

ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

AUGUST 2020

Members Reflect on Riding During Pandemic

Experiences of a New Ride Leader During a Pandemic

BY SUSAN SEARS



I have a new respect for all those who have been dragging me around for the last few years. Ride leading: who knew (being in front) could be so much work?

It's been one week and six rides since I qualified as an SBRA ride leader. A quick thank you to those forgiving members who joined me on these rides -- my first ride was a perfect B- pace, but it has gone erratically downhill (and uphill) since then! Rides have come in between 13.5 and 15.5 - oops! It appears keeping to the posted ride level is a lot harder than anticipated.

First lesson learned: don't rely on the accuracy of the map-myride phone app -- at least when it relates to average speeds during the ride. (Perhaps with the long quarantine, the app is having a domestic dispute with the satellite

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Kahuna's Suggestion: 2020 Ride Leader Jersey



Riding During a Global Pandemic

BY JOHN ACCARDO

Working from Home, Early Solo Rides, Turtle Rescues, summer challenge, Snot Rockets and other anecdotes of living in a global pandemic



Working From Home

For me working from home started well before this pandemic. It's great not to have to set an Alarm clock....except my dog's biological clock is more accurate than Big Ben. At 6 AM I'm afraid to bat an eyelash, but invariably I feel thump-thump of 2 paws on the bed followed by pant pant pant and a wagging tail; Pepper the 4-legged alarm clock has done it again. So, after feeding and walking him, and downing a couple of cups of fresh perked coffee, what else to do but go for a ride? After finally getting into a groove riding club rides last year, I've come full circle to solo riding; some 1900 miles as of this writing (I could probably stay with Lee K's rides once again).

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Inside Read: **The GOOD, the BAD, & the UGLY!!!**

Not Posting BUT Still Riding

THE WAY I SEE IT

Going with the Flow



Not Posting But Still Riding

WHEN THE CLUB CALENDAR CLOSED DOWN, CHRIS AND I WANTED TO CONTINUE RIDING WITH OTHER RIDERS. THE ONLY WAY THIS COULD BE ACCOMPLISHED, AT THE TIME, SINCE THERE WAS NO CALENDAR, WAS THROUGH EMAILS OR TEXTING, SO THAT'S WHAT I DID. I STARTED OUT WITH A GROUP OF 8 TO 10 RIDERS. I WOULD SPLIT THE RIDE WITH ANOTHER RIDE LEADER IF IT WERE NECESSARY.

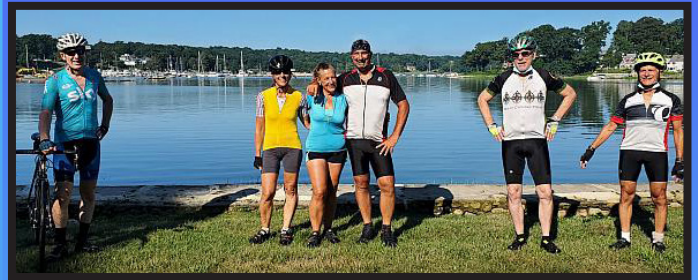
AS OF TODAY, THOSE RIDERS ARE STILL IN THE GROUP. I HAVE NOT EXPANDED THE GROUP FOR SAFETY REASONS. ON THESE RIDES, SOME WEAR MASKS, AND OTHERS DON'T, THIS IS UP TO THE INDIVIDUAL. I HAVE BEEN RIDING WITH THIS GROUP FOR A LONG TIME NOW, AND WE ALL FEEL PRETTY SAFE.

IF I WERE TO POST ON THE CALENDAR, IN MY OPINION, THE ONLY CORRECT WAY WOULD BE TO DO THE ENTIRE RIDE WITH A MASK. FOR ME, BREATHING IS DIFFICULT WITH A MASK. THE MASK ON, MASK OFF RULE, OPTION WHEN PASSING PEOPLE, OR STOPPING AT RED LIGHTS PRESENTS A SAFETY ISSUE, WITH ONE HAND ON THE BIKE WHILE THE OTHER IS FIDDLING WITH A MASK.

