

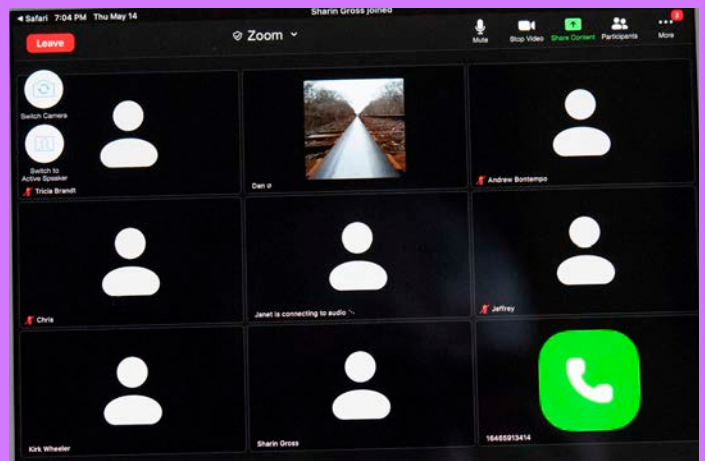
# ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

JUNE 2020

# ZOOM

# SBRA GOES VIRTUAL



Over 70 Members Attend Virtual General Meeting



# Message from the President

We have been through some tough times in the past few months.

I get asked about when the Ride Calendar will be open again quite often. Just as businesses are opening up with cautions in place, we will also have to keep in mind appropriate precautions.

I know that NYBC recommends that you ride solo or with family members. Wearing a mask is recommended when riding outside, but if you ride fast, it might hinder your breathing. It is recommended that if there is no one around to let the mask hang loosely around your neck. If you see other riders or walkers coming, pull it up around your face. The droplets hang in the air, so don't feel as if you are in the clear once they pass you.

Riding in a group will be a personal decision for our members. Some may feel they are not ready to ride again, and our Ride Leaders might not feel comfortable taking a group out.



Being a novel virus, this is also a novel circumstance for the club. I don't think anyone would have even thought that this would be a part of SBRA history, but here we are.

The club had its first virtual meeting in May, with over 70 members zooming in to see how everyone is doing. It was really exciting, and it might be the way we do meetings for the next few months.

SBRA members are a tough bunch, and because so many lasting friendships have been made over the years, it is hard to be away from our friends for so long. As the state and local governments open up, we will take our cue from them and hope before long we will all be on the road again.

Be well, and stay safe,  
*Joanna*



## NEW YORK TOUGH AND NEW YORK SMART!

### I CHOOSE TO WEAR A MASK WHILE RIDING MY BIKE

### I ORDERED A FEW, SO IF U WANT ONE, SEND ME AN EMAIL

[pugplay@verizon.net](mailto:pugplay@verizon.net)

### Cost is \$12



Here are some details from the company ...

- Reusable (Wash with proper sanitization after each use)
- Machine washable
- Comfortable 100% polyester fabric (Decorated front material is a poly sheeting, and the back is made from poly microfiber)
- Sturdy over-the-ear elastic straps for a snug fit
- One size fits most (7" x 3.5") to cover your nose and mouth
- May be worn alone, but designed with an insert slot for an optional surgical mask or a disposable mask (sold separately), which acts as an additional barrier to fluids and particulate materials
- Please note that our face masks have not been tested for flame resistance or skin sensitivity



## Safety Tips

**BY MANNY ROSENKRANTZ**  
*Education & Safety Director*

There may be some members who want to get back together for group rides. The suggested 6-foot distance is a guideline for stationary positioning. A much larger spread is recommended for cycling. I was very surprised to see two studies on YouTube about safe distancing.



These were studies done by hospitals in Belgium and Holland concerning the dispersal of moisture and droplets exhaled by a cyclist at various paces and how they remain in the air and are disseminated by winds. Without going into all the detail, the general rule both studies produced is that at a 16mph pace, the safety margin is at least 25 yards. Both of these studies that I saw went into great detail about how the testing was conducted, and the moisture exhaled was measured. I am only reporting here on the conclusions.

So if there are four riders, spreading 30 yards between them, this line of riders is more than the length of a football field. The last rider will probably not hear any call-outs of "hole."

The studies were not conducted with riders wearing masks. I tried wearing a mask on my first few rides out of quarantine and find it gets damp fairly quickly. From most opinions I've read, a damp mask loses a lot of effectiveness. My glasses would fog a bit, and it just got uncomfortable after an hour.

