

# THE JSTS **PACELINE**



SEPTEMBER 2023

A PUBLICATION OF THE JERSEY SHORE TOURING SOCIETY

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**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](mailto: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,

I'm writing this article in mid-August, amid getting membership feedback for a design change for our club logo and colors. Proposing new branding, including a logo with a new color scheme is never easy, whether it be for a bicycle club like ours, a business, or any other type of organization.

An organization's logo is a representation of what it stands for, who they are, and why they're different. A good logo can rally people around a common vision, mission, and goal. One that has a modern touch shows that the organization is current, is fully engaged in the moment, gives outsiders a reason to join, and makes existing members proud and excited for what there is and what will come.

The Jersey Shore Touring Society, or JSTS, has had some iterations on logos over the years: Take a look at our classic jerseys and you'll see a lighthouse with a superimposed gear on a bold red, yellow color contrast. It's been around for a while but, I think most agree, is quite dated. Then we have the JSTS bike logo (found on the back of our retro jerseys as well as car magnets). Perhaps you can see the J-S-T-S, but is quite basic and, in my opinion, doesn't incite much emotion or excitement.

Members of the 2023 JSTS Marketing Committee saw that adding a singular identifiable logo, that's modern and stirs excitement, unity, and club pride, was an endeavor worth pursuing. They saw this as an opportunity to further modernize the club so that it has a unified and fresh branding across all our media, including our kits, website, social

media, car magnets, volunteer apparel, and so much more.

Feedback from the membership was overwhelmingly positive: about 90% of the respondents liked the change and many had ideas and suggestions for additional improvements. It's nice to see the membership rally around a change like this, considering what a monumental decision to change an organization's branding is.

Change always comes with levels of discomfort, unknowns, and difficulty. This is the case with our JSTS rebranding, for sure. However, if we embrace change and look ahead to all the possibilities it has to offer, we'll be a much better, renewed, and energized club for it in the long term.

With the new branding from our Marketing Committee, will there be a few bumps (or potholes) in the road? Yes. But time and time again the JSTS members will call out the bumps and potholes, and working as one JSTS team, we'll be stronger for it.

Safe and Happy Cycling,  
Paul Sakson, President

### Mail Received

*To JSTS,*

*I cannot thank this club enough for welcoming me and teaching me so much about cycling. I would not have been able to tackle 1,600 ft of elevation if it wasn't for all these group rides. They helped motivate me during training and I am so grateful. Thanks again, Meghan Ghaffari (new member and triathlete).*

# 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](mailto:president@jsts.us) for more info.

### Volunteer

Many of our committees need help. Step up and support your club.

### Join our Platinum Sponsor



### Follow Us:



## NEWSWORTHY ITEMS

### Sept./Oct. Riding Events



Twin Lights Historic Lighthouse, Highlands

### Tour de Farms Gran Fondo-, Saturday September 23, Blairstown, NJ

<https://www.bikereq.com/tour-de-farm-nj>

### Bikes & Beers, Cape May, NJ- Saturday September 23, Cape May, NJ.

Routes consisting of 15/30/45 miles.

<https://www.granfondoquote.com/>

### Twin Lights Ride, Highlands, NJ-

**Sunday October 1.** Routes consisting of 15/30/55/75 and 100 miles

<https://www.bike.nyc/events/twin-lights-ride>

### Ride to End Cancer, Hudson Valley, NY Sunday-October 8

<https://www.velocityride.or>

### Covered Bridges Ride, Erwinna, PA- Sunday-October 8

<https://www.bikeride.com/events/covered-bridges-ride-2023/>



# CALENDAR OF EVENTS

**September 3**  
Club Century, info TBD

**September 9**  
Ride for Food Justice  
[2023 Jersey Shore Ride for Food Justice \(charityweb.net\)](https://charityweb.net)  
Join the Jersey Shore Touring Society Team

**September 10**  
End of Season Party- Asbury Festhalle & Biergarten- 5 PM-8 PM Rooftop

**September 18**  
Membership Meeting-Zoom 7PM  
Volunteer Recognition Meeting  
Please register on website

**September 23**  
Henry Hudson Ride Adventure  
Liberty State Park, Jersey City

**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

**October 8**  
Ride to End Cancer  
Hudson Valley, NY  
<https://www.velocityride.org>



# Italy

By Eric Stacer



When Pat Bisogno, a fellow JSTS member asked me to go with him I said I would ask my wife. I thought there was no way I was going to be able to go. My wife said since I was going to be 65 this year if I was going to do it, it would have to be this year as I was not getting any younger. She not only encouraged me to do it she even sponsored the trip.