RIDE SAFE –
BOBBY

Going with the Flow

Going with the Flow. Yes, it's been a very different year for me riding.



THE GOOD: I met Dominic. Dom restarted his cycling career on my mountain bike taking on 7 sister's as his first ride with me & babe ...Lisa Romanche. Realizing his love for riding (& me), he then quickly visited Carl Hart & bought his new steed a Cannondale Synapse! Yeah!!! Riding around our schedules, weather & life permitting, we biked together as much as we could. We visited friends and family as well as criss crossed the island for fun. Keeping it fresh every ride. As of today I'm close to where I want to be strength wise.

THE BAD: COVID! I miss the club rides, my buddies, the wonderful events & not being able to introduce Dominic to them all.

THE UGLY: NO hairdresser, no mani pedi, no LA fitness, no SBRA! What more can I say? Lots of alcohol & good eats & of course Dominic. It's all worth it! I hope all is well with all of you.

Looking forward,
Cathy

The GOOD, the BAD, & the UGLY!!!



The **GOOD** is I can match my mask to my Jersey or Bike!

The **BAD** is COVID-19!

The **UGLY** is having to change my own flat tire.....L L!!!

What's your **Good**, **Bad** and **Ugly**.....???

I ride in my neighborhood and seem to be the only one with a helmet. A pedestrian getting her exercise called out, "That's a funny hat."

R. Ross

THE WAY I SEE IT

GORDON HOWARD

I have been leading rides and make sure that I am sticking to the SBRA guidelines by splitting the rides up when more than 6 riders show up. I keep at least 6 ft away from everyone else as much as possible. I wear my mask as much as possible, but it's hard to breath when I am riding so I don't wear it all the way up all the time. There's no coffee at Briermere but they have everything else I think.



Riding During a Global Pandemic

CONTINUED FROM PAGE 1

BY JOHN ACCARDO

MORNING RIDES / TURTLE INTERVENTIONS

Heading out into the pine barrens every morning at 7 AM is quite peaceful, cool, and rarely windy. I'm riding between 20 – 30 miles each day, I've also picked up a side hobby; rescuing wayward turtles. I've seen more Eastern Box Turtles than I can remember. They seem to get in the middle of the road and stay there, maybe to warm up, or they're waiting for me? I take their photo and then help them finish their crossing. I've also created the hashtag #noflatturtles for my photo posts. PSA: Always move Turtles in the direction they were headed!



2020 SUMMER CHALLENGE

Everyone's looking for a way to supplement their business in this crazy pandemic. The race timing company "Elite Feats" created a "202.0" summer challenge for runners to log at least 202.0 miles this summer. It began on June 20th and runs through Sept 20th. For us 2-wheelers, they also created a 1,000-mile challenge. Everyone gets a commemorative Tee, a finishers medal, plus a race bib with your final mileage at the end of the summer. Of course, I did it, and I'm at 670 miles



as of July 20th and have been waffling between 7th to 4th place overall thus far. Anyone else in the club doing this? Sorry, it's too late to sign up now.

BUSINESS IN A PANDEMIC

Many businesses have struggled mightily since this pandemic struck, restaurants were closed, and non-essential businesses were closed, but bicycles? Wow, the box stores were wiped out of cheapies, and the bike shops couldn't keep up! My wife wanted a new bike because she couldn't ride the hulking Schwinn (3-speed) cruiser she bought three years ago. It was still mint, so I put it on Craigslist on a Friday evening, and it was gone 10 AM on Saturday (for almost what we paid originally). She's now upgraded to a LIV 7-speed that weighs about half what the Schwinn did. Thank goodness the Bike shops are essential businesses!

