



SUFFOLK BIKE RIDERS ASSOCIATION

MARCH 2021

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The Cycologist - a monthly column with "advice" for riders

DEAR CYCOLOGIST,



Message from the President

During the last snowstorm, I had some downtime, so I went on our website and started reading some 2020 Past Issues of Rolling Wheels. I do love a good read, and I think it needs to be said that this club is very fortunate to have Bernie Scherer as our Rolling Wheels Editor. I started reading the March 2020 issue, and we were planning Super Cycling Saturday and Montauk Century Training, and within a month, it all changed. The April Issue was when we announced we were closing the Ride Calendar, and in May the issue was all about Covid and how to protect each other. June was our first General Meeting on Zoom, which had a huge turnout, and we got to see our friends after months of being on lockdown. July announced our Ride Calendar's opening with cautions, and our members slowly came out again and proudly wore masks. By August, everyone seemed to find a way to ride, be it alone or in a group. I say all of this because each month Bernie produced a beautiful way to connect us all despite what was going on. Bernie's Rolling Wheels showed us how we were all managing to still do what we all love to do, and that is to "Ride our Bikes."

Now a year later and still not entirely out of the woods, our SRRH members are getting ready to get out on the road again, ready to share their experiences with Bernie so he can do his Magic and give us another great year of Rolling Wheels to read. Bernie is always looking for articles and pictures of your adventures, so don't hesitate to send them to him. Send him what you do on and off the bike during the off-season. Your contributions help Bernie so we can all enjoy his artistry in putting together Rolling Wheels!

Keep the Wheels Rolling!
Joanna
SRRH President



STATS

NOVEMBER 1, 2020 - FEBRUARY 25, 2021

TOTAL CLUB MILES: 43,513

MILEAGE LEADERS:

DENNIS DESMOND 2,220

TOM PFISTERER 1,936

BILL GRAVITZ 1,768

JEFF MEYER 1,665

7 RIDERS ARE OVER 1000 MILES

March 4 General Meeting Guest Speaker

Jennifer Gatz

PhD. Exercise Physiologist
Over 20 years of coaching
multisports athletes
Co-founder of Jayasports
www.jayasports.com

Important Dates

VIRTUAL GENERAL MEETING MARCH 4

UPDATE 2021 MEMBERSHIP NOW!

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

2021 Executive Committee

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VP OPERATIONS	Paul Miklean	631-689-7186
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STATISTICIAN TEAM	Valerie DeRicco	631-874-3669
SUNSHINE	Bruce Presner	516-702-5639





Safety Tips

BASIC BUT ESSENTIAL CYCLING SKILLS

BY MANNY ROSENKRANTZ

Education & Safety Director

Let's try this.

In the February newsletter, I misstated how to avoid having a pedal hit the ground when turning. I said to keep the outside pedal at 12 o'clock, which is incorrect. Your inside pedal should be at 12.

For some, a review and for new riders, how to start and stop are, in addition to balance, essential bike handling skills.

Starting: If you are at a red light or stop sign, knowing the best way to start will get you out faster when the light turns green. The best method is the "power pedal" start. To start, you lift a pedal to the 2 o'clock position while straddling the bike. (If you

can sit on your saddle while straddling the bike, your saddle is too low.) Release the brakes, stand on the raised pedal, lift your butt up, slide it rearward onto the saddle, push the pedal down hard, put your other foot on the other pedal, and continue pedaling. This "power pedal" method was taught in a safety course put on by the NY Bicycling Coalition. I was surprised to see many experienced riders in the class who were not used to this method (me included).

Stopping: Use the brakes to stop the bike, slide your butt off the saddle and put your weight on one foot. Lean the bike slightly toward the other foot and put that foot on the ground as the bike stops. You then use the other foot to lift the pedal into the power position for the next start.

