

ROLLING WHEELS

SUFFOLK BIKE RIDERS ASSOCIATION

OCTOBER 2020

Fall Issue Offers Cornucopia for Readers

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THANK YOU NICK**

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As Weather Cools Continue Safety Protocols



The weather has shifted, and most mornings, when we get ready to go on a ride, it feels more like November. With the weather changes, I ask that everyone who goes on a ride is making sure that they feel 100% before putting yourself in the middle of a group of riders. Our rides are getting larger, so it is more important than ever that we social distance when we stop at our resting destination and keep masks on at all times.

This year our Board Elections will be done by Electronic

Voting. All members will get an email with the ballot so make sure that you have your correct email address listed in your information to get the email. We have a Ride Director vacancy that needs to be filled, so if you are interested, please reach out to the nominating committee, and they can fill you in on details of what the job entails.

We will be wrapping up our 2020 ride season on October 31st, but that just means that we start all over again on November 1st! I want to say that I hope things get back to normal, but maybe this is our new normal, and we will have to come up with new exciting ways to grow the club and move forward in these crazy times. All suggestions are welcome.

Feel free to shoot me an email or call me to discuss anything you have in mind. Let's see what we can come up with for 2021!

Thanks to everyone that made this last year successful despite the roadblocks. Keep riding, and stay healthy!

Joanna

**BACK BY
POPULAR DEMAND
THE OFFICIAL
SBRA**

**FACE COVERING
WORN BY MANY RIDERS
INCLUDING
OUR CLUB PRESIDENT !!**



**AVAILABLE FOR
PURCHASE
IN THE SBRA
CLUB STORE**

Rolling Wheels

**NEEDS
Pictures**

**Snap a few & send
them to**

Norm Samuels

or

Bernie Scherer

bys1@optonline.net

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 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 WORTH MEMORIAL RIDE

BY LAURA CACCAVALE AND DONNA LEAHY



Donna Leahy, Jane Wirth, and Laura Caccavale

On a beautiful sunny day, SBRA members came out in droves to honor a past member, Greg Wirth. Greg's wife, Jane, was humbled by the large attendance and sincere words of sympathy from club members.



A special thank you to club ride leaders who led rides on this day: Bobby Ploetz, Bruce Redlien, Jeff Meyer, Bill Gravitz, Donna Leahy, Susan Sears, and Joanna Pascucci. Also thanks to Bobby and Christine for bringing watermelon, Bernie and Lynn for snack bags, Linda Resnick for baking a yummy banana bread and Tom Gorman and Tim Loeser for helping Laura carry the pizzas from Michelangelo's!!

There were stories and memories shared about Greg. Anyone who came across him during biking has only nice things to say about Greg because that is what he was.... A very nice, soft-spoken and gentle, gentleman.

We would like to thank those secret donors who put "dinero" in the extra vase to help cover the event's costs. We are very grateful for your generosity. We could not imagine not being able to honor Greg. With his untimely death being in the era of COVID, club members were unable to attend any wake or funeral for him. I know myself and Donna wanted to express our sympathies to Jane in person and celebrate Greg's love



of cycling. It felt like a non-COVID event, many people saying hello to club members they have not seen in months. There was joy in the air and a feeling of "home." Members made their own decision regarding wearing or not wearing a mask

while engaged with fellow club members.



From the bottom of our hearts, we will continue to miss Greg and pray God will comfort Jane in her sadness and help her in her days, months, and years to come.

Thank you again to all for supporting us in this Memorial Ride. It was a huge success, and we are so very grateful.



Twin Forks Bicycle Closing: THANK YOU NICK

BY GARY RISTAU

Yes, it is true, Twin Forks Bicycle Shop in Riverhead is closing. Owner Nick Attisano has decided after 13 years in Riverhead, to close the shop's door for the last time on September 30. Several factors steered him towards this decision, but the main two are his family and Riverhead Town. The Town is pursuing the purchase of the building that Nick has been renting, tearing it down and making a park opening up Main Street to the Peconic River. Although this may not be happening right away (or at all), it still hangs an uncertain future for Twin Forks at this location.

