

ROLLING WHEELS

SUFFOLK BIKE RIDERS' ASSOCIATION

August 2019

ANNUAL PICNIC: A GOOD TIME HAD BY ALL



Great Rides



Delicious Food



Hanging With Friends

"JUST A LITTLE NOTE ABOUT THE SBRA ANNUAL PICNIC. IT WAS A WONDERFUL DAY AT INDIAN ISLAND COUNTY PARK. FOOD WAS GREAT, COMPANY WAS AWESOME, MOTHER NATURE GAVE US A PRETTY HOT DAY. BUT I'M ALWAYS GLAD WHEN THERE IS NO RAIN! I HOPE EVERYONE WHO CAME HAD FUN AND TO ALL THOSE WHO WEREN'T ABLE TO MAKE IT I HOPE TO SEE YOU NEXT YEAR.

I WANT TO SAY A VERY SPECIAL THANK YOU TO ALL MY VOLUNTEERS WHO MAKE THE DAY POSSIBLE. WE COULDN'T DO IT WITHOUT YOU. ENJOY THE REST OF YOUR SUMMER. RIDE SAFE."
 DARLENE



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Lots of HEAT



SBRA promotes cycling of all abilities for health, fitness and fun

Message From the President



This has been a July to remember! We just had our Picnic, and while it was one of the hottest days we have seen in years, Johnny and his crew cooked up the goods and Darlene's team once again outdid themselves. A big shout out to all the Ride Leaders that led rides and got our riders back safe and in time for lunch!

What you don't see is how many people it takes to organize one of our SBRA events. Our volunteers donate their time to make sure we all have a great time, while they do all the heavy lifting! Did you ever wonder who the first people were that spearheaded these events? Well as you know, this year we are starting a new SBRA event in October called "SBRA Cares" where all the profits will go to Long Island Cares.

If you have wanted to be involved in one of our events and have a particular skill set we are looking for, this is your chance to get in on the ground floor for what I hope will become a yearly event for SBRA.

We are looking for people that can organize, come up with the routes for the different distances, contact vendors, and bike shops to ask for product donations for raffles. We especially need individuals with ideas about how to make this an event to remember. Fund-raising experience is a plus. If you are interested, please contact me at SBRAPresident.org

Joanna
President SBRA

Important Dates

	Lobster Ride	August 18
	SBRA Cares Ride	October 6
	Stony Brookside & Cycle NY Advocacy Ride	October 13

August General Meeting

Thursday, August 1 -- 7:00 PM

Thanks to all who have provided articles and photos for this issue



2019 Executive Committee

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STATISTICIAN TEAM	Tricia Brandt	631-874-2686
STATISTICIAN TEAM	Valerie DeRicco	631-874-3669
SUNSHINE	Bruce Presner	516-702-5639

STATS

NOVEMBER 1, 2018 -
July 28, 2019

TOTAL CLUB MILES: 3153,703

MILEAGE LEADERS:

BRIAN TOOLE	5,979
JAMES DRAGO	5,534
DAN ROSTRUP	4,144

109 RIDERS ARE OVER 1000 MILES

Why I Ride

Lynn Heimberger

SBRA Member: 5 years

Favorite Ride Level: B

Other Interests: Skiing, Gym,



As my 62nd birthday approached, I realized my self-promised goal of retiring at that age was actually reachable. As happy as I was at that thought, I was panic-stricken knowing I had done nothing to prepare for all the time I was soon to have on my hands. Volunteer work to “give back” as they say, was a must, but I knew that was not going to be enough to fill my time, nor did I want it to be.

Since I had always been a very active person with both the gym and outside sports, I asked myself, what could I do that would allow me to be outdoors on a beautiful day, get exercise, and be around people? I wanted an activity I could just get up and go do, without spending a lot of planning time. I knew I liked to bike ride but not having done much of that since my younger years, I was a little hesitant. I also knew I would be bored just riding around my neighborhood streets. So, I got a brainstorm while I was at work one day and googled bike clubs on Long Island. The rest is history.

