

THE JSTS PACELINE



April 2023 Issue

Executive Board

President: Paul Sakson

Vice President: Pat Perrella

Secretary: Michael Greaney

Treasurer: Eric Bonnet

Committees

Bike Advocacy/Community

Outreach- Howard Kradjel

Branding/Clothing- Jean Roy

Budgets-Paul Sakson

Newsletter-Robert Nuara

Elections-Don Levy

Web Master-Rob Leitner

Membership Data-Rob Fisch

Ride Leaders/Safety-Pat Perrella

Rides-Barb Bennett/John Hayes

Social Events-Sheryl Nishiura

Table of Contents

Pg.2/3 Note from the President

Pg.4 Announcements/Newsworthy

Pg.5 Event Calendar

Pg.6 Membership Corner

Pg.7 Cycling Tips

Pg.8/9 My E-Bike Story

Pg.10 Product News/New Members

Pg.11 Mileage Leaders

Pg.12 General Announcement

Pg.13/14 Camera Corner

Pg.15 Cycling Shorts

JSTS Paceline Submissions:

Materials for the Paceline Newsletter are due by the 15th of each month for publication in the next issue. Please email articles, photos, letters or comments to: thepaceline@jsts.us.

Materials may be edited by the JSTS Paceline staff for length and clarity. Publication of materials submitted is at the discretion of the Editor. Articles and photographs submitted to Paceline may be used in other JSTS media at the Club's discretion. Photo's in the JSTS Paceline Newsletter may not be reused or republished without prior permission

*JSTS: the friendliest
riders in New Jersey!*

Hello Cyclists



A note from the President

Dear Fellow JSTS Members,

"Survey says!" Okay, maybe I've been watching too many episodes of Family Feud, but I'd like to let the membership know the results of our recent survey, and what it all means.

In all, 66 members responded, which is quite good for a club the size of JSTS.

- a. Only 1 response was received from a person under 40 yrs old.
What this means: We need more younger riders.
- b. New members who joined in the past 2 yrs, their member onboarding experience was generally described as "great" but a third said "OK". We need to make sure all new members have a great experience. Anyone interested in being a new member mentor?
- c. 59% of respondents want more bike education events (mechanical repair, safety, group riding)
- d. How well does JSTS communicate bike safety? Answer 7.6 out 10. What this means: We need to improve. We appointed a Ride Leader and Safety Committee, they are now hard at work.
- e. Would you like to see more social events: 39% Yes; 40% Maybe; 17% No. Generally, folks would like more social events,
- f. End of Season Party at Biergarten: For those that attended, members liked the venue. We're going to have it there again on Sept.10th. Save the date!
- g. Newsletter: The overwhelming response was that this is a good idea. And now you're reading it!

Hello Cyclists



A note from the President

- h. Should we have more than the current 5 membership meetings? The answer was generally "No"
- i. When asked if membership meetings should be held in person or virtually, the most popular answer was a mix between the two formats.
- j. JSTS can make volunteering more appealing by: "providing more notifications and detailed job descriptions" was a common answer
- k. What members like most about JSTS: "People", "Comradery", "Group Rides" are a few recurring answers
- l. What members like least about JSTS: Lack of ride leader training, groups don't mingle, variety of routes
- m. How likely are you to refer JSTS to a friend: 9.1 out of 10. Great!
- n. Ideas and suggestions: More rides that start outside of Monmouth County, more charity rides, better ride safety

A few select quotes: "It would be amazing to have monthly tune-up/maintenance days before or after rides", "More variety of routes could be added", "A well organized cycling club with great people".

The results of the survey shows that JSTS has a lot of work to do, and also a lot to be proud of. Thanks for all those who volunteer, and if you responded that you'd like to see something new or improved, please step up to volunteer on one of our committees.