SNOT ROCKETS

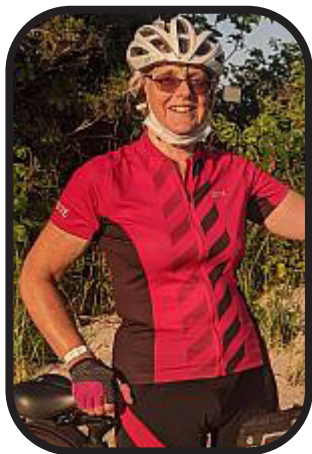
Yes, until this pandemic, and the new social riding guidelines, this was a phrase that was not in my repertoire. BUT NOW.....it seems to fit well for lots of things. I can hear club rides in the future: "Car Back" "Runner Up" "SNOT ROCKET!!!" #snotrocket #no!snotrocket

Its good to see some group rides showing up in the mornings, but I don't think I can stand riding wearing an N95. I'll have to try one solo and then maybe hook up with some club rides in the future, In the meantime, I'll be waving hello as we pass (at a safe distance)

Experiences of a New Ride Leader During a Pandemic

CONTINUED FROM PAGE 1

BY SUSAN SEARS



network?) My primitive cycling computer is not much better and struggles with simple division and multiplication. I'd like to officially announce I am researching Proper Technology in the form of Garmins v Wahoo cycle computers.

Another major hitch has been that my computer/ phone refuses to send the sign-in sheet to the statistician. It turns out that my name is blocked because of

spam mail having a similar name to me. Yay technology?

But my new role isn't all doom, gloom, glitches, and plague: your newly-fledged ride leader is enjoying

herself, I promise!

Maps are my passion, so planning interesting routes, bypassing unpleasantly big hills -- I don't mind politely smaller hills -- has been great fun. Delicious destinations are always a bonus, and I have new routes for Briermere (the Pie place) and Nettie's bakery! Good scenery and low traffic roads are a must, with ice cream and fruit pies being close contenders. Setauket Hills remains one of my favorite rides, but I need to remember that those hills slow the pace.

The quarantine rider-limits may not suit everyone, but I find I rather like the new club-mandated smaller rides: it's so much easier to lead eight people without losing anyone. I ask riders to text me before the ride, so I know who to expect. The advantage of this advanced-warning method is that if everyone has turned up, we can set off early!

Hoping to see some new faces on some of my future rides. Join me in my new adventures!



Message from the President

SBRA Looks head to the New Normal

WE ARE ALMOST AT THE ONE MONTH POINT SINCE WE REOPENED THE RIDE CALENDAR, and it would seem that members are mostly heeding caution and riding by themselves or in groups that they feel comfortable with. I want to thank the ride leaders that are posting rides and adhering to the new Ride Guidelines. It has not been easy, but I am finding that people are respectful of fellow riders, stay apart, and wear masks when appropriate. I know that masks are becoming more and more important, and that is not going away anytime soon. We all hear the same thing on the news, so I am going to spare you the mask sermon, but PLEASE wear a mask so that when you come on an SBRA ride, you are protecting yourself and your fellow riders.



few months and have changed the shape of many things we used to do. We do not bike the same, we don't shop the same,(I had to wait on line at the bike store) we do not worship the same, we do not socialize the same, we don't go to a doctors appointment the same, we do not see our families the same way as we did before. All of these things are changing their shape and are finding a new normal. This includes the bike club, and after a period of not knowing what is good or bad, we will find a new normal and get back on the road again. There is nothing wrong with being more considerate or cautious, even if that means not riding on a club ride.

During the intensely hot days, make sure you **HYDRATE** and take it easy. The Heat sneaks up on you!