I retired in September of that year and went on my first club bike ride sometime that fall. I don't remember what the posted pace was nor the mileage, I only know that I ended up picking a ride that sounded slow and short enough to try. So, there I was ready for my first bike ride, with my woolen leg warmers on (yes, the ones we wore over our stockings in the wintertime to keep our legs warm.... No one wore pants to work in those days), my gym workout tights, neck “turtle” I wore skiing, ski gloves, and on a bike the local cycle shop couldn't even call a hybrid. A “comfort bike” as they called it!! (LOL). The only equipment missing was pink streamers! I must have looked ridiculous to the ride leader and riders who were dressed in full biker garb. No way for me to hide on that ride. I screamed “new bee” from head to road!!! But much to my relief, the guys were all so very nice, giving me pointers, and helping me along. Need I say that I dragged far behind the crowd, making the poor sweep that day tag along behind me. If it weren't for their patience and kind words of encouragement, I would have never shown up for another ride.

So, here I am, seven years later, riding along with my club buddies, enjoying every minute of their company, being outdoors, and getting exercise all in one sport. I have to thank those gentlemen on my first ride for giving me the guts to show up for my second and many more thereafter. Thank you, Dick Cunningham, Gordon Howard, and all the others on the ride that day!!

CALL FOR VOLUNTEERS FOR THE NEW BIKE CO-OP

We want more people on bikes. So, the Ferguson Foundation and the Town of Brookhaven are setting up a bike co-op, a nonprofit that takes donated/abandoned bicycles, repairs them and gives them to the less fortunate. We will also have classes to teach people how to fix their own bikes.

We're looking for volunteers to fix bikes, teach people how to fix their bikes, help run the bike co-op by serving on its Board, or just come hang out.

If interested, please contact:
Greg Ferguson at gregferg2@gmail.com
or (631) 675-6294.

New Members:

Ryan Colichio
Ken Gallagher
michael innusa
Albin Matukonis
Katie Mucha

George Petritsch
Eric Pflug
Bill Siegel



August Birthdays:

Michael Adams
James Allen
Kevin Brogan,
Elyse Buchman
Elizabeth Camera
Robert Cammarata
Tom Cherry
Glen Cochrane
Suzan Coffey
Gerald Cole
John Collesidis
Keith DeMaio
Joseph DePalma
Dennis Desmond
James Dowd
Nancy Dunlop
Miles Elster
Gloria Esposito
Mel Evans
Gary Ferrero
Brian Ferris

Mike Fiorella
Maryann Galante
Melissa Gallagher
Steven George
Carolyn Gilbert
Peter Golder
Tom Gorman
Ralph Gulemmo
Rob Hughes
Caroline Hunt
Lloyd Lense
Mark Lewis
Thomas Lynch
William Madeira
Vaughan Maloney
Daniel Marks
Albin Matukonis
Brian McCarthy,
Mary McDonough
Eric Menter
Marianne Morahan
David Morto

Perry Myers
Jeremy Oatis
Peter Olivieri
Luz Pabon
Fernando Pabon
Patricia Peterson
Heidi Petrie
Don Phillips
Robert Pospischil
Richard Reed
Stephanie Sakson
Georges Sejour
Arthur Shaw
Bill Siegel
Larry Skittone
Mary Ellen Stajk
Warren Stoker
Christine T***y
Jackie Thiele
Kevin Williams
Kenneth Wong

Ask The Cycologist

The Cycologist - a monthly column with "advice" for riders & ride leaders



DEAR CYCOLOGIST,

I am a 36-year old A rider with restless leg syndrome. Two years ago, I placed Look pedal clips on the tailboard of my bed and clip in with my shoes when I go to sleep. This has solved all those mornings of picking up blankets and quilts

off the floor as well as giving me 7 hours of uninterrupted sleep. I recently married a wonderful woman, but I notice on Tuesdays and Fridays for the past three months she removes the pedals from my side and puts them on her side of the bed facing down. It's getting to the point of interfering with the great sleep I used to get. I don't understand why she is doing this and why she would want to see the entire bed destroyed two mornings a week. Should I say something?