Safe and happy cycling,
Paul Sakson, President

Hello Cyclists

General Announcements

Join Us

Not a member yet? Join us at [Jersey Shore Touring Society - Join Us \(jsts.us\)](https://www.jsts.us)

Donate

If you'd like to further support your club, please consider making a donation at:

[Jersey Shore Touring Society - Donate \(jsts.us\)](https://www.jsts.us)

Sponsors Wanted

Advertise your business by being a Sponsor. (Promote your company on our newsletter, website, social media and events). Starts at only \$75. Email president@jsts.us for more info.

Follow Us



YouTube

Volunteer Needed:

Need a volunteer for the Communications Committee to post once a week (as a JSTS administrator, not as an individual) on social media (Facebook / Instagram). Content is already provided in newsletters, so this should be fairly easy. Email president@jsts.us for more information.



Newsworthy Items

Charity Rides:

JSTS members are encouraged to ride, volunteer and donate to charities. Here's a few upcoming bike events:

April 30th Tour de Franklin, Franklin Food Bank: [Tour de Franklin 2023 - Campaign \(classy.org\)](https://www.classy.org)

Jersey Shore Touring Society Team (members and their supporters) have raised \$1,623 thus far

May 6th Bikes and Beers: [Bikes & Beers Monmouth \(runsignup.com\)](https://www.runsignup.com)

JSTS Team not established yet

May 12th Police Unity Tour: Matt Eitel, JSTS member. riding 300+ miles. [2023 Challenge Ride \(e2rm.com\)](https://www.e2rm.com)

Matt has raised over \$725 thus far

May 13th Bike MS: [Event Bike MS: Coast the Coast 2023 \(donordrive.com\)](https://www.donordrive.com)

JSTS Team has raised \$2,395 thus far

Riding in a charity event? Please start a Jersey Shore Touring Society Team and let the club members support you and your charity!

JSTS Calendar of Events

April 23

JSTS Champagne Ride

May 8

Membership Meeting

May 21

League of American Bicyclists (LAB) Skills Session

June 20

Longest Day Rides

June 23

Summer Tour- Hudson Valley, NY (Home base: Kingston)

September 3

Club Century

September 10

End of Season Party

September 23

La Dolce Vita Ride

September 30

Club Century

October 7

Al's Covered Bridge Ride

October 8

Harvest Ride



Membership Corner

**By: Bob Carracino, MD
and JSTS Member**

Cycling is a fantastic aerobic activity, however it has some inherent risks, especially when the heart rate climbs above 150 bpm. For those cyclists over 50, there are tests which can help identify high risk cyclists. One such test is a Coronary Calcium Test which is a CT scan of the coronary arteries, which identifies hard plaque in the arteries. This test is cheap (\$49 at Monmouth medical Center), and will help identify those higher risk cyclists . I strongly encourage any cyclist over 50 to consider this test.

Cycling Tips: Become a Confident Descender

Descending is one of the most exciting and enjoyable aspects of cycling. The feeling of speed, combined with the adrenaline rush, can be addictive. Did you see that [insane video](#) of Tom Pidcock descending in L.A. the other week?

As much fun it is to gawk at the pros, it's important to remember that [descending requires skill and practice to be done safely](#). It takes years of time on the bike to get comfortable descending—much less descend with the ability of Pidcock.