General Meeting Minutes



FEBRUARY'S GENERAL MEETING WAS
CANCELLED

DON'T MISS OUR NEXT MEETING MARCH 4 AT 7 PM

**Rolling Wheels
NEEDS
Pictures
Snap a few & send
them to
Norm Samuels
or
Bernie Scherer**

bys1@optonline.net



SEPTEMBER 25TH - ONE DAY ONLY
JOIN US FOR OUR 47TH ANNUAL
SEACOAST CENTURY RIDE

Great bicycling along the scenic New England coast
Routes of 25, 50, 65, and 100 miles

Routes include coastlines of
New Hampshire, Massachusetts, and Maine

Registration opens on February 14, 2021

COVID-safety measures include
no on-site check-in or Walk-in registration

<https://www.bikereg.com/seacoast-century>



A PERSONAL JOURNEY MY SEARCH FOR VIRTUAL RIDING PARTNERS

BY TOM GORMAN

Three years ago when I first saw Zwift setup in Brands Bicycle Shop. I knew right away I had to get the Zwift setup for off season riding. And right from the start I thought of holding SBRA virtual rides. Back then the only way to do something like that with Zwift was to ask members with Zwift to add an identifier to their profile name like Tom Gorman (SBRA) and for the group to wear the same jersey. Even with that the SBRA members would be mixed in amongst thousands of other riders from around the world. It was hard to keep the group together. But what was even harder was trying to recruit SBRA members I knew had Zwift.

About two years ago Zwift introduced Meetup to their platform (group riding), which allowed for private group rides. Finally! Once again, I thought of holding SBRA group rides and once again I approached those members with Zwift and once again, I couldn't get anyone to commit. So another off season went by.

Then March 2020 the pandemic hit. I knew I had to take a different approach instead of trying to recruit members. I decided to post the first virtual ride on SBRA's website, but where. The only place I could on SBRA's forums. And so I crossed my fingers and held my breath hoping not to get any negative

feedback and I posted the first virtual ride for March 21.

Sure enough I got a response, Tom Miceli. I kept posting more rides, Paul Miklean joined, then Brenda. The club is now posting at least one virtual ride every other day. With anywhere between 6 to 13 members joining those rides. And the ride postings moved from the forum to the club's main ride calendar.

What makes the virtual group rides so enjoyable is an app called Discord which allows those on the ride to verbally chat with each other making the rides very social while getting a nice workout.

I would like to recognize Paul Miklean and Brenda Meyer for their collaboration. If it wasn't for them, SBRA virtual rides would be just a good idea that never went anywhere.

Are you ready for an SBRA virtual ride?

If so:

Find a virtual ride on the SBRA Ride Calendar.

Using Zwift: Contact the ride leader for invite instructions.

Download the Discord app. Use the Discord link, found in the ride description, 20 minutes prior to the ride start.

Technical issues? Contact the ride leader, preferably in advance of the ride.

Have fun.

**WANT MORE INFORMATION ABOUT ZWIFT?
CHECK OUT THEIR WEBSITE**

HIT THIS ZWIFT LINK

IT'S BEEN A YEAR:

MEMBERS SHARE VIRTUAL RIDE EXPERIENCES



PAUL MIKLEAN,
SBRA VP OF OPERATIONS

In March 2020 as Covid-19 shut down most everything, SBRA responded by introducing virtual rides for our members. To date, SBRA virtual riding is established. Not only are virtual rides posted almost daily on the SBRA ride calendar, 6-13+ members take part in each ride.

Besides those, like me, who continue to be cautious about group riding during Covid, these rides attract members who also do SBRA group rides, as weather ceases to determine to go or not, and the social aspect of the rides makes them special.

Riding options:

Zwift, an avatar bike program, Discord, a chat app (FREE), and a smart trainer are the tools most used by members. I began virtual riding by using the Discord app, a standard trainer and watched you-tube bicycling videos. Eventually, graduated to a smart trainer and Zwift.

Discord to chat, any workout equipment and watch you-tube bicycling videos.



