

THE JSTS **PACELINE**



JUNE 2023

A PUBLICATION OF THE JERSEY SHORE TOURING SOCIETY

Executive Board

President: Paul Sakson

Vice President: Pat Perrella

Secretary: Michael Greaney

Treasurer: Eric Bonett

Committees

Bike Advocacy/Community Outreach:

Howard Kradjel

Branding/Clothing: Jean Roy

Budgets: Paul Sakson

Newsletter: Robert Nuara

Elections: Volunteer Needed

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: The friendliest riders in
New Jersey!*

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.



Hello Cyclists!

A NOTE FROM THE PRESIDENT

Dear Fellow JSTS Members,

When people do good things, you can't say "Thank You" enough. This column is dedicated to appreciating and saying thanks once again to all the volunteers that make the Jersey Shore Touring Society a great club.

JSTS volunteers do an impressive amount of work. Not only are there approximately 30 volunteer ride leaders, others do everything from scheduling rides, coordinating social events, producing a monthly newsletter, keeping the website going, coordinating clothing sales, producing membership meetings, and paying the bills and filing taxes in order to keep the club humming along.

Here are special shout outs to a few of our many volunteers. **To Barb Bennett and John Hayes:**

Thanks so much for keeping the ride schedule current and putting up with last minute changes. Both of you are truly the backbone of the club.

To Rob Nuara: Without you the newsletter would have been only a mere concept, and the club wouldn't be as robust as it is today without your past leadership. Thank you. **To Ward Kradjel:**

From bringing bike advocacy and community outreach from a mere concept to reality in only one year, where you now have a working committee, and have made inroads and partnerships with key stakeholders, you uphold volunteerism to the highest level. **To Jean Roy:**

Thanks for keeping the clothing store open and coordinating fit sessions with the many members. I've heard time and again how important club jerseys are, and we're appreciative of the work you've done over the years. **To Rob Leitner:**

Sometimes I don't know how you do it, but whatever needs to be done with our website and keeping the membership portal active, you always find a way to make things happen quickly and professionally. Thank you for your decades of service. **To Sheryl Nishiura:** Simply said,

without you, social events wouldn't happen. Thank you for your energy, enthusiasm and "can do" attitude. We need more Sheryls in our club, for sure. **To Pat Perrella:** Our survey earlier in the year showed that Safety could use improvements. You immediately stepped up to fill in this void by leading the newly formed Safety Committee, in addition to handling all of your Vice President duties. Bravo!

Of course, there are many other volunteers which I haven't mentioned above that have put in years of service. To be sure, your efforts are appreciated and will get mentions in future columns. With all of this said, JSTS is always looking for more volunteers to fill in the voids and keep the club strong, vibrant, and socially active. These are all areas that members have said they like to have.

Volunteering doesn't have to be an all-or-nothing proposition. If you ride frequently with the club, how about offering to help as a ride co-leader a few times? Try it out, you may like it. Maybe you'd like more social events, but only have limited time. How about having a short video call with Sheryl or a Board member to discuss ideas. The Board would love to have new and refreshing social event ideas. Same with helping out at a few of our events: Typically, these only take an hour or two, and the best part is that you can do your scheduled ride that very day. No inconvenience.

The Jersey Shore Touring Society is a great cycling club because of its volunteers. Much appreciation goes to all who have helped along the way. JSTS will only exist as the great club it is with the help of new volunteers. If you haven't already stepped up for a few hours a year, please consider it.

Safe and happy cycling,
Paul Sakson, President



B3 Cycles Sponsorship

By: Michael Lock

Hi everyone, my name is Mike. Me and my dad, Jake, are partners at B3 Bikes in Howell, NJ.

I recently received an email from JSTS Vice-President Pat Perrella asking if I'd be interested in sponsoring the JSTS, in order to help the club refine itself and expand. My knee-jerk reaction was a strong 'no, thank you.' (Pat was never privy to this reaction since I've learnt not to actually act on knee-jerk impulses without further consideration.)