Signed,
SLEEPLESS IN SUFFOLK

DEAR SLEEPLESS IN SUFFOLK,

You are an idiot, and you lived with your mom way too long in your life. This Tuesday, when your new bride comes to bed, get on her side and clip-in face down. Enjoy the ride!!!! You might want to wear a helmet, but you can skip the gloves and sunglasses. If you need a drink after the ride, call John Martin. A smoke? Call Manny R, he stills rolls 'em tight.

Signed,
THE CYCOLOGIST

*Got a pressing issue or question for the doctor?
Email it to me and I'll pass it on to the doctor.
bys1@optonline.net*

Some Motorists Appreciate Careful Cyclists

BY MANNY ROSENKRANTZ

Recently, I attended a two-day safety and bike skills course recently. One of the points they taught was there are times where you need to take the lane for your safety. There are the obvious reasons, avoiding hazards, parked cars, and preparing to turn left. Another one which should be but is not observed often is when the road is one lane and too narrow for a car to pass you safely on the left. Often on club rides, I hear a call out "squeeze right" in situations like I'm describing.

Now for a case on point. I was riding solo on 25A in the Smithtown/St. James area, near Edgewood Ave., heading toward Stony Brook. There is an LIRR trestle, and the road underneath goes to one narrow lane. I looked back and saw I had room and took the lane. I sped up because about 50 yards ahead there is a shoulder

Health Spot

BY LINDA RESNICK

When the weather heats up and cycling calls for shorts, not leggings, I'll often hear: "What happened?!" as my taped knees are there for all to see. The short answer is, "Nothing much, really," but the longer answer involves McConnell taping.

Eight or so years ago, my daughter invited me to join her spin class as a guest. Many SBRA'ers have profited from spin, so I was happy to give it a try. Three tries, to be exact. Either I followed the leader with too much gusto (likely!) or my bike wasn't properly fitted. No matter, the end result was tendonitis, which plagues me on and off to this day.

I have an excellent physical therapist who always gets me back in the game. When it became evident to the two of us that the tendonitis was chronic, she rummaged through her bag of tricks and suggested we try a version of McConnell taping. I have been using it ever since. Only the patellar tendon is taped and, speaking non-professionally, the opposing forces which the tape provides give me non-binding support during my entire ride.

I researched McConnell taping online and found that it can be used for many purposes. It can be used for my condition, tendinosis, as well as for patellar tracking. It is used for back pain, shoulder injuries, and even headaches, according to the McConnell Institute website. This year, I have decided to

occasionally tape my healthy knee also, as a preventative. It can't hurt, takes two minutes to apply, and the support feels great.

McConnell Taping deloads my knee. I have no discomfort from my beloved hills or when I crank it out.

And I leave spin class for others.



again, and I could release any cars behind me. As I'm getting ready to move back to the shoulder, the driver behind starts honking, slowing down to ride alongside me and rolls down the passenger window. I wanted to immediately take the offensive, so I yell out, "Sorry if I slowed you down for 20 seconds." However, he yelled back, "You did the right thing, good job." Now, this guy was either an experienced cyclist or just some intelligent soul.

Yes, there are times when you do need to take the lane for your safety, and hopefully, you will be pleasantly surprised by drivers like I encountered.

BY DICK CUNNINGHAM

I joined SBRA in the spring of 1994 and participated on my first ride (D level) atop my newly acquired Iron Horse hybrid. The ride was led by Gary Goss on his recumbent. Over the next year, after buying my first road bike, I gradually increased both my speed and distances to the point that I felt ready to lead a ride for the first time.