Our lives have been forever changed by the past

Be safe everyone!
Joanna

2020 Executive Committee

PRESIDENT	Joanna Pascucci	631-747-3464
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VP OPERATIONS	Paul Miklean	631-689-7186
TREASURER	Joe Matzelle	631-949-4458
RECORDING SECRETARY	Bruce Redlien	631-567-7551
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RIDE DIRECTOR	Tom Miceli	
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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
NEWSLETTER	Bernie Scherer	631-804-0751
PHOTO GALLERY EDITOR	Norman Samuels	631-928-3913
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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

Greg Wirth



It was with a heavy heart that Linda Resnick informed SBRA of Greg Wirth's untimely passing due to a heart attack while they were on a ride together. He leaves behind his wife, Jane, an SBRA member, and children; Erin and Douglas and three grandchildren. Jane and Greg were married for 37 years.

I met Greg three summers ago, riding on many different rides. He was sweet, caring, and thoughtful. He would come up and help pull without being asked. He was a strong rider (B/B+) with good power. However, he liked to ride at any speed, preferring the hills of the North Shore. He was passionate about cycling, often riding six days a week. Greg was a true gentleman who was willing to help out on a ride and had a gentle sense of humor.

I, as well as many others, enjoyed his conversations during breaks. Greg recently discovered he had half-siblings and reunited with them. It was a positive experience, and he was enjoying getting to know them and discovering their similarities.

Greg will be genuinely missed by many in SBRA who had the pleasure of knowing him. Donna Leahy and I are at the beginning stages of planning a memorial ride in his honor sometime in August. Information will be shared with the club.

RIP Greg, watch over your family and friends from heaven. Watch over us as we do your favorite activity of cycling.

---Laura Caccavale

THERE WILL BE MEMORIAL RIDE IN GREG'S HONOR ON SATURDAY, 9/12 (RAINDATE: SUNDAY, 9/13). RIDE START: EASTPORT THE RIDE IS BEING COORDINATED BY LAURA CACCAVALE AND DONNA LEAHY



Safety Tips

Where Should We Ride on the Road

BY MANNY ROSENKRANTZ
Education & Safety Director

NY Vehicle and Traffic Law Section 1234 says we should be riding on a usable bicycle lane. If none is provided, ride near the right-hand curb, roadway edge, or on a usable right-hand shoulder in such a manner as to prevent undue interference with the flow of traffic. (Note: this does not mean riding in the gutter, which should never be done).

There are exceptions, such as preparing to make a left turn, or when necessary to avoid conditions that would make it unsafe to proceed. There is one major exception in the law that I want to stress here. We can take the lane if the traffic lane is too narrow for a bike and a vehicle to travel safely side-by-side within the lane. Here is an excerpt from a booklet distributed by the League of American Bicyclists during a two-day cycling safety course last year.

If you don't feel there is sufficient room for the lane to be shared, meaning where you have at least three feet of clear space on either side of you, the curb or parked cars on your right and passing traffic on your left, you should ride in the middle of the traffic lane where other vehicles will have to wait until it is safe to pass you rather than share the lane.

I may have told my personal story before, but it applies to what I'm saying here. I was riding solo

on 25A in St James, heading to Stony Brook. As you pass Lake Ave on your right, you come to the LIRR overpass, where the shoulder disappears, and the lane narrows. I slowed and waited for one car to pass me and then took the lane. Another car came up behind me, I sped up and then resumed riding on the shoulder about 40 yards ahead. The driver slows and comes alongside me and rolls down the window. I chose to take the initiative and yelled out, "What's your problem, I slowed you down for 10 seconds?" He yells back, no, that's exactly what you should have done. I was amazed and started to yell as he rode by, "You're a cyclist, aren't you?"

Riding two abreast is permitted if sufficient space is available (Note that some sources say that riding alongside presents a lesser coronavirus risk than riding behind another rider). There are exceptions if passing another cyclist or being passed by another cyclist or vehicle.

When coming to a red light, we need to place ourselves in a position that tells others where we are going. Obviously, be in the right portion of the lane if making a right. If you are making a left or going straight, place yourself in the middle of the lane. This will prevent vehicles that are making rights from cutting in front of you. Always try to get the driver's eye and signal where you are going.