As a bike shop owner, I am frequently bombarded with requests from individual cyclists, clubs, and teams for sponsorships of one kind or another. My usual stance on this is that, whether one is a privateer amateur racer, part of a team, or a cycling club member, riding a bike is a recreational hobby/sport/activity, and there's no reason why anyone should pay someone else to do it. So, I wanted to tell Pat, "If the club is meaningful to its membership, let the members sponsor it themselves."

However, after a little bit of the aforementioned 'further consideration', I said yes to JSTS's request and happily Paypal'd Pat my sponsorship fees. What triggered my change of heart? Let's take a little trip back in time, to approximately the year 2010.

Then, on one fortuitous Saturday morning ride, I happened upon a lone cyclist, struck up a conversation, and rode with him to Michael J Tighe Park. If you're reading this, dear JSTS'er, you know what happened next. This was my first experience with the Jersey Shore Touring Society, and being a confident young sprout, ended up in the 'A+ Group' area of the parking lot. I still remember seeing the ride leader



(at the time), Fedor, get out of his truck and thinking 'Holy smokes, look at this World Tour-Pro-thin European. I'm about to get my tush handed to me!' That little bit of intimidation actor aside, I also remember how *welcoming* everyone was.

I can be standoffish when meeting groups of new people, but everyone came over to me and introduced themselves and included me in the conversation. Once the ride got started, it was fast, but it was also friendly. Every so often Fedor would get frisky and call a sprint up a hill or to a stop sign, but after those brief intervals of chaos, the group would reform and continue together --chatting, laughing, cruising. More experienced riders encouraged their greener peers. There was no vitriol, no judgement, no scent of the elitist/insecure cycling group-ride culture which I had previously experienced. It was refreshing, and it was *fun*. (Continued)

Back in the parking lot, we rendezvoused with the A, B, C, and D groups (if you're an adult who rides a bike, there's a JSTS group for you). Although at the start of the ride all the groups were slightly segregated, the post-ride was one big, assimilated party. Folks from all the groups gathered and chatted about cycling and life in general. It was an atmosphere of inclusion and encouragement, and it was happily antithetical to most of my previous group ride experiences. Over the years, many new bike owners have asked me, "Where can I find people to ride with?"

Without hesitation, I always tell them about the JSTS. I do so with complete confidence, knowing that the JSTS members will make them feel welcome, safe, and excited about their awesome new hobby. No cycling organization in the area does more to cultivate and foster enthusiasm for the wonderful activity of riding a bike. That is deeply meaningful to me on both a personal and a professional level. The JSTS is a gem. It's more than a club, it's a community. I'm glad and grateful that it exists. And that is why I am happy to be a sponsor.

B3 Bikes is located at 6527 Route 9 North in Howell, NJ, <https://www.bikebladeball.com>. Mike can be reached at mike@b3bikes.com, or by visiting the store.

Because current Vice President Pat and Ex-President Rob Nuara have been kind enough to ask me to for a self-promotional blurb, here's some information about B3 Bikes.

- We carry bikes for kids and bikes for the most discerning enthusiast –and for everyone in between.
- Our primary bike vendors are Giant, Liv, Specialized and Revere. We also love doing custom build projects and helping people realize their dream-bike visions. In addition to bikes and bike gizmos, we carry good lookin', durable, comfortable, and very reasonably priced cycling apparel.
- Everyone who works at our shop is an enthusiastic bike rider and bike geek in general. I'm proud to say that when you visit the store looking for a new bike or bike gizmo, what you'll get is an open and honest conversation –not a one-sided sales pitch.
- I'm also proud of the exceptionally conscientious level of work that our service team applies to every job. We don't pride ourselves on having the fastest turnaround times; we pride ourselves on doing the best work.
- Last but not least, be sure to ask for a cup of really bourgie Nespresso coffee when you visit. Stuff's delicious.

Our top mechanics left to right: Ian, Geraldo and Robert



Hello Cyclists!