At that time, the only qualifications required to lead a ride for SBRA were to have a bike and a route to follow. Furthermore, cell phones were just starting to make their appearance, "smartphones" were unknown, and Al Gore was still perfecting the internet for widespread use. The only means of communicating to

Ronnie Levy (631)696-0832(H)
A quick after-work spin for a lovely view of the Sound. Meet at Movieland Cinema *(8). Bring your own snacks.
Tue 7/20 9:30am 30mi/C+/R/F/S "Sauntering to Shoreham"
Dick Cunningham (631)585-0868(H)
Meet at Sunshine Mall *(1) and ride to Shoreham for a view of the Sound, with a stop at the Bagel Lady.

the membership that you were planning to lead a ride was either by word of mouth or through ROLLING WHEELS, which was mailed, at considerable expense, to all members at the end of every month.

The use of ROLLING WHEELS to advertise rides, while necessary, did pose some logistical problems. Firstly, it required potential ride leaders to plan ahead anywhere from 2 1/2 to 7 1/2 weeks in advance. All planned rides had to be received by the editor by the 10th of the month prior to the month that you planned to lead. For example, if you intended to lead a ride on the 30th of August, you had to submit that to the editor no later than the 10th of July, approximately 7 1/2 weeks before the ride date.



A second problem was what to do if for some reason you had to cancel or modify the ride. The club did maintain a "hotline" phone on which you could leave messages affecting the ride, but members frequently did not use it. Further, it was up to the ride leader to personally provide a substitute leader if he or she was not available, or to appear at the ride start at the appointed day and time to personally notify anyone who showed up of the changes.

Another issue was cue sheets. Today, using such services as "Map MY Ride" or Garmin makes it relatively easy to develop cue sheets.

In 1995 these services had still not been developed. A prospective ride leader had the options of actually riding the route either on his or her bike or car taking note of the distances on each leg or using the Hagstrom Suffolk County Road Atlas and a piece of string to map a route and determine an approximation of the distances. As a consequence of these impediments, there were far fewer rides and ride leaders, particularly during the week.

So SBRA members be thankful for modern technology. It has allowed the club to offer an amount and variety of rides that were never thought possible in 1995.

Sat 7/10 9:00am 62mi/B/R/S "Gimme Shelter"
Al Kelly / Tim Mayr (631)234-6240(H) (631)951-6505(W)
Join Al and Tim on an extended tour of Shelter Island, with a deli stop, and lunch on the beach. Ride is flat from Mattituck to the ferry, Shelter Island is rolling, with a couple of hill climbs. Meet at North Fork Bank Headquarters, Main Road, Mattituck.

Sat 7/10 3:00pm 32mi/B/F/S "Reach the Beach"
Dennis & Margaret Jackson (631)447-1986(H)
Join us for an afternoon spin from the Sunshine Mall in Medford *(1) to the beach at Smith Point. Tandems are welcome.

Share your "Back in the Day" memories
Email stories, old photos
& copies of Rolling Wheels
bys1@optonline.net



What Condition Our Condition Is In

BY BILL WENK

I have led well over 700 rides. I have talked to other ride leaders for months now, and most have come to the conclusion that SBRA rides are becoming more challenging to lead. Why? Because we have many bad riders that think they are good riders. I know them, you know them. I've watched faces change for years when specific riders pull in to the ride start. This has nothing to do with personalities or friendships.

It has become increasingly common this year for riders to fight back at ride leaders with an attitude. Often the leaders overlook it, but this year it seems the same people are doing the same thing on every ride they are on. Personally, I give up. I'm tired of correcting someone three times per ride, four days per week, all year long. If my riders feel that I'm a little over the top, I am, I'm burned out. If a leader gets nasty, get over it. They are tired of correcting you and not getting results.

Example 1. GO THE RIDE SPEED SET AT THE BEGINNING

17.5 mph is a little high for my B/B+ ride, not 18, 19, 20, 21, but it happens everyday. This time of year I try to enjoy going a little faster than the 16.5 speed SBRA stipulates. When I talk to the speedsters, I get attitude and excuses. The same ones they used the day before. "Everyone looked ok," "What do you want me to do hit my brakes," "It was easy, why should we go so slow?" "He was going that speed, and you didn't yell at him."