To me the Italy trip was both a trip of a lifetime and a definite bucket list item. The Alps are so majestic and mesmerizing. Looking up at the mountains I was about to climb told me there was nothing in New Jersey to prepare me for this trip. Weighing in at 235 lbs and being more of a sprinter than a climber I knew I was in for some challenging days. After the first day my guide realized, I was going to need help. Our guide Mattia had just the right bike for me,

an e-bike. At first, I thought it would be easy now, but I was wrong. I put on my power pedals to see how much the bike would help. Even with the e-bike I was still hovering around 140 watts. Considering the weight of both me and the bike it was much more than 100kg. Still, I was able to find a rhythm to get me up the climb. Climbing up the Stelvio I did exactly what I was told not to do, look up at the top. In my head I kept saying are we there yet, and each time I knew there was more to go. After arriving at the top of the Stelvio, the same mountain pass that I have a poster of in my family room above my bike, I was ecstatic. I thought that the riders of the Giro must be superhuman to go up at the speeds that they do. Not even on my e-bike would I have been able to keep up. I was amazed that my friend

## ITALY CONTINUED

and roommate Pat Bisogno was able to do the climbs on a mere mortal's bike. He is a strong rider which I have seen many times. At the top it was cold and there was still plenty of snow.

Climbing up the Galvia was no less daunting. It had some steep sections that I had not experienced since I went up Mount Washington some fifteen years ago. Getting up to the top there was more snow and ice than on the Stelvio. Thank God for Michelle with the van and the warm clothing we had packed up in our bags. Going down the Gavia was cold as the temperatures at the top were in the low forties, considering how warm and sunny it was at the bottom. I thought the beauty of the mountains were truly amazing. The lake at the top was just starting to slowly thaw.

The most challenging climb was the Mortirolo which was just a narrow and steep roadway. There was no place to stop and rest as the incline never let up. I was so in the zone just watching my front wheel I missed seeing the monument to Marco Pantani. Totally oblivious I just pedaled right by it. I was just glad to make it up to the top. The look on Pat's face when he made it to the top was of accomplishment and happiness. Our guide was just amazing on all our climbs. I don't know how he was able to go back and forth up and down the mountain to check on us and make it look so easy. Going up some steep climbs he would even take out his phone and take selfies with us behind him.



## ITALY CONTINUED



The one mountain we climbed (I forgot the name) had a church at the top with old bikes from the early tours lined up on the walls. They even had various jerseys from the ages. There was a monument at the top and a museum of bikes from the early ages of racing. Looking at the gears on the bikes I wondered how these human mortals were able to climb these mountains. Surely, they were men amongst men.

The easiest day was the ride to Varenna for 41.4 miles with only 740 feet of climbing. It was a beautiful ride on a sunny day. The wind at the bottom of the mountains made the ride more challenging than I thought it would be. Once we got to the Lake Como I thought it was one of the most beautiful places I have visited. Pat and I did some shopping and ate gelato every chance we could.



The food in Italy was amazing, I did not have one bad meal. I even ate a few things I do not like in the states but enjoyed here such as cold pasta salad and tomatoes. We experienced homemade pasta, excellent pizza and a variety of other entrees that packed a few pounds on me. I must admit we did need the calories though as the days were tough and we burned a lot. The last two days of climbing featured lake Como in the background. The switchbacks through the towns could be seen as we climbed up the mountains.



All in all, it was the trip of a lifetime. I climbed more feet in one week than I do in one year. If anyone ever wants to experience a ride of a lifetime I can highly recommend Vago Cycling ([vagocycling.com](http://vagocycling.com)).



## Cycling with AI

By Joel Brown

I have probably created a dozen club bike routes this past year. This is something that I have been doing for about 40 years. With the tools available today it is very easy to do. With a cycling GPS and/or a smart phone with a GPS app (Garmin, Strava or RideWithGPS) you can ride and record your favorite routes. At the end of the route, you save and upload the route. Now you can share the route with your friends and/or edit the route on your PC with a GPS program. You can also submit the route to the JSTS Ride Coordinator if you think the route is appropriate for club rides.

I create my new routes with the RideWithGPS program from my desk using the mouse on my PC. I have my new routes added to the club library and then schedule an exploratory club ride. (Exploratory rides use routes that have not been previously road tested, I usually do not mention that my rides are exploratory). Some of my exploratory rides did not work out well, ended up on paper streets (a paper street is listed on a map that really does not exist), unpaved roads, and roads with very heavy traffic.

The tools for route creation have greatly improved since the 1980's when I started creating club routes for the Central Jersey Bicycle Club with Don O'Rourke (Don is a long-time club member who is now living in the Boston area). The tools we had in the mid 80's were a mechanical odometer that mounted to the bike's front axle, pencil, paper and the Hagstrom folding county map. The first step in recording the route was to turn the dial on the odometer to zero it out. At each turn in the route, you put your foot down and with your pencil and paper you recorded the odometer reading, the street name, and the turn direction. It was a slow process.

The first big technological advancement in

bicycle route development was the VisiCalc spreadsheet program (VisiCalc came before

Lotus 123, Excel & Google Sheets). We were still recording the route with pencil and paper, but now with the spreadsheet we were able to calculate point-to-point mileage, edit the route, and print multiple copies on our dot-matrix printers.