GENERAL ANNOUNCEMENTS

Join Us

Not a member yet? Join us at

<https://www.jsts.us/Join-us>

Donate

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

<https://www.jsts.us/donate>

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

Volunteers are needed to help with the many club's Social Events. The club has many events during the year such as, the annual club picnic, supported century rides, pizza rides on the Longest Day, the end of season party, etc. Email president@jsts.us for more information.



NEWSWORTHY ITEMS

June Riding Events

Highlands Gran Fondo- June 3-4, Butler, NJ
<https://www.granfondonationalseries.com/gran-fondo-highlands/>

The Revolutionary Ramble Bicycle Gran Fondo -Sat, June 10 <https://rambleride.org/>

The Farmland Ride-June 11, Flemington, NJ.
<https://www.farmlandride.org/Event.html>

Wyckoff/Franklin Lakes Triathlon
Sat, June 17-10:45 AM
830 Franklin Lake Rd · Franklin Lakes, NJ
https://wyckoffymca.org/index.php?src=gen_docs&ref=Races-Triathlon-Homepage-2023&category=RaceEvents

Propel Bike Ride-June 24. Willingboro, NJ
<https://www.eventbrite.com/e/2023-propel-100-charity-bike-ride-registration-370013328827>

Guided Bike Tour of Central Park New York City-June 29-Thu, 9 – 11 AM
Bike Rent NYC - Central Park Scooter rentals, Bicycle Rentals & Tours
https://bikerentalcentralpark.com/tours/tour/central-park-bike-tour?gclid=Cj0KCQjwYLGjBhDKARIsAFRNqW_uQm-nE8k7l_DXntBD4iLmfWQ2tP_BKxKU4l0n1F9kfmGLDIqIw_p0aAqU2EALw_wcB



CALENDAR OF EVENTS

June 20-22

Longest Day Pizza Rides- See Ride Calendar for details

June 23-26

Summer Tour- Hudson Valley, NY, Click link for details: [Jersey Shore Touring Society - JSTS Summer Tour 2023](#)

July 9

JSTS Annual Club Picnic hosted by Steve Srolovitz, more details to come

September 3

Club Century, info TBD

September 10

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

September 11

Membership Meeting-Zoom 7PM
Volunteer Recognition Meeting
Please register on website

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. Away Ride info TBD

October 8

Harvest Ride, MJT Park-Freehold Refreshments will be served



Bicycle, Scooter & Pedestrian Access Survey

Help NJ TRANSIT improve bicycle, scooter, and pedestrian access to transit! We are conducting a survey to learn how NJ TRANSIT can support safer access to our facilities for cyclists, scooter riders, and pedestrians. **Those who complete the survey and provide their contact information, will be entered into a drawing for a \$100 gift card!**

NJ TRANSIT is asking for your help to spread the word about the Bicycle, Scooter, and Pedestrian Access Survey. Please encourage members of your community to take the survey by sharing the link and QR code below via email, newsletter, and posting on your website. *Please do not post the link on social media accounts, as we have noticed an increase in the number of bots taking the survey.*

Thank you in advance for your support! We look forward to your input.

Survey <https://www.njtransit.com/bikes>

Survey QR code:



Sincerely,

Transit Access and Facilities Planning

NJ TRANSIT



JSTS RIDER SAFETY - PART 2

The **Paceline Technique** in group riding is something we at JSTS encourage. The pros of a Paceline are many but, there are several which are key.

- The ride becomes more about the group more so than the individual where you will all work together in harmony to realize great rides that are even tempo and safe.
- Everyone has the opportunity to take the lead in a paceline. This allows all riders the opportunity to pull and subsequently recover. You are not obligated to pull, however, the more riders that share in the workload the more rested everyone will be.
- Automobile drivers will have less issues with the group as the group will never (should never) be more than 2 across which will avoid provoking an angry reaction and situation from drivers.
- If done properly, your average MPH for the ride will be higher than when you ride alone.