I do not plan on going on any group rides in the foreseeable future. I miss a lot of my fellow club members, but I am also learning to enjoy a solo ride. I get up when I want to, eat a leisurely breakfast and wait until it warms a bit so I can wear shorts and a short sleeve jersey. I find my own routes and ride at any pace I feel like. Each member will decide for themselves how they will be riding outdoors. Maybe you deem 30-35 yards too extreme, but the answer is obviously more than 6 feet.



## Important Dates

**VIRTUAL GENERAL MEETING**  
JUNE 4

**Annual Picnic** *Canceled*



**CONTRIBUTE TO  
YOUR  
NEWSLETTER**

Submission Due Date  
for July  
JUNE 22



# Ask The Cycologist

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

DEAR CYCOLOGIST,

I'm at my wits end with Covid19.

I haven't been in a store since March 12, but when I drive past Lowes in my town, the parking lot is full.

Paul Manafort can't stay in prison, but my kids can go back to school.

No graduation for my nephew, but he can go to Costco or Walmart full of people and then work at Burger King.

Wear a mask, don't wear a mask.

I don't have the motivation to get on my bike and ride alone. It's just not the same.

Should I wear a mask while riding?

There are no ride postings.

My local club is doing zoom meetings now.

Is it OK to go out? Are there places where riders can have a break and get coffee?

My governor says no, but my president is telling the people to force him to open up my state.

Protest rallies with guns. Angry people ignoring all the rules about what we are supposed to be doing.

Should I just listen to the politicians, get my friends together, and start riding again? Lord knows we are desperate to get back to somewhat of a routine.

Should I listen to the science and stay home, read, look for a new job and relax?

Signed,

Tony Fauci

Dear Tony,

Always go with the Science!!!!!!!

Stay Safe,  
The Cycologist



## VIRTUAL MEETING FEEDBACK

**The zoom meeting was really good. It was nice to feel connected even though not with my riding friends. The info on the virtual rides was very interesting as well. And especially, I was able to "attend" while I was cooking dinner. On a day that I am running really late, I would not be able to drive and make the meeting in time if I had to get to the usual meeting place.**

**Lynn Heimberger**

**I thought the zoom bike meeting was really good, but I have to figure out how to see everyone's face. For the last 23 yrs I have grown accustomed to seeing and riding with my SBRA bike friends at least once a month during winter, and 3-6 times a week during bike season, so I am addicted. I miss the riding and, just as much, miss all the good SBRA people who I am proud to call friends. It was good to see and hear them on zoom. Stay well and strong.**

**Barbara Braun**

**Reaction to meeting.....**

**Absence makes the heart grow A LOT fonder...it was AWESOME seeing the SBRA Family on Zoom !!!**

**Christine Tanney**

**Hope it isn't the new normal (hate that expression) BUT still better than not connecting at all. On the positive side, more members were able to attend. It will be interesting to see if "turnout" is as high for the next meeting.**

**Bernie Scherer**



# Three Islands Rides for Childhood Cancer

BY JOHN ACCARDO



Well, May 3 came and went, and as I wrote in last month's Rolling Wheels, the 5 Boro Bike Tour was not to be. I had instead planned a 66-mile solo ride from home to Montauk to thank my sponsors for their support of my St Baldrick's team, but that day turned into something even greater: a "3 Islands Ride" spanning 5,000 miles!

No, I didn't ride 5,000 miles, but with the diversity of our team, we all did our part to fulfill the day with rides in our own localities. Mine was here on Long Island, while another teammate rode on Staten Island, and my sister, who normally makes the trek east, rode the 40 miles on the Big Island of Hawaii where she lives.

## HERE ARE A FEW SNIPPETS OF THE DAY.

### STATEN ISLAND:

Teammate John Clementi; an avid BMX rider, joined us for the 2nd year. He hadn't done much riding yet this year and wasn't well prepared, but still managed 28 miles on a BMX bike. His final words were, "My legs felt the wrath today." At least his ride was actually on one of the 5 Boro's. See his picture in front of the usual grand finale of the 5 Boro tour!