CONTRIBUTE TO YOUR NEWSLETTER

Submission Due
Date for September
AUGUST 20

Send submissions to
bys1@optonline.net

Important Dates

 VIRTUAL GENERAL MEETING
AUGUST 6

 RIDE CALENDAR NOW OPEN

 GREG WORTH MEMORIAL RIDE
SEPTEMBER 12
RAIN DATE: SEPTEMBER 13



Ask The Cycologist

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



DEAR CYCOLOGIST,

Dear Cycologist,

Rides have begun again in my club. Strict rules are laid out. My problem is riders have been so confused. Bernie had a knee problem and went to an orthodontist. Manny had a seat rash and went to a proctologist. John forgot a cooler of beer, and when he sat on a stool he got on eBay it went bust. Bill hasn't posted and they reported him as missing. Fred has everyone wear masks and now they're known as the James's gang. Joanna posted a B/B+ ride and never showed up at the end. Christine got kicked off a ride for her critical analysis of the color of people's face masks. Everyone is out of sorts. Is there a remedy?

Signed
The Masked Bandit

Dear Masked Bandit,

I Listen, after all these months off, be glad your riders are enjoying the rides. Imagine if you couldn't get out there with your club members. Appreciate all their quirks and differences. Anything is better than riding alone. Let go of judging people and enjoy letting them be who they are. That's what makes a club great.

Sincerely,
The Cycologist

August Birthdays:



Michael Adams	Mike Fiorella	Marianne Morahan
James Allen	Maryann Galante	David Morton
Kevin Brogan	Melissa Gallagher	Jeremy Oatis
Elyse Buchman	Steven George	Peter Olivieri
Robert Cammarata	Carolyn Gilbert	Fernando Pabon
Glen Cochrane	Peter Golder	Patricia Peterson
Gerald Cole	Tom Gorman	Mary Petrano
james Constantine	Ralph Gulemmo	Heidi Petrie
David Cook	Nancy Huberts	Scott Posner
Lynelle Corrente	Andrea Huggler	Robert Pospischil
Joseph DePalma	Rob Hughes	Richard Reed
Elizabeth Dinger	Ellen Jaffe	Arthur Shaw
James Dowd	Lloyd Lense	Larry Skittone
Nancy Dunlop	Mark Lewis	Mary Ellen Stajk
Miles Elster	Dominic Locurto	Warren Stoker
Gloria Esposito	William Madeira	Christine T***y
Mel Evans	Vaughan Maloney	Jackie Thiele
Gary Ferrero	Albin Matukonis	Kevin Williams
Brian Ferris	Brian McCarthy	Kenneth Wong
	John McDaniel	

New Members:

Marie Pierre	
Sue Sabatini	
Alyssa Chvasta	
Richard Croke	Jonathan Jordan
Elizabeth DiFranco	Bruce Madonna
Patrick Dooley	Mary Petrano
Alice Greene	Frank Romano
Katherine Hinsch	Luciano Sabatini
Nancy Huberts	David Velez
Pete Hutter	Frederick Welge



Rolling Wheels

NEEDS

Pictures

**Snap a few on your next
ride**

and send them to

Norm Samuels

or

Bernie Scherer

bys1@optonline.net



THE BASICS – Hill Climbing

BY NORM SAMUELS



I'm sure lots of folks can provide hints on how to conquer the hills. Here's a few from a guy who has the natural advantage of being in the bantam weight class.

1. Ride the hills – there's no other way to get good at doing hills than spending the time and effort on the hills.

Initially I called the topic of this paragraph "Train on the hills" but realized I don't do any riding for the purpose of "training". If you don't enjoy working on the hills it's certainly okay and you'll find that you're not alone. Wish we had a mountain on Long Island then we'd know what climbing and descending is all about.

2. Pace yourself on the long climbs. If you're lucky enough to know the route then dealing out the effort is a lot easier. If you don't know the route then ease up on yourself and think about finishing the ride still feeling strong.