Along with the pro's there are pitfalls, one of the biggest being riders at the front going too fast; riders pulling too long; sudden changes in speed; and erratic behavior in the line from unforeseen obstacles like potholes and road kill.

Pointers to Perfect Paceline Technique

- Use your bike computer. Nobody podiums in the paceline. Pay attention to the group's average speed and effort and maintain—don't push—those levels when you're at the front when starting your pull. Never exceed the current speed by more than 10%.
- Micro adjust. Stay off the brakes and keep your pedals turning as much as possible. Make tiny adjustments in your speed as necessary by soft-pedaling, feathering the brakes lightly to scrub speed, and sitting up or shifting over slightly to catch a bit of wind.
- Establish a pull range. Establish a range—two to three minutes is a good norm—of about how long each person should stay at the front. If you have a large disparity in fitness and ability, stronger riders can take longer pulls, but you still want to share the load and keep everyone fresh. If you cannot pull, once you get to the first position pull off and safely rotate to the back of the paceline.
- Maintain a straight paceline to provide maximum drafting. Once you finish your pull at the front, safely move slightly left and drift back to the end of the pack so that everyone maintains a constant effort.
- Keep your eyes forward. Look through the riders ahead of you, rather than staring at the wheel directly in front of your own. That way, you can naturally adjust to changes in terrain, rather than reacting (or overreacting) to the rider right in front of you.
- Call out obstacles in the road. Always call out potholes and other obstacles so everyone is alert and has time to react.
- Signal when you're pulling off. Flick your elbow to signal you're pulling off; this lets the riders behind you know you're about to drift over and back.

Please take some time to watch this short video on pace lining which will more visually help you understand the concept. <https://www.youtube.com/watch?v=I6LITUc8SMg&t=16s>



Cycling Adventures in NJ

By John Hayes

As all of us know, New Jersey is a fantastic place to explore, especially by bike. But you might be surprised to know how many people haven't taken advantage of the variety of places that can be explored on two wheels. That's how NJ Bike Tours came about. The founder, Jake Herway, wanted a way to help people enjoy a day of peddling through fascinating, beautiful and historic places. From its inception in 2014, NJ Bike Tours has helped couples, families and friends experience wonderful memories through carefully curated and guided bicycle tours of central New Jersey. Areas we visit include the Delaware River Towpath, farms and vineyards in and around Hopewell, and the Henry Hudson trail along the Bayshore. And we're always thinking of other places that would make for a fun and interesting bike tour.

In addition to Jake, there are three guides, including Andy Aberer and myself. We ride at a very casual pace, with plenty of stops for rest, storytelling and food. A typical 3 to 4-hour tour will only cover 15-20 miles. As ride leaders, we make sure the bikes are mechanically sound, everyone learns the rules of the road, and no one gets lost or left behind!



While our guests usually take their own pictures, I also try to take as many pictures as I can to share with them. I need to carry basic tools and tubes for roadside repairs, and I also bring extra water and snacks. I typically ride my Specialized Sirrus hybrid with a rear rack and bag to carry everything, but I also have the option of riding my Giant Revolt gravel bike with a handlebar bag and a large saddle bag for tools.

The group size varies from 2 to 30+, and we've had guests from the age of 8 to 80. Most of our guests are groups of friends or extended family members looking to do a fun and interesting outdoor activity. Most of our guests are from New Jersey but especially with large family groups, they come from all over. We recently had a guest from Iceland! There is no set schedule; all tours are private and customized for the group. While we request that guests bring their own bikes, rentals are available for some tours.

Do you have friends or family members who might enjoy a few hours exploring some beautiful New Jersey countryside. Please consider recommending NJ Bike Tours to them: <https://www.njbiketours.com/>



SUN SAFETY

Although we should always be “sun-smart” and apply sunscreen in all types of weather, including cloudy days, it is especially important in the summer months when the UV rays are the strongest.

According to multiple sources, it is recommended to apply sunscreen 15-30 minutes before going outdoors.