### THE BIG ISLAND OF HAWAII:

5,000 miles west, in the little village of Volcano, is where my sister Julie calls home. It is perched 4,000' upon the Kilauea volcano just outside the entrance to Volcano National Park. She and four friends held their own virtual 5 Boro ride. Julie, Anne Marie, Laura, Caren, and David had an epic 40-mile ride while managing social distancing. They cruised the highway through lava fields and broad vistas of the Pacific ocean and Mauna Loa from Volcano village down 3,000 feet elevation to Pahala and back up 1,000 feet to ride the area's back roads. The weather, as well as the views, were amazing. She's hoping to convince a couple of her friends to do the real thing with her and me next year in New York. See their "posed" group photo.



### LONG ISLAND:

The advanced weather for Sunday, May 3, was looking awesome, so I was gung-Ho for my alternative ride to Montauk. On Thursday, April 30, I got a call from my Teammate, John Granger, asking if he could join me. He is the father of a childhood cancer survivor. I welcomed the company for the ride but reminded him it was 66-miles. He said, "no problem", and should he bring his tool kit? But he added I don't know how to change a flat (he also hadn't ridden a single mile yet this year)!

Sunday Morning arrived, and what would tour day be without rain? At 6 AM it was teeming, but the forecast was for an early end, and by 7:30 the sun was peeking through the last of the clouds. John arrived a little late, having had flashbacks of last year's 5 Boro soaker. He was the poster child for Bianchi: bike, helmet, gloves, water bottles, etc. We made our final checks, and we're off.

The sun was gleaming as we rolled from my home in Shirley at about 8:15 AM. We took the northern (Pine barrens) route up North Street, Mill Rd to Edwards, and down route 24 to the Big Duck. I was "Go-Proing" our ride and mixing-in some local history along the way. The consistent Southwest wind was a welcome aide throughout the ride.

We made additional stops at the Shinnecock Canal, the James Corwith Windmill, and the just reopened Hampton Coffee Company in Water Mill for a nice caffeine jolt and a Bio Break. As we headed further east, John's lack of miles began to become evident, with frequent wait-ups.

...Continued on the next page

## Three Islands Rides for Childhood Cancer ... continued

As we neared East Hampton, I couldn't see him in my mirror anymore. After waiting a few minutes, I backtracked to find him with what else? A Flat. But not just any flat, it was as if a rogue IED had impaled his rear tire with shrapnel. So a roadside lesson in flat repair took place on the Montauk Highway shoulder. With a tube replacement and a shot of CO2, we were back underway in short order. (I've got to confess this was the first time I've done this, I ride tubeless)

We made one last stop at the Old Hook windmill in East Hampton, and then it was express to the Point. Our social distancing grew greater with every mile, and I arrived at the Point about 10 minutes before John even with multiple photo stops. But we made it! 66.3 miles for kids with cancer. A couple of photos in front of the lighthouse, a quick closing video and we were hustling back to the LIRR station, and directly into that Southwest wind.

The ride was, of course, symbolic, as were my teammates' rides on Staten Island and Hawaii. The real success was the fact that the team raised just shy of \$5,000 for The St Baldrick's Foundation and their mission for improving the outcomes for children with cancer. Next year when we're hopefully back to normal, we will be riding the 5 Boro once more.

In the meantime, I'm planning my next adventure, which I'm dubbing "BBBT" Bike-Boat-Bike-Train. I'm thinking a Twin Points ride; Ride out to Orient Point, Ferry and ride across Shelter Island, and then the final push out to Montauk Point, with a Train ride home for the "T." It would be my first century ride, hope I don't get a flat!

See you out there!



John Accardo and John Granger at the completion of their 66-mile trek to raise funds for childhood cancer.

## 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

## 2020 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	Norman Samuels	631-928-3913
QUARTERMASTER	Chuck Ackerman	631-979-9644
REFRESHMENTS	Tom Pfisterer	631-585-6417
REFRESHMENTS ASST.	Hava Forziano	
STATISTICIAN TEAM	John DeRico	631-874-3669
STATISTICIAN TEAM	Tricia Brandt	631-874-2686
STATISTICIAN TEAM	Valerie DeRico	631-874-3669
SUNSHINE	Bruce Presner	516-702-5639

# THE BASICS – Fixing a FLAT!

BY NORM SAMUELS



**CAUSES OF FLAT TIRES: INNER PUNCTURE (RIM TAPE, SPOKE NIPPLE) OR OUTER SURFACE (THORNS, STAPLES, GLASS, WIRE), UNDER INFLATION (SNAKE BITE).**

The first task when fixing a flat tire is finding the cause of the deflated tube. When on the road or in the woods, this is an essential step for continuing the ride successfully.