Secondly, and most importantly, Nick has been in the bicycle business his entire working life. He has worked at Franks Cycle Center in Bellport, Pat-



Nick Attisano

chogue Bikes, Carl Hart Cycles, and Krieb Cycle prior to opening Twin Forks Bicycles. He sees this as an opportune time to redefine his career path and spend more time with his two daughters and wife.

Nick has been very generous to SBRA by advertising in the Rolling Wheels Newsletter, by donating raffle gifts for our various events, and by selling goods at the Super Cycling Saturday events at discounted prices. Many of us participated in the Thursday Night Rides hosted by Twin Forks Bicycles. I was personally introduced to SBRA by Nick and will be forever grateful to him for that.

Thanks, Nick for all you have done for the cycling community. We wish you success as you search for your next career; you will be missed!

Important Dates



VIRTUAL GENERAL MEETING
OCTOBER 1



Halloween Ride
October 31

**ELECTRONIC
VOTING
FOR CLUB OFFICERS
NOVEMBER 5, 2020
THROUGH
NOVEMBER 11TH, MIDNIGHT**

**Signs, Signs,
Everywhere There's Signs...
Can you identify where
this picture was taken?**



ANSWER PAGE 6



THE BASICS – Going Around in Circles

BY NORM SAMUELS



This article is not about our round wheels or the distance covered in the route being a loop but how I've learned to pedal more efficiently.

When I bought my first real road bike (a 1986 blue Nishiki) it came with pedals that had clips bolted onto the front and back of the

shiny metal pedal. The top of these clips were pulled down tight to my sneakers using leather straps while riding. They worked quite well to increase my pedaling efficiency, except the only direction of exit was pulling back my foot. The keyword, even then, was efficiency.

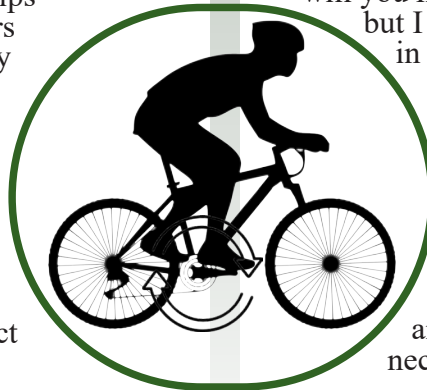
What we use today are known as "clip-less" pedals because they use a cleat of one form or another to connect the rider to their bike rather than the clips we used in the past. Perhaps these new pedals should have been called "cleated" pedals, and the countless times "clip-less" has been explained would have saved us a lot of talking. It's a really interesting reaction when I explain to non-bikers that my clip-less pedals make me "one with the bike."

On to the circle stuff providing increased efficiency ... Early on, when using clipped pedals, I learned my Mom was riding on my shoulder. Even today, I still hear her voice when I remind myself to be more efficient during a ride. You have to understand that I was a kid who waited too long to stop playing

stickball and run into the house to answer nature ... when I'd yank open the side door, I'd hear her refrain of "Wipe Your Feet!!".

When pedaling, the more complete a circle you can make while putting some power into the pedal stroke, the more efficient you become. It starts with "Wiping Your Feet!!".

Try pedaling smoothly at a constant speed and at a comfortable rpm and then think about "Wiping Your Feet" past the bottom of the pedal stroke. I think you'll find an immediate increase in speed. Not only will you find that you've increased your speed, but I think you will find a new smoothness in the circle.



If you can't physically perform this wiping motion, it may be that your seat height is incorrect. Having the seat height correct is itself a whole other topic for discussion but is important for a smooth circular powerful pedal stroke. Go to the shop and have the height adjusted properly if necessary.

As time goes on with wiping of the bottom of the stroke, you will find that you can add more power even past your pedal's 8 o'clock position. Try this while going up a moderate grade hill seated and just before the top ... while wiping the bottom of the stroke ... think about the fact that at that moment you've got an extra set of unused muscles ... Pull through the bottom using your calf muscles but then assign your quads to start working on the up and over of the stroke. I think you'll go up and over the top of the hill with a bit of surprise.

Keep spinning and ride safely!



There is a wide assortment of clip-less peddles from which to choose.



When you purchase peddles make sure the cleats in the bottom of your shoes match the peddles.