A sunscreen with SPF 30 will protect you from around 97% of UVB rays, whereas an SPF of 50 means protection from about 98% of UVB rays. Anything beyond SPF 50 makes very little difference in terms of risk of sun damage, and no sunscreen offer 100% protection from UVB rays. For protection against UVB and UVA rays, look for the words “broad spectrum” on the products label.

You will naturally want to apply enough sunscreen to give you ample coverage. A recommendation is to use the equivalent of 2 tablespoons for your legs and arms and another quarter tablespoon for your face and neck. To avoid sunscreen from dripping into your eyes which will certainly sting, you may want to use a “water resistant” sunscreen such as Coppertone Sport, which comes in a clear gel. No sunscreen is 100% waterproof or sweatproof.

You may consider wearing “sun-sleeves” which are offered on cycling websites as they provide some level of UV protection along with sunglasses and some type of head covering, besides your helmet to protect your scalp from a sunburn.

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.



Boosting from Behind

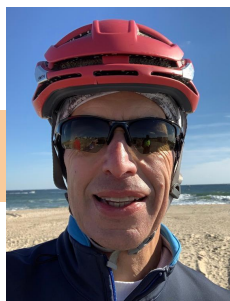
By Howard "Ward" Kradjel

When on a JSTS ride the other day, the lead rider dropped back and said, "I'll boost from behind." Was it a quip? I wasn't sure. "Thanks", I said, remembering that trailing riders in a paceline reduce drag for leading riders, essentially giving them a boost. At least, that is what I learned from a study performed by the wheel brand Swiss Side, and described in a Cycling Weekly article titled "How Close Do You Need to be to Benefit from Drafting?" But, I wondered, is it common knowledge that the lead rider benefits from drafting too?

When riding in a paceline the leading rider reduces the effort of trailing riders. Reduced drag for trailing riders is a key rationale for riding in a paceline after all. From the wind tunnel studies described in the Cycling Weekly article, drag is reduced for trailing riders by nearly 40% at 10 centimeters following distance, to a 20% reduction at 5 meters, and still a 10% reduction at 15 meters. The rule of thumb I've heard is that trailing riders experience about a 30% reduction. In this study, a 30% reduction would be realized at a following distance of about 2.5 meters. Nice!

Surprising to me is that the lead rider benefits too. The research described in Cycling Weekly found that the leading cyclist experiences a 4.4% reduction at 10cm following distance, dropping to nearly 0% reduction at 5m following distance. Any drag reduction is a good drag reduction I say!

Real-world experience will vary. The study was performed under controlled conditions. But riding conditions on JSTS club rides are not controlled. Riding conditions vary because of headwind, sidewind, tailwind, heat, cold, holes, hills, etc. The changing conditions influence the drag dynamics. And, while the exact percentages may vary from study to study, it is clear that by riding together we help one another. By riding in a line we help both trailing and leading riders reduce drag and save energy. So, the next time the lead rider in your pack drops back, thank them for the pull, AND thank them for the boost.



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

Garmin Solar GPS Computers

Garmin has gone Solar. New GPS color touch-screens are available for the 1040 Edge and the 540 Edge units.

<https://www.garmin.com/en-US/p/731136>



Apple Airtags for Bicycles

Lezyne has a variety of Apple Airtag-holders. With an Airtag device installed inside, the units enable you to keep tabs on your bike's location – be it in a train station bike park, at an airport or outside your local coffee stop. You can stow one away on your bike in three different ways: Bottle Cage, Saddle mount or a Bike Tagger which replaces one of your water bottle mounts.

<https://ride.lezyne.com/collections/bicycl-e-tracking-and-security>



Ergon SR Allroad Core Pro Carbon Saddle

Inside lives a so-called 'ergonomic core' made up of BASF Infinergy material. Infinergy is a 3D foam structure that's claimed to dampen jolts and bumps from the road, also notable for its use in running shoes.