3. If it's a long hill I prefer to pick out short, intermediate goals to climb and successfully reach. Maybe it's a distraction but the positive reinforcement works for me.

4. If it's a bunch of rolling hills than try spinning in your highest (hardest) gear at the bottom of each downhill ... it will carry you up a distance on the hill you're facing and remember to keep down shifting when necessary to keep up the spinning momentum.

5. I sit as long as possible on any hill and sometimes stand at those intermediate goals for the following reasons: relieve the muscles being strained while sitting and grinding away, to continue moving forward (i.e. staying upright ;-) or to dance over the top to annoy my fellow struggling buddies (it's very depressing to see someone do that ... I've seen it too often myself ;-).

6. Use all the gears and spin as much as possible.

7. In this period of COVID-19: do NOT closely follow (aka grab) a wheel of a fellow rider to pace yourself ... it's normally okay but today the huffing and puffing of the front rider can prove dangerous to your health.

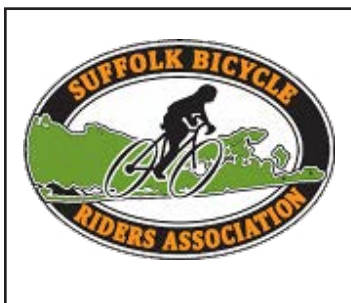


General Meeting Minutes

June 4, 2020

Call to order – President Joanna Pascucci called the meeting to order at 7:00 pm. Zoom General Meeting, Brenda Meyer was Zoom Host. Approximately 70 members and guests were in attendance.

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



COMMITTEE REPORTS

Treasurer's Report (Joe Matzelle) – Joe will present the end of the year report at the next meeting. Joe will do a cash flow analysis to see what we have to do to have Bike Boat Bike next year. We may have to cut awards and subsidy for the holiday party.

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

Webmaster – (Brenda Meyer) – Rides are being posted with the new guidelines. If you see something that is not right or have any suggestions please contact Brenda.

Ride Leader Waiver – (Joanna) Ride Leaders must sign the waiver in order to post rides. 50 ride leaders have sent in the waiver.

Safety Director – (Manny Rosenkranz) – Make sure you stay hydrated when it is hot out.

CONTINUED ON NEXT PAGE



General Meeting Minutes

CONTINUED

Ride Director – (Tom Micelli) – I will post some closed rides for two or three riders to see how the guidelines work out. We are vetting some new ride leaders.

Membership – (Ronnie Levy) – 607 members as of June 30th. 6 new members in June and 2 new members in July

Statistician (Joanna for Tricia Brandt) – Same procedure submitting ride sheets as last year for ride leaders.

Sunshine Report - (Bruce Presner) – Greg Wirth passed away. He collapsed while riding. His funeral is being live streamed. Steve Wasserman had shoulder Surgery. Margaret Jackson's mother passed away. Caroline Gilbert was ill.

OLD BUSINESS

Ride Guidelines (Joanna)

Ride Leaders may require masks at all times.
Ride Leaders may require more separation than the

club guidelines.

The club guideline is to have a max group of 6 to 8 riders.

Riding in a group increases the risk of catching the virus

Do what you feel is comfortable for you.

Most of the clubs are opening in July and have guidelines that are the same as ours.

Ride leader should ask riders if they have traveled and if they feel well and if they have been in contact with someone with the virus in the past two weeks.

Mission Gaiters (a brand) are comfortable and meant to be cooling when they are wet down.

Virtual Rides (Paul Miklean) Paul is encouraging club members to join in the virtual rides that are posted on the forum.

Adjournment – The meeting was adjourned at 8:00 PM.

Respectfully Submitted,
Bruce Redlien, Secretary



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Phone: 631-261-2881



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Wantagh, NY 11793
Phone: 800-649-3739



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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



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Ronkonkoma, NY 11779
Phone: 631-866-5029



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Massapequa Park,
NY 11762
Phone: 516-798-5715



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



32 Windmill Lane
Southampton, NY 11968
631.283.2890