

ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

JULY 2020

SBRA Opens Group Rides Cautiously Masked and Ready to Ride...



Graphic by Christine Tanney

**RIDE CALENDER OPENS FOR GROUP RIDES
BEGINNING JULY 3
RIDES MUST ADHERE TO COVID PROTOCOLS**

Message from the President

The Ride Calendar Opens With Precautions

The ride calendar opens with precautions, but that is all the more reason we have to remain cautious and ride smart and safe.

We have decided to open the calendar for rides, but we need to do it cautiously so that all of our members who decide to ride are safe.

When choosing rides being posted, you need to make sure it is the right thing to do for you, and, if you are not comfortable riding in a group, please wait until you feel it is safe for you.

We have a new set of initial guidelines during this time; however, they will change as government guidelines, and guidance from medical professionals evolve.

We need to operate under federal, state and local government regulations to ensure the safety of our members.

Solo rides are considered "Very Safe" while small group rides with individuals other than family members and close contacts can be "Risky," but wearing a mask can greatly reduce the risk. Wearing a mask will not be for everyone, but it will be a requirement if you decide to go on a ride SO please make sure that you are familiar with the guidelines before you go on a ride.



*Ride Smart and Ride Safe,
Joanna*

2020 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	
MEMBERSHIP DIRECTOR	Ronnie Levy	631-696-0832
RIDE DIRECTOR	Tom Miceli	
SOCIAL DIRECTOR	Darlene Merola	631-708-5396
WEBMASTER DIRECTOR	Brenda Meyer	631-245-2833

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BIKE BOAT BIKE	Joanna Pascucci	631-747-3464
GRAPHIC DESIGNER	Brenda Meyer	631-245-2833
MONTAUK CENTURY	Joanna Pascucci	631-747-3464
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PHOTO GALLERY EDITOR	Norman Samuels	631-928-3913
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

Ride Leaders Learn New Guidelines at Board Meeting

Riders and ride leaders are reminded that we are living during a unique period in history and the current Covid situation is fluid as new phases are introduced by state and local government; therefore, please be patient while we

adapt and modify the following guidelines based on the current information available to SBRA.

The goal here is to provide a safe riding experience for all of our members.

Suffolk Bicycle Riders Association Group Ride Policy During COVID-19 Pandemic

ON JUNE 11TH, THE SBRA BOARD VOTED TO RE-START THE SBRA RIDE CALENDAR EFFECTIVE JUNE 29TH FOR POSTING RIDES, WITH RIDES TO START NO SOONER THAN JULY 3RD. HOWEVER, THERE WILL BE SOME SAFETY GUIDELINES TO FOLLOW.

According to Governor Cuomo's re-opening plans, as well as information provided by the NYBC, SBRA has created the following guidelines:

- SBRA rides will be limited to CLUB MEMBERS ONLY.
- Do not participate in any SBRA ride if you are feeling ill.
- Proper social distancing of at least 6 feet must be maintained at the start and at all times during the ride, including rest stops, red lights, stop signs, "mechanical" stops, etc.; where this is not possible, face coverings (masks, Buffs, neck gaiters, etc.) must be worn and "up". You must have a face covering with you at the start. If you do not, the ride leader must not allow you to ride with the group. "No Mask, No Ride"
- The Ride Leader will sign in all riders. Each rider must provide their full name, required phone numbers and SBRA user ID number. Note: by allowing the SBRA Rider Leader to write your name on the Ride Sign-in Sheet and joining the ride, you are agreeing to the standard Release and Waiver of Liability, Assumption of Risk and Indemnity Agreement ("Agreement") required on all SBRA rides.
- No more than SIX to EIGHT people in a group ride. This number will grow over time, but for now, it's SIX to EIGHT.
- If more than SIX to EIGHT members show up for a ride, the ride must be split into two or more groups.
- If more than one group is riding the same route from the same start, they must start at spaced out times. Groups should not rejoin one another during the ride. If the second group gets too close to the first group, they must stop and wait for the first group to get further ahead. If the second group is not familiar with the route, they can stay close enough to the first group to allow them to follow but must keep as large a distance as possible. The first group should make sure they can see the second group behind them if the second group is not familiar with the route. If separated by a traffic light, the first group should slow up until they see the second group is once again following.
- Cyclists should ride in a single file at least 2 bike lengths apart, whenever possible. Paceline riding is NOT permitted.
- No spitting, snot-rockets or expelling fluids from your nose or mouth. Keep any tissues, handkerchiefs, etc. securely tucked inside your pockets.
- All riders must bring a face covering. Face coverings may be worn "down" while riding, but must be pulled "up" when going through busy small town areas, when passing oncoming pedestrians and in other situations where there is a real or perceived risk of infection. Buffs, neck gaiters and similar items have worked out well for many cyclists since they can easily be pulled up or down.
- Face coverings must be worn whenever social distancing cannot be maintained and any place where the group stops for more than 2 minutes.