Ask The Cycologist

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



DEAR CYCOLOGIST,

Dear Cycologist,

My bike club has switched to Zoom meetings, and I am really enjoying it. I'm afraid it's not for the right reasons. You see, I love looking behind the people I'm seeing. I have seen some pretty wild things over the past few months.

For Instance, there is this one guy that is always eating and making a mess as he silently chews while muted. Another member's son went into the bathroom across the hall from where he was sitting and never closed the door. One woman's husband was arguing with her while she was trying to listen, he gave her the finger behind her back as he left the room. I've seen a lot more, but I don't think it's appropriate to describe them.

The best is the stuff lying around the rooms they are in. Some still have ancient decorations in their homes and the Christmas trees that are still up and decorated. Some computer rooms are also weirdly decorated with things from the past like the 3000 Beanie Babies one member has or all the Starwars models. I've seen Castle Greyskull, WWF wrestling figures, GI Joes, and ninja outfits for an adult.

One rider has all Woodstock posters and three bongos on a shelf. One has hundreds of comics and baseball cards. There are statues of the Virgin and Rock Bands. Nixon and LBJ, along with Stalin and Putin, adore a wall with pictures of a mushroom cloud. What an eclectic group we have.

I'm concerned that I am becoming somewhat of a peeping Tom on one Thursday every month. Do I need counseling, or is this just a harmless pass time?

Signed,
The Watchman

Dear Watchman,

You seem to be doing what many do. Enjoying the art of people watching. In fact, please forward your zoom code to me on your next club meeting. I, too, find it interesting and addicting to watch behind the scenes. Please don't tell anyone I said this. It could lead to me losing my certification.

Signed,
The Cycologist

New Members:

**Pamela Feuer
Dean Johnson
Michael Kaplan
James Mina
Ray Thomas**



GORDON'S THOUGHTS

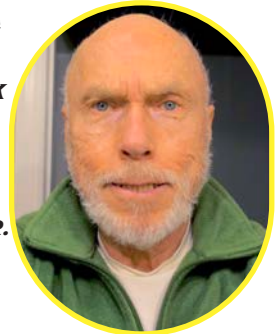
USE THE ABS CHECK

BEFORE RIDING YOUR BIKE, DO THE ABS QUICK CHECK.

AIR - FIRST, FILL YOUR TIRES WITH AIR.

BRAKES - SECOND, MAKE SURE YOUR BRAKES ARE WORKING PROPERLY.

SPIN - THREE, SPIN YOUR WHEELS, MAKING SURE THEY ARE NOT RUBBING ANYTHING.



SAFETY IS CRITICAL WHEN RIDING A BIKE. SIGNAL FOR ALL TURNS AND WHEN STOPPING, BECAUSE BICYCLES DON'T HAVE STOPLIGHTS. WHEN APPROACHING A 4 WAY STOP SIGN SLOW DOWN AND LOOK BOTH WAYS. IF THERE IS A CAR IN THE INTERSECTION, STOP AND LET THEM GO. STOP AND LOOK BOTH WAYS AT A STOP SIGN. STOP AT ALL RED LIGHTS. ALWAYS RIDE IN THE DIRECTION OF TRAFFIC ON THE SIDE OF THE ROAD AS FAR TO THE RIGHT AS POSSIBLE.

WHEN YOU POST A RIDE TRY TO KEEP TO THE POSTED SPEED AS MUCH AS POSSIBLE AND KEEP YOUR SWEEP IN SIGHT AT ALL TIMES AND TELL THEM TO NEVER PASS ANYONE. STOP OFTEN FOR A WATER BREAKS AND ASK YOUR RIDERS IF THEY ARE OK? BE HONEST AND TELL YOUR RIDE LEADER IF YOU ARE HAVING A PROBLEM KEEPING UP OR ANY OTHER ISSUE.

Signs, Signs...

ANSWER: Beach Bakery



One of SBRA's Favorites Turns 90

BOB MILLER, AN SBRA MEMBER FOR 30 YEARS, HAS LEAD COUNTLESS SCENIC AND INFORMATIVE RIDES OVER THE YEARS, MOSTLY OUT EAST.

BOB HAS A TERRIFIC SENSE OF HUMOR, AND ALWAYS HAS A SLIGHTLY OFF COLOR JOKE TO TELL. HE IS ONE OF SBRA'S "TRUE CHARACTERS." HE ALWAYS HAS A STORY TO TELL, AND AN INTELLIGENT COMMENT TO MAKE.