If you don't find the cause, you may have to tackle the whole problem a second or third time.

Sometimes the reason, such as a shard of glass, may fall out of the deflating tire and not be found, but most often, the culprit remains in the tire ... ready to bite again.

If you took the time when the tire/tube was mounted to place the tire manufacture's label aligned with or directly across from the valve, then the leaky tube holds a hint as to the location of the cause. Inflating the leaking tube and observing where the puncture is located can be used to locate the cause of the flat.

Some folks prefer not to remove the entire tire before removing the tube before this partial inflation and fill the tube as much as possible listening/feeling for the escaping air. The use of orientation of the tube valve and the tire marking can be done even with the tube removed, but the cause may be found in either direction of the distance away from the valve and using the valve hole in the rim for the base of the measurement when looking for the problem.

In most cases, I have found the cause by wiping the inside of the tire with my hand. This works to a good degree but there is the danger of having the cause of the flat becoming the cause of cutting one's finger tip. Some folks carry a cotton ball and drag that around the inside of the tire. The snagged piece of cotton is a good indicator of the cause of the flat.

I've had an occasion when a broken wire from a Mtn Bike tire sidewall would puncture a tire and then "hide" within the tire casing only to cause another slow leak at a later date. I only found this

sneaky devil by turning the tire inside out and carefully inspecting the casing.

Once the cause of a flat is found it most certainly must be removed and the removal is on good reason to carry a small knife and even tweezers.

Most riders find that carrying a spare tube and repairing the puncture at home to be the most convenient approach to puncture repair. Once at home, even the smallest hole can be found. If the leak is too small, such that the escaping air is not heard or felt (while holding the tire near my cheek), then I fill the sink with a couple of inches of water and rotate the inflated tube under the water. Sometimes patience is needed as the really slow leaks have tiny bubbles that slowly escape the tube and rise to the top of the water. The only problem I've had with using the sink is remembering to wipe off the dripping tube before traversing the kitchen and leaving a messed kitchen floor.

Over the years, I've learned two valuable lessons in repairing damaged tubes. First, I don't repair tubes immediately after the flat but save them for a rainy day project when I have a production line of six or more to repair. I've given up buying the small tire patching kits that have assorted feathered edge patches, the small tube of glue and sandpaper or roughing tool. The last patch kit I purchased is still unused and carried on longer trips where I might run through the two spare tubes I carry.

The reasons for this are: usually, the assorted patches only have two or three small patches that can be used on tubes for typical road tubes. I could cut down the larger patches but would lose the asset of the feathered edges, which help seal the patch to the tube. Also, I don't use the small tubes of glue that dry out after a period of time. To replace these items I've purchased online a box of 50 patches of the size I need most often and also purchased a bottle of Elmer's rubber cement at a craft store. The bottle has lasted a number of years.

# SBRA Presents Virtual Rides

BY PAUL MIKLEAN  
SBRA VP of Operations

Imagine going on an SBRA ride with the following benefits:

- Getting to the ride seconds before or even after it starts without annoying anyone.
- Not having to drive 30+ minutes to get to the start.
- Finishing your ride and taking a shower right when you are done.
- No problem finding a bathroom.
- Being on your bicycle and viewing the French Alps one day, while peddling and experiencing the Upper West Side (of Manhattan) the next.
- No sweep constantly and excessively yelling "car back."
- No potholes.
- Rain, wind or cold is never an issue.
- No one giving you the finger.

The list is endless

Yes, this is what awaits you when you go on an SBRA virtual ride.

QUIT MEETUP

MENU

Brenda Meyer (SBRA)'s Meetup

Grouping Enabled. You'll stick together!

4 5

01:47

Sand And Sequoias

25.0 mi

Brenda Meyer (SBRA)'s Meetup

A chance for anyone new to Zwift or any SBRA group activity using Discord and some form of exercise. Everyone stays together on this ride.

Message the group...

Available now, on the SBRA Forum, are virtual rides. With the Belgium-Dutch study report<sup>1</sup>: "What is a safe distance when running, biking and walking during COVID -19 times?", the 1-2 meter/6-foot social distancing rule does not apply to bicycling, and turns out to be a whopping slow riding 10 meters, and hard biking at least 20 meters. As such, I've decided that virtual riding is most suitable for me and will be so until a vaccination is available to provide me with immunity.