With all this great technology and years of experience I cannot always get the bicycle route right the first shot. I do better in areas I am very familiar with like Holmdel, Middletown, and Colts Neck. But a recent route I created in Upper Freehold took 3 tries (3 exploratory rides) to get it right. There must be a better way. Not being afraid of new technology, I decided to investigate AI (Artificial Intelligence) to assist me in my route development.

I signed up for a free ChatGPT account. If AI can create "A" level term papers and write songs, it should be able to help me with my routes. I gave ChatGPT some test questions: "At my age what percentage stock should be in my portfolio"; "Need a low animal fat recipe for supper"; and "suggest a gift for my wife". I was impressed with ChatGPT answers. Now the tough question: "I need a low traffic bicycle route from Hazlet NJ to Freehold NJ". I received a 25-step route with turn-by-turn instruction. It looked great until I tried to follow the route on a map. CHATGPT generated a bike route that had 4 places where the roads did not connect. I thought I might have created the problem because my request was not specific enough. There are 3 Freeholds: Freehold Township, Freehold Borough and Upper Freehold.

I tried again, asking ChatGPT "Need a low traffic bicycle route from Holmdel Park, Holmdel, NJ to Michael J Tighe Park Freehold Township NJ". The AI solution was a total failure. Crawford Corner Road does not connect to Route 537, Route 537 does not connect to Schanck Rd, and Schanck Rd does not connect to MJT. Based on my 2 tests, AI is not ready for cycling. I am just going to have to keep creating my routes the old way.





# Health Coaching

By Janet Blum

Regardless of if you're cycling to lose weight, to commute, or to spend time in nature with friends or family, the health benefits of biking are plentiful and apply to everyone, despite their intent. Regular biking can help you stay fit and be a great workout!

Cycling builds some muscle (mainly calves and quads), but it's not enough to offset the general muscle loss that happens over time. We start losing muscle mass at age 30 at a rate of 3-8% per decade. After age 40 that rate of loss accelerates and between the ages of 40-80 we can lose 30-50% of our muscle if we are not taking steps to maintain and build! Losing muscle lowers your metabolism—and makes it difficult to lose or even maintain body weight—and also limits the amount of power you can put into your pedals (to burn even more calories and fat). Progressive muscle loss over the years leads to weakness and mobility issues which are so prevalent in the over 50 year old population who have been inactive all their life.

The solution to muscle loss is resistance or strength training. Biking is resistance training for the legs but not enough for the upper body. Lift weights two to three days a week to build lean muscle tissue, which will not only make you faster and stronger on your bike, but also more metabolically active so you will burn more calories all day long.

However, biking and strength training alone are not enough to maintain and/or build muscle. It is important to be sure to get in sufficient protein and calories that are a match to what your fitness or weight loss goals are. Complete protein sources should be eaten throughout the day but especially after a workout. We can get complete protein from poultry, fish, pork, eggs, beef, soy, dairy and whey. Supplementing with a good Amino Acid supplement can ignite the protein in your foods, and help to support muscle protein synthesis and recovery, and reduce muscle soreness after exercise. It's best to take an amino acid supplement after a workout with a meal that contains protein, and again about 5 hours later to keep that muscle synthesis going!

If you are looking to lose body fat while maintaining and building muscle, you'll need a calorie deficit and a program of lifestyle and mindset change. Working with a coach can be beneficial for accountability and guidance. The mindset of "I just biked 40 miles, I can eat whatever I want" does not lend itself to losing extra body fat. Quality and timing of calories makes a difference as well in terms of a healthy weight loss. Getting a proper amount of restful sleep is another lifestyle habit that lends itself to a healthy metabolism! As a Health Coach I can help you to level up in your goals by using a structured nutrition plan that can help you either shed excess body fat, build muscle or both.

## HEATH COACHING CONTINUED

With several plans depending on your own health goals and lifestyle, we can decide which best suits your needs. Our structured plans provide predictable results and are simple to follow, allowing you to eat 6 times a day without spending hours in the kitchen. Our coaching focuses on habits of health and lifestyle change so that you can make permanent change and enjoy lifelong transformation. Behavior change is not easy but with the right structure and support it is definitely doable!

Here are a few words from one of my client, Cindy Hauser:

I first met Janet several years ago on a group bike ride. I was surprised when she told me she was in her 60's because she looked so much younger and physically fit. Over the years, I had gained 40 pounds on my 4'11" frame. I was either cycling a minimum of 25 miles or going to the gym every day, but I just could not lose the weight. Janet shared with me that she was a health coach and I was excited to find out more about her program. One of the questions she asked me was "Why do you want to lose 40 pounds?" Among the obvious reasons, I wanted to become a faster cyclist, especially climbing up the steep mountain roads. I live near the Sourland Mountains where there are the



most beautiful roads to ride on, but of course, lots of hills.

I followed the program with her encouragement and guidance, and in about six months I reached my goal weight. There were so many positive benefits including the fact that my cycling speed and recovery improved, even going up the mountain roads!