Bob tries to turn back the clock thirty years with the flip of a candle.



PRIOR TO COVID, HE COMMUTED BETWEEN HIS HOME IN MANHATTAN AND OUT EAST ON LONG ISLAND IN ORDER TO FREQUENTLY PARTICIPATE IN SBRA RIDES AND EVENTS.

October Birthdays:



Michael Adwar
Cynthia Appold
Craig Beshaw

Luis Briceno
Alyssa Chvasta
Michael Cochran

Jeff Cohen
Phil Creutzmann
Denise DiMarco

Dave DiRoma
Steven Dobo
Mary Engelbert
Lisa Felice
Janice Fleischman
Eaton
Kathleen Galligan
Ray Garcia
Valerie Godfrey
Lou Greco
Sharin Gross
Kathleen Holleran
Margaret Jackson

Nancy Jessup
Angelika Lam-
precht
Arunas Lauzadis
Ronnie Beth Levy
Bruce Madonna
Ira Marder
Michael Mart
Anne McGrath
Charles Merritt
Dan Mussler
Claire Reed
Anita Risener

Alistair Rogers
Howard Ross
Sue Sabatini
Janine Schwalb
Suzanne Schwartz
Susan Sears
Tony Selvaggio
Joseph Sidor
Lawrence Taylor
Denise Tirino
Lisa Valentine
Bill Wenk

Claire and Dick Reed STILL *CYCLING STRONG*

BY ROBIN SHEA

Claire and Dick Reed feel that they have been biking forever. But they say, looking back, it has been *ONLY* some 30 odd years.

They are now in their mid-nineties but didn't start riding until their mid-sixties. After Claire recuperated from a ski accident, daughter Robin Shea talked her out of riding an exercise bike and try getting out on the road on a real bike. Dick agreed, so off they went.

They became SBRAers, bought bikes from Krebs, led countless B and C rides, and got to know every nook and cranny in Suffolk County from Babylon to Montauk and Orient Point - and organized several rides to Martha's Vineyard and Block Island.

GEAR rides were popular in their early biking days. There were two each summer to various colleges from Massachusetts to Indiana. They took part in every one of them covering approximately eight years.

Bike Boat Bike was still in its early years, and they helped out for many years.

They organized the Dick and Claire Poker Ride, which became popular and lasted a few years. T

They were monitors on the ill-fated Tour Dupont, a professional bike race in the US formed to replicate the Tour de France, and won by Lance Armstrong before becoming well known.

They purchased a Florida condo for the winter months and became very involved with two bike clubs in Palm Beach County. They still ride with the Boca Raton club.

While still traveling extensively, they made many bike trips to Europe and pedaled over almost every country in Europe. Also made short rides in Australia and China. Three or four years ago, they organized their final trip to Europe and were joined by 22 SBRAers and Floridians in Italy.

Unfortunately, it wasn't always clear sailing. Claire had a couple of accidents overseas and was told by a US doctor, "No more riding for you"! Initially, they accepted his opinion, figuring they couldn't ride forever. However, family members encouraged them to find another doctor who knew the importance of cycling in their lives.

Now 96 and 93 years of age, they have set aside their road bikes, and purchased E-bikes, Claire, on her Trike and Dick on his Orbea. These bikes assist them with extra power and allow them to continue to enjoy their love affair with cycling.

During their incredible cycling journey, they have made many lasting friendships. Along with Anne Ribeiro, Al & Mary Fry, Charlie Duprez, Al Swezey, Henry Schmit, Bill Pope they have enjoyed so many years and miles of cycling.

Was there ever life for them before biking? You will have to ask them!



Today, thanks to E-Bikes, Claire and Dick continue to enjoy their rides together.

Try a Solo Ride on Workout Alley

BY BRUCE REDLIEN



Riders enjoy Workout Alley's flat roads.

I've been cycling solo so far this season and have been riding a lot on "Workout Alley."

HUH? Where's That?

If you live on the South Shore between Oakdale and Bellport, you probably know it. It's Montauk Highway – Middle Road – South Country Road and the interconnecting streets in Sayville and Patchogue.