BRENDA MEYER:

"I purchased my first smart trainer about 3-1/2 years ago. After setting it up, I did a total of 3 short rides by myself, then the trainer sat for a month, then I put it all back in the box. My trainer stayed in the box for 2 years, then Tom Gorman asked if I would try riding with him on a "virtual group ride." Reluctantly, I said I would give it a try since I did not want to hurt Tom's feelings by saying no. Tom setup a virtual group ride on Zwift and also showed me how to use the FREE Discord voice app so we could talk while riding together on Zwift. So off we went on my first virtual group ride and during this ride Tom talked about all the tips and tricks he's been learning about Zwift and group riding. We finished the ride and I was shocked that it was over so quickly. We had a great ride, I rode faster than I did when riding by myself, it was no longer a boring workout by myself and I enjoyed talking with Tom during the entire ride. From that day on, I was hooked. This was a much better way to ride on my trainer and SO MUCH MORE FUN than riding by myself. I would absolutely recommend that anyone with a smart trainer, give this virtual group riding a try. If you don't yet have a smart trainer, go out and get one. It is so worth the investment if you want to stay in shape through the winter and be ready to hit the REAL streets in the spring. A BIG THANK YOU to Tom Gorman for getting all of us on board with SBRA Virtual Group Riding!"



LARS OLANDER:

"One of my favorite features of Zwift has nothing to do with Zwift at all. I am talking about a separate app called Discord. For those who may not know, Discord is an app run on a cell phone (or laptop) that lets a bunch of people log in and converse with each other. Think conference call with more bells and whistles. Paired with Zwift, Discord turns a group ride with fellow SBRA riders into a genuinely social outing – without the going out part. It creates what I think of as a pleasant little irony – a virtual Zwift ride, with riders miles apart from each other in their own homes, is in some ways, more social than a ride in real life. Freed from the necessities of having



to focus on the wheel in front of them, or watching out for potholes and cars, everyone is free to engage in casual conversation with everyone else. Conversations that are usually limited to a few minutes in the parking lot or the 20 minutes at McDonald's, can now last for the entire ride – no shouting required. Don't get me wrong, I love those summer morning rides out in Manorville and can't wait to get back to them. But if I have to ride indoors, the easy banter on Discord makes the hour of sweating in the basement fly by."



MIKE ADAMS:

"I'm almost as enthusiastic about virtual rides with the club as I am about doing club rides outside."

I Get to talk with my SBRA buddies on Discord and get a great ride in during some really terrible winter weather. Join us its FUN!"



Skip's Monday Ride, 20 miles, Riders are Brenda , Lars, Skip and Ray H....Notice Lars has the coveted TRON BIKE in Green Neon.....



MEMBERS SHARE VIRTUAL RIDE EXPERIENCES

TRICIA BRANDT

 "This winter I bought myself a Sunny Synergy Pro Magnetic Indoor Cycling Spin bike. After a few weeks wait it arrived. It didn't take very long for my husband and I to set it up and the instructions were easy to follow. Sunny fitness sends me emails that contain links to some exercise videos and they also have their own YouTube channel. I currently have not joined Zwift but I have downloaded the Discord app onto my android phone so I can be on my spin bike while other SBRA members are riding together on Zwift. Even though I am not looking at the same screen they are, it has been fun to "ride" with people who I couldn't keep up with on the road! I can chat with them while I am watching a cycling video on YouTube. I've "ridden" in Amsterdam; Clear Canyon, Utah; Maui, Hawaii; and on a route that looks a lot like the back roads of Manorville. Even if I am not talking much, it's fun to be a part of the



group and know others are exercising in their own homes at the same time. I'd encourage you, even if you don't have a spin bike or do Zwift, to join the group on Discord. You can be doing a treadmill, a rower, or even walking outside! Think about it and contact any of the people who post Zwift rides if you need help joining Discord!"

A QUICK START ZWIFT GUIDE

PART I

BY PAUL SHULMAN

Winter is upon us, and it's time to break out the trainer for the long days indoors to keep your legs fresh and your lungs stressed. Yes, the long dark days of winter riding are here, and so too are the, what feels like, boring indoor trainer sessions. But what if we could add something more to our indoor training? What if we could bring the fun of riding outdoors inside? Thankfully, there is an online service for that. In this series, we will talk about the how-tos of getting started with the popular workout app Zwift.

Now Zwift, as we know, is a go-to app for many people who want to have an immersive experience while being indoors. But at times, it can be hard to know what one needs first to get started. Can I use my current trainer? Do I need special equipment? Is it compatible with Windows or Mac? How does the program know I'm pedaling? What's the cost? What does Zwift offer?

Let's begin with the groundwork: what do you need to use Swift?

