

# Rolling Wheels



February Meeting

Thursday  
January 4, 2010  
7:00 PM  
at the  
New Village  
Recreation Center

Suffolk Bicycle Riders' Association | February 2010

Don't Miss It! More Information on the website!

## SUPER CYCLING SATURDAY

New Village Recreational Center  
in Centereach

Saturday February 27, 2010

9:00 am - 5:00 pm

Breakfast: bagels and coffee

Lunch: Heroes and salads

**New Rider Session**

**Rider Leader Training**

**Bicycle Maintenance  
Session**

**Swap Meet**

**Dealing With Dogs  
Presentation**

**Film Screening  
"Bicycle Dreams"**

**Presentations by  
L.A.B.  
Team In Training  
SBRA Advocacy**

**Wellness Seminar:  
Massage,  
Acupuncture and  
Nutrition**

**SBRA History  
Bring your stories  
& photos**

**RAFFLE AND DOOR PRIZES.**

## 2010 Executive Committee

<b>PRESIDENT</b>	Bob DeVito	745-2282
<b>VICE-PRESIDENT</b>	Tom Tilford	
<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	689-718
<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	689-7186
<b>RIDES DIR</b>	Bill Pope	475-4531
<b>WEBMASTER</b>	Percy Zahl	

## 2010 Chairpersons

<b>ADVERTISING</b>	John Gennarella	648-8115
<b>BIKE-BOAT-BIKE</b>	Peter Olivieri	
<b>GRAPHIC DESIGNER</b>	Jim Deerfield	724-6401
<b>GUIDE DOG RIDE</b>	Jeff Meyer	<b>471-2129</b>
	Brenda Meyer	
<b>REFRESHMENTS</b>	Sue Sherman	473-4732
	Hava Samuels	
<b>MONTAUK CENTURY</b>	Jack Steffens	
	Peter Olivieri	
<b>NEWSLETTER</b>	Rona Dressler	751-2135
<b>PUBLIC RELATIONS</b>	Phil Enright	664-3151
<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



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).**



## New Members

Michael Dorn & Carla Keirns,  
Jeanne Millspaugh-Vangelakos



## February Birthdays

Barbara Abraham, Elliot Abraham, Douglas Adams, Seth Adler, Roger Armstrong, Steven Atwood, Alison Branca, Margaret Braun, Shannon Cain, Irene Camalich, Robert Caskey, Donald Caulfield, Joseph Dempsey, Richard Dittmar, Wayne Fellows, Karen Giles, Joan Gossner, Paul Hammerschmidt, Francine Hyland, Bronna Johnsen, Erika Jorquera, Narendra Joshi, Alexis Lamb, Petra Lee, Mary Jane Pfisterer, Marco Pigni, Norman Samuels, Susan Sherman, Chris Skoldberg, Ellen Solomon, Laura Thompson, Bonnie Vulin, Barbara Westrich



## The date for 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](mailto:peteolivieri@verizon.net) or 631-365.7588.**

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# MEETING MINUTES

January 7, 2010

**1) Call to order** – President Bob DeVito called the meeting to order at 7:10 PM. Approximately 45 members and guests were in attendance.

**2) Acceptance of Minutes** – the minutes of the December 3, 2009 meeting were accepted as published on the SBRA web site.

**3) Treasurer's Report** (Joe Matzelle)– Joe reported on the 2009 total receipts and expenditures. The 2009 budget had been designed to “spend down” our bank balance but as a result of the strong attendance for Bike-Boat –Bike and some savings in other areas, the bank balance did not fall as planned. The budget for 2010 will be presented later in the meeting and will address this and other issues.

#### 4) Committee Reports:

*a. Statistician* (Joe Matzelle) – Joe reported that for the year to date a total of 15,477 miles have been accumulated. Full statistics will be posted on the web site shortly, as soon as problems with Joe's login have been resolved.

*b. Membership* – (Norm Samuels) – there are presently 697 members, including 120 families and 17 new members.

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

*d. Webmaster* (Percy Zahl) – No report due to Percy's absence as his hand injury prevents him from driving.

*e. Web Editor* (Brenda Meyer) – No report

*f. Safety/Education* (Gordon Howard) – Gordon noted that he had written to Assemblyman Marc Alessi concerning a proposal by the NYS DOT to put “rumble strips” along secondary highways. These can be hazardous to cyclists where the shoulder is narrow or non-existent. Assemblyman Alessi advised that he has been in touch with the DOT, which has informed him that they have collected data but that no conclusions have been reached. He will keep the Club informed of any activity in this regard.

