

THE JSTS **PACELINE**



OCTOBER 2023

A PUBLICATION OF THE JERSEY SHORE TOURING SOCIETY

Executive Board

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Vice President: Pat Perrella

Secretary: Michael Greaney

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Membership Data: Rob Fisch

Ride Leaders/Safety: Pat Perrella

Rides: Barb Bennett, John Hayes

Social Events: Sheryl Nishiura

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Compliments from John Hayes

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,

Early September was our famed Club Century Day, with more than 50 members participating. This was my first year participating in this Jersey Shore Touring Society event, having done only one other century (i.e., 100 miles) previously.

I've always loved to do rides in the 50-to-70-mile range, with a rest stop somewhere in the middle. Typically, after riding this distance for over 3 hours, I adopt a "I gotta get off this bike; I've got things to do" mentality, which is probably why I haven't done more centuries (not to mention the exhaustion I feel afterward).

As President of JSTS, I feel I have an obligation to ensure events are well attended, to lead by example, and of course to participate in events as well. I found myself in a quandary: Be supportive of the Club Century event, but not necessarily wanting to cycle 100+ miles. Option 1 was that I could join the B/C+ group Metric Century (62 miles) ride, although their estimated riding time was 5+ hours; or, Option 2 help Sheryl and David with the picnic afterwards and not ride at all; or Option 3 ride in my accustomed group ('A') and do the full 104.5 miles in about 5+ hrs. After some thought (and nudging from my wife) I decided to go for the full 104.5-mile route!

Going into it, I was a little nervous. Would I be able to do it? As it is my first year as an

'A' rider, would I be able to keep up? What about the last 4.5 miles when mentally I've already accomplished a century, would I just bonk before finishing? Were there going to be enough rest stops? And a zillion other questions were racing through my mind, all at the pace of an 'A' rider.

Seven A.M. rolled around, and so did the sixteen 'A' riders. Within the 'A' group (or any group for that matter), there's always a spectrum of riders with differing abilities. After sizing up the group, I saw a good number of them with my own riding ability. I felt more comfortable and confident and told myself "I got this!".

Before I knew it, the first 30 miles passed easily, then 40 came and went, and finally a needed rest stop at mile 50. I soon learned that while riding long distances, I wasn't the only one doing a multitude of time-distance calculations in my head. (If we did 50 miles in 2 hrs. and 32 minutes, how long will it take to do the last 54.5 miles? And at what time will we arrive at the picnic? It's like your kid saying, "When are we going to be there?" on a long car trip). It's amazing how proficient in math one becomes when you're on a bicycle for 5+ hours!

Miles 60, 70 and 80 flew by with another rest stop tucked in. Around the 90-mile mark when the heat of the day was on us, some riders were getting fatigued, and others developed muscle cramps, so our group had to slow down a bit.

A NOTE FROM THE PRESIDENT CONTINUED

The greatest thing about riding in a group is knowing that the other riders have your back: we stayed together; we helped each other out; we were concerned when someone got cramps or dehydrated, and we adjusted speeds so nobody was dropped from the group. The one thing that September's ride reinforced is what a great club the Jersey Shore Touring Society is, especially when riding long distances, and everyone is there to make sure you succeed and root you on.

I'm sure my story is just like so many others on the JSTS Club Century Day. Whether you rode the half-century, metric century, or the full century, you should congratulate yourself and your fellow riders on a job well done. It's the JSTS camaraderie that makes it all possible.

I'd be interested in learning how you approached the Club Century Day. Did you ride? If so, how much did you prepare? Was it important that you had a supportive group? If you didn't ride, what held you back? What can you do differently next year? Let me know your fears and triumphs by dropping an email to president@jsts.us.

Happy and Safe Cycling,

Paul Sakson

P.S. After my initial apprehension, I did the full century in a very good time and felt super strong afterwards. Will I do it again next year? For sure, I'm all in!



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.

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

**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/>

**Tour of the Hamptons, NY
 Sunday October 1**
 25/53/70/105 miles
<https://www.bikereg.com/toh2023>

**Saratoga Fall Foliage Ride, NY
 October 7-8th**
 75 miles
<https://www.bikereg.com/saratoga-foliage-ride>



CALENDAR OF EVENTS

October 7

Al's Covered Bridge Ride. Away Ride
McCaffrey's Parking Lot-Princeton, NJ

October 8

Harvest Ride, MJT Park-Freehold
Refreshments will be served

October 8

Ride to End Cancer
Hudson Valley, NY

<https://www.velocityride.org>

November 13

JSTS General Membership Meeting
2024 Elections Meeting

December 1

2023 Frostbite Season Begins
Check website for details

NEW JSTS CLUB LOGO



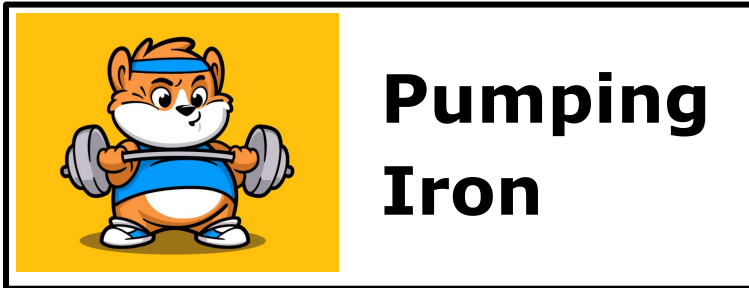
Capitalizing on the current JSTS rider swoosh logo, the Board felt it was time to update and modernize the biker swoosh logo and make the letters "JSTS" more recognizable. In addition, adding color makes the new logo more contemporary.

