

THE JSTS **PACELINE**



MAY 2023

A PUBLICATION OF THE JERSEY SHORE TOURING SOCIETY

Executive Board

President: Paul Sakson

Vice President: Pat Perrella

Secretary: Michael Greaney

Treasurer: Eric Bonett

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Bike Advocacy/Community Outreach:

Howard Kradjel

Branding/Clothing: Jean Roy

Budgets: Paul Sakson

Newsletter: Robert Nuara

Elections: Don Levy

Webmaster: Rob Leitner

Membership Data: Rob Fisch

Ride Leaders/Safety: Pat Perrella

Rides: Barb Bennett, John Hayes

Social Events: Sheryl Nishiura

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JSTS Paceline Submissions:

Materials for the Paceline Newsletter are due by the 15th of the month. 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. Photos 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,

One of the areas that needed to be improved, according to our survey earlier this year, was bicycle safety. To that end, we've taken significant steps to strengthen our safety culture.

We've formed a Ride Leaders and Safety Committee, headed by Vice President Pat Perrella. Through committee activities, ride leaders can now receive training year-round, and riders can also register for periodic safety meetings. The inaugural meeting on April 3, 2023 was attended by more than 30 members, which confirms the strong interest in riding safely.

However great it is to set up a committee and have safety programs, we each need to renew our commitment to safety individually and collectively. **Let's make 2023 a stand-out year for safety.**

What can you do? Here's a few of my own suggestions:

1. Mentally pay attention. While riding, this is not the time to be fussing with your computer, phone or wondering what you'll eat at the rest stop. Be aware of your surroundings, the riders in front and around you, and traffic conditions.
2. Be diligent in calling out road hazards. Every one of them. It only takes one pothole to cause a serious injury.
3. Ride at a consistent and predictable pace. This makes it easier for surrounding riders to stay at safe distances. For example, I've been on rides where the leader looks back frequently, resulting in a slightly reduced speed, which in turn causes the following riders having to constantly adjust speed, which is not safe.
4. If you see something, say something. If you see a rider doing something unsafe, either politely recommend proper safety, or if you'd rather not confront the rider, speak to the ride leader or other riders in the group. Speak up.

Of course, the list can go on and on, but challenge yourself to this question: What are you doing each and every ride to further club safety? If everyone comes up with their own idea or mantra, the Jersey Shore Touring Society will be a much stronger and safer club. And that benefits everyone.

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



Volunteer Needed

A volunteer is needed 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:

May 6th Bikes and Beers

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

Join the JSTS Team.

May 12th Police Unity Tour

[2023 Challenge Ride \(e2rm.com\)](https://www.e2rm.com)

Matt Eitel, JSTS member, riding 300+ miles. Matt has raised over \$725 thus far.

May 12 Ride of Silence for fallen

cyclists. Location is BCC-Parking Lot #1. 6:30 PM.

<https://www.rideofsilence.org/locations-domestic.php?s=NJ#NJ>

May 13th-14th

Bike MS: Coast the Coast 2023

[2023 Challenge Ride \(e2rm.com\)](https://www.e2rm.com)

[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!



CALENDAR OF EVENTS

May 7

Clothing Fit Session-BCC at 8AM, hosted by Jean Roy

May 8

Membership Meeting-Focus on New Members at 7 PM, via Zoom

May 11

Clothing Fit Session-BCC at 5 PM, hosted by Jean Roy

May 13

Clothing Fit Session-MJT at 5 PM, hosted by Jean Roy

May 21

League of American Bicyclists (LAB) Skills Session, 1 PM at BCC Parking Lot #1

June 20

Longest Day Rides- See Ride Calendar for details

June 23-26

Summer Tour- Hudson Valley, NY, Click link for details: <https://jsts.us/event-5151959>

July, Date TBD

JSTS Annual Club Picnic, volunteer needed to host this event.

September 3

Club Century, info TBD

September 10

End of Season Party- Asbury Festhalle & Biergarten- 5 PM-8 PM Rooftop

September 23

La Dolce Vita Ride- B/B+ and All Pace departing 10:00 AM from MJT

September 30

Club Century, info TBD

October 7

Al's Covered Bridge Ride, info TBD

October 8

Harvest Ride, info TBD

MAY IS **BIKE** MONTH




May is National Bike Month, promoted by the League of American Bicyclists and celebrated in communities from coast to coast. Established in 1956, National Bike Month is a chance to showcase the many benefits of bicycling and encourage more folks to giving biking a try.

MAY 3

May 3rd is **National Walk, Bike and Roll to School Day**. It is a day when communities across the country celebrate the joy of active commuting, building a sense of community, and exhibiting school spirit. You can join the movement and [register your event](#) with the National Center for Safe Routes to School.

MAY 7

May 7th is **National Ride A Bike Day**. Get out there and ride your bike. Encourage your neighbors and friends to ride too.

