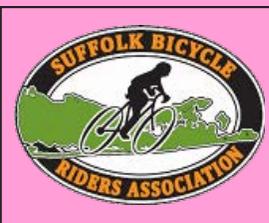


ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

AUGUST 2021

Ladies of SBRA



These are just some of the terrific female riders who are members of SBRA.

Important Dates

-  VIRTUAL GENERAL MEETING AUG. 5

-  BROOKHAVEN BIKE CO-OP HILL CLIMB AUG. 29

-  SBRA CLUB CENTURY SEPT. 18

-  SBRA CARES RIDE OCT. 2

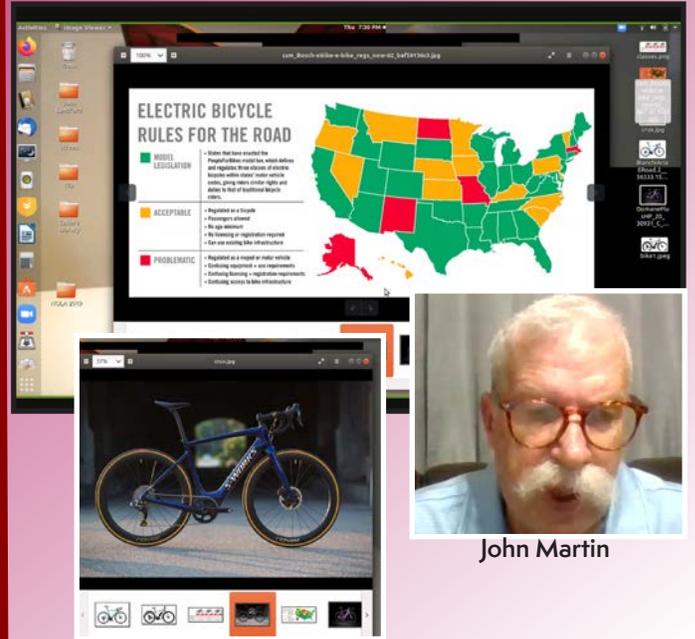


Submission
Due Date
AUGUST 20

Send submissions to
bys1@optonline.net

Didn't Attend the Last General Meeting? You Missed

SBRA member John Martin who gave a presentation about E-Bikes.



John Martin

Don't Miss the Next General Meeting

AUGUST 5
Guest Speaker:
IRA DUNNE
THE SOCIAL BRAIN

The Social Brain, founded in 2019 was created to develop recreation programs for brain injury survivors and families. It has programs for everyone. In November they hold their annual Caregiver event, in addition respite help is provided to families throughout the year. During the recent pandemic programs have continued with a virtual twist via zoom, incorporating local college students for service hours.

CONTACT INFO:

PHONE 631-793-4311
EMAIL - thesocialbrainny@gmail.com
WEBSITE - www.thesocialbrain.org
FACEBOOK - The Social Brain NY

STATS

NOVEMBER 1, 2020-
JULY 28, 2021

TOTAL CLUB MILES: 220,621
MILEAGE LEADERS:
DENNIS DESMOND 5,169
ROBIN SHEA 4,945
JOHN SHEA 4,815
JEFF MEYER 4,74
76 RIDERS ARE OVER 1000 MILES
18 RIDERS ARE OVER 2000 MILES



A recent ride leader's meeting was held by Chris Joinnides at Krebs, in his new Eastport store

WARNING

Recently a rider's catalytic converter was stolen from his truck during a ride at the Sunshine Mall.

SUPPORT THIS YEAR'S RIDE
OCTOBER 2
A SPECIAL RIDE TO HELP FEED THE HUNGRY

SBRA CARES

Getting Back to the Basics



BY BILL WENK

Ride Leaders are complaining to each other that 90% of our riders are no longer following or practicing the basics of safe riding.

Accidents happen in fractions of a second and most are caused by bad habits.

I've come to realize most adults are uncoachable and many come back at a leader with an attitude when trying to correct a bad riding habit.

Pages can be written on many of the problems we see on rides and perhaps I'll contribute to Rolling Wheels on a monthly basis. However, a few things stand out on every ride and they must be given attention.



