

# Rolling Wheels

Suffolk Bicycle Riders' Association | July 2011

## July Meeting

Thursday  
July 7, 2011  
7:00 PM  
at the  
New Village  
Community Center

A group of cyclists riding on a paved road during a group ride. The cyclists are wearing various colored jerseys and helmets. The lead cyclist is wearing a white and teal jersey and a white helmet. The background shows a paved road with greenery and other cyclists in the distance.

## **Bike•Boat•Bike 2011**

**Thanks to all our volunteers for another great day!**

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

## 2011 Executive Committee

<b>PRESIDENT</b>	Bob Divito	745-2282
<b>VICE-PRESIDENT</b>	Paul Miklean	
<b>VICE-PRESIDENT</b>		
<b>TREASURER</b>	Joe Matzelle	273-3578
<b>RECORDING SEC</b>	Dave DiRoma	821-7598
<b>CORRESPONDING SEC</b>	Joy Macana-Tillman	
<b>MEMBERSHIP</b>	Norm Samuels	928-3913
<b>SOCIAL DIRECTOR</b>	Beth Borowy	
<b>EDUC &amp; SAFETY DIR</b>	Gordon Howard	878-1716
<b>ADVOCACY DIR</b>	Joe DePalma	235-9467
<b>RIDES DIR</b>	Jeff Meyer	471-2129
<b>WEBMASTER</b>	Percy Zahl	
<b>WEB EDITOR</b>	Brenda Meyer	

## 2011 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>	Joy Macana-Tillman	
	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>	Jeff Meyer	475-4531
<b>MAPS &amp; CUE SHEETS</b>		
<b>RIDES STATISTICIAN</b>	Joe Matzelle	
<b>SUNSHINE</b>	Bruce Presner	476-3923



Questions and suggestions are always welcome.  
Email yours to [webmaster@SRBAweb.org](mailto:webmaster@SRBAweb.org)

## Welcome New Members

James Badia, Matthew Balistreri, Juan Castillo, Amy DeRicco, James DeRicco, John DeRicco, Valerie DeRicco, Benjamin Downs, Rebecca Downs, David Keane, Jacqueline Keane, Joanne Kravitz, Gerald Latter, Liddy Latter, Denise Loewy, Lawrence Loewy, Jon Mazey, Emily McGowan, Michael McLaughlin, Silvana Melazzini, Erin Mitchell, James Olson, Jacqueline Palumbo, Alfredo Smith, Sharon Smith, Scott Zinger. — *Norm Samuels, Membership Chair*



## Celebrating July Birthdays



Michael Schwenk-01, Kathleen Walczak-03, John Lewis-03, Art Searle-03, David Parker-04, Stephen Sendrowski-05, Mary Zellman-05, Charmaine Henderson-05, Margaret Nenos-08, Tara Wagner-08, Ellen Balaban-09, Steven Wilkins-10, John Taylor-10, Liddy Latter-10, Madelyn Murphy-10, James Tomei-10, Linda Abraham-11, Jon Mazey-12, David Eaton-12, Elizabeth Deerfield-13, Michael Burns-13, Carol Genovese-14, Kenneth LaGrega-14, Glenn Hadzima-15, Al Marino-15, Dawn Lewis-18, Phil Pile-18, Thomas Farber-18, Denise Locarni-19, James Gorman-20, Annelise Massimo-21, Bob Goykin-21, Ralf Petersen-22, James Deerfield-23, Allan Liers-23, Joanna Pascucci-24, Catherine Monaco-25, Stephen Macana-25, Paula Petracca-25, Ridgely Ochs-25, Barry Duignan-26, Tom Farre-26, Gerhard Pagels-27, Henry A. Braun-28, Michael Konarski-28, Dennis Jackson-28, Florence Grumm-29, Barbara Striegel-29, Linda Kornreich-29, Max Jacobs-29.

If you would like to have your birthday acknowledged in Rolling Wheels, send an email with your birthday (or your SBRA Family member's birthday) to [membership@sbraweb.org](mailto:membership@sbraweb.org). Include the word "birthday" on the Subject line.