MAY 15-21

May 15th to 21st is **Bike to Work Week**. Ride to work and collaborate with your coworkers to do the same.

MAY 19

May 19th is **Bike to Work Day**. Ride to the office with your coworkers and eat some doughnuts, guilt-free.



JSTS RIDER SAFETY - PART 1

On April 3rd the club had a Zoom Call to discuss Rider Safety. This is the first in a series of Rider Safety Meetings the club will conduct. Here are the topics and the recommendations.

Effective communication on the road

- Calling out hazards. This is everyone's responsibility. There's a tendency for riders to ignore roads hazards as the ride progresses.
- Callouts must be descriptive. "Hole In" or "Hole Out", not just "HOLE!"
- "Mechanical!" Universal call for all to stop.

Maximum riders in a group

- Not a clear consensus but 8-10 seems manageable.
- Must find a dependable delegate for split groups.

Keeping track of the group

- Each rider should know who is behind them and call out when there is a gap or someone falls off the pace.
- "No drop ride"

Pre-ride checks

- Bike (wheels, tires, brakes)
- Tools (spare tube, multi-tool, pump)
- Water and food
- ID and emergency contact
- (Suggestion was made to create a pre-ride checklist)

Situational awareness (e.g. stopping for a mechanical)

- Ensure good line of sight.
- Do not stop on a curve or at the top of a hill.
- Get everyone 10 feet off the road.

Intersections

- The rider in front must either stop, go or yield, etc. and everyone must follow. Examples: 4-way stops, 2-way stops and traffic circle.
- Approach every intersection thinking as a group, not as a solo rider.
- No more than two abreast for stop signs.

How to deal with an unsafe rider

- The ride leader can ask the unsafe rider to stay in the back.
- Speak to the unsafe rider at the end of the ride.

New riders

- Know who's new. Welcome them.
- Ask about their experience, typical speed.
- New riders should stay in the back until they're accustomed to group riding.
- The topic was raised about new riders who are significantly faster or slower than the group they're riding with.
 - Too slow? Ask someone to buddy up for the duration of the ride.
 - Too fast? Ensure they stay with the group and do not ride ahead.
- Anyone without a cue sheet or GPS should not ride in front.

It was recommended that all new riders familiarize themselves with the Rider Guidelines that can found on the JSTS website: <https://www.jsts.us/Rider-Guidelines>

HEALTH TIPS

Cycling with Asthma

By Bob Carricino, MD

Asthma is a reversible airway disease manifested by a narrowing of the lung airways associated with inflammation, swelling, and mucus production within the airways. There are many triggers which initiate this inflammatory cascade such as pollen, fine air particles, cold or humid weather, or even exercise itself. This presents a challenge for the cyclist, however there are things that can be done to mitigate the symptoms.

1. When the weather is too cold, wear cloth over your mouth to warm the air as it enters your lungs.
2. Don't cycle when the weather is too humid, or there is an ozone alert day, or if the particle count in the air is too high, say over 100 (the weather channel app posts a daily particle count and will warn those with respiratory issues).

If you do decide to ride outside on a day which may challenge your lungs, make sure you use your maintenance inhaler (if applicable), and your rescue inhaler 15 minutes before you ride. The most important issue with an asthmatic during a ride is to swallow your pride and slow down your pace when you start to feel chest tightness, or overwhelming shortness of breath. Asthmatics can cycle safely as long as they realize their limitations. Hopefully these tips will help our asthmatic population enjoy the wonderful world of cycling.

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. Each 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 does being a member make you a better cyclist?
- Anything you think may be of interest to our cycling community

Please submit a few paragraphs along with a picture of yourself 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 6 short questions. 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.



The Cadence Question

By Outside Magazine, courtesy of Barb Bennett

Ah, the cadence question. Whether 'tis nobler in the legs to pedal hard and slow or to take strokes lightly, and by pedaling fast, save energy? All right, the strained Shakespeare reference aside, the question of whether it's better to pedal slow or fast depends on your training goals.

Exercise leads to fatigue, and the cadence you use during cycling can affect how fatigue impacts your riding. When you pedal slowly, you're pushing against more resistance with each pedal stroke, which means you have to recruit a lot of muscle fibers in your legs to generate enough power to keep going. The trouble is, many of those fibers fatigue quickly, no matter how fit you are. Pedaling faster reduces the resistance you're pushing against with each stroke, which shifts a good portion of the stress of pedaling from your leg muscles to your heart and lungs. Since your heart and lungs don't fatigue the same way skeletal muscles do, this shift allows you to keep riding longer before your legs get tired.

Now, if you are looking to increase leg strength and your ability to accelerate fast and sprint, then low-cadence, high-resistance intervals are important for your training. By demanding more power against a big resistance, these intervals are similar to weight lifting on

the bike and lead to neuromuscular adaptations that lead to increased recruitment of fast-twitch muscle fibers. In the end, you'll develop the ability to accelerate and sprint faster.