1. Ride Directly Behind a Wheel

The word DIRECTLY is very important. Keep a safe distance, never cross wheels and stay alert. Get used to that distance, don't stare at the riders wheel, but keep your eyes constantly looking forward to the front of the line to watch for upcoming obstacles. I'm

floored when I see the sixth person in a pace line hit a garbage can cover, traffic cone or road kill. It should never happen. Remember, DIRECTLY BEHIND THE WHEEL IN FRONT OF YOU.



2. Ride in a Straight Line

Hardly any club member does this. Ride in the back of any ride and you will see all sorts of antics. This should not be. If there's a white line on your lane, picture an imaginary line 10-12 inches to the right of it and focus on

not moving more than 3 inches on either side of your image. If there's no white line use the edge of the lane, picture your image and stick to it. Start a ride in the back of the group and watch for the best rider holding a line. At some point get behind that rider. This will not prevent an accident, but you will be a lot safer.

HOLD YOUR LINE AT ALL TIMES



3. Left Turns

No rider should start a left turn unless the sweep or ride leader begins the move. When the sixth rider of a 15 person group decides to start the move he/she will usually be followed by three to five riders that are simply following a wheel, but not paying attention. This could be a disaster due to the fact that the other riders assume all is safe and simply move into the lane.

NEVER TURN LEFT UNTIL THE LEADER OR SWEEP MAKES THE MOVE FIRST.

Upcoming Problems that Need Attention:

- Maintaining the same speed
- Talking and the distraction it causes
- Unexpected actions by the person at the front
- Groups pulling away from a group
- Riding at a speed you're not capable of doing

Let's get back to being safe, predictable, alert and able to take advice from other riders and ride leaders without getting upset.

STAY ON A WHEEL - DIRECTLY BEHIND A WHEEL - HOLD YOUR LINE AT ALL TIMES

Enjoy a Comfortable Ride — Stop Those Tingling Fingers

BY NORM SAMUELS



Ride behind other cyclists long enough, and you're bound to see the rider ahead shaking out the numbness. They may look like they're drying their nail polish ;-) but they, like me, are trying to be safe and comfortable while enjoying a great pastime.

There are probably several causes for this condition, and I figured to share my problem and some of the remedies I've tried. Keep in mind I'm no doctor and myself diagnosis and "treatment" is just an uneducated opinion.

Fifteen years ago, I had a moment of panic riding across a small narrow bridge over a shallow dry depression. Not much of a fall, but I went straight down on my head. After a few minutes of dizziness, I was able to ride out of the woods and spent the next few weeks with my head cocked to one side. X-rays indicated no permanent damage, and I understand how lucky I was to be able to walk away from the accident.

One of the more common causes of finger numbness has been attributed to the amount of use that recent generations have had with computer keyboards. I attribute my problem to the fall I've described because, even though I was a software engineer, I never suffered any discomfort while plying my trade

and pounding the keys for 30+ years.

The numbness I felt became more annoying only after I retired and began riding a bit more ;-) . As time went on, I couldn't even hold a steering wheel for a two-hour drive without the numbness coming on. I felt that riding contributed to my problem but was not the basic cause.

My internist sent me to a neurologist to be tested for Carpal Tunnel Syndrome. I wasn't surprised that I was diagnosed with Carpal Tunnel syndrome but didn't want to face such an invasive procedure without trying other resources.

I briefly discussed my problem with Karen Giles, an acupuncturist and long-time SBRA member. Karen was good enough to suggest I first see Dr. Brian Ferris, a chiropractor, and a long-time club member. Brian took one look at the X-ray and provided a treatment that has helped to partially relieve my problem.

Among other things, Brian had me lying on my back in bed while hanging my head over the edge of the bed for a few minutes each evening. The response to being in this position was almost immediate. I could feel the tingling of my fingers subside as I lay in that position. I was even able to move my head around and feel the amount of buzzing of my fingers change. This has not been a total cure, but to this day, I rarely have a problem while driving.

While being on the bike, I still find some numbness and tingling to occur but have come up with three positional moves to alleviate some of the discomfort.

CONTINUED ON PAGE 7



Christine Says

Don't Leave Home WITHOUT IT!



Being SAFE is a # 1 priority when I ride...

Do you call Car BACK ??

How about calling Car BACK when the Car is a mile away

Please consider buying a Garmin Varia RTL515



Its a Radar Tail Light that could save your life

It hooks up w/ your Garmin Computer or Cell Phone !