<https://ergonbike.shop/products/sr-allroad-core-pro-men>

WELCOME New JSTS Members

Karen Reid

John Gwilym

Mark Bivians

Amelia Buchanan

Augie Paiva

Mary Livingston

Laura Lind

Anthony Spangenberg

Lonnie Cody

Rich Pinnola



New Member Spotlight

Ashley Sherman

Ashley is a new member to the JSTS community. She lives in Wall NJ. In addition to cycling Ashley is an avid athlete competing in a variety of sports.

When did you join JSTS?

I joined September 2022. My first ride with the club was actually Labor Day weekend when I completed my first half century ride.

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

I learned about JSTS when speaking to the folks at Cycle 54 in Wall.

What type of rides do you like to do?

I enjoy indoor training when it's cold outside and outdoor rides in warm weather :)

What bikes do you ride?

My road bike is a Cannondale Synapse Carbon 105

How are you enjoying JSTS rides so far?

Honestly, I've enjoyed all of the JSTS rides. I like that I can join different levels to get what I want out of each workout, whether that's a recovery ride, trying to push the pace on a shorter ride, or testing my endurance on longer weekend rides.

Most rewarding thing about being part of the club?

Everyone has been so welcoming. It's been great to meet new people, learn more about cycling, and gain confidence riding on the road.

Any other comments you would like to share with us?

I've been into sports and competing my entire life, with a focus on crossfit and running in recent years. After completing numerous half marathons, ragnar races, etc. I felt like I needed a new challenge. Last year, I signed up for my first olympic triathlon, started beginner swim lessons, and bought my first road bike! It's safe to say I'm now hooked! This year I hope to complete my first century ride and am signed up for my first half ironman. I'm so grateful to have found this group and looking forward to the season ahead!



JSTS Event Leaderboard YTD

Member Participation in JSTS Events, Rides & Meetings

#	First	Last	Count
1	John	Hayes	62
2	Ward	Kradjel	60
3	Raymond	Simonian	60
4	Eric	Stacer	59
5	Charles	Kirlew	57
6	Pat	Perrella	51
7	George	Gregorio	50
8	Thomas	Trank	48
9	Bryan	Hrycyk	43
10	David	Cofone	40
11	Joel	Brown	37
12	Caroline	Donahue	36
13	Mikhail	Giller	36

#	First	Last	Count
14	Robert	Nuara	36
15	Patrick	Bisogno	35
16	Bruce	Naidoff	35
17	Al	Pardo	35
18	Joe	Crapanzano	34
19	Hank	Steinberg	33
20	Barbara	Chroman	32
21	John	McNamara	32
22	Russ	Meseroll	32
23	Paul	Sakson	32
24	Abe	Chasnoff	31
25	Mike	Streett	31



Corner

JSTS Group Rides from BCC



All Photographs compliments of Meseroll Photography

We want your club pictures.