High-cadence cycling received a lot of attention during Lance Armstrong's first Tour de France victory in 1999 because his pedal speed in the mountains and time trials was notably faster than his rivals'. During his comeback from cancer we discovered that he could produce more power, go faster, and maintain that speed longer by pedaling faster instead of harder. Cancer peeled 17 pounds of muscle from his frame, and mashing big gears with that remaining muscle led to fatigue very quickly. As a result, it made sense for him to purposely shift as much work as possible from his leg muscles to his aerobic engine.

Pedaling faster puts more stress on your aerobic system, but with training, your aerobic system will adapt and you'll be able to sustain a high pace on flat ground and hills for longer periods of time.

For sample workouts see the original article:

<https://www.outsideonline.com/uncategorized/best-cycling-workout-it-better-pedal-higher-rpm-low-gear-or-lower-rpm-high-gear/>



iCan Bike Volunteers Wanted

By Robert Nuara



iCan Bike is an organization which provides quality learning opportunities in recreational activities for individuals with disabilities. By creating an environment where each person is empowered to maximize their individual abilities, everyone can shine!

They are looking for volunteers to help children with disabilities learn how to ride a bicycle.

During the course of one week, the kids usually progress from little or no cycling skills to riding a two wheel bike independently. Watching the children progress and gain confidence is a remarkable experience. At the end of the week, their parents are amazed how their kids have mastered the skills necessary to ride a bicycle.

This year's program will once again be held at Brookdale Community College from Monday, August 7th to Friday, August 11th. The camp is almost full for riders and they need at least three volunteers on a team for each rider. If you would like to volunteer or pass along this information to your family, friends, fellow students, and colleagues that might be interested in volunteering, they would truly appreciate your help spreading the word! For any questions and to receive the registration and waiver form please email your question to Babette Zschiegner-Director for the iCan Shine Lincroft Bike Camp at:

babette2u@gmail.com

JSTS has supported iCan Bike with these training camps for several years. Three of our members (George Gregorio, Rob Nuara and Rob Leitner) have volunteered their time, some are multiple year volunteers. It is a very rewarding experience helping these kids with disabilities. Here are some pictures from past camps at BCC.



Day 1



Day 5

New Product News & Equipment



Looking for a new helmet? Here is an excellent resource ranking helmets based on their safety. In collaboration with the Insurance Institute for Highway Safety, Virginia Tech Helmet Lab has rated 190 bike helmets using the STAR evaluation system.

<https://www.helmet.beam.vt.edu/bicycle-helmet-ratings.html>

Ever wonder what is the correct tire pressure you should be using? Optimal tire pressure is a vital factor in making you go faster. Here is a link to help calculate tire pressure.

<https://silca.cc/pages/sppc-form>

And if you have Zipp wheels, you can use this link.

[Axs.SRAM.com/guides/tire/pressure](https://www.sram.com/guides/tire/pressure)

WELCOME New JSTS Members

Kaitlyn Poretti

John Ech

Camilo Lugo

Mike Veneck

Peter Sugarman

Joanna Tibbels



New Member Spotlight

John Stypa

John Stypa is a new member to the JSTS community. He lives in Avon, NJ and is excited to be part of the club and is looking forward to finding his niche in the group rides.

When did you join JSTS?

I joined JSTS in March 2023.

Did someone introduce you to the club or tell us how you found out about us?

I learned about JSTS through Google and a flyer posted at Asbury Park Cyclery.

What type of rides do you like to do?

I enjoy indoor training and distance rides, my longest being my first century on St. Pats Day this year.

What bikes do you ride?

I have a Trek beach cruiser that I enjoy riding down at the Shore and a Trek Domane SL5.

How are you enjoying JSTS rides so far?

It was a great experience meeting fellow JSTS members and riding with a group. Looking forward to participating in group rides throughout this season. I have participated in several indoor Zwift Workout rides.

Most rewarding thing about being part of the club?

So far that would be becoming acquainted with fellow JSTS Zwifters and looking forward to making new friendships during the road riding season.

Any other comments you would like to share with us?

I'm still a newbie at cycling and me and my Domane have the battle wounds through mishaps and learning how not to topple over now that I've been clipless. I'm thinking of naming my bike "Lucky"... 😊😁



JSTS Event Leaderboard YTD

Member Participation in JSTS Events, Rides & Meetings

First	Last	Count
Ward	Kradjel	47
John	Hayes	45
Raymond	Simonian	45
Eric	Stacer	44
George	Gregorio	43
Charles	Kirlew	39
Pat	Perrella	38
Bryan	Hrycyk	35
Joel	Brown	32
Patrick	Bisogno	30
David	Cofone	30
Thomas	Trank	30

First	Last	Count
Al	Pardo	28
Robert	Nuara	28
Caroline	Donahue	27
John	McNamara	24
Jose	Fernandes	23
Mikhail	Giller	22
Abe	Chasnoff	21
David	Anderson	21
Jean	Roy	21
Bruce	Naidoff	21
Hank	Steinberg	20
Steven	Schwartz	20



Corner



Bill Hitzel after fixing his chainring



JSTS club secretary Sheryl Nishiura being honored for 4 years of service



Combined A/B+ BCC Ride at the Allenwood Store

We want your club pictures.