With cars whizzing by our bike rides, it's nice to know when they are coming.

If your bike shop doesn't have one in stock, they can order one for you, it's well worth the investment and don't forget your SBRA discount !

I never leave home without my Radar.....



Michael Adams
James Allen
Jeffery Anderson
Mary Bartoszek
Kevin Brogan
Elyse Buchman
Robert Cammarata
Charles Chesebro
Glen Cochrane
James Constantine
David Cook
Lucinda Cutler
Joseph DePalma
James Dowd
Nancy Dunlop
Miles Elster
Gloria Esposito
Mel Evans
Gary Ferrero
Brian Ferris
Mike Fiorella
Maryann Galante
Melissa Gallagher
Carolyn Gilbert
Peter Golder
Tom Gorman
Michael Gross
Nancy Huberts
Andrea Huggler
Ellen Jaffe

Martha Kinney
Lloyd Lense
Mark Lewis
Dominic Locurto
William Madeira
Vaughan Maloney
Bill Mastro
Albin Matukonis
Brian McCarthy
Marianne Morahan
Melida Niles-Johnson
Jeremy Oatis
Peter Olivieri
Fernando Pabon
Patricia Peterson
Heidi Petrie
Scott Posner
Robert Pospischil
Richard Reed
David Service
Larry Skittone
Mary Ellen Stajk
Warren Stoker
Christine T***y
Jackie Thiele
Kathy Walsh
Kevin Williams
Kenneth Wong
Tom Zanatta,

CALLING ALL CLUB PHOTOGRAPHERS

FROM: Susan Sears SBRA's Photo Editor

We love to receive photos of all your cycling adventures! It's part of the club history and great fun to look back at events and friends. You can gloat on how much older they all look - you of course look exactly the same, if not better!



Picture perfect photography not necessary.



Send us your scenic panoramas or comedic road signs (my latest favorite amusing road name -Weesuck lane)



How about embarrassing your fellow cyclists: action shots taken mid-mechanical glitch, or perhaps the drama and delay as a rider rearranges their 'luggage'.



Photos of people eating - we are, after all, an eating club with a cycling disorder, or is that the wrong way round?



Does someone have a new bike - submit proof of the proud owner with their acquisition.



Don't forget the group shots! All you vaccinated cyclists smiling now you no longer need to wear masks.

To submit a photo just go to the home page, fill in the form, it only takes a few minutes. The club photo editor will do the rest - to the best of her ability.

New Members

CHARLES CHESEBRO
JOSEPH CHVASTA
MICHAEL DAVIS
BRIAN GUNTHER
MICHAEL LEVY
CECILIA MANZOLILLO
EILEEN MEEHAN
PHIL WEINSTEIN
SHAMSUL ARIFIN
MARISA BEL

KAREN BROWDER
MELISSA CANNER
JENNIFER DIAMOND
CHRISTOPHER EGAN
TOM FRANCO
RUSSELL KOUTROUBY
AGUELICIA LEWIS
JEAN MCIVER



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



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



218 East Main Street
Babylon, NY 11702
Phone: 631-587-6709

The Basics: HOW TO CHOOSE YOUR FIRST GROUP RIDE

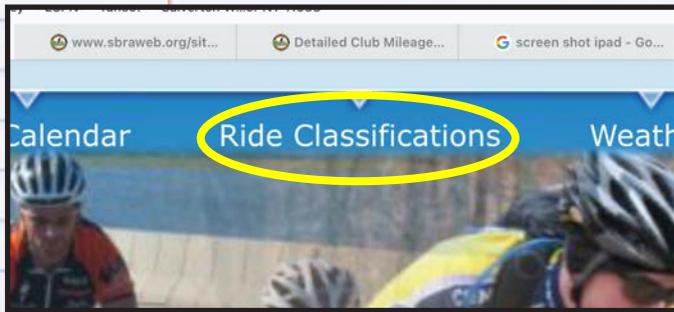
BY BERNIE SCHERER

When a rider is new to the club, they are often faced with several questions; foremost, what is the appropriate group riding level for my first ride?

By doing a little sleuthing using SBRA's website, you can be on your way to finding the perfect ride for your ability and style of riding.

Let's look at a rider we will call Sam as an example. Sam is new to the club and group riding. Sam has ridden a bunch of rides on his own, and his trusty odometer tells him that he consistently comes in at an AVERAGE of 14.5 mph. But what does that mean in terms of club riding?