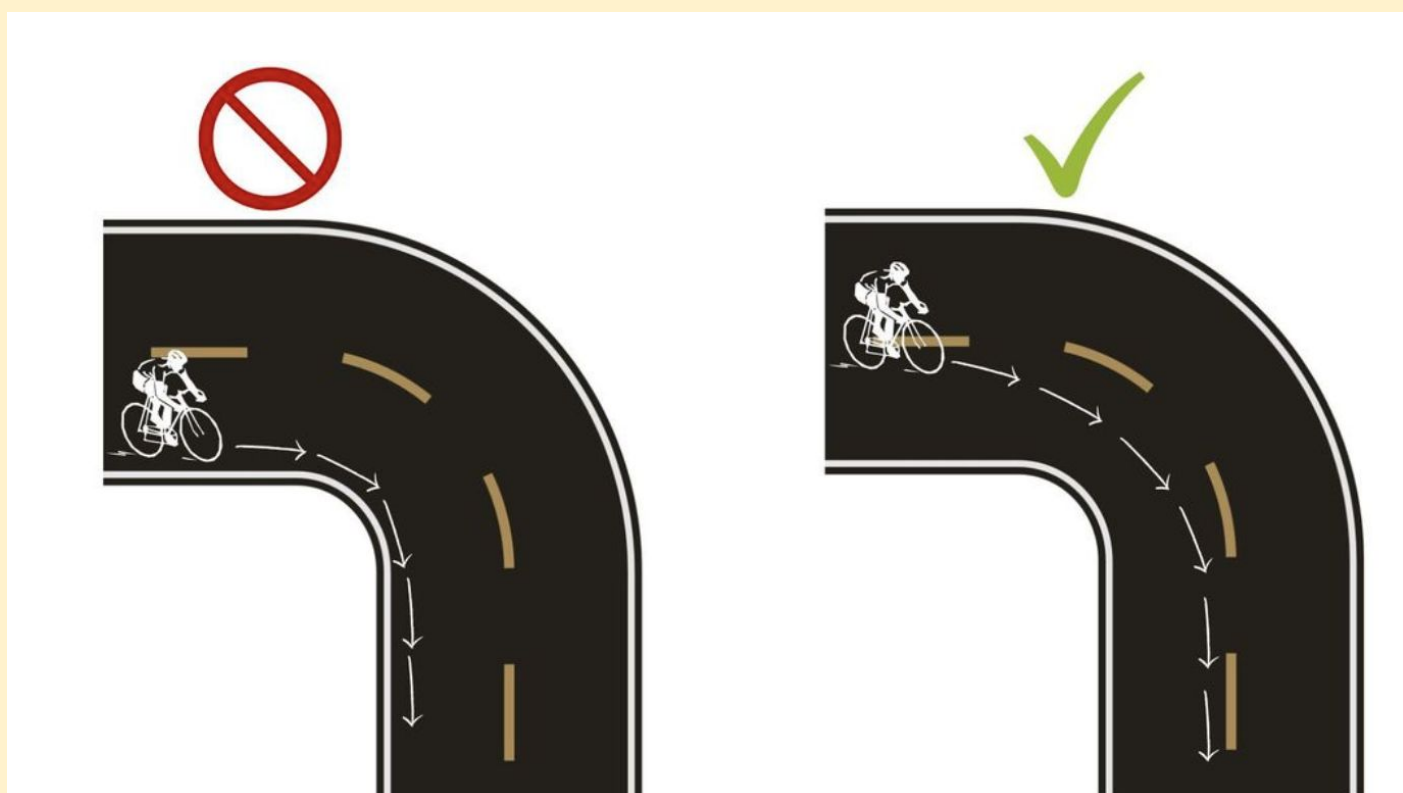
Here are some tips to get better going downhill while staying safe.

Assume the Position: Make sure your body is relaxed yet aerodynamic as you descend. Move your hips back on the saddle, and keep your elbows slightly bent so you can stay balanced and absorb bumps.

Brake Evenly: Feather each of the brake levers (that is, apply light pressure off and on) and anticipate your stopping points reasonably in advance. If you squeeze the brakes too hard, it can throw off your momentum, causing you to skid—or worse, go over the handlebars.

Cycling Tips: Become a Confident Descender

Stay Loose and Lean: When cornering at high speeds, it's essential to keep a firm grip on the handlebars (usually in the drops), but stay loose with your arms and legs. You should also lean your body into the turn rather than against it to keep your bike stable. Aim to cross the apex of the corner, as shown in the illustration, and then exit wide. Just remember to never cross the yellow line.



Eyes on the Prize: Always direct your gaze at what's down the road, not just at the ground in front of you. This will help you anticipate any obstacles or turns that might come up. Look where you want to go, not where you currently are.

Practice Makes Perfect: As with anything, repetition is key. Find some gradual rolling hills to practice your downhill technique at first until you feel confident doing it at higher speeds. Once you're comfortable, try riding in a group to improve your ability to follow other cyclists and ride safely together through tight turns and declines. You'll learn a lot from following their lines.