Speed is a virus that spreads through a ride as soon as you let your guard down. Try to argue that point with me. A ride will go to 19-20 with three "biking buddies" together at the front.

The way I see it, it's my ride, and I have many reasons for going that speed. If I decide one day to up the pace a little, it's my decision which is based on who is on the ride and what shape they are in. When a speedster takes off, he/she is thinking of no one nor cares what happens as the gaps begin to form.

Example 2. FOLLOW A WHEEL AT ALL TIMES

This means you must be behind the person in front of you at a distance you and the rider you are following are comfortable. A four-foot clear shoulder, a beautiful white line on your left side and yet why must a leader look ahead and see four people three feet out of the paceline and in the road? We get all kinds of justification for doing this. Sometimes nasty. Listen up riders. There is no justification. Feather your brakes when gaining on the wheel or give yourself distance off the wheel if you have to drink. These riders are the #1 reason drivers hate us. I don't blame them.

Example 3. ONLY LEAD A GROUP THROUGH AN INTERSECTION IF EVERY MEMBER CAN MAKE IT

Too many near-death experiences have occurred when a clueless front rider goes through a turn with only time for one or two cyclists. Cyclists are often in another world when they are on a bike. They are in their zone, and they trust other riders when they shouldn't. Many riders will simply follow the wheel into the intersection looking only at the bikes ahead and not the traffic. Who would lead through like that? You would be amazed at how often it happens.

Example 4. NEVER, EVER, EVER CROSS WHEELS

Yes, can you believe I have to say this? But there are many habituals. Some are the ones riding outside the line and not on a wheel as they should. And argue with me they will!!!! If you get two warnings about crossing wheels, I think you should be taken off the ride. I honestly do. Seven hundred ride leads and every crash except one was caused by crossing wheels. I've also had two altercations due to wheel crossing.

Why did I write this commentary? Because I am beginning to hate leading rides and going through the same things with the same people daily. I'm getting into arguments and attitudes when I try to correct a problem. IT'S MY RIDE and if someone pulls me aside, tells me they feel unsafe, you're going to hear about it. IT'S MY RIDE and if I say you're going too fast don't argue with me. You're going to damn fast!!!! IT'S MY RIDE, so when there is a four-foot shoulder, and you're in the middle of the road you're going to get screamed at. Don't start complaining and giving me your reasons at McDonalds.

What's the best ride? Ideally 5-10 riders, all going 17.5, all in a perfectly straight draft line, all maintaining the SAME SPEED at all times and taking two minute pulls. Those rides are effortless, refreshing, and exhilarating. We often find ourselves creeping slowly up to 18 without surges, hijacking or breakaways. When it gets too fast by accident, I have faithful riders that know what I want, and they will pull at a slightly slower pace to ease the tension. And they always do that for me.

Help your ride leaders. Talk to the riders who habitually break the simple basic rules of cycling. I am sure they will appreciate the help.

RESPONSES TO THIS COMMENTARY CAN BE SENT FOR INCLUSION IN OUR NEXT ISSUE

bys1@optonline.net

Off Island Rides



Seven intrepid SBRA members joined Susan and Trevor Sears plus Susan's brother David in Aldeburgh, Suffolk UK. Our very unhumiliated abode was a beautiful house 5 minutes walk from the beach and town center in Aldeburgh. Our bikes were delivered, and test rides took place. We were thrilled to have Ronnie to care for the resulting blood leakage from Dick's experiment with the ebike. He quickly learned that he needed to turn it on before the ride.

The bikes (except Dick's) were Claud Butler hybrid bikes. Dick had a Dutch ebike which was a bit top-heavy, the battery was on the 'luggage rack' at the back; however, he did incredibly well on it, keeping up with the best of them and never running out of 'juice.'