The next step is to check out SBRA's information-filled website. At the top of the website page, there is a drop-down menu marked "Ride Classifications."



All the classes of rides are listed from "AA" to D. Remember, there is no hierarchy here. It is just a way of defining each group in terms of average speed* and maximum cruising speed*. A brief description of the type or style of ride is also included.

Sam determines that he falls in the B- category since he is riding solo at 14.5 mph. However, remember he hasn't done any group riding; therefore, it is always recommended that new riders choose a level below where they think they should be to concentrate on the mechanics of group riding. So, we are now at the C+/B- level.

Sam goes to the ride calendar and chooses to ride with a guy named Bill Gravitz, who is doing a 32-mile ride to some bakery, sounds delicious*.

Sam arrives at least 20 minutes early and introduces himself as someone new to group riding. Bill takes him aside and explains the basics like where to ride, hand/vocal cautions, keeping his wheel behind the wheel in front of him while not covering that wheel, and his responsibility to call out hazards, etc. Sam loves the ride and the bakery and is glad he chose a slower ride so he could concentrate on the nuances of group riding. Bill congratulates him and suggests that he might

try a faster group since he seemed to have no problem with the speed of his ride.

Sam now looks for a B- ride, one with an average of 14-15 mph., realizing this might represent the top of his current ability.

Now is the time to log onto the website and make sure that the ride leader consistently does that ride speed.

So, the next stop is the "Ride Statistics" page. He picks "Ride Statistics by Ride Leader" and checks out the data on ride leader Susan Sears and notes that she does a lot of B- rides, and her average speed, for the most part, comes in at that level. Perfect!

Sam joins her next ride and has a terrific time.

Jumping on a ride where you are the anchor holding the group back is not a lot of fun for you or the group, nor is the ride where you want to soar ahead, but the ride leader is whistling because you are going too fast.

When in doubt, ask the ride leader for their advice about advancing to a faster level. They are familiar with the style of other leaders and the type of ride they lead.

In future articles, we will look at other considerations in choosing a ride and a specific ride leader

Class	¹ Average Speed (mph)	² Max. Cruising (mph)	Description
AA	22+	No Limit	³ Paceline rides with no upper speed limit. Cue sheets or GPS recommended but not required. No requirement to wait for riders should only be attempted by the strongest fully self-sufficient riders. No requirement to wait for dropped riders.
A+	21 - 22	24 - 26	³ Paceline rides with infrequent stops. Cue sheets or GPS recommended but not required. No requirement to wait for dropped riders within the A pace. Riders are expected to be self-sufficient. Concerned about having someone to ride with at the slower end of the range.
A	20 - 21	22 - 24	
A-	19 - 20	21 - 24	
B+/A-	18 - 19	20 - 23	³ Paceline rides unless otherwise indicated in the ride description. GPS Route are recommended but not required. No one gets left behind "Wait-ups" must be provided and all riders must be approximately half way through the ride. Riders are expected to be self-sufficient.
B+	17 - 18	19 - 21	

* Ride Average is the average speed of the ride over the entire ride. Including decelerating and accelerating, slow peddling, hills, riding against the wind and traffic conditions.

* Max Cruising – NO rider maintains the exact Ride Average speed throughout the whole ride. To achieve the Ride Average the speed may be several mph faster for several miles. The Max Cruising column is an estimation.

Not Just Another Bike Ride

BY ALLAN BARRY

THIS MONTH MANNY ROSENKRANTZ TAKES A BREAK BUT WHAT FOLLOWS IS AN ARTICLE BY ALLAN BARRY ABOUT A HARROWING EXPERIENCE RECENTLY SHARED BY A GROUP OF SBRA RIDERS.

Recently, a casual bike ride with a dozen riders could have ended in complete disaster!

On a warm Saturday in June, the unusual route had taken us from the south shore area in Riverhead up to the North Shore where we were riding in single file on Sound Ave going west by Lewin's farm.

I noticed families picking fruit close to the road as we biked past. Being a sunny, comfortable Saturday, traffic was at a normally busy pace.

After stopping for light at Hulse Landing Road in Calverton, we proceeded slowly west. Suddenly, a maroon SUV blew past our group at 60-70mph, close enough to feel the blow-back.