My E-Bike Story

By: Abe Chasnoff



I'll bet that just about every rider has at least one certain landmark that he or she recognizes on the familiar routes that we follow, either on a club ride or when we ride on our own - a flat tire here - a crash there - whatever. For me, one such is a house set behind a picturesque pond on Carr's Tavern Road, on the right and just before Millstone Road as you head toward Roosevelt and the Assunpink area.

That spot holds a special meaning for me because it was there, on July 23, 2021, as I was sitting alone on a rock across the road from that house, waiting for Joel Brown to retrieve me and my Roubaix from where I had bonked one more, and return me to the Brandywine soccer field from which we had started our ride that morning, that I realized that I needed to get an e-bike. [Thanks to Ride with GPS for the documentation of time and place.]

When I started actively shopping around, I quickly learned that, due to the pandemic, there was a shortage of bikes in general and e-bikes in particular. I was told by one dealer that if I put in my order I could expect to have a bike in six months....Maybe. But that September, when I went to Brielle Cyclery, they too had a waiting list, but the sample they let me try was my size and they offered it to me. It wasn't a road bike but I bought it and a few days later took it on my first club ride, the La Dolce Vita Ride, led by John Hayes.

It wasn't an easy decision; there was a lot of false self pride at stake. What would other people think? Would I be laughed at? Would I be accepted as an equal participant on a group ride? Would I stand out like a sore thumb? It took me a while to get up the nerve to accept the inevitable. I shouldn't have worried. This is a great club. There was some gentle kidding, but people have been just as friendly and welcoming as you would expect from a club whose motto is WHY RIDE ALONE.

My e-bike is a Trek Verve+2. It's configured like a hybrid, with a more upright riding position and straight handlebars and is powered by an external Bosch battery with four settings, all of which are programmed to cut out at twenty mph. At the lowest assist level, it has a range of 72 miles. It took a little time to acclimate myself to the new upright riding position, but I now find it more comfortable than my former forward leaning position.

My E-Bike Story

By: Abe Chasnoff

Because my bike weighs 55 pounds, I usually ride in the lowest pedal assist mode, which allows me to maintain the group's pace without any extra effort. On club rides I generally like to settle at the back of the pack when we're on the flats, because the C+ group I ride with often achieves a pace that nears the maximum capacity of my motor assist. I don't mind falling slightly behind, because I know that the gap will close whenever the terrain starts to tilt. When we're facing a head wind I will sometimes try to take the lead, because with my power assist and higher silhouette I can shield the group and keep the pace from falling too much from the norm. Of course, when the road slants upward, I may get a little frisky, but I always wait for my buddies in the friendly shadow of a tree at the top of the hill.

If you love our sport, but feel that you are losing a step, or can't keep up, for any reason at all, I would tell you that there is no downside to making the switch to an e-bike. You still get the exercise, the companionship and all the good things that come with bike riding. Whenever I'm asked, I tell people that with this bike I'm riding five years younger. I can ride with the same people I did before and I don't feel like I'm keeping anyone waiting. It's well worth the investment. You won't regret it, and you won't have to ride alone.



Product News/Equipment

SRAM's 2nd-gen. Force AXS electronic groupset takes cues from Rival and refines front derailleur

<https://www.bikeradar.com/news/new-sram-force-e-tap-axs/>

The new Cannondale SuperSix Evo 4 is lighter, faster, and has a threaded bottom bracket

<https://www.cyclingnews.com/news/the-new-cannondale-supersix-evo-4-comes-in-three-increasingly-lightweight-flavours/>

Welcome New Members

- Todd Luttman
- Mollie Kamen
- Nicholas Achille
- John Stypa
- Anthony Emanuel
- Brian Duffy
- Armando Pagsanjan
- Gregory Battista
- Eric Sposito