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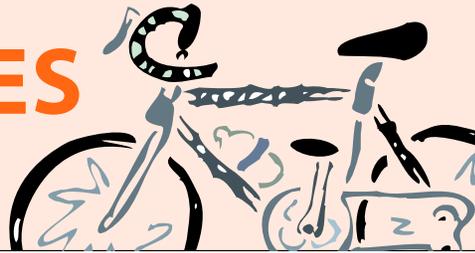
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The purpose of the Suffolk Bicycle Riders Association is to teach members about bicycle mechanics, bike safety, the joy of bicycle touring, bicycling awareness for non-participants and to enjoy a mutual appreciation and compatibility during bicycle 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.

# MEETING MINUTES

June 2, 2011



**Call to order:** President Bob DeVito called the meeting to order at 7:10PM. Approximately 50 members and guests were in attendance.

**Acceptance of Minutes:** The minutes of the May 5, 2011 meeting were accepted as published.

**Treasurer's Report** (Joe Matzelle): Joe noted that we are ahead of last year's pace for pre-registrations for Bike-Boat Bike. Joe reviewed the significant receipts and expenditures for the month. A full report on the club finances and the current bank balance can be obtained by contacting Joe or any club officer via their club e-mail addresses posted on the SBRA site.

## COMMITTEE REPORTS

**Statistician** (Joe Matzelle): Joe reported total miles for the year so far are 82,854. A full update on mileage leaders is posted on the SBRA web site.

**Membership** (Norm Samuels): Norm was absent. In his place Kathy Walczyk reported that there are currently 966 members, including 565 primary members, 187 families and 23 new members since the last meeting.

**Sunshine** (Bruce Presner): Bruce noted that he is sending a get well card to Bill Pope and also to Marty Thomasson, who was hit by a car mirror while riding.

**Webmaster** (Percy Zahl): Percy was not present and no report was given.

**Web Editor** (Brenda Meyer): Brenda was absent and no report was given.

**Safety/Education** (Gordon Howard): Gordon's message is to ride safely at all times. Dave DiRoma noted that a group of riders was recently observed on a Wednesday evening riding 3 and 4 abreast on North Country Road, just west of the Wading River duck ponds. Needless to say this is an extremely treacherous road and single file rules should always be the norm here. Riders must observe the rules of the road and anticipate dangerous situations.

**Advocacy** (Joe DePalma): Joe was present but had no report. He will report on the trip to Washington D.C. for bicycling advocacy at the next meeting.

**Social** (Beth Borowy): The DJ has been signed for the Holiday Party. The annual picnic is scheduled for Sunday, July 10 at Indian Island County Park. Based on the results of Bike - Boat - Bike, the Executive Board will meet in early June to consider the size of the club subsidy for this event. Advertising and sign up will follow shortly thereafter.

## OLD BUSINESS

**Montauk Century:** Pete Olivieri recapped the event. We had 101 riders signed up, of which 86 actually rode. The weather was great and there were no accidents.

**Ride of Silence:** Jeff Meyer noted that the weather was not cooperative for this event. The West Ride, starting in Islip was rained out, while the East Ride, which was led by Ronnie Levy from Riverhead, had only 4 riders due to the weather.

**Guide Dog Ride:** Scheduled for September 18th. Volunteer sign up will begin at the July meeting.

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**Town of Riverhead Ride:** June 12th. Sponsored by the Riverhead Parks Dept. Volunteers are needed to guide family-oriented rides.

**Bike-Boat-Bike:** Pete noted that the final details are done, now we just need to have good weather. All of the road markings are complete, including Shelter Island and the pre-rides have had few comments. There are some detours on the south shore that have necessitated some re-marking but those look good as well.

**NEW BUSINESS**

There was no new business

**Program:** Brian Mahoney gave a demonstration of Facebook and a discussion of social networking.

**Adjournment:** The meeting was adjourned at 8:30 PM.

Respectfully Submitted,  
David DiRoma  
Recording Secretary

For more information regarding the financial status of the club, contact Joe Matzelle (treasurer@sbrabwe.org).



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# Season's Spin

**S**ummer has arrived, yet Mother Nature continues to give us lots of weather-related ups and downs. That said, we were certainly blessed with perfect weather for BBB! With longer days and stretches of sunshine allowing for more riding, some of us have had a few ups and downs on our bikes. When there is a "down," the result may involve a bit of road rash. If you have ever experienced trying to heal this sort of injury, you know it can be difficult.

I recently had my first experience with road rash after I had a spill on my bike. Thankfully my helmet did its job, my bike was relatively ok but I was left to deal with some pretty good scrapes.