The car then proceeded to weave in and out of traffic, causing cars to screech to a halt in both lanes as well as swerve off road into our small lane.

Two police vehicles then blew past us to pursue the maroon SUV, disappearing ahead of us.

Drivers and bicyclists all stopped in awe of the incident; making sure everyone was alright, we began pedaling again.

After three to four minutes, I look up ahead in the distance and saw the same maroon SUV one mile ahead, now coming east, recklessly weaving in and out of traffic wildly with the police in hot pursuit.

Yelling to alert fellow bikers, we all stopped pedaling, dismounted, moving off to the 3 feet of dirt on the side of the road with no other place to go as there was a tall fence blocking our way.

The speeding SUV was now so close you could hear the engine screaming, dust from the roadside was kicked up. We were in a tight spot since we had no way of knowing where the driver was headed.

The SUV finally swerved off the eastbound lane onto the grassy area at 80mph, lost control, crashed headlong into a wooden pole, and snapped it in half, flinging it 60 feet upwards wires still attached.

The driver continued to tried to escape east on Sound Avenue before the engine died.

The driver jumped out, hands in the air as the two cop cars arrived, screeched to a halt. The officers jumped out with guns drawn, and immediately arrested the driver.

This occurred within 500 feet of several riders, which was too close for comfort!! Needless to say, we were all in shock; car drivers, bikers, farmworkers, and customers!

Once the initial shock of the event wore off, we checked all the riders; everyone was physically good and mentally still processing what had just

occurred in the past four minutes.

Ambulances, fire department personnel, PSE&G, and additional police began arriving within minutes to check on the situation.

In hindsight, I realized our group had been trapped between a row of cars on our left and a tall embankment with 8-foot-tall fencing on our right, leaving us nowhere to escape.

been trapped between a row of cars on our left and a tall embankment with 8-foot-tall fencing on our right, leaving us nowhere to escape.

No one expected a vehicle to be coming at us wildly from the opposite direction. We were truly blessed with no physical casualties. After all, we were simply out for a bike ride!

Ride leader Susan Sears and our sweep Ann handled the situation professionally, keeping the group intact and safe. They moved everyone to safety up the road as soon as they were able.

Shortly, most riders began the route again, while others stayed behind and spoke with the police as witnesses to the event.

Personally, it affected me for a couple of days. I was mainly thinking of different ways this scenario could have gone.

Riding with SBRA for several years now has taught me safe group riding, to be aware of my surroundings, and to be prepared for anything unforeseen.

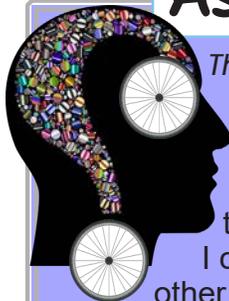
After this occurrence, it will not be just another bike ride for me anymore; I will be keenly aware of my surroundings and potential hazards.

...I realized our group had been trapped between a row of cars on our left and a tall embankment with 8-foot-tall fencing on our right, leaving us nowhere to escape.



Ask The Cycologist

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



Dear Cycologist,

I recently attended the Brimfield Antiques Show in Brimfield, Massachusetts. I came across a unique find that may help other handicapped riders as well as riders suffering from constant numbness due to pressure on the wrists during long rides. Before I put it out to other club members I would like your professional opinion. Is this my personal dilemma or could this truly help other riders?

Thank you,
The One Armed Fiddler



Dear One Armed Fiddler,

I've never seen anything like this, but if it works for you I strongly suggest using it so you may continue your riding years in comfort. Will it help others? I am sure both handicapped riders and others with ailments such as back soreness, stiff necks, and hand issues will benefit. There is one issue I'm concerned with. Please stay off your bike or resort to regular handlebars during the third week of November in New York and check on hunting regulations in other states since big game season opens and those handle bars would make a nice trophy on some lucky hunters wall.

Signed,
The Cycologist

JUST-SAY'N SUGGESTIONS FROM AN OLD TIMER

1. Cyclists tend to bombard new riders with advice. I suggest you listen, keep what works for you, and chuck the rest.

2. We spend a lot of money on road bikes with gears. Use them, use them a lot.

3. Make any changes to the fit of your bike in small increments. For instance—saddle height: Sometimes less than a quarter of an inch can make a big difference.