Upload your photos before the 15th of the month to: <https://www.jsts.us/The-Paceline-Photos/>



Corner



B/C+ Ride at Assunpink Lake

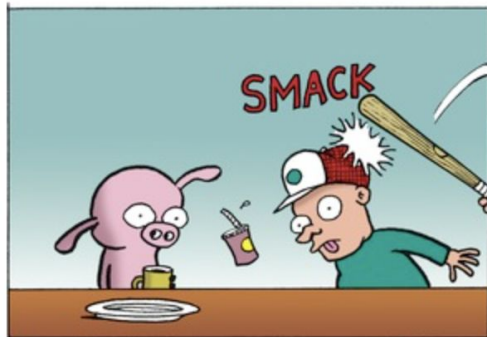
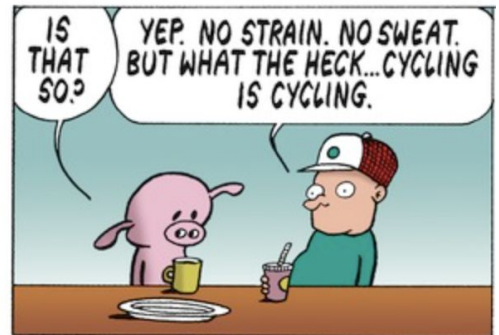
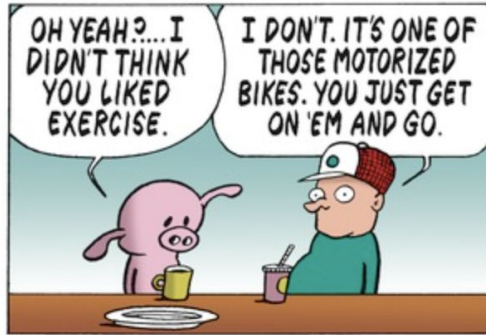
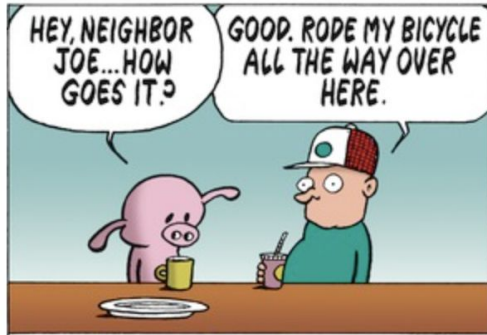


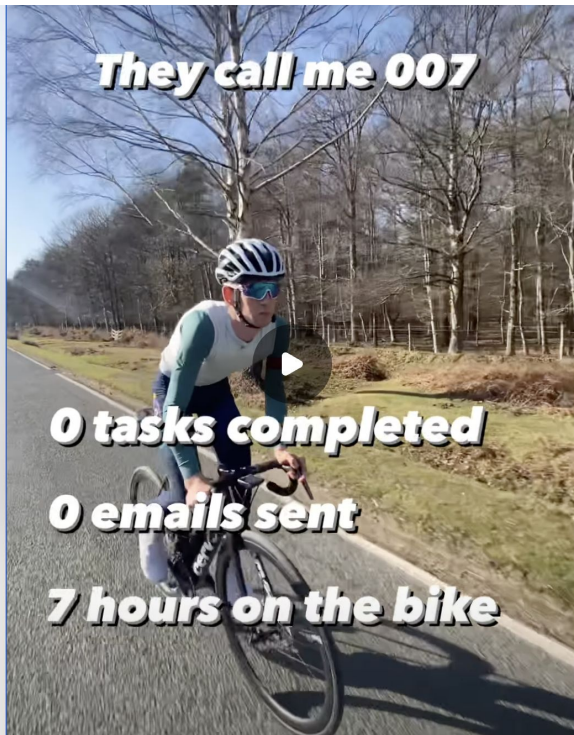
JSTS Remote Hill Ride in Hampton, NJ

CYCLING SHORTS

PEARLS BEFORE SWINE

BY STEPHAN PASTIS





Chances I'll stop biking



CYCLING IS NOTHING MORE THAN A SERIES OF ARGUMENTS BETWEEN THE PART OF YOUR BRAIN THAT WANTS TO STOP AND THE PART THAT WANTS TO KEEP GOING

