475-4531
<b>MAPS &amp; CUE SHEETS</b>	Lili Burliuk	
<b>RIDES STATISTICIAN</b>	Joe Matzelle	
<b>SUNSHINE</b>	Bruce Presner	476-3923

## Celebrating July Birthdays

Michael Schwenk-01; John Lewis-03; Kathleen Walczak-03; Art Searle-03; Charmaine Henderson-05; Jane Verdrager-05; Stephen Sendrowski-05; Joann DeSantis-06; Joan Schmidt-07; Ellen Balaban-09; Madelyn Murphy-10; Pann McCuaig-10; Linda Abraham-11; Elizabeth Deerfield-13; Carol Genovese-14; Glenn Hadzima-15; Al Marino-15; Thomas Farber-18; Phil Pile-18; Gary Hyland-20; James Gorman-20; Scott Hyland-21; Bob Goykin-21; James Deerfield-23; Allan Liers-23; Joanna Pascucci-24; Patricia Richter-25; Stephen Macana-25; Tom Farre-26; Henry A. Braun-28; Dennis Jackson-28; Barbara Striegel-29.



The purpose of the Suffolk 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).

## SBRA ANNUAL PICNIC

Sunday July 18, 2010 at 8 AM  
Indian Island County Park

- 🚲 Start with Bagels, Coffee and Juice
- 🚲 Multi Level Rides
- 🚲 Picnic to follow the rides
- 🚲 Games (volleyball, softball and more)

**Schedule:**  
8 am: Registration  
8:30-9 am: Rides Start  
Noon: Picnic & Games

Members: \$10 Deposit - Non-members: \$20

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# MEETING MINUTES

## June 3, 2010

**1) Call to order** – President Bob DeVito called the meeting to order at 7:15pm. Approximately 60 members and guests were in attendance.

**2) Acceptance of Minutes** – the minutes of the May 6, 2010 meeting were accepted as published on the SBRA web site.

**3) Treasurer’s Report** (Joe Matzelle): Joe reported on the club’s current balance and recent expenditures. Receipts are increasing from dues and BBB registrations. Recent expenditures include final costs for the Montauk Century and expenses for the BBB. Joe noted that we have received approximately 790 advance registrations for the BBB via the Active site, with nearly 200 coming in during the final three days, Joe also reviewed the process to be followed by BBB volunteers to obtain reimbursement for out-of-pocket costs incurred on ride day.

**4) Committee Reports:**

**a. Statistician** (Joe Matzelle) – Joe reported that for the year to date over 92,392 miles have been ridden by club members, with 139 rides posted in May. Updated stats are available on the web site. Joe reminded members to write their names and other info legibly on the ride sheets.

**b. Membership** – (Norm Samuels) – there are presently 898 members (which includes 13 honorary memberships given to local bike shops that support SBRA), with 155 families and 45 new members. During the meeting, two new members joined, bringing the total to 900 members.

**c. Sunshine** (Bruce Presner) – Bruce was absent. Bob DeVito mentioned that Henry Schmidt and Steve Sendrowski are battling serious illnesses.

**d. Webmaster** (Percy Zahl) – Percy was absent and no report was given.

**e. Web Editor** (Brenda Meyer) – Brenda reminded members that details of all upcoming events should be sent to her if you want them posted on the web site.

**f. Safety/Education** (Gordon Howard) – Gordon was present but had no formal report.

**g. Advocacy** (Joe DePalma) – Joe mentioned that a guardrail is presently being constructed on the Wantagh Parkway to separate the biking/ walking path from parkway traffic. This is being done in response to a fatality last year in which a cyclist was killed on the path by a car that ran off the road. Norm Samuels asked that Joe

investigate whether a guardrail will be incorporated into the path that will be constructed along Rt. 112 as part to the reconstruction project for that highway.

**h. Social** (Evie Karakatsanis) - Evie reported that the club picnic is scheduled for Sunday, July 18 with details posted on the SBRA web site. A poll was also taken as to the type of food the membership preferred and the unanimous vote was for hot dogs, hamburgers, veggie burgers and other barbeque items. The picnic is free for members (with a \$10 refundable deposit) and \$20 for non-members.

**Old Business:**

**a. Ride of Silence** – Norm Samuels noted that 29 members participated in this year’s ride. This is the highest turnout we have had in the four years that SBRA has participated in this ride. Next year we will be looking to increasing participation in this event.

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**b. Ride Postings** – Bob DeVito reported that 139 rides were posted in May 2010, compared to 96 in May 2009. Bob reminded the members that although ride credits will be given for rides posted 2 days or more in advance, lower level rides (especially at the D level) should be posted as far in advance as possible.