Enjoy a Comfortable

continued from page 3

Initially you might notice me jogging my head to the right and left side while riding. I also try to remind myself to "lower" my shoulders. If asked previously, I would have said I don't ride in a tense position, but I know that when I think about pointing the outer part of my shoulders down, I feel that there is some motion, resulting in a reduction in numbness.

The most effective positional change occurred accidentally. It seems to me that this year we have more wind than in the past. To combat this drag, I began to ride more often on the bottom part of the curved handlebar (aka the drops). This position is more efficient into the wind and provides pulling leverage when hammering up a hill. More importantly, for me, it pulls my shoulders down, which reduces the tingling.

The only negative to riding in this position is that reaching for the brake lever from this position is slower and therefore more dangerous. Depending on who's in front of me forces me to leave a bigger gap sometimes, which reduces the draft efficiency but is worth the effort as the numbness is reduced.

I've also doubled wrapped my handlebars on one bike to increase the cushioning provided by the tape.

If you have found other remedies to this problem, I'd like to hear them, so please touch base.



BRANDS
CYCLE & FITNESS

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



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



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

REMEMBERING DICK CUNNINGHAM

BY ANN MITROMARAS

Life Begins in your 60s, and you're never too old. I learned this four years ago thanks to Dick Cunningham: my neighbor and SBRA member. I lived right across the street from Dick and often saw him putting his bike on the back of his car in the morning. He so inspired me!

I started to talk to him about bike riding. I was a beginner and had never ridden more than 10 miles. I didn't even know about clipless pedals. I remember asking him why his pedals were missing! Dick encouraged me, introduced me to the SBRA website, and explained all the rides.

He told me that if I ever wanted to try a ride, to let him know, and he would tell me if it was a good ride for my first one. I was very nervous, but I really wanted to try. I called him on a Friday evening and asked him, "What about Tom Pfisterer's ride to Smith's Point?". He thought that was a good pick. He kindly offered to go with me, even though he was supposed to ride 36 miles that day, and this was only a 25-mile ride!

The ride was great! I won't say I didn't struggle -- I was on my hybrid, and I didn't know much about changing gear or the height of my saddle -- but so many people in the club helped me. It was a hot day, and at the end of the ride, Tom gave out cold drinks. It was the best Coke I have ever tasted!

From there on, I started doing as many rides as my work schedule would allow! Of course, within six weeks, I was so hooked that I had to buy my first road bike.

Every step of the way, Dick gave me advice, told me stories, and just inspired me. It was because of him that I did the beginner century training. After the 80-mile training ride, I told him I thought there was no way I could do the 100 miles. He explained

that if I could do Bob Goykin's 80-mile ride, I would easily complete the century! He was so right!

In 2019 Dick went on his last trip abroad to Suffolk, England, and experimented with an e-bike. On his return to the USA, he very quickly acquired a nice new ebike of his own which gave him another year of being able to ride with the club and friends. We went on many an afternoon jaunt to McNulty's in Miller Place for ice cream! He used the bike until a couple of months before his death. It gave him pleasure to be able to keep up with his friends again.

I miss his presence in our community so much and often think of him and thank him

from the bottom of my heart. He introduced me to a great sport and all the wonderful people that I now call friends.

Miss you, Dick!



Dick Cunningham, Connie Savino and Ann Mitromaras wear their mileage medals at an annual holiday party.



In 2019 Dick went on his last trip abroad to Suffolk, England and experimented with an e-bike.

Open Letter to NY DOT

NY State Dept. of Transportation Region 10
4 July 2021

Dear Sir or Madame:

I am 97 years of age and still an avid bicyclist. My wife, also in her 90s, rides a Trike, a low slung three wheeled vehicle which is becoming popular amongst those who appreciate the rigors of pedaling over the open road. We belong to several bike clubs and have been riding for many years. We presently are riding with the Suffolk Bike Riders Assoc., a Long Island bike club comprised of several hundred members.

One of the clubs regular popular rides travels along Montauk Highway (Route 80) at a point, under our contention, just west of Shirley and starting up a modest curved ¼ mile incline as it crosses the Carmen River. On both sides of the highway, running in the middle of the shoulders, a continuous series of rectangular holes about the size of bricks have been indented into the pavement apparently put there to minimize the risk of cars skidding on rainy or snowy days.