Continued on next page

Suffolk Bicycle Riders Association

Group Ride Policy during COVID-19 Pandemic CONTINUED

- It is recommended that all riders carry their own personal hand sanitizer.
 - Ride distances should take into account the limited availability of rest rooms and food stops.
 - The foregoing may not be waived by individual ride leaders. Additional restrictions may be added by individual ride leaders with the same force and effect as the foregoing.
 - As always, ride leaders have the right to ask any rider to leave the ride when rules are not followed. In Addition: Besides the standard Waiver, SBRA will require all participants to acknowledge and agree that:
 - Bicycle riding is inherently dangerous and that riding in a group can increase the participant's chances of contracting COVID-19.
 - The Participant will take reasonable precautions to minimize the spread of COVID-19 and will conduct himself or herself in accordance with SBRA requirements as well as the recommendations of public health officials.
 - Appearances count. In addition to actually riding safely, we want at all times to appear to the public that we are riding safely. That means strict adherence to social distancing, face-covering-wearing and other requirements, including numerical limitations.
 - The Participant has read and understands all of the above and will abide by all of the terms and conditions of the ride waiver and the supplemental guidelines for group riding.
- This policy will be posted on the Ride Calendar and Ride Leaders should have it available on each ride.

In Order to Post Rides, Leaders Must Sign the Acknowledgment Form

RIDE LEADER ACKNOWLEDGEMENT 2020

The following acknowledgement must be read and signed by each **SBRA Ride Leader**, then scanned and emailed to: RLcompliance@sbraweb.org

SBRA Ride Leader Acknowledgement:

As an SBRA Ride Leader, I understand that SBRA maintains the right to revoke my Ride Leader Status at any time due to a failure to follow SBRA Ride Leader Guidelines. The Ride Director will contact an SBRA Ride Leader to address any issue or concern that may arise. If an SBRA Ride Leader is unable to correct any found issue(s) or concern(s), the Ride Leader will receive a warning (by email, phone or in person) to correct said issue(s). Failure to resolve said issue(s) will result in revocation of Ride Leader status. At the discretion of the SBRA Board, Ride Leader Status may be reinstated after re-evaluation at a future date.

SBRA also maintains the right to revoke Ride Leader Status due to failure to complete this required form.

Special Provision during COVID-19 Pandemic:

As an SBRA Ride Leader, I understand that during this COVID-19 virus pandemic there is an additional risk associated with group riding. In order to minimize the risk of spreading or contracting this virus, I **acknowledge that I have received, read and agree** to follow the guidelines as set forth in the "**Suffolk Bicycle Riders Association (SBRA) Group Ride Policy during COVID-19 Pandemic**" document.

SBRA Ride Leader Print Name: _____

SBRA Ride Leader Signature: _____ Date: _____





Safety Tips



CAUTION: HOT Weather Ahead

BY MANNY ROSENKRANTZ
Education & Safety Director

We are coming into the hot, humid summer months and many of us will be out riding, hopefully observing all precautions against the virus. A continuous safety issue riding in the heat is dehydration.

Here are some things to do to prevent dehydration.