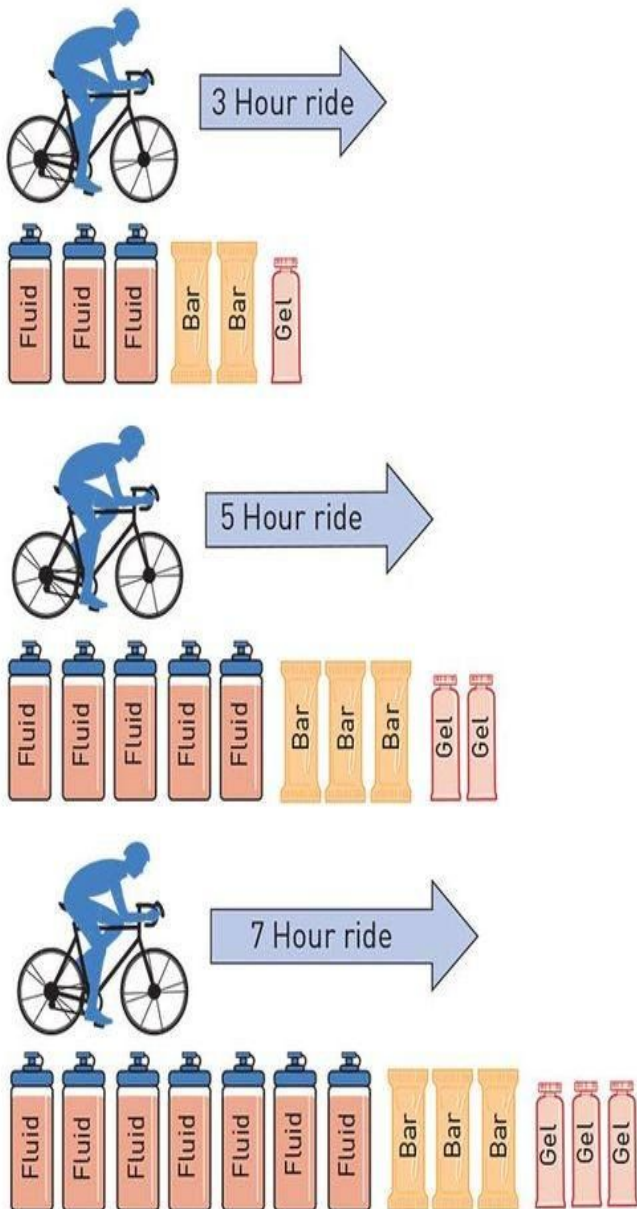
Following the healthy habits learned on the program, I was able to keep the weight off for years. During the 2020 pandemic, I did gain some weight, but I was able to jump back on the weight loss phase of the program and I'm happy to say that I'm very close to my ideal weight.

Janet Blum, a new member of JSTS, is a Certified Health Coach with Optavia and was previously a Registered Dietitian for 50 years. She works virtually and enjoys building relationships with people from across the country! Helping people get a new lease on life is her jam! For a complimentary 30 minute session with Janet, fill out this form and she will contact you to schedule a virtual visit <https://form.jotform.com/janetrblum/wellness-survey> or email her at [janetrblum@gmail.com](mailto:janetrblum@gmail.com)

## HEALTH TIPS

### Proper Nutrition

Are you confused by those articles that speak to how many ounces of fluids and how many grams of carbohydrates you need to take for optimal performance? Well, then you are in luck. Here is a visual recommendation for your possible fluid and food intake, based on your time in the saddle.



### 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](mailto:thepaceline@jsts.us).



The ladies version of the 2023 Tour de France Femmes ran one week after the conclusion of the men's tour. It consisted of 8 stages. Demi Vollering from SD Workx captured the Yellow Jersey, with podium spots to Lotte Kopecky and Nasia Niewladoma.

Here are some things you probably didn't know about the Women's version of the Tour de France. The inaugural edition was called the Tour de France Feminin in 1984. It ran with moderate success until 1989, however, the race began to lose sponsors, advertising and riders pulled out.

In 1992, a new race was created called the *Tour Cycliste Féminine*, which was organized by Pierre Boué and held in August. The race began to take a steady decline in the 2000's, when in 2004 it was discontinued, with most crediting its demise to a lack of funding due to old-fashioned sexism.