Luckily the Zwift application works on many platforms: Mac, Windows, iPhone, and Android. So you're free to use what is most convenient for you and your workout area. If your situation is like mine and you use a phone to run Zwift, I highly recommend purchasing a computer monitor and conversion cables so you won't strain your eyes from looking at your smaller phone screen. If your work

area happens to be near a TV, position the bike facing the TV and again purchased the conversion cables to connect to it. Those with computers nearby, be sure your computer has Bluetooth connectivity as this will be important later on. If your computer does not have Bluetooth, I'd recommend purchasing a Bluetooth USB plug. Lastly, make sure you are in an area of the house with a stable connection to the Internet. This item seems obvious, but sometimes you don't think about that when setting up your training space.

The next consideration is the equipment you will need. This can be the easiest thing to get through or messy money pit, depending on how real you want your writing experience to be. To start, you absolutely DO NOT NEED special smart trainers or dedicated workout bikes (i.e., Peloton, Wahoo). All you need is a basic bike trainer that hooks up to your bike and its sensors. More importantly is that your bike sensors transmit a Bluetooth signal, which is why I mentioned that point earlier. If your sensors only transmit in ANT+, I'd recommend getting a USB ANT+ dongle for a computer; however, if you're running a phone, you'll have to get speed/cadence sensors that transmit in Bluetooth. Another suggestion I'd make is using a good fan. Zwift offers a lot of workouts and training sessions, and you will sweat a lot more than you'd think, so prepare yourself. Coming up next: the cost and what Zwift has to offer

SMART TRAINER SEEM TOO HARD WHEN YOU RIDE IT? CORRECT SETUP KEY TO SUCCESSFUL RIDE

BY BRENDA MEYER

New to Smart Trainer riding and Virtual Rides with SBRA?

Below are two things you can do to help ensure your smart trainer is setup correctly for you.

First, each smart trainer has a recommended time period in which the trainer should be recalibrated. In most cases, calibrating your smart trainer is very easy to do. Your smart trainer will usually have an app you can download to perform the calibration. Depending on the level of smart trainer, some can be calibrated through Zwift (one of the more common virtual ride programs SBRA Members use for trainer riding), or other virtual riding app you may be using. Be sure to read your smart trainer manual to find out how of-

ten and how to calibrate your smart trainer. If you do not calibrate your trainer, over time it can become too hard to ride or too easy to ride. To get the most accurate riding experience, calibrate your smart trainer on the schedule recommended by the manufacturer. For those who have at higher level smart trainer, click here to view a pictorial step by step on how to calibrate your smart trainer on Zwift.

Second, for most virtual ride software applications there are usually some setting options you can adjust for your preference of riding experience. For this information, we will provide a "how to" for Zwift app riders to check what level of gradient difficulty is set on their Zwift account. The Zwift application should

default to 50% but we have seen in some cases the application is found to actually be set at 100%. 50% should be the normal setting. You can set it anywhere between 25 and 50% and still be within the recommended difficulty level. Note, this is NOT a form of "cheating," as some may be concerned about. It is actually a calculation within the application to give you more lower gearing "virtually" to make climbing those hills a bit easier. The lower gearing is offset by an actual slower speed while climbing, effectively providing a very similar experience to real life riding. Click here to view a pictorial step by step on how to check and/or adjust your Zwift application gradient difficulty level

Cycling Adventures

A Cycling Trip to Italy Becomes a Nightmare

BY DICK REED

This is a story that was told before, but we'll tell it again. Several years ago, we made up a ride to Italy and were joined by 21 SBRAers and one Floridian friend. The ride began in the city of Bolzano, in the middle of the Apennines, over to Lake Garda, by boat down the lake, and then bike east along the Po River over to Venice.

On the second day, down a steep short decline as we approached the lake, Claire took a ridiculous spill, fractured her pelvis, and wound up in a hospital in the city of Rovereto. The ride continued on.

After two weeks in the hospital and me in a hotel, an ambulance motored us down to Milan airport. We were accompanied by an Italian Red Cross girl and, of course, the driver. Claire was strapped in a gurney, the strapping removed as we were elevated up and into the American Airlines plane on the tarmac.

Two guys carrying Claire on the gurney and attempting to maneuver her through the narrow aisle of the plane tipped the gurney over to one side, and she fell out onto the floor. Believing her not able to



sit up for takeoff, we were ordered back out of the plane. Unbelievable!!!