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



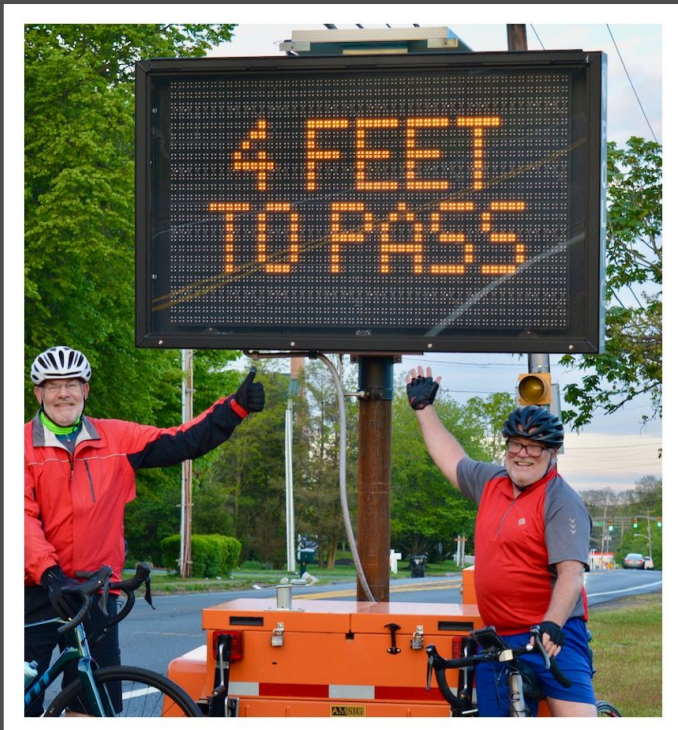
Corner



All Photographs compliments of Meseroll Photography



Corner



Middletown Township Thompson Park, Lincroft NJ



All Photographs compliments of Meseroll Photography



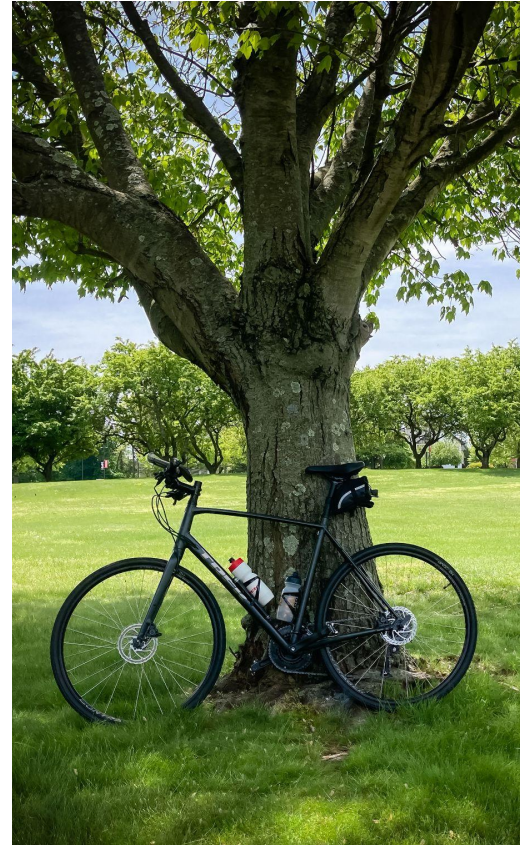
Corner

JSTS Champagne Ride





Corner



All Photographs compliments of Meseroll Photography

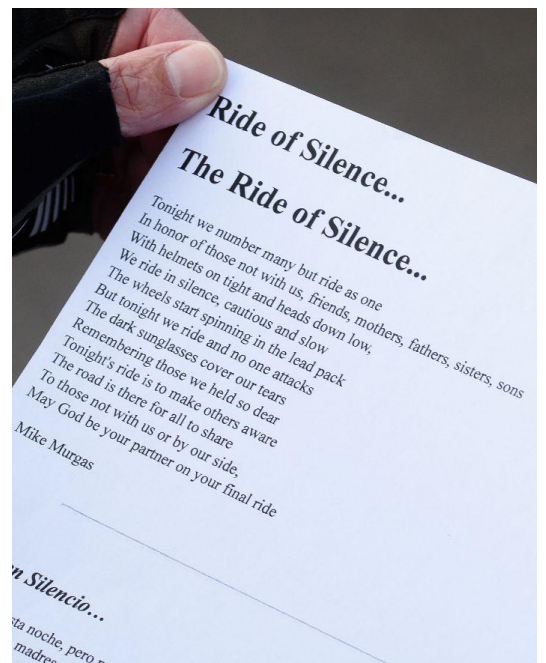
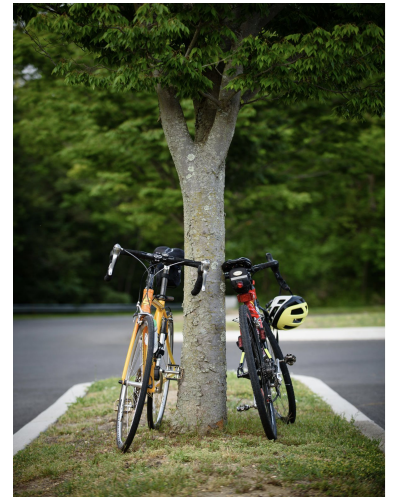