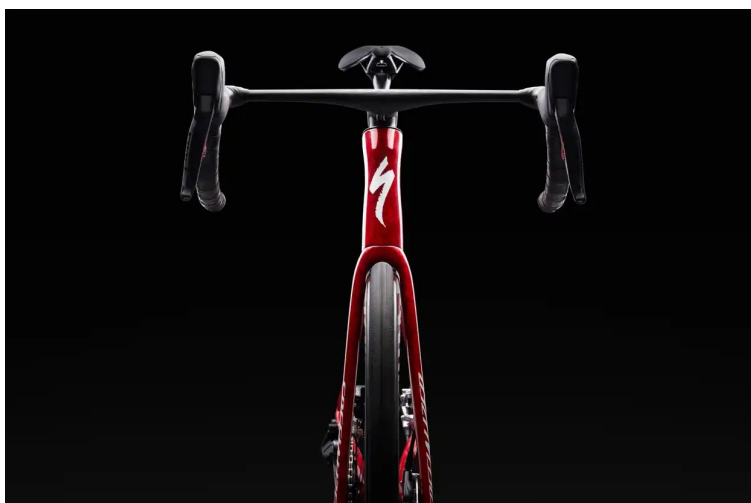
The Tour de France for women was reintroduced in 2022 with resounding success. Sponsorship, spectators and advertisers fully supported the event.

Did you know that an American Marianne Martin won the first edition of the Tour de France Feminin in 1984. A piece of trivia, Marianne Martin was the first American EVER to win the Tour de France, as Greg Lemond didn't win his first of 3 TDF's until 1986. Two years after Marianne!!!



## New Product News & Equipment

The new Specialized Tarmac SL8 is 'faster, lighter, stiffer and more compliant. The bike features an elongated head tube, called the 'Speed Sniffer. The head tube is topped with the new Roval Rapide integrated cockpit, which is saves 4 watts compared to the old two-piece setup. The seat tube has been narrowed to the same width as the SL7's seatpost, with the new seatpost naturally slimmer again to fit inside. Specialized has also addressed the Tarmac SL8 frame's weight, stiffness and compliance in a bid to improve the bike's overall speed on varying terrain, using the [Aethos](#) (the brand's lightweight road bike) as a starting point. The down tube, seat tube, seatpost and seatstays – are all purposefully designed to improve the bike's speed "in the real world".



The new Canyon Endurance CFR is aimed at the top-end of the market. Working with Swiss Side, Canyon says the new Endurance saves seven watts over the previous Endurance at 45kph. Canyon has increased the tyre clearance on the new Endurance CFR and CF SLX from 30mm to 35mm, enabling riders to "get creative" with what surfaces they ride on.



## WELCOME New JSTS Members

Donna Poulsen

Max Pigault

Ann Thompson

Cliff Rigby

Steve Frommer



## Member Spotlight

### Mariann Mann

I am originally from New Jersey and grew up in Pennsylvania. I attended Rutgers University, majoring in Accounting. Upon graduation, I stayed in NJ and moved to Union County. I now reside in Ocean Township with my husband and father-in-law. My passions include skiing, which has been a favorite of mine for over 35 years. In addition, I love to cycle and have enjoyed being a member of JSTS. I am also an active member of the Morris County Freewheelers and still do rides with the club.

**When did you join JSTS?** I joined JSTS 2 years ago after a recommendation from Shrewsbury Bicycles.

**What type of rides do you like to do?** I particularly enjoy road bike rides and have recently become interested in gravel rides. I particularly love being challenged by hills and have done many gravel rides in Long Valley, NJ and other trails in Somerset and Morris county. I recently completed the Spellbound Metric Century and had a great time. I've done several other Century rides. In addition, I thoroughly enjoyed exploring new areas and doing rides throughout the states and Canada. I recently did a multi-day Heart of Ohio ride that began at the Ohio River in Cincinnati and ended at Lake Erie, in Cleveland, which was over 250 miles of riding. In September, I am doing a ride in Lake George, NY and Ontario, Canada. Probably my favorite ride was a 7-day ride in Montreal, Quebec and Shellbourne. The scenery and roads were just fantastic.

**What bikes do you ride?** I have a Specialized Ruby Expert Ultegra Di2 Road Bike and Specialized Diverge STR Expert Gravel Bike

**What are your favorite JSTS rides?** As you can tell, I enjoy hilly rides. I particularly liked the club rides that went to Mt Mitchell in Highlands. The views from the scenic overlook were fantastic. I am always interested in any hill ride.

**How long have you been cycling and how did you get interested in it?** I have been an active cyclist for 30 years with various bike clubs. A friend from the ski club introduced me to the Morris Area Freewheelers and Bicycle Touring Club of North Jersey. I still ride with them.

**What do you like about JSTS?** I have attended the recent clinics that the club has offered. I thought the Bike Maintenance Clinic at B3 was particularly beneficial. They did a great job explaining many of the necessary aspects of basic bike maintenance. I virtually joined the Hammer Nutrition Zoom call and picked up some useful recommendations.

**What else would you like to share?** Two years ago I attempted to start a Women's Only Ride for JSTS. While there was favorable interest from JSTS members, unfortunately the ride was not well attended. On the bright side, the ride was very well supported from other women cyclists from various clubs. A very nice turnout from Wise Choice Bike Club, Major Taylor and other African American women cyclists was achieved. As a result of the ride, I built a spreadsheet with contacts from these clubs that may benefit JSTS, especially if someone else would like to take the lead and resurrect this ride. I will be willing to help get this initiative going. Just drop me a note at: [mariann98@aol.com](mailto:mariann98@aol.com) to discuss.