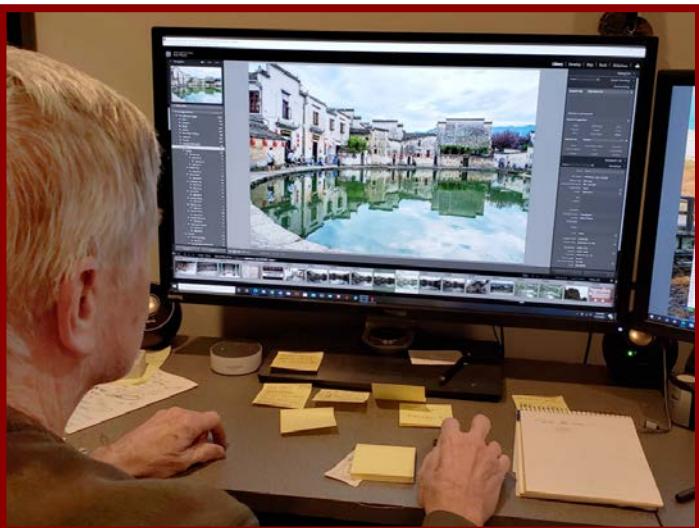
Back in the ambulance and finding another hospital in Milan, the three of us went in and found that space was available. Claire was left in and strapped back in the ambulance. Back out, the driver realized he had locked the door and left the keys inside.

After several various futile attempts to open the door, the driver called the local Fire Department. In a matter of just a few minutes, sirens blaring, a huge hook and ladder with about 12 guys aboard appeared. They all got off the truck carrying all kinds of "equipment" and, for 30 minutes, tried to open the ambulance door. Nothing worked, and motioning to Claire through the window to cover her face, the window was smashed with a sledgehammer, and the door finally opened.

The poor Red Cross girl was over, sitting on a fence crying as we said goodbye entering this hospital for another ten days. Ten days later, we were back in NY, all for the better.

There isn't enough room to recount more of the story, but a story not easily forgotten.

WHAT DO MEMBERS DO WHEN THEY CAN'T BIKE?



Bobby finally has the time to work on some of the thousands of photographs he has taken on his trips with Chris.

Lisa Valentine and friends put on the cross country skis and leave the bikes at home.



Lynn, Laura, Donna and Chris jump on Ski-Dos for a ride in the New Hampshire woods.

So how do you while away the hours as you wait for the spring thaw?

Let us share in your favorite pastime

Send a photo to
bys1@optonline.net



Bill ties flies in preparation for his next fishing trip to the cabin.

Ask The Cycologist



The Cycologist - a monthly column with "advice" for riders

DEAR CYCOLOGIST,

I'm done. I have reached my limit. Between the pandemic, not being able to lead rides, my one riding partner having had surgery, the cold, the snow, the ice, and whatever, I have been on the bike only once in 16 weeks. I'm selling it. I can't imagine going ten miles at 12mph when I'm expected to do 30+ miles at 17mph. I'll never get it back.

Help me!!!!!

What can I do?

Signed,
Snowed In and Desperate

Dear Snowed In,

Relax. You are suffering from a temporary condition known as Pedulitis Nonperformis. It's common when the population, as a whole, is under travel restrictions. Here's the perfect way to deal with it. First, sell your bike. That's a must.

Now go in your garage, take down your three other perfect bikes and sell those too. I bet you forgot about those.

Spend some time researching the newest models from your favorite bike manufacturer. This should start your pulse racing and twinges in your leg muscles. Having plenty of extra cash, get the carbon rims and a new Garmin while you're at it. You will feel ecstatic. Order the bike and have it shipped to your shop. Practice putting on your winter riding kit. Wear your helmet all day in the house. Put pedals on the footboard of your bed and clip in before you go to sleep. Drink from your water bottle all day. Wear booties, leggings, new gloves, and your helmet when you use the snowblower. Drive to McDonald's in Manorville and have a cup of coffee while sitting outside.

You will soon be back in the proper frame of mind by the time the shop calls and your bike is ready. Unfortunately, you will not be able to do 17mph or 40 miles, but my "A" level rider friends tell me that's all in your head too.