We cycled between 150 and 160 miles during the 5 days of cycling. Trevor's, however, rode 250 miles, which he mostly completed before we were halfway completed with our ride enabling him to come to anyone's aid if needed. We rode along many different types of roads and lanes, some a little on the rough side, but there was only one puncture. Many thanks to David for searching for 3 lost riders, luckily, they hadn't gone too far after missing a turn and were quickly located and escorted home.

We dined well, with everyone preparing their own breakfast, it's quite amazing what some people can do with a microwave! Lunches were eaten in pubs where we also sampled the local beers, dinners were eaten back at the house. We also sampled several tea rooms and ice cream shops. Aldeburgh is famous for its fish and chips, which we liked so much we served it twice. Another favorite was the incredibly fresh fish sold from huts on the beach. One-night David cooked Spicy Rice which was also well received. All the food was washed down with copious quantities of wine resulting in an amazing number of empty wine bottles that had to be taken to the recycling bins.

The countryside was mostly flat, with many ancient monuments, pretty villages, and isolated beaches. Jim had an experimental paddle in the sea, but it

was deemed too cold to swim. The pubs and local inhabitants (including Susan's friend Marilyn), were all friendly and enjoyed giving us information about the characters and history of the area. We visited a bird sanctuary where Richie saw a swan (there were many other birds!); a museum about the Industrial Revolution and the Garrett family; Snape Maltings, which is now the venue for the Aldeburgh music festival; several Abbeys, churches and castle ruins; a major Roman city that has been washed away leaving very little behind; and a World War 2 United States air-force station; plus a wander around Southwold where we got free gin tasting at the brewery. The founder of Long Island's Southold, Rev. John Youngs, came from Southwold. On our last day, we drove to Orford and caught the ferry to Orford Ness where top-secret work took place during the world wars. It was well worth a day off the bike to visit this special place. Every day was a different adventure, and the weather was very obliging.

MORE PHOTOS ON PAGE 8



**Interested in going next year?
Contact Susan!
susan.m.sears@gmail.com**

A Quick Tip

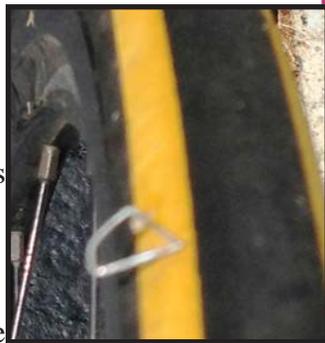
BY NORM SAMUELS



As seen in the accompanying fuzzy photo, I picked up this staple while on a club ride. Had I not taken the time to wipe my tires with a rag AFTER the ride I might have found a flat tire the next morning. In this case, I was lucky, and the staple never reached the tube, but another 1/32 of

an inch would have caused a slow leak and some cursing the next time I used this bike.

The lesson is to take a minute (the most this requires) and check your tires AFTER the ride ... I'm sure you'll sometimes find a piece of glass or wire shard embedded in the tire that can be removed. Otherwise, sooner or later it will work its way in and cause a problem ... ever ride on a slowly leaking rear tire?



More Photos From the UK



Carl Hart Bicycles Hosts Garmin Rep

Carl Hart Bicycles in Middle Island recently hosted an evening



ed an evening with a representative from Garmin who spoke about the company's bicycle accessory product line.

Several members of SBRA were there as he also answered questions primarily about the Edge bike computers.

Of particular interest to many was the Varia RTL510 cycling radar that de-

etects approaching cars while making the rider more visible to the drivers.

In the next issue of Rolling Wheels, this innovation will be explored in our Cycling Gear column.