Mileage/Ride Leaders

Rank	JSTS Member	YTD Miles
1	Bill Winterbottom	2777
2	Pat Perrella	2406
3	Jay Fields	2375
4	Rob Leitner	2307
5	Dave Schatzow	2060
6	Angelo Pruscino	1650
7	John Hayes	1579
8	Robert Nuara	1365
9	Johnnie Waffles	1353
10	Alex Matskovsky	1258
11	Ward Kradjel	1091
12	Mary Ellen Carr	1042
13	Rob Fisch	833
14	Marci Jannetti	630
15	George Gregorio	613
16	Paul Sakson	501
17	Marci Jannetti	630
18	Bryan Hryck	480
19	Sheila Ward	302
20	Gary Brush	220

General Information



By: The Paceline Staff

ATTENTION CLUB MEMBERS!!!!

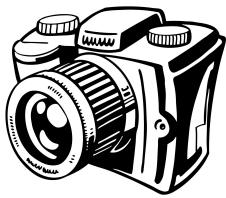
The Paceline Newsletter is a collaborative effort which all members are encouraged to participate in. This is **YOUR NEWSLETTER**. Let's make it great!!! We are looking for cycling articles you found interesting or a pertinent cycling topic you think our members would enjoy. Also, every month we would like to have two short articles from our members. Here are just a few suggestions:

- How did you first get involved in cycling?
- Tell us about a memorable cycling trip or club ride
- Why did you join JSTS and what do you like about the club?
- How a member made you a better cyclist?
- Anything you think may be of interest to our cycling community

Nothing elaborate. As a guideline, just a few paragraphs and a word count of 700, give or take. Please submit content by the 15th of the month, for inclusion in upcoming issues.

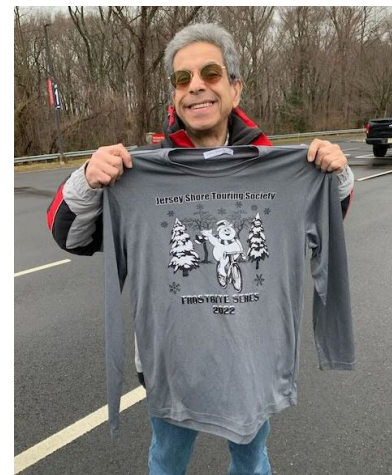
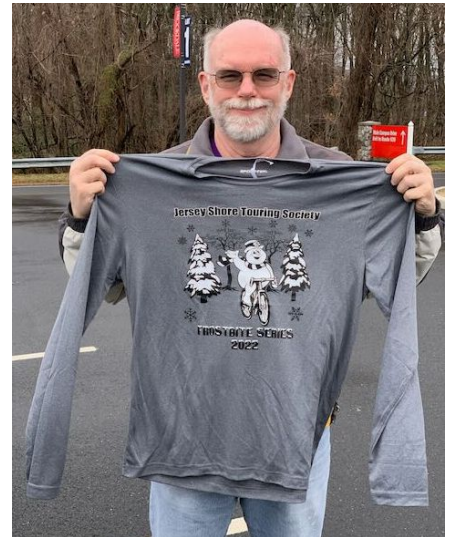
We would also like to call out a **NEW CLUB MEMBER** every month. If you are new to JSTS let us know if you would like to answer about 6 short questions. Really easy and quick. This is a great way to introduce you to all our members!!!

C'mon, we know you have stories you can share. Drop us a note and send in your stories at: thepaceline@jsts.us.

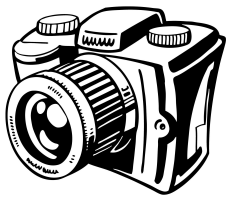


Corner

Some members receiving their 2022 Frostbite Shirts



We want your club pictures. Send them on or before the first Friday of every month to: thepaceline@jsts.us



Corner

Some members riding out of Brookdale CC



We want your club pictures. Send them on or before the first Friday of every month to: thepaceline@jsts.us

Cycling Shorts



People see me buying a bunch of **bike's** and think I'm rich...



Bro I'm just irresponsible