The Jersey Shore Touring Society has helped sponsor several events for the Ashley Lauren Foundation. They provide financial and emotional assistance to children with Pediatric Cancer. If you or your family and friends are runners, then this may be a great event to have some fun and raise money for this wonderful organization.

# CHARLEY'S OCEAN BAR & GRILL 2023 FUN RUN

to benefit



The Ashley Lauren Foundation  
"Hope & Help for Children with Cancer"



**Saturday**  
**Oct. 14**  
**2023**

**10am - 12pm**  
Check in time 8:45am - 9:30am

Sign Up For Run and  
Sponsorship Opportunities at  
[www.ashleylaurenfoundation.org](http://www.ashleylaurenfoundation.org)



### Limited to 250 Runners

- \$35 (early bird)
- \$50 (beginning October 1)
- \$55 (day of)
- Free Dry Fit T-Shirt for each participant (S, M, L, XL, XXL)

### Location:

Start & End at Charley's Ocean Bar & Grill  
29 Avenel Blvd, Long Branch, NJ 07740  
*Charley's Ocean Bar & Grill parking lot and surrounding area.*  
*2-Mile Run from Charley's along Long Branch Boardwalk to Ocean Place and then back to Charley's*

### Post Run Fun:

1-Hour HAPPY HOUR for all Runners immediately after the Run  
11:00 am - 12:00 pm at Charley's Ocean Bar & Grill

### Questions?

CALL 732-414-1625 or  
EMAIL [info@ashleylaurenfoundation.org](mailto:info@ashleylaurenfoundation.org)

MEET AN  
ASHLEY LAUREN  
FOUNDATION FAMILY





# JSTS Event Leaderboard YTD

Member Participation in JSTS Events, Rides & Meetings

#	First	Last	Count
1	John	Hayes	105
2	Charles	Kirlew	101
3	Eric	Stacer	97
4	Pat	Perrella	95
5	Ward	Kradjel	89
6	Raymond	Simonian	87
7	Thomas	Trank	83
8	George	Gregorio	79
9	Hank	Steinberg	76
10	Mikhail	Giller	74
11	Bruce	Naidoff	73
12	Caroline	Donahue	73
13	Bryan	Hrycyk	72
14	Paul	Sakson	68
15	John	McNamara	67
16	Russ	Meseroll	66

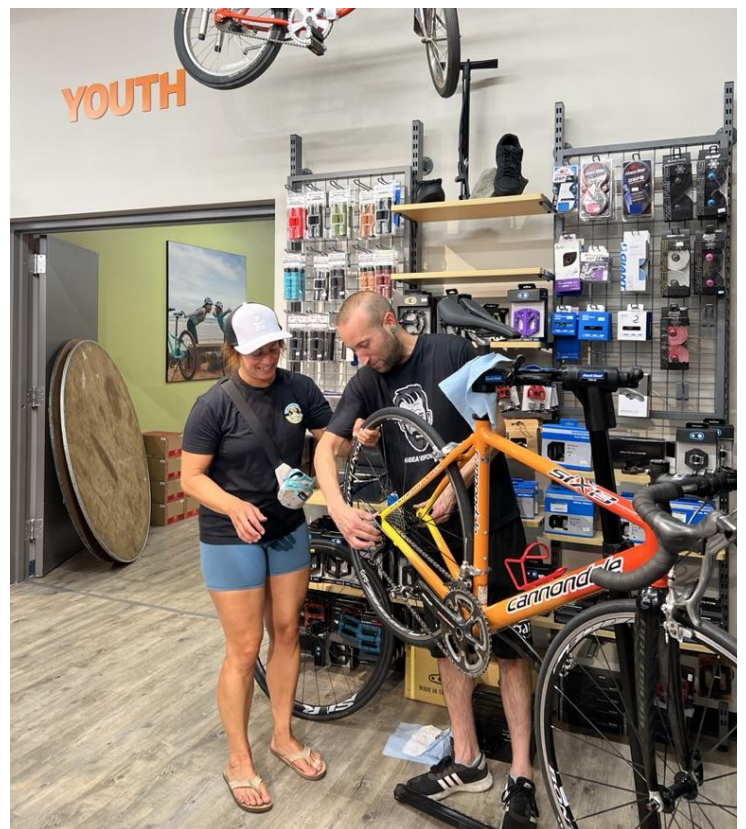
#	First	Last	Count
17	Joel	Brown	65
18	Mike	Streett	64
19	Steven	Buchanan	64
20	Al	Pardo	63
21	Alan	Pavelchak	58
22	Frank	Lupo	57
23	Jaime	Morales	57
24	Jean	Roy	57
25	Patrick	Bisogno	57
26	Barbara	Chroman	55
27	Abe	Chasnoff	54
28	Robert	Nuara	54
29	David	Anderson	53
30	Joe	Crapanzano	53
31	Sheryl	Nishiura	53
32	Steven	Srolovitz	53