As, of course, we bikers always ride on the shoul-

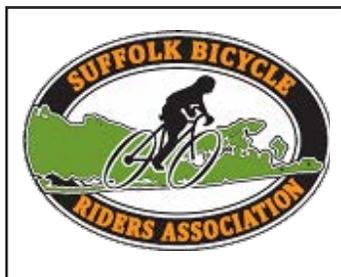
ders of the road, these holes cause imminent danger to us. If for any reason a bike inadvertently runs over the holes, that bike will surely go down and in all probability injure the rider. As for my wife with her Trike with its 2 wide front wheels, it is impossible for her to avoid the holes which are placed right in the middle of the shoulders.

My wife and I have been traversing this road for 30 years or more always enjoying our ride to Bellport and beyond. Countless riders use this route. Now we cannot do this anymore. There is no alternative way for us to travel west of Shirley on Montauk Highway. We have just as much right to ride on this road as the automobiles and I feel that this is complete discrimination. If a driver cannot safely traverse this area, like any other area in adverse conditions, he should not have a license.

I am prevailing upon you to do something to rectify this situation. Many persons would be grateful.

Sincerely,
Richard L. Reed

General Meeting Minutes



JULY 1, 2021

Call to order – President Joanna Pascucci called the meeting to order at 7:02 pm. Zoom General Meeting, Brenda Meyer was Zoom Host. Approximately 42 members and guests were in attendance.

Acceptance of Minutes – The May 2021 General Meeting minutes were accepted, seconded and approved.

COMMITTEE REPORTS

Vice President of Administration (Jeff Meyer) -

Brookhaven Town has opened the meeting rooms. We need to know if the members wish in person Meetings so I can reserve the rooms. We have a \$625 credit with the town for monies we paid for times the town had closed the meeting rooms because of the Covid-19 pandemic. Please write in the chat yes if you want in person meetings starting in September and no if you don't want in person meetings. Also should we have some winter meetings on zoom? (Secretary) The chat showed that many members wanted in person meetings and some indicated that zoom in the winter was good. A few members did not want to start in person meetings.

Sunshine Report (Norm Samuels) Bruce Presner sent cards to Juan Carlos and Mel Evans for an accident they had. Gary Bass has retired, a card for a good thing.

Membership (Norm Samuels) There are 632 members, up 36 from last month. The total includes honorary members. There were 18 new members in June. We are still below the 700+ of 2019. Some of the new members are from the Hamptons and are mostly C and B riders.

Treasurer's Report (Joe Matzelle) – SBRA is about \$7000 in the black for this year. We will vote on the budget at the August meeting. (Brenda) We will have to upgrade the website next year which will be a

substantial expense. The upgrades occur every few years. A full report including the current balance in the SBRA bank account is available to any member by contacting Joe.

Social Director – (Darlene Merola) - We have an updated date for the holiday party. We have reserved Lands End and the DJ for Saturday January 15, 2022. We have until the end of October to cancel our reservation.

Vice President of Operations (Paul Miklean) This weeks speaker is John Martin who will talk about Electric Bikes. Next month's speaker is from the "Social Brain" organization. They support brain injured persons. They recently gave away 75 bicycle helmets.

President (Joanna Pascucci) The Statistician team is away for a week so we will have the stats report later. We will have our SBRA Cares ride October 2. Hopefully at Southaven Park. There will be a donation page and a food drive. We encourage ride leaders to post rides for the event.

October will be breast cancer awareness month. SBRA encourages ride leaders to collect donations on rides and give the donations to Beano. Beano gives the donations via Estee Lauder which will double the donation. Last year Estee Lauder tripled the donation.

Safety Director – (Manny Rosenkranz) – Gerry Klein recently was hurt from being unable to unclip at a stop. It is very important to unclip as soon as you know a stop is coming up.

NEW BUSINESS

Tick Awareness (Pat Nett) There was a recent Newsday article "Halting the Tick Time Bomb" Pat was recently bit by a tick. He downloaded an app for his iPhone "Tick Report". The app accepted a picture of the tick, identified it and estimated how long it had been feeding on him all for free. Identification is important because different types of ticks cause different types of diseases and the feeding time gives the likelihood of infection. 70% of black ticks carry Lyme disease. Other species of ticks carry other diseases. Pat removed the tick and brought it to his doctor. Android phones have a similar app under a slightly different name.