*g. Advocacy* (Joe DePalma) – No report.

*h. Social* (Mike Warner) – All preparations are in place for the Holiday Party scheduled for Saturday, January 30, 2010 at Sunset Harbor. The party will run from 7:00PM to midnight and will feature an open bar, lots of food, a DJ and Club awards. The cut-off for reservations is January 20 and no exceptions will be made.

#### Old Business:

*a. Holiday Food Drive* - Janine Schwartz advised that the one-day food drive at the December meeting collected over 400 pounds of food and \$735.00 in cash donations for Long Island Harvest.

*b. Charitable Donation* – Bob DeVito announced that as a result of feedback from the December meeting, the Club would make a donation of \$500.00 to the Hope For the Future Food Kitchen that was recently destroyed by a fire.

*c. Ride Leader Training* – Bob DeVito announced that training for Ride Leaders and Sweeps will be mandatory for the upcoming riding season. A 90-minute training session will be held on Saturday, February 27, 2010, as part of the Super Cycling Saturday event that is being planned. An additional training class will be held on a weeknight during the first two weeks of March for those individuals that are unable to attend the Saturday session. The goal is to insure that all leaders and sweeps are fully aware of the responsibilities of these positions so that our rides are safe and enjoyable for all participants.

*d. Ride Sheets* – Bob and Joe Matzelle address the continuing issue of 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 not 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.

*continued on page 4*

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continued from page 3

**e. Super Cycling Saturday** - Bob and 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. 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 clinics and food. Members are encouraged to suggest topics for seminars or "hands-on" type demos.

### 5) New Business:

**a. Beginners Rides** - Joy Macana is looking for ideas to aid in helping beginning riders move up from D level to C or higher rides. She notes that there is a tenancy for new riders to stay at that level, as they get comfortable with a leader or a group. In order to prevent these riders from getting bored and losing interest, the club needs to find some ways to ease the transition to the higher levels,

**b. Spring Training Rides** - Pete Olivieri announced that the spring rides would begin on March 14th. A new ride level of B+ will be added, separating this group from the A riders. Pete also announced that the Montauk Century ride is scheduled for Saturday, May 8th. Although Pete currently has one person committed to SAG for the ride, we could use more help here and anyone interested should contact him.

**c. Club Store** - Bob noted that we now have a link on the SBRA web site for a club store and can take payments via PayPal. However, we do not have any merchandise to sell and Bob is looking for a volunteer to take on this responsibility, which would included selecting and ordering saleable items and handling the sales transactions as they come in.

**d. Bowling Night** - Bob noted that he is awaiting word from Michelle Dittmar on this event, which was discussed at the December meeting.

**e. Adopt-a-Highway** - Bob announced that the club will again sponsor the stretch of Buckley Road adjacent to the Ecology Center and that Rich Mardosa will lead the effort.

**f. 2010 Budget** - Joe Matzelle presented the budget for the coming year. AS we did last year, the 2010 budget spends somewhat more that we take in, in order to use up some of our cash balance. Among the highlighted items was the possibility of a small increase in the entry fee for Bike-Boat -Bike to accommodate some planned improvements based on the feedback from the riders' survey after the 2009 event. Other significant items covered were the projected advertising revenues from the bike shops and the cost of the annual Awards Banquet. One suggestion for additional spending called for a donation to the Horton Point Lighthouse preservation group for accommodating our BBB rest stop there. After some discussion, a motion was made to accept the budget as presented, subject to adjustments as discussed (motion by Ken Moreira, second by Norm Samuels) which was passed unanimously by a voice vote of the members in attendance.

### 6) Programs: We had two speakers make presentations:

**a. Lanny Wexler**, an SBRA member who works for the NYS DOT on Bike Advocacy issues presented a petition to Brookhaven and Suffolk County officials requesting that the Port Jefferson to Wading Rive Recreation Trail be named in honor of David Glass, a NYS DOT official who recently passed away and who was an advocate for the trail and cycling on Long Island in general. In addition to signing the petition, Bob Goykin made a motion that

continued on page 5



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continued from page 4

the Club extend its condolences to the Glass family and send a gift basket. The motion was seconded by Josie Goykin and passed unanimously.

b. Leah Keating gave short talk on the benefits of massage therapy for bikers and other athletic activities. Leah announced that she will be participating in the Super Cycling Saturday program as well

7) **Adjournment** - the meeting was adjourned at 8:55 PM.