# Corner

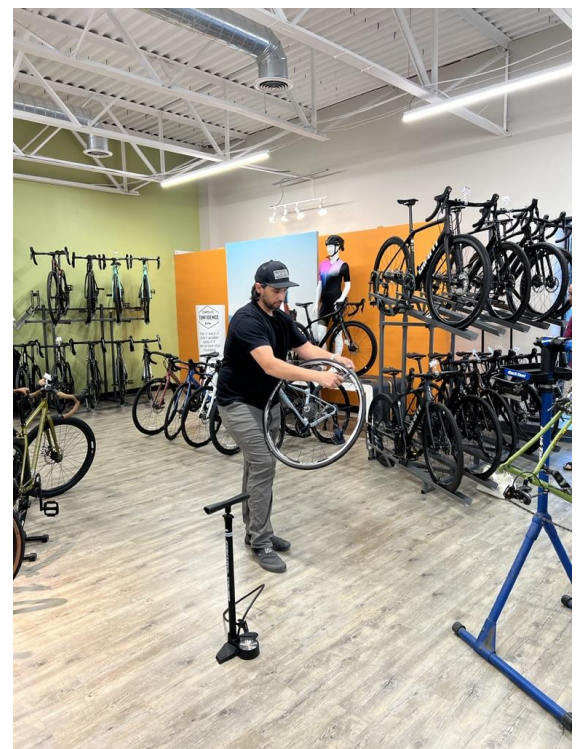
## B3 Bike Maintenance Workshop





# Corner

## B3 Bike Maintenance Workshop





# Corner

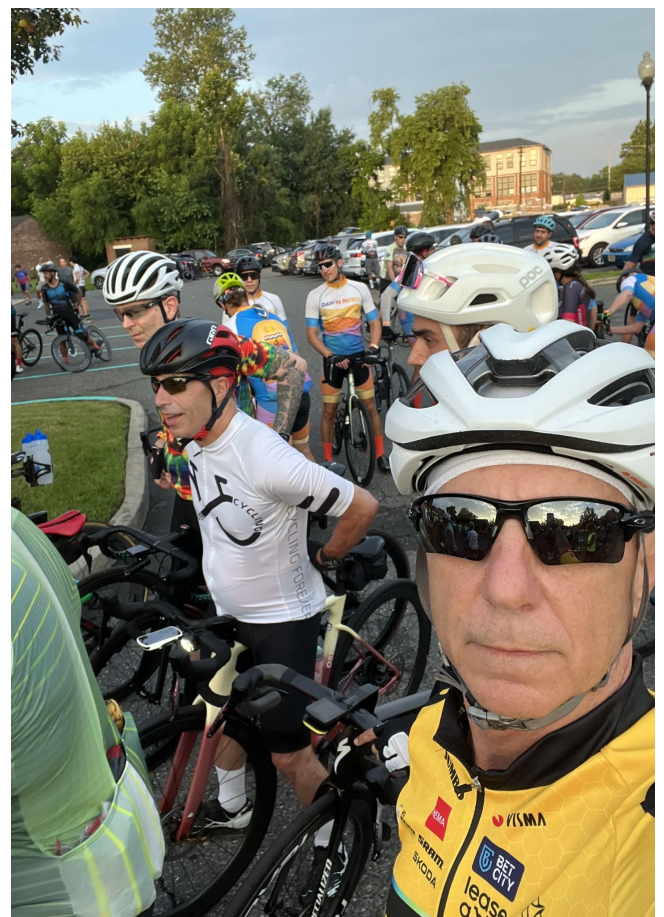
## B3 Bike Maintenance Workshop





# Corner

## Spellbound Century





# Corner

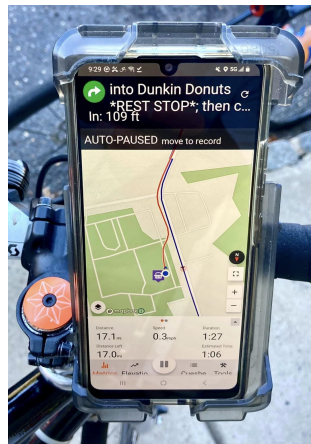
## Spellbound Century





# Corner

## BCC C Ride





# Corner

## BCC B/B+ Ride



# CYCLING SHORTS



I wonder if he's thinking about me