**c. Ride Leader Guidelines** – Bob noted a change in the manner that incident reports should be handled. Incident reports should be mailed to Joe Matzelle and in the event of a serious injury or other circumstances a call should be made to Bob, Joe or another club officer to report the incident.

**d. Bike-Boat-Bike** – will be held on Sunday, June 6. Bob stressed/ encouraged all members, and especially new members, to come out for the ride. It was noted that there have been some problems with road markings and we will need to emphasize to all BBB participants the importance of using the cue sheets. There was also a discussion of the road work taking place on Shelter Island.

**e. Member Survey** – the responses to the survey have now been posted on the home page of the web site. All members are encouraged to review the results. We received 115 responses from members.

**f. Criterium Races** – Planning continues for this event, to be held on August 15. This is a free event for SBRA members and there will be a hospitality tent with free food and beverages for all members who attend. Bob announced that Richard Dittmar has agreed to work with the race organizer on behalf of the club.

**New Business:**

**a. Vice President** - Operations – Tom Tilford has resigned from this position. We need an interested person to serve out the remainder of the term. Anyone interested should speak with Bob DeVito.

**b. Officers and Directors Insurance** – Bob noted that he has had discussions with insurance brokers regarding D&O coverage for the club. This would cover the officers and directors for liability issues in connection with their club responsibilities.

**c. Blooming Metric** – Bob thanked Rich Mardosa for pulling together the logistics involved in getting SBRA cyclists over to Bridgeport via the Port Jefferson ferry on May 23 so that we could participate in this ride. This included making contact with the Sound Cyclists Club and arranging for a club rep to meet the SBRA riders in Bridgeport to hand out ID bracelets and shirts. To reciprocate for our interest, the Connecticut club will advertise the BBB on their web site

**d. League of American Bicyclists Instructor Training** – Norm Samuels mentioned that Tom Tilford had paid for an LAB instructor course, which he no longer needs. The course costs \$200 and Tom is willing to take \$125 from anyone interested in taking this training. Contact Tom directly in this regard.

**e. Program** – Dr. Joe Indelicato, gave an interesting presentation on the science of Applied Kinesiology and its application in addressing various ailments common to cyclists and other athletes.

Adjournment - the meeting was adjourned at 9:05 PM.

*Respectfully Submitted,  
David DiRom — Recording Secretary*



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# Season's Spin



**W**hether you are new to bike riding or an experienced cyclist, hot summer months call for paying attention to your body's fluid needs. Keeping properly hydrated and replacing lost electrolytes can mean the difference between a great ride and being left in the shade waiting for the SAG wagon.

Everyone hears "drink plenty of water" when riding. That's because when exercising, sweating releases not just water but also small amounts of electrolytes (minerals such as potassium, chloride and sodium). When the body loses one to two percent of its weight in water, the result can be dizziness, muscle cramps/weakness and decreased blood volume/pressure. Hotter days with lots of sunshine increase that fluid loss. The longer and heavier your workout, the more important it is to manage your fluids, particularly water.

While most people drink water only when they are thirsty, it is best to plan your fluid intake just like you would your food. Guidelines for fluid intake are just that...guidelines. Each person's body chemistry varies enough with respect to sweat losses and hydration needs that there is no set formula. So it's important to start with a baseline plan and monitor how your body functions. Paying attention to subtle changes in your body can help head off severe dehydration before it takes you off the bike. Noticing the color of your urine can also provide a quick

continued on page 7

NICK ATTISANO'S

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Sunday - 11am-3pm

assessment – if it is dark and concentrated, you need more water. Clear and abundant indicates good hydration.

Some basic guidelines to start with are to drink 8-15oz of water an hour or two before exercise and then another 8oz every 15 minutes while exercising. Water is generally all that is needed when used consistently. However, if you are exercising more than 90 minutes and/or are in extreme heat, using a sports drink can be helpful. But make sure to look at the ingredients. Some sports drinks have lots of sugar and while that may give you more energy, that sugar may cause an energy dip after it is burned off in your body. And if you are exercising to lose weight, that extra sugar won't help. Along with electrolytes, your sports drink should contain no more than 8% sugar. Additionally, if you use caffeinated drinks to give you an edge prior or during exercise, be aware that caffeine is a diuretic which will increase your fluid loss.

Water is critical to so many functions in our body. It makes up a large portion of our blood, helps lubricate our joints and muscles/tissues, cleanses out waste and regulates our body temperature - all things that support your riding potential. Improve your body's ability to function well this summer by remembering to keep that water level balanced...and enjoy the road!

## Karen ~

*Karen Giles is a New York State licensed, nationally board certified acupuncturist with a private practice in Port Jefferson. Find out more at [kgilesacupuncture.com](http://kgilesacupuncture.com).*



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