Work out alley is bike-friendly, having low-speed traffic, decent shoulders, and is very FLAT. (most of us love flat). The interconnections in Sayville and Patchogue swoop down to Great South Bay's pretty views, with plenty of Deli's for rest stops and Snacks. There is parking at the Oakdale and Sayville train stations and at the municipal lot in Bellport.

The route is not totally solo because often you will see SBRA members out on rides on Middle Road and South Country Road. I live in Sayville and have been using it for years. SBRA member Shannon



Flo's provides a great ride break opportunity.

Cain moved to the area and coined the name "Workout Alley" after seeing so many walkers, runners and bikers on it.

One of my favorite rides on "Workout Alley" goes on lots of residential

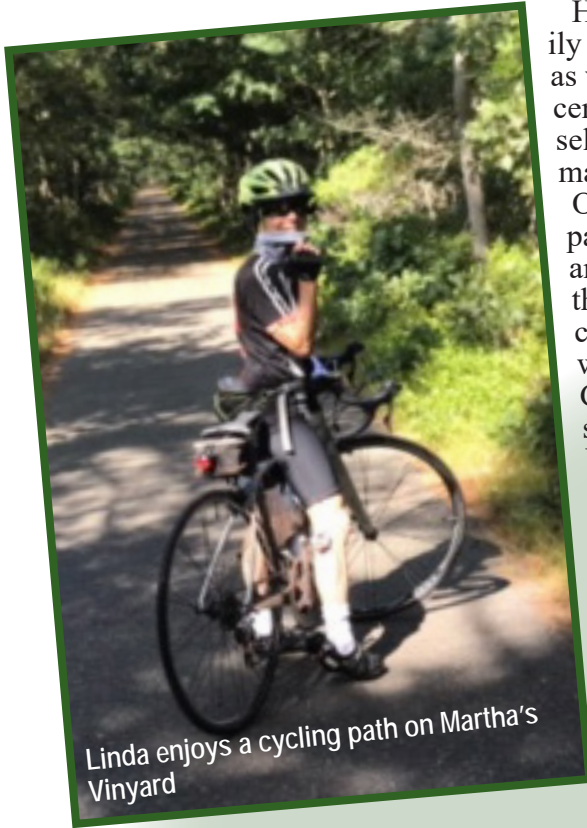


One of the wonderful sights along Workout Alley, three Osprey chicks waiting for dinner.

back streets and has many Bay and Creek views. Starting at the south lot of the Sayville train station, head south on Green Avenue, down near the bay, make a left on Elm Street, then a right on Foster and a left on Browns River Rd. You head back north past the ferries. You will eventually go back up Foster and make a right onto Middle Road. Heading East on Middle road, there are loops heading south on Seaman, Esplanade, and South Ocean Avenue. These loops have River, Beach, and Bay Views. Explore a little, and if you go as far as Flo's in Bluepoint and then just head back to Sayville on Middle Road, you will have had a 10 to 15 mile ride.

Martha's Vineyard Offers COVID Respite

BY LINDA RESNICK



Linda enjoys a cycling path on Martha's Vineyard

Harry and I spent some time this summer isolating with the family on Martha's Vineyard. The COVID cases were very low there, as was the population. As long as you were able to avoid the town centers, it allowed for easy distancing. We felt able to protect ourselves and isolate even though, truth be told, many people were not masked.

One of the wonderful aspects of the Vineyard is the 40+ miles of paved multi-use paths. These paths are double-width, off the road, and very scenic. Harry and I took a 22-mile ride. I think no more than 3 miles were on the road. The ride included a long stretch of cycling parallel to a well-traveled, narrow road. Our paved path was separated from the road by at least a 10-foot width of trees. Cars may have sped by, but we were biking in the State Forest, surrounded by greenery. Bikes also have the right of way on the Vineyard. We found that any time we had to cross a busy road (almost an oxymoron on the island), cars would soon stop to let us cross over.

Of course, this cannot be taken for granted, but it made us feel seen and accepted.