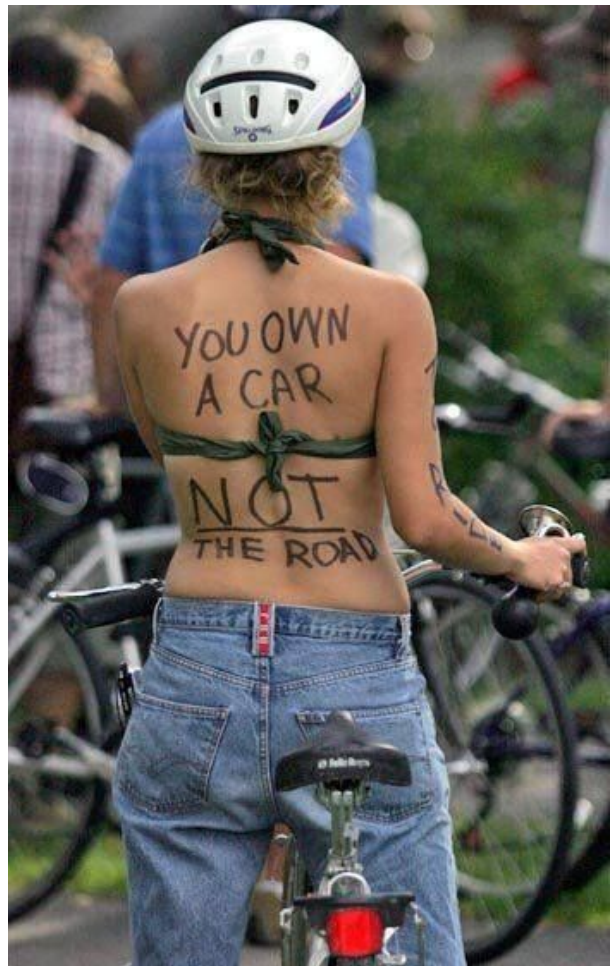
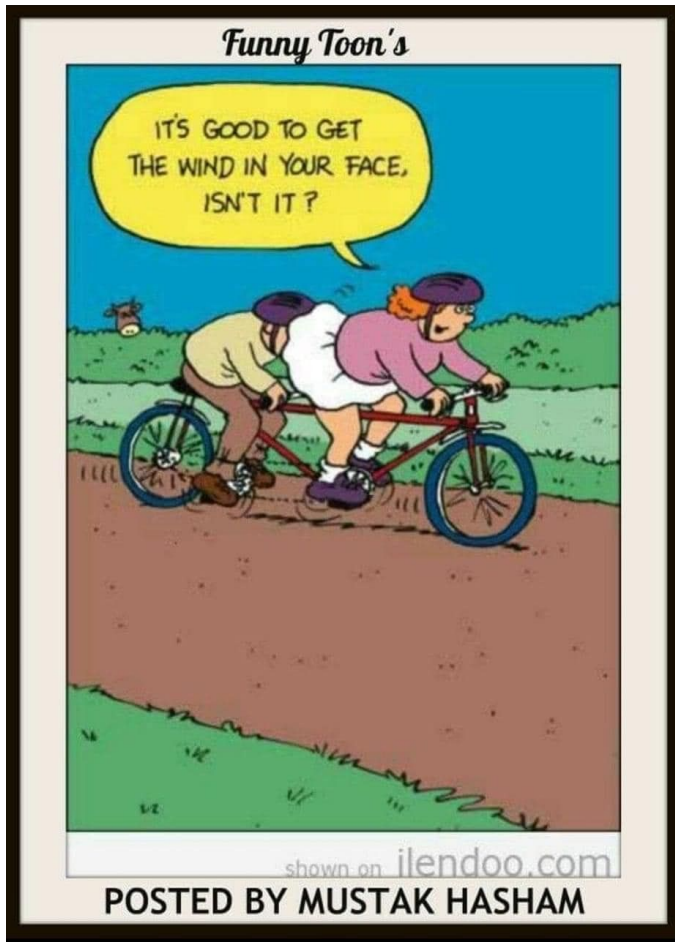


I need to sprint to that tree and upload my ride to average 20mph

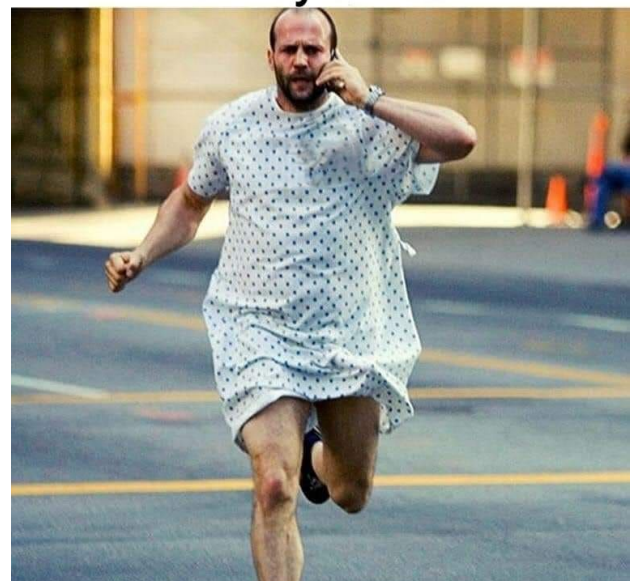




# CYCLING SHORTS



**Dad, you must get home now!  
I can't Son, I'm in the hospital.  
Mom's trying to sell your  
bicycle**



# CYCLING SHORTS