Brookhaven Bike Co-op (Norm Samuels) Greg Furgeson sent me an email saying that there will be a Port Jefferson Hill Climb August 29, 2021. Norm indicated he will send the info to Brenda to be included

on the website. Joanna noted that there is a fee for entry by cyclists.

Executive Board Meetings (Bobby Ploetz)

Bobby suggested that the zoom invitation for the board meetings be posted on the website. Several board members responded that it is better to invite members to the board meeting when the members request it as we do now. It was noted that the Exec Board Meeting is included on the Ride Calendar.

GUEST SPEAKER

John Martin, an SBRA member, talked about electric bikes and his experience with them. John described the pedal assist class 1 and class 3 bikes. SBRA allows class 1 bikes on ride. John likes his electric bike and says that it handles like a non electric bike. Marie Rose, Harry Resnick and Marc Reiser also described their experience with electric bikes.

Adjournment – The meeting was adjourned at 8:17 PM.

Respectfully Submitted,
Bruce Redlien, Secretary

APPENDIX:

MONTHLY STATS REPORT AVAILABLE AFTER THE GENERAL MEETING ON THE FOLLOWING PAGE.

Monthly Stats Report June 2021

In June 196 rides were posted and 183 rides were ridden. Only 1 day had no rides go out.

Total mileage for the month of June is 47,691 miles ridden by 247 riders.

Total mileage year to date (Nov-June) is 185,107 ridden by 343 riders.

Mileage leaders: June

Dan Rostrup	858
Brian Toole	819
Gary Ristau	809

Mileage Leaders YTD (Nov-June)

Dennis Desmond	4568
Robin Shea	4166
John Shea	4126

Ride Leader Credits: June

Jeff Meyer	21
Bobby Ploetz	16
Susan Sears	13
Lee Kirsch	13

Ride Leader Credits YTD (Nov-June)

Jeff Meyer	172
Bill Gravitz	110
Lee Kirsch	53

44 Different ride leaders 57 different ride leaders

Sweep Credits: June

John Bambach	11
Ann Mitromaras	10
Dennis Desmond	9

Sweep Credits YTD (Nov-June)

Dennis Desmond	151
John Bambach	63
Ann Mitromaras	39

Due to the nice weather, there was only one virtual group ride this month.

2021 Executive Committee

PRESIDENT	Joanna Pascucci	631-747-3464
VP ADMINISTRATION	Jeff Meyer	631-471-2129
VP OPERATIONS	Paul Miklean	631-689-7186
TREASURER	Joe Matzelle	631-949-4458
RECORDING SECRETARY	Bruce Redlien	631-567-7551
ADVOCACY DIRECTOR	Joe DePalma	631-235-9467
EDUCATION & SAFETY DIR.	Manny Rosenkrantz	631-543-1695
MEMBERSHIP DIRECTOR	Norm Samuels	631-696-0832
RIDE DIRECTOR	Chris Joinnides	631-286-1829
SOCIAL DIRECTOR	Darlene Merola	631-708-5396
WEBMASTER DIRECTOR	Brenda Meyer	631-245-2833

2021 Chairpersons

AWARDS	Joanna Pascucci	631-747-3464
BIKE BOAT BIKE	Joanna Pascucci	631-747-3464
GRAPHIC DESIGNER	Brenda Meyer	631-245-2833
MONTAUK CENTURY	Joanna Pascucci	631-747-3464
NEWSLETTER	Bernie Scherer	631-804-0751
PHOTO GALLERY EDITOR	Susan Sears	
QUARTERMASTER	Chuck Ackerman	631-979-9644
REFRESHMENTS	Tom Pfisterer	631-585-6417
REFRESHMENTS ASST.	Hava Forziano	
STATISTICIAN TEAM	John DeRicco	631-874-3669
STATISTICIAN TEAM	Tricia Brandt	631-874-2686
STATISTICIAN TEAM	Valerie DeRicco	631-874-3669
SUNSHINE	Bruce Presner	516-702-5639

PARTING SHOT

Mike it's not a bike!



Mike Keeler lends a hand and good will at the same time.

Rolling Wheels

**NEEDS —
Pictures**

Snap a few &
send them to
**Susan Sears or
Bernie Scherer**

bys1@optonline.net