We

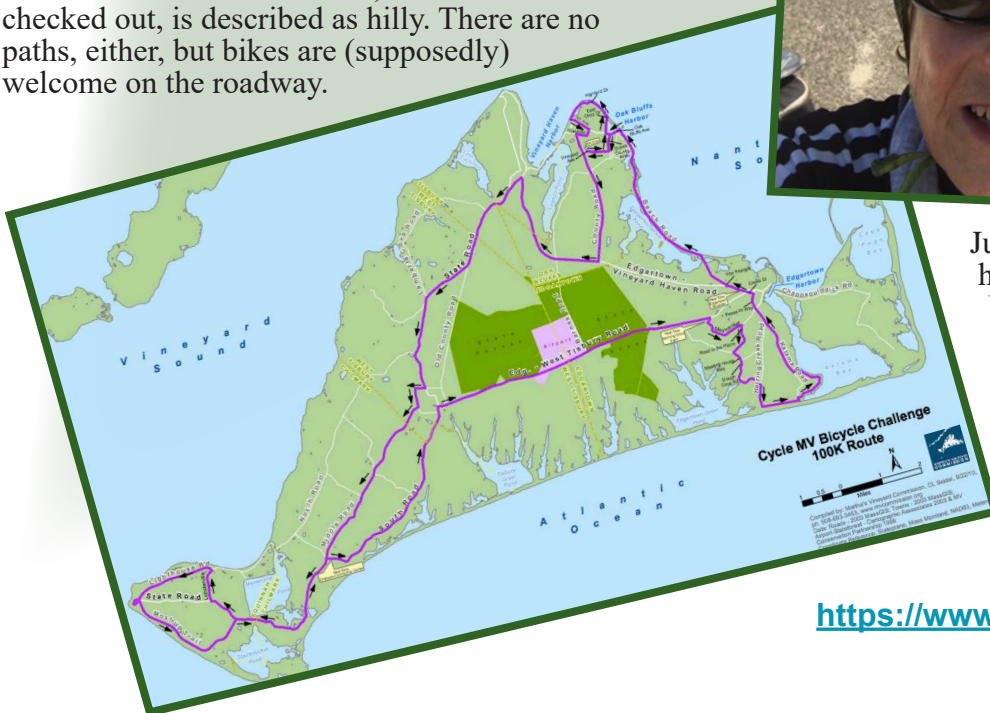
were on the east side of the island, which is fairly flat. Our ride took us on a loop from the southeast end of MV to close to the northeast harbor. The way back south follows the water for almost 6 miles of water views.

These multi-use paths, being flat, are great for family cycling.

The west side of the island, which we have not checked out, is described as hilly. There are no paths, either, but bikes are (supposedly) welcome on the roadway.



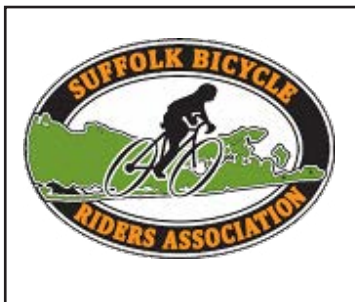
Harry and Linda snap a selfie during their Martha Vineyard ride.



Just hours from Suffolk County, the Vineyard is a cycling destination. And there are great bakeries and ice cream shops to reward you at the trip's middle and end. :)

Here is a link to a map of Vineyard paths:

<https://www.mvy.com/bikingmv.html>



General Meeting Minutes

September 3, 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 45 members and guests were in attendance.

Acceptance of Minutes – The August 2020 General Meeting minutes were accepted, accepted and seconded by Bobby and Christine.

COMMITTEE REPORTS

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

Statistician (Tricia Brandt) – August 2020 Report Total mileage for the month of August was 27,283 ridden by 175 different riders. (up 7880 miles from July)

Year to Date mileage (Nov-Aug) 128,365 miles by 333 riders

Rides were led by 28 different ride leaders in the month (6 more than last month)

Mileage leaders August Mileage YTD (Nov-Aug)

Dennis Desmond	706	Dennis Desmond	2619
Jim Heaney	661	Robin Shea	2569
Jeff Meyer	646	Bill Gravitz	2544

Ride Leader Credits August	RL Credits YTD (Nov-Aug)		
Jeff Meyer	28	Jeff Meyer	82
Bill Gravitz	19	Bill Gravitz	80
Susan Sears	19	Lee Kirsch	42

Sweep Credits for August	Sweep Credit YTD (Nov-Aug)		
Dennis Desmond	25	Dennis Desmond	83
John Bambach	15	John Bambach	50
Ann Mitromaras	13	Lynn Roesel	27

Membership – (Ronnie Levy) – There are 660 current members + 10 bike shops. There were 11 new members in August.