1. For easy, short rides, plain water will suffice.
2. If your ride is more intense and over an hour, consider using a sports drink that has carbs and electrolytes.
3. Drinking gallons before the ride will just end up making you look for bathrooms. The body can only absorb just so much water.
4. Sip a 16 oz. sports drink or plain water for a shorter slower ride an hour before the ride.
5. Take 2-3 gulps of water, plain or with your favorite energy mixes, during the ride every 15-20 minutes.
6. Caffeine is alright at a rest stop. Caffeine does not make the average person pee more and doesn't worsen the effects of hot weather. It has been proven to increase endurance by improving the body's burning of carbohydrates.
7. You will not be able to replenish all the water

lost during the ride by drinking during the ride. So drink after the ride until you feel hydrated.

DEHYDRATION

Some signs of oncoming dehydration:

- Not peeing or dark yellow pee
- Very dry skin
- Dizziness
- Rapid heart rate or breathing
- Lack of energy and confusion

Stop your ride, get into the shade and drink slowly. Do not start to ride until the symptoms are gone. If they don't stop, your ride is over. If you realize you have stopped sweating, you must stop your ride immediately, get into the shade, drink slowly and call for help to get a ride home.

Your need for water is greater if you are riding with the wind at your back. The evaporation of sweat is what helps cool the body. Think of a humid day when sweat does not evaporate well and the feeling of heat is more intense. So if you are riding into a heavy headwind, unless you are a strong A rider, you will be going slower than the wind speed and the wind will help in the evaporation of sweat. If you have a strong tail wind, you will probably be riding faster than the wind speed so sweat will evaporate slower. I used to wonder why I felt the strong headwind and then barely felt the tailwind going in the opposite direction. So drink a bit more if you are riding for a long time with a tail wind.

Important Dates

 **VIRTUAL GENERAL MEETING** JULY 2

 **RIDE CALENDAR OPENS** JULY 3



CONTRIBUTE TO YOUR NEWSLETTER

Submission Due Date
for August
JULY 22
Send submissions to
bys1@optonline.net

Ask The Cycologist

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



DEAR CYCOLOGIST,

To Ride or not to ride? That is the question. Can we all be safe and take into account the safeguards that everyone needs to feel confident? What do the health experts say? Is the virus over?

Science has the answers, but no one seems to be paying attention. The data is telling us something, but no one seems to be listening. Have you been out there yet? Have you gone out with friends you haven't seen in months? What do you see? Close grouping at the start? No masks on so many? Drafting very close? And those breaks? Everyone sitting together chatting about how we should start the ride schedule again?

Nothing has changed in Covid world. More than 65% of the club is in a high risk group. I'm riding, but trying to be safe. I must admit I'm doing something I haven't done in months and I feel that I'm exposing myself. I also feel that some are actually oblivious to the risks.

Things are not normal and we should all behave that way.. Enjoy the pleasure of just getting 30 miles in. Keep the rides short and breaks should be social distanced. Ride leaders are taking a big risk posting rides when the participants aren't going to at least try to be safe.

What would you do as a ride leader during this time?

Signed,
Typhoid Mary

Dear Mary,

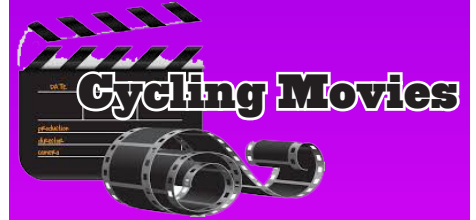
I understand your worries. It's hard for everyone on a ride to stay twenty to thirty feet behind the wheel in front. It's irresponsible for people to get too close at the start, not wear masks at the start or at the break. You have to do what you think is best for yourself as well as those around you. I recommend distancing no matter what, but especially at stops and intersections. Keep yourself away from others on a break and wear your mask.

Deciding to lead a ride is taking on a serious responsibility. Please realize that if any one rider tests positive your ride sheet will be used to trace. All riders will be subject to testing and possibly quarantined. These are difficult personal decisions with social pressures adding to your stress.

Good Luck, but I recommend finding one or two friends to ride with a couple of times a week. Listen to the science.