Corner

Ride of Silence

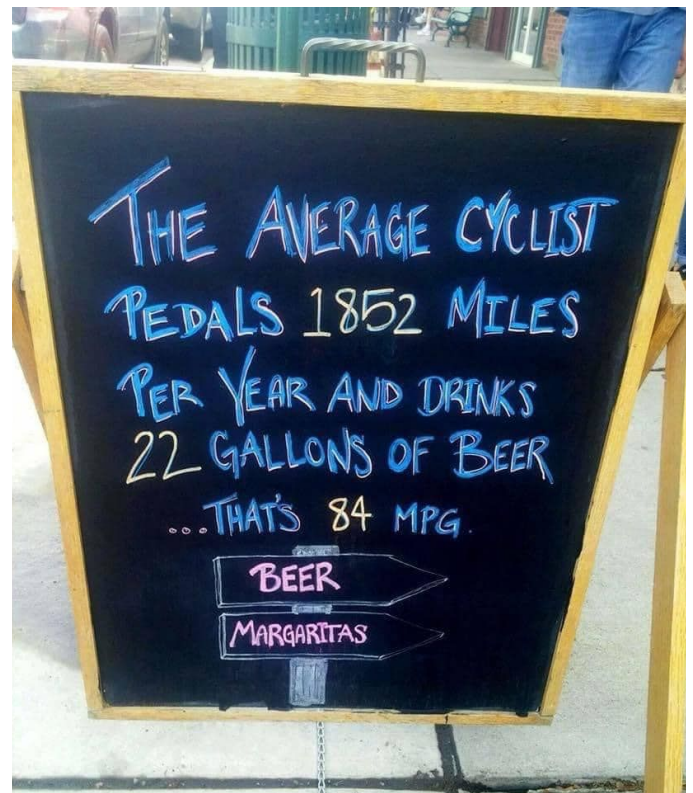
To HONOR Those Who Have Been Injured or Killed

<http://www.rideofsilence.org/main.php>



All Photographs compliments of Meseroll Photography

CYCLING SHORTS



CYCLING SHORTS

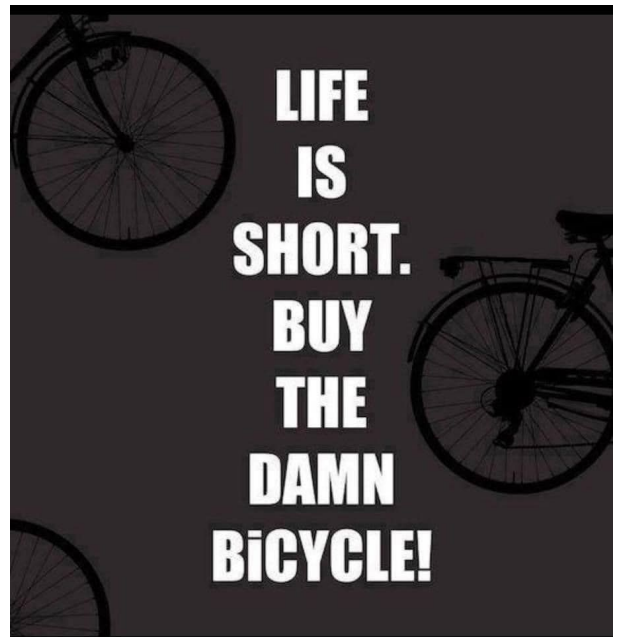



MAY YOUR RUBBER SIDE REMAIN DOWN AND SHINY SIDE UP


Honey, when you're finished watering I need to talk to you about a receipt I found for bike parts



Two weeks later...



DID YOU KNOW?



On a bicycle, you can travel three times faster than you can walk, for the same amount of energy! Keep cycling!