Originally, with the onset of Covid-19, I tried using my trainer to get some exercise, but found it to be boring and tedious. However, I soon discovered that Tom Gorman, had posted on the SBRA Forum, a method to make the training more social. Tom suggested getting on to his Discord channel to join with him, while he too was training at home. Discord, like Zoom, FaceTime, and other similar chat apps, allows for voice, video, and text interactions.

With the download, Tom and I spent time chatting together on our cell phones, while each of us were on our respective trainers. Tom has a Wahoo

Kickr, an elaborate smart trainer which he uses in conjunction with Zwift, a computer program which displays his avatar and other riders on a computer screen, of country routes and city streets such as New York City and London. My trainer simply allowed me to connect my bicycle to it. My visual experience was to watch my neighbors walking their dogs as I spin on my porch. Soon afterward, I discovered that I too could enhance my virtual experience by having my laptop link with a virtual bike ride on you-tube. I've now experienced virtual rides in NYC, Italy, France, Spain, and Canada. There are an unlimited number of virtual rides on you-tube.

Over the past number of weeks, there's been a steady increase in SBRA member participation on these virtual rides. It does not matter what type training platform you use, or if you use one at all. Just come and join in for a chat with friends and enjoy SBRA rides again.

<https://medium.com/@jurgenthoele/belgian-dutch-study-why-in-times-of-covid-19-you-can-not-walk-run-bike-close-to-each-other-a5df19c77d08>



# June Birthdays:



# HAPPY BIRTHDAY

- |                    |                   |                   |
|--------------------|-------------------|-------------------|
| John Accardo       | Sharon Hansen     | Juan Pabon        |
| Linda Bennett      | Dean Joseph       | Elizabeth Pile    |
| Michael Beukelaer  | Richard Karelis   | Bruce Presner     |
| Robin Camhi        | Jason Kary        | Bruce Redlien     |
| Darren Feller Carl | Pasquale La Manna | James Rice        |
| Karen Catoggio     | Donna Leahy       | Russell Robarge   |
| Mark Coffey        | Chuck Leja        | Joe Rogers        |
| Louis Corrente     | Susan Lense       | Janice            |
| Christine Davis    | Dan Lenz          | Rosenkrantz       |
| Anthony DeLio      | Yvonne Levine     | Manny             |
| Dennis Desmond     | William Lightbody | Rosenkrantz       |
| Alissa Donato      | Joe Matzelle      | Laura Spielman    |
| Peter Endriss      | Edward McNamara   | Louis Tutone      |
| James Fehling Jr   | Kwonyu Mei        | Manuel Viveros    |
| Charlotte Gerde    | Nubia Munar       | Jane Wirth        |
| Jerry Gippetti     | Frank Oliva       | Christopher Xikis |
| Alison Gonzalez    | Nancy Olsen-Tank  |                   |

## New Member:

**Frank Strobel**



No one came through with a caption for this shot.  
Have one? [Email: bys1@optonline.net](mailto:bys1@optonline.net)

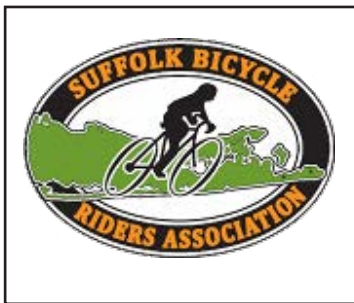


Hmmm...



Honestly, I saw it online.  
If you massage the tire, you  
increase your speed by  
20%!

# General Meeting Minutes



**May 14, 2020**

**Call to order** – President Joanna Pascucci called the meeting to order at 7:00 pm on Zoom and directed the meeting. Webmaster Brenda Meyer was the Zoom host. Approximately 76 members and guests were in attendance.

**Acceptance of Minutes** – The February 2020 General Meeting minutes were accepted, seconded and approved. The March and April General Meetings were canceled because of Covid-19 restrictions.

## COMMITTEE REPORTS

### Joanna Presidents Report

We had a zoom executive committee meeting at the end of April. The executive committee decided to cancel BBB due to Covid-19 restrictions and cancel the Montauk Century since there are no dates this fall that do not conflict with other events. We are holding off these events until 2021.

### BBB (Jeff Meyer)

We have been reimbursed most of the money laid out, with the exception of two minor credits being held by the Town of Southampton and the Suffolk County Parks Department, toward next year's event. Additionally, although not yet received, the Town Clerk of the Town of Shelter Island stated we would receive a full refund of Application Fees.

### Membership – (Ronnie Levy)

We have 582 members. There is one new member in May. There were a few renewed memberships in April. We are down about 90 members from this time last year.