Sincerely,
The Cycologist

**NOTHING LEFT TO WATCH?
CHECK OUT A CYCLING MOVIE**



Breaking Away (1979)

RAD (1986)

A Sunday in Hell (1977)

HALF THE ROAD: THE PASSION, PITFALLS, AND POWER OF WOMEN'S PROFESSIONAL CYCLING (2014)

BICYCLE THIEVES (1948)

Pee-wee's Big Adventure (1985)

THE TRIPLETS OF BELLEVILLE (2003)

2 Seconds (1998)

RISING FROM ACHES (2012)

AMERICAN FLYERS (1985)

QUICKSILVER (1986)

BICYCLE DREAMS (2009)

PANTANI: THE ACCIDENTAL DEATH OF A CYCLIST (2014)

CHASING LEGENDS (2010)

ICARUS (2017)

THE FLYING SCOTSMAN (2006)

PREMIUM RUSH (2012)

WADJDA (2012)

THE ARMSTRONG LIE (2013)



**NEXT
VIRTUAL
GENERAL
MEETING
JULY 2**



July Birthdays:



- | | | |
|---------------------|--------------------|-------------------|
| Linda Abraham | Dennis Grieser | Ralf Petersen |
| Michael Burns | Gary Grisolia | Phil Pile |
| Elizabeth Colgan | Glenn Hadzima | Marie Rose |
| Rob Cosentino | Mark Hnatov | Edwin Sanchez |
| Dick Cunningham | Dennis Jackson | Art Searle |
| Elizabeth Deerfield | Suzanne Jarvis | Amanda Sexton |
| James Deerfield | Michael Keeler | Barbara Striegel |
| Frank Donato | Linda Kornreich | Reginald Vincent |
| Lou Dusini | Loreta Krivickiene | Kathleen Walczak |
| Judith Eaton | Allan Liers | Gina Webster |
| Maureen Esposito | Jon Mazey | Jennifer Weiner, |
| Center | Theresa McKibbin | Steven Wilkins |
| Tom Farre | John Mueller | Stuart Wilkins |
| Jeannie Fitzpatrick | Christopher Musso | Sandra Willig |
| James Flanagan | Margaret Nenos | Betty Wood |
| Julian Gobourne | Thomas Pado | Stanley Yancovitz |
| Robert Goykin | Joanna Pascucci | Robert Zucconi |



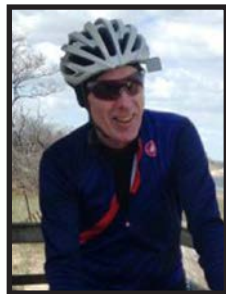
New Members:

- Patrick Martin
- Margaret Nenos
- Katherine Persky
- Jon Raymundo



Cycling Gear Roundup

TOPEAK EXPLORER RACK & KRYPTONITE KEEPER



BY TIM MAYR

My Giant Escape Hybrid usually sits in the basement all summer, so I decided to outfit it with a rack and basket and use it to run local errands.

TOPEAK EXPLORER RACK

Most hybrid bike frames have mounts for a rear rack; these are



threaded bosses located near the seatpost and the rear axle. The Topeak Explorer rack quickly mounted to my frame using these mounts and the included Topeak hardware. All of the included fasteners are stainless steel. Rack is very sturdy and light, at about a pound and a half, and it's rated to hold up to sixty pounds. I won't ever test that weight

limit, as I'm not rated to pedal uphill carrying sixty pounds. Topeak offers a few different versions of this rack, including one for bikes with disc brakes.

The rack has a mounting system called MTX Quick Track, various Topeak bags and baskets are designed to slide and lock onto the rack. I got the Topeak MTX basket, which can be mounted and disconnected in seconds, and the lock mechanism is very easy to use. The basket weighs about three pounds and can hold about twenty pounds.

The basket is fairly large, 16" wide by 13" long by 9" deep, with a shallower depth of 7" at the front of the basket for under-saddle clearance. The basket will probably not fit most smaller frames, as it slides right up to the back of the saddle. It just cleared the saddle on my size medium frame, which is about 53-54 cm.

I'm surprised that Topeak doesn't offer a smaller version of the basket, as it's definitely not "one size fits all."

KRYPTONITE KEEPER 585



I never bother with a bike lock on club rides, nobody is going to abscond with my ancient Ti bike when it's next to a shiny new Domane or Cervelo or Roubaix, but I decided to carry a lock for my grocery runs.