General Meeting Minutes

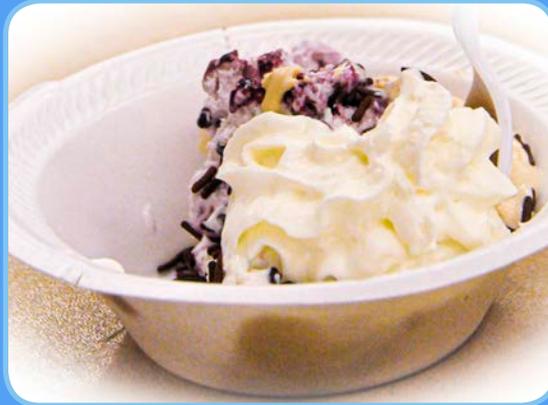
July 11, 2019

The SBRA general meeting was the summer "ice cream" meeting. A variety of ice cream flavors were provided by the Big Kahuna which were enjoyed by about 40 club members. There was no business meeting and there are no official minutes. Thanks, Bruce Redlien

~~General Meeting Highlights~~ DELIGHTS



Usually the sweep at the back of the pack, here Dennis shows his ability to lead.



"So many choices. I hope Norm doesn't take too much."



The July General Meeting was so popular that the lines were out the door.



Oh yeah! Chuck proudly displays his "creation."



"Glad I'm ahead of Joe and Manny."



"How sweet it is. Yummm."

**DON'T MISS OUT!
ATTEND AUGUST'S GENERAL MEETING**

SHARE YOUR MEMORIES

WHETHER IT'S FAR OFF LIKE VIETNAM, NAPA VALLEY OR NOT SO FAR LIKE THE SEAGULL OR SEACOAST CENTURIES, IF YOU HAVE CYCLED OFF ISLAND, SHARE YOUR ADVENTURE WITH OUR READERS.

EMAIL A DESCRIPTION OF YOUR TRIP TO BERNIE SCHERER (BYS1@OPTONLINE.NET) AND BE SURE TO INCLUDE PICTURES IF YOU HAVE THEM.



SBRA CLUB STORE



VISIT THE CLUB STORE TO PURCHASE A VARIETY OF CYCLING ITEMS AND SBRA BRANDED APPAREL



The Market

THE MARKET IS A FEATURE OF ROLLING WHEELS

GUIDELINES:

- ITEMS WILL APPEAR BASED ON SPACE AVAILABILITY, IN THE ORDER. THEY ARE RECEIVED.
- ALL ADS MUST BE RECEIVED BY THE SECOND WEDNESDAY OF EACH MONTH.
- SEND ADS TO BYS1@OPTONLINE.NET
- MERCHANDISE MUST BE IN GOOD TO EXCELLENT CONDITION.
- ITEMS WILL BE POSTED FOR ONE MONTH ONLY BUT MAY BE REPOSTED IF REQUESTED BY THE SELLER.
- THIS IS A BIKER TO BIKER TRANSACTION AND DOES NOT INVOLVE SBRA.

SELLER MUST PROVIDE THE FOLLOWING:

- DETAILED DESCRIPTION OF ITEM
- CONDITION
- PRICE
- SELLERS FULL NAME
- EMAIL ADDRESS
- PHOTO (JPEG OR PNG FILE) STRONGLY SUGGESTED

Have your own story to tell?

Share it in Rolling Wheels

LONG OR SHORT, A SENTENCE OR SEVERAL PARAGRAPHS WHATEVER IT TAKES TO EXPLAIN WHY YOU ARE LOOKING FORWARD TO THE SPRING AND ANOTHER RIDING SEASON.



Tim and Lisa come to grips with the fact that it is spinach not protein bars that is the key to a rider's success.

PARTING SHOT



Yes, many of us do "ride to eat."

Support Our Sponsors



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



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



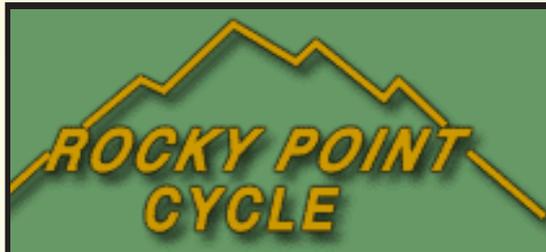
1077 Route 25A
Stony Brook, NY 11790
Phone: 631-689-1200



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



121 East Main Street
Riverhead, NY 11933
Phone: 631-567-3082



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



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



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