Signed,
The Cycologist

The 2021 Polar Bear Ride Leader Award

IS AWARDED TO
BILL GRAVITZ



THANKS TO ALL THOSE THAT VOTED

SUPPORT NEEDED TO GET 3' RULE PASSED

BY DANIEL FLANZIG

The New York Bicycling Coalition and Long Island Streets are continuing with our push to have Suffolk pass a three foot law. The Next public hearing of the Suffolk County legislature will be held on March 2, 2021 with the vote being held on March 16.

The largest resistance appears to be coming from Legislators Krupski and Flemming. Links to their legislative pages are below. If you live in their Districts, please reach out and ask them not to oppose Resolution 1830-2020 "A local law to ensure the Safety of Bicyclists in Suffolk County".

The only way to push the needle on this is by contacting your legislators and asking for continued sup-



port of the bill and to show up via zoom on the 2nd of March to voice you support of this law.

Again, if you live in Krupski's or Flemming's district, PLEASE reach out to them as ask them not to oppose this law.

Their links:

<https://www.scnylegislature.us/154/Al-Krupski> (link is external)

<https://www.scnylegislature.us/155/Bridget-Fleming> (link is external)

To sign up to speak on the 2nd, visit the Suffolk County Legislative Website. Link is here:<https://www.scnylegislature.us/.../COMMITTEE-MEETING...>(link is external)



Ron Albinson
Larry Alvarez
Elena Austin
Jon Austin
Mike Monastero
Doug Williams
Stephen Beck
Lloyd Boone
Paula Bustamante
Thomas Corrao
Philip Costa
Bob Dalpiaz
John DeRicco
Valerie DeRicco
Edward Downie
Elizabeth Dyer
Richard Eberly
Bob Emmerich
Michael Grumm
Jill Haimson
Jim Heaney
Joan Hubbard

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Mark Shannon
Lou Sparaco
Carl Struck
Frank Totino
Christine Taylor
Bryan Turner
Paul Werfel
Alice Wexler
Kenneth Wiesmann
Jason Winters
Joseph Zaverdas
Gregory Zmijewski
Steve Zmijewski

New Members:

Melanie Chiu
Robert Laravie



WHERE Are We???



ANSWER: FUTURE BIKE CO OP SITE ON EASTPORT MANOR RD.
Sigs, Signs...

The Market



2012 Womens Specialized Ruby Comp Bicycile

Condition: Excellent

54cm, carbon fork & frame, Shimano Ultegra derailleuer, never used new Bontrager Women's gel saddle, DT Swiss Acis 3.0 wheels. Purchased at Krebs Cycle new in 2012.

Price: Asking \$950.

Also Bontrager Race XXX 700 Carbon wheels w white spokes.

Price: Selling separately \$350.

Seller:Janet Stone, cell 631-335-8465



**" GOT A BIKE OR RELATED ITEM
TO SELL?
PLACE AN AD IN THE NEXT ISSUE
OF ROLLING WHEELS
EMAIL: bys1@optonline.net**



PARTING SHOT



Photo by Lisa Valentine

Nice shot ... from the left and clockwise its Robin, Rob, John and Lisa

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



BRANDS
CYCLE & FITNESS

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



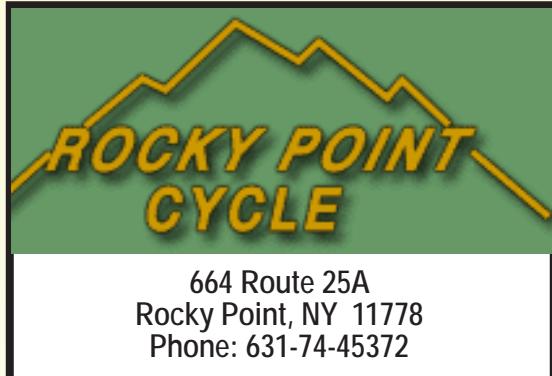
1077 Route 25A
Stony Brook, NY 11790
Phone: 631-689-1200



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



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



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

Babylon Bike

218 East Main Street
Babylon, NY 11793
Phone: 631-587-6709



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



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



32 Windmill Lane
Southampton, NY 11968
631.283.2890