The Kryptonite Keeper 585 folding lock provides decent security, and

stores neatly into a carrier that mounts to bottle cage bosses. It's large enough to secure the frame and rear wheel to a post but only weighs about the same as a full large water bottle.

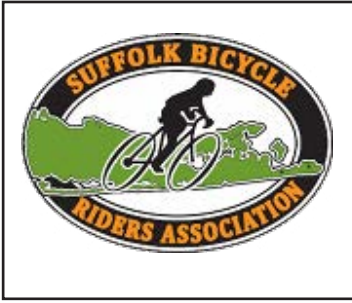
After setting everything up, I did an inaugural ride, dropping off a package at the local post office and picking up some groceries on the way home.

The rack and basket were secure and rattle-free, although I wasn't setting any speed records on the uphill grades. The bike with rack, basket, and lock comes in at around 33 pounds, exactly twice the weight of my Merckx.

Still, I now have more reasons to take a bike ride, always a good thing.



General Meeting Minutes



June 4, 2020

Call to order – President Joanna Pascucci called the meeting to order at 7:00 pm. Brenda Meyer was Zoom Host. Approximately 56 members and guests were in attendance.

Acceptance of Minutes – The May 14, 2020 General Meeting minutes were accepted, seconded and approved.

COMMITTEE REPORTS

Membership – (Ronnie Levy)

SBRA sent a renewal reminder email blast. We got 12 renewals. We have 590 members as of the end of May. Automatic Renewals (Brenda) There was a request from the membership for an automatic renewal option, it is setup now. Of the latest renewals 6 or 8 chose autorenewal.

Social Director (Darlene Merola) I spoke to a person at the parks. We can reschedule or hold the date or get a refund or get a credit. At this time we can have a max of ten people for the picnic, the exec board decided to cancel the picnic this year.

Virtual Rides – (Paul Miklean)

Virtual rides are listed on the forum. Virtual rides all occur for the group on the virtual ride at an appointed time. We start on our trainers and talk over an app called Discord. Some of us use Zwift. Zwift operates on smart trainers and everyone rides in a group that you can see on your computer screen. The smart trainer adjusts your speed to your effort Your display shows how you are riding in the Group. There is scenery and hills, it is very much like a group ride. Another option is to use a Youtube ride video. Watching the video gives you a sense of movement. (Brenda Meyer) I've found the Zwift rides with the group very enjoyable. (Christine) I enjoy it very much.

Treasurer's Report (Joe Matzelle)

A full report including the current balance in the SBRA bank account is available to any member by contacting Joe.

Bike CO-OP – (Michelle Dittmar) The Bike CO-OP is having movie night at Flowerfield on a Saturday night. Please text Michelle if you are interested in

going. There is lot of room for social distancing. The movie will be scheduled after enough people express interest.

Ride Leader Survey – (Joanna Pascucci)– Brenda sent out a survey to ride leaders to find out how comfortable ride leaders are with leading groups and enforcing various behaviors that might be required to minimize the spread of the COVID-19 virus. 41 responded to the email. 11 are not ready to post rides. Most who would post want small groups. Most would enforce masks and social distancing. Most would like a second ride leader to keep the groups small. NYS is just in phase 1. We will have a board meeting next week to figure out the restrictions on opening the ride calendar so we will be ready when we want to go ahead. Everyone has a different comfort level with riding in a group right now. (Anita) can we do RSVP on rides, a sign up ahead? (Paul Miklean) NYBC is starting to talk about what recommendation to make about bicycling now.

Webmaster – (Brenda Meyer)

If you see something that is not right or have any suggestions please contact Brenda.

GUEST SPEAKER

Isabel Schaefer. Isabel is a Spin and Pilates instructor. Isabel described what the gyms are discussing regarding re-opening. She also gave us some training tips and described how you can participate in Zoom training sessions that she leads.

Adjournment – The meeting was adjourned at 8:06 PM.

Respectfully Submitted,
Bruce Redlien, Secretary



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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



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



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



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



32 Windmill Lane
Southampton, NY 11968
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