Respectfully Submitted,  
David DiRoma  
Recording Secretary



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# Season's Spin – Dress Order

Every winter we find multiple published articles regarding the much needed topic of “What to Wear” in cold temps. This article concerns not “what” but “when and how.”

Since I try to bike commute part way to work through the winter, I find myself getting dressed to cycle in specific stages of undress when I have multiple layers to wear. This incremental dressing occurs in either the Men’s room at work or on the train as I prepare to egress to the outdoors. In either case, I dress in stages due to the fact that my exit from the indoors is not always immediately after I

begin changing. People smile at me when they see me return to my desk in January with only shorts and base-layer shirt... I know what they’re thinking! The reason to NOT dress fully in one felled swoop is to prevent overheating before exiting from the warm indoor environment. My office is on the fourth floor and requires an elevator ride with my bike. You should know that I’m not a strong believer that it’s good to start riding feeling chilly. If I start chilly, it takes so long for my core to warm-up that my extremities become very uncomfortable (guess it’s a personal thing). I like to start cycling feeling as neutral a body temperature as possible.

Going from the inside, to the cold outside temperature, and being over heated is certainly not good as the sweat tends to chill, especially the upper body core area.

So how do I start dressing? Sometimes when I get to the train on my trip home (after riding 9+ miles on my folding bike) I’m soaked on the layer closest to my skin. I undress right down to my bike shorts and my silk or poly undershirt ... I know the other LIRR riders get a laugh of this stranger custom. One station before my exit I begin dressing. Understand that in the winter, I dress with one layer more (or a heavier layer) on the torso

*continued on page 7*

## SBRA 2010 Budget

### Income

Bike-Boat-Bike	26500.
Membership Dues	9730.
Advertising	4000.
Holiday Party	3690.
Montauk Century	900.
<b>Total Income</b>	<b>44820.</b>

### Expenses

Bike-Boat-Bike	16000.
Holiday Party	8470.
Special Events	3500.
Awards	2500.
Charitable Contributions	2500.
Picnic	2500.
Meetings	2000.
Ride Leader Incentive	2000.
Montauk Century	1500.
Website	1300.
Advocacy & Public Relations	1000.
Education & Safety	1000.
Membership Committee	1000.
Miscellaneous	1000.
Insurance	950.
Executive Board	750.
Sunshine	250.
Club Membership – LAB	85.
<b>Total Expenses</b>	<b>48305.</b>
<b>Net Income</b>	<b>(3445)</b>



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then on my legs. I do this since my legs are in constant motion and produce more body heat than my torso and arms. Since my legs are more lightly covered I start at the bottom of my body (at my socks when in the office getting ready to leave for home) and work on up to my torso, my helmet and than finally gloves (last only since I need to manipulate my helmet strap and switches for my bike and body illumination). In essence, I try to leave my upper body exposed to room temperature as long as possible to allow the body heat in that part of me to radiate until the last moments. Try it, see if it makes a difference to your winter riding comfort. Comments gladly accepted. – StormnNorman.

*Season's Spin is a monthly, reader contribution column. Send in your contribution to Rona (rdressle@suffolk.lib.ny.us) Fifty words or more gladly accepted. Not everyone will necessarily agree with all you say but everyone's opinion will be respected. Author's name will be withheld if requested.*

**Help name the Port Jefferson-Wading River Trail in honor of a Great Man**



**DAVE GLASS, CHAMPION OF NON-MOTORIZED TRANSPORTATION, PASSES AWAY AT AGE 53**

**D**AVID GLASS, a transportation planner for the New York State Department of Transportation, and champion of non-motorized transportation on Long Island, recently passed away after a seven-year battle with cancer. Dave was also a resident of the Town of Brookhaven. He leaves behind a wife and three children.

Dave Glass was instrumental in the initiation of the Port Jefferson-Wading River Trail project in the early part of this decade. The proposed twelve mile Port Jefferson-Wading River Trail would establish a twelve mile biking and walking trail

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extending across much of northern Brookhaven using LIPA right of way and to be leased by Suffolk County. Dave worked with the Suffolk County Dept of Planning, Paumonok Bicycling Advocacy and local civic groups to build support for the Port Jefferson-Wading River Trail project. Consequently, Dave was also influential in coordinating, advancing and approving a Transportation Enhancements Project (TEP) application for the Port Jefferson-Wading River Trail. Finally, in 2009, only months before his passing, Dave was a liaison between Suffolk County, NYSDOT and LIPA to facilitate the start of design of the proposed Port Jefferson-Wading River Trail for his then current employer, the RBA Group

# Is it Spring Yet?