Road rash is technically referred to as an abrasion. Because there are many nerve endings in skin, it can be quite painful if the abrasion is widespread. Any severe cut or abrasion should be checked by a physician for proper cleansing and evaluating the need for stitches. And if you haven't had a tetanus shot within the last 10 years, it may be recommended to prevent infection.

If your road rash is minor and/or you have had proper medical care, healing can be helped with a simple gift from nature. Aloe vera is a plant that many people have in their homes and offices. It has been recorded in use over 2,000 years ago for many skin conditions and has continued to be studied and used for healing everything from cuts and scrapes to burns.

The best way to use aloe vera is straight from the plant, which is easy to maintain and found in most nurseries and garden centers. Cut a leaf/stalk from the base, close to the center of the plant. Carefully use a knife to open it lengthwise and scoop out the thick gel inside. You can apply the gel directly to your road rash or wound several times a day. I was given a few stalks from a colleague just after my fall and was impressed with how quickly the scabs formed and thickened. Then, as new skin



developed and the scabs dissolved, I was left with what continues to be smooth, healthy looking new skin. After my experience, I have heard of similar results from others who have used aloe vera.

*Note:* Vitamin E applied topically is thought to help the appearance of scars, but a study published by the

National Institute of Health showed that it did not improve the appearance of scars and might be detrimental to healing (<http://www.ncbi.nlm.nih.gov/pubmed/10417589>).

In my acupuncture tradition, Summer is a season to fully embrace joy and passion in life. If you happen to have a spill on your beloved bike or other skin injury from a BBQ, gardening, too much sun at the beach, etc., have some aloe vera nearby to help keep you living in the joy of your Summer!

## 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.*



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## How Do I Get Started?

Newcomers are always welcome to try rides with us before becoming members. Just go to our website ([www.sbraweb.org](http://www.sbraweb.org)), click on "Ride Calendar" select a ride within your skill level and show up for the ride.

## Standard Club Ride Levels

- "AA" – 22+ MPH
- "A" – 18-24 MPH
- "B" – 14-17 MPH
- "C" – 11-13 MPH
- "D" – 10 MPH or Less

**Beginners** should start with a "D" level ride.

**Experienced Riders** it is recommended that experienced riders start at least one ride level below what they think you can handle.

## Preparing For Your First Club Ride

Before arriving at a first club ride:

- Bring a helmet (wearing a biking helmet is a club requirement)
- Ensure bike is in good mechanical condition
- Properly inflate tires
- Bring a water bottle, spare tube or patch kit, pump, personal ID, and Insurance ID card (if available)

## Tips for Riding in a Group

Riding in a group carries responsibilities for all riders. Riders need to stay alert, ride predictably, and follow your ride leader's instructions.

Review our web link

<http://www.sbraweb.org/tips.htm>

v. 04/05/09

# SBRA Membership Application

New Member    Renewal    Reinstatement

<b>First Name</b>	<b>Last Name</b>	<b>Annual Dues:</b> \$20 individual/\$25 family membership Make check payable to SBRA Send form, membership payment and A Stamped, Self-Addressed Envelope to: <b>SBRA c/o Norm Samuels</b> <b>11 Pine Street</b> <b>Port Jefferson Sta., NY 11776</b>
<b>Address</b>		
<b>City</b>	<b>State</b>	
<b>Evening Phone</b>	<b>Day Phone</b>	<b>Email Address</b>

### League Of American Bicyclists ("LAB") and Suffolk Bicycle Riders Association ("SBRA") Release And Waiver Of Liability, Assumption Of Risk and Indemnity Agreement ("Agreement")

IN CONSIDERATION of being permitted to participate in any way in Suffolk Bicycle Riders Association (SBRA) ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

- (1) ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
- (2) FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I may incur as a result of my participation in the Activity.
- (3) HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, understand that I AM GIVING up substantial rights by signing THIS AGREEMENT, have signed it VOLUNTARILY and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law. I agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect. (1-2007)

I Have Read This Release. Signature of Primary Applicant

I Have Read This Release. Sign and print name of other family applicants not listed above

[www.sbraweb.org](http://www.sbraweb.org)

Everyone is invited to attend our monthly meetings. See our website for dates and directions. All members receive our monthly newsletter, Rolling Wheels via the Internet.