### Sunshine (Bruce Presner)

John Shea has been hurt on a ride. No Reports of anyone with the virus.

### Webmaster – (Brenda Meyer)

Anyone who ordered a jersey through the club should be getting them soon, they have been mailed out. If you see something that is not right or have any suggestions please contact Brenda.

### Safety Director – (Manny Rosenkranz)

I rode today. I saw riders from another club in close groups. The studies show you need 25 to 35 meters separation to avoid aerosoles and droplets.

### Rolling Wheels (Bernie Scherer)

Bernie thanked everyone that has submitted articles and looks forward to more interesting material. The deadline for the next issue is May 21st.

### Treasurer's Report (Joe Matzelle)

Last year we had proposed a break-even budget that assumed the club would make \$7000 from BBB. We will not make any money from BBB. After the permit fee refunds we have expended \$819 on BBB. We have some reduced expenditures because the restrictions: less \$800 for general Meetings, less \$500 for executive board meetings, less the \$2000 subsidy for the picnic, a \$1100 refund for the excess liability for BBB. We have 2 major expenses coming up: \$2200 for the storage unit and \$1500 for advocacy. On income we usually get 800 members by July but we may have only 600 members this year. - Adding it all up we have a deficit of \$6500 which will leave us with \$14375 starting in august. We are in the black but we need \$20k at the start of August to have the cash to pay upfront BBB expenses. So we can't have BBB unless we do something different in Aug- Feb of our next fiscal year. Possible actions are cutting expenditures for executive board meetings, the holiday party and awards. SBRA fixed expenses are covered by the dues from 600 members.

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

(Joanna Pascucci)– we don't know what will happen the rest of the year. Please encourage your friends to renew their memberships or sign up.

CONTINUED ON NEXT PAGE

## NEW BUSINESS

### Executive Board Meetings (Norm Samuels)

Please publish the Executive Board Meeting Zoom invitation on the ride calendar. (Brenda Meyer)  
Zoom costs the club \$14.95 a month

### Riding Conditions Discussion

(Marc Reiser) - Are any Bathrooms open? (Jeff Meyer) - Bagel Shops and Pharmacies such as CVS and Walgreens have bathrooms open. There are porta pottis at some marinas and at Werthiem.

(Karen Giles) Smiths Point and Cupsogue will open Memorial day weekend. They will require masks in the common areas.

(Pete Golder) - Home Depot and other big stores have restrooms open.

(Ronnie Levy) – be very careful of using Public Bathrooms. This is serious stuff and small enclosed places can hold the virus for extended periods of time.

(Rich Karelis) – I agree with Ronnie. Keep the rides short.

(Joanna Pascucci) - It is safer to ride from home and keep rides short. The ride Calendar will not be opened until the Governor has approved group sports and we feel it is safe.

Virtual Riding (Joanna Pascucci) The club is investigating virtual riding – it is something to do now and will be good for the winter. Paul and Tom will describe their experiences.

(Paul Miklean, Vice President of Operations) - The forum now has a category for virtual rides. The virtual ride posts on the forum give you the date and time and how to join the ride. I'm using the Discord app

on my phone to chat to friends while I'm using my trainer. I also watch a Youtube bike ride video during the session. Since the connection with the other riders for me is just the audio chat channel the other riders can be doing any sort of training that they choose. The combination of watching the Youtube ride on the screen and chatting with friends who are working out makes my time on the trainer much more interesting.

(Tom Gorman) uses Zwift and posts rides on the forum. Anyone with a smart trainer and Zwift can join up using the directions on the forum post. The Zwift group rides together seeing the same screen and feeling the same hills!

(Brenda Meyer) has started using her smart trainer and has joined Zwift rides with Tom. She has found that the Zwift meetups makes riding the trainer very enjoyable.

(Tom Miceli) stays in shape with Zwift when the weather is inclement.

(Joanna Pascucci) does virtual Spin Classes on Zoom. The gyms are selling Spin Bikes cheap right now but you can do virtual spin classes on a regular trainer also.

(Barbara Braun) has been using the Peleton app while on her trainer. It makes the training session much more interesting.

Adjournment – The meeting was adjourned at 8:19 PM.

Respectfully Submitted,

**NEXT VIRTUAL GENERAL MEETING JUNE 4**

Meeting Details: <https://www.sbraweb.org/node/34502>

# Support Our Sponsors



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