Vice President Operations (Paul Miklean) Tonight our guest speaker is Chris from Krieb cycle. Next month Lee Kirsch will demonstrate changing a tire. Have a tire and tools to follow along on zoom.

Webmaster – (Brenda Meyer) – If you see something that is not right or have any suggestions please contact Brenda.

Ride Director – (Tom Micelli) – I’m happy to see more rides posted. Some of the faster groups will start posting with the club soon. I’m glad to see so many riders out on their bikes.

OLD BUSINESS

OLD BUSINESS

November Board Elections (Joanna Pascucci) We will vote for board members in November. All positions are open. The nominating committee is Christine Tanney, Janice Rosenkranz and Mike Adams. If you are interested in working on the board please contact anyone on the nominating committee. Two board members, Ronnie Levy and Tom Micelli will not be returning. Joanna thanked them for their service to the club.

Halloween Ride -We will have a Halloween ride Saturday October 31st. We will not have an indoor party afterward.

Electronic Voting Constitution change (Bruce Redlien) The constitutional change to institute electronic voting was submitted during last month’s meeting and posted in Rolling Wheels. It was read by Bruce:

Amended Article IV

Section 2: The Members shall elect all Officers in the week following the November meeting by an online electronic vote. Electronic ballots shall be sent out to the membership listing all positions and nominees. Votes shall be accepted for count from the end of the November meeting up to midnight of 6 days hence (Wednesday if the meeting is held on a Thursday). There shall be no write-in candidates accepted. A simple majority of the votes received will elect each Officer. Each Officer shall serve the term of one (1) year, or until his successor is elected, except as specified in Article V of this Constitution.

CONTINUED ON NEXT PAGE

At the expiration of his term, any Officer may be reelected. No Member shall be entitled to hold more than one office at the same time. In the event that a tie would result from the voting of any office, a new **electronic ballot specifically for the tied position(s) shall be sent out to the membership with a one week expiration for accepted votes** in an endeavor to resolve the tie(s).

A discussion was held. Rich Karelis commented that votes other than for board positions should also be held electronically. Joe Matzelle argued that voting should be restricted to those that attend the meeting because they have demonstrated more interest in the club by attending than those who do not attend the meeting. Others argued that some members cannot attend the meetings so allowing the entire membership to vote is more fair.

The vote was held by those voting against the amendment to register their vote in the chat. There were 2 votes against the amendment in the chat so the amendment passed 43 to 2.

NEW BUSINESS

(Joanna Pascucci):

Ride Size: The executive board has decided to increase the allowed ride size to 10-12. Ride leaders may set any smaller limit that they choose.

Texting to join a ride: Several ride leaders like that riders “sign up” by texting the ride leader, and we may wish to keep that practice going forward.

Joanna congratulated Susan Sears on posting many rides and encouraged other ride leaders to post rides.

Changing Flat Tires: It is very important that every rider knows how to change a flat tire. Please watch Lee next meeting and practice changing flats.

Club Jersey: Joanna asked everyone to submit ideas for a Club Jersey

George Miller had an accident and he wants to let everyone know that he had a pacemaker implanted and wanted to thank everyone in the group that helped him. George is a first responder and said that everyone acted in a professional manner.

GUEST SPEAKER

Chris Joinnides from Krieb Cycle. Chris spoke about how the novel Coronavirus restrictions and emotions affected the bike industry. Everybody in

the industry was concerned about loss of business especially since the bike industry was contracting and hurt by tariffs before the pandemic. They cut their production and orders and then demand went through the roof as many many people decided to ride. There are serious shortages of bikes and many parts. There have been serious wait times for repairs but that is easing some what now.

Chris also spoke about cadence. A higher cadence enhances aerobic training. A low cadence may tire your legs more quickly. Bicycle drive trains are designed to shift smoothly at a cadence of 70 or 80 rpm.

Adjournment –The meeting was adjourned at 8:34PM.

Respectfully Submitted,
Bruce Redlien, Secretary



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



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
631.283.2890