Based on the new logo, we have planned next steps aligned to our vision which strives to transform our cycling club into a modern and inclusive community that empowers riders of all levels to explore and enjoy the beautiful landscapes of New Jersey. We aim to create a safe, supportive, and fun environment that inspires lifelong learning, camaraderie, and personal growth. Our goal is to be recognized as a leader in the cycling community, promoting health, wellness, and social responsibility while preserving the rich history and tradition of our club.



TIMETABLE FOR BRANDING

- Introduce the new logo on 2023 Volunteer Recognition Gifts; November 2023 Thanksgiving Weekend
- Adapt website and social media presence to new logo, style and color; last quarter of 2023
- Introduce the new postcard to various sports related outlets and events; first quarter of 2024
- Select 2024 Volunteer Gifts using new branding; last quarter of 2023 to be budgeted for 2024
- Work on new kits with new logo and style, last quarter of 2023
- New kits available before start of 2024 season



Weight training can offer several benefits to cyclists, both competitive and recreational, by complementing their cycling-specific training. Here are some of the advantages:

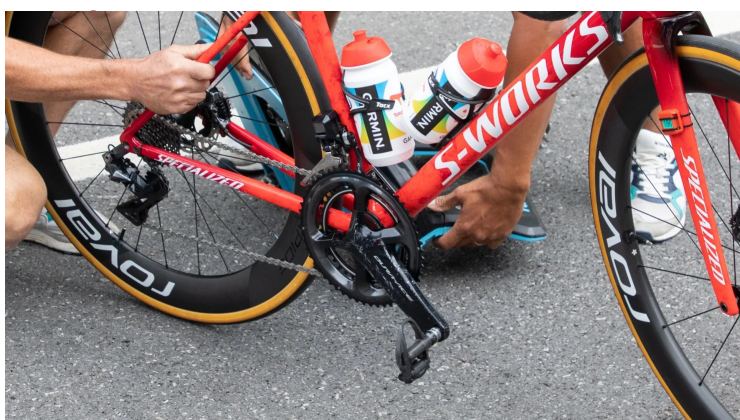
- **Increased Strength:** Weight training helps cyclists build overall body strength, especially in the lower body (quadriceps, hamstrings, glutes), which is crucial for generating power during pedaling. This added strength can lead to improved cycling performance, especially during sprints, climbs, and when accelerating.
- **Injury Prevention:** Strengthening the muscles around the joints, such as the knees and hips, can reduce the risk of overuse injuries common in cycling. A strong core can also help maintain proper posture and reduce the risk of back pain.
- **Improved Endurance:** Weight training can enhance muscle endurance by increasing your capacity to resist fatigue. This can be particularly beneficial for long-distance cycling events or multi-day tours.
- **Better Posture and Stability:** A strong core and upper body can help you maintain a stable and efficient cycling position. This is especially important during long rides when fatigue can lead to poor posture and decreased efficiency.
- **Increased Bone Density:** Weight-bearing exercises can improve bone density, which is essential for cyclists, as they often engage in non-weight-bearing activities like riding, which may not provide sufficient bone-strengthening benefits.
- **Enhanced Sprinting Ability:** Weight training can improve your sprinting power, allowing you to quickly accelerate or respond to attacks during races or group rides.
- **Enhanced Metabolism:** Muscle tissue burns more calories at rest than fat tissue, so increasing muscle mass through weight training can help with weight management and overall metabolic health.
- **Injury Rehabilitation:** Weight training can be part of a rehabilitation program for cyclists recovering from injuries. It can help rebuild muscle strength and joint stability after an injury or surgery.
- **Mental Toughness:** Weight training can also contribute to mental toughness and discipline, as it requires focus and determination to push through challenging workouts.

When incorporating weight training into your cycling routine, it's essential to focus on exercises that target the muscles used in cycling, including squats, lunges, leg presses, deadlifts, and core exercises. Consult with a fitness trainer or coach to develop a personalized weight training plan that complements your cycling goals and takes into account your individual strengths and weaknesses. Additionally, be mindful not to overtrain or neglect your cycling-specific training, as both components are essential for overall performance improvement.

PRODUCT RECALL

Shimano has a product recall on hollowtech cranksets. Check out this article as your components may be impacted:

https://www.cyclingweekly.com/news/shimano-issues-huge-recall-of-high-end-cranks-after-4519-incidents-and-six-reported-injuries?utm_term=A9422E11-954E-4346-B667-87755526BB0D&utm_campaign=A8C132A5-BD9C-4737-AC90-016639AFAE3E&utm_medium=email&utm_content=1A0F8833-A683-4520-BDD5-54CC442109B4&utm_source=Smart



WELCOME New JSTS Members

William Skidmore

Alessandro Piccolo

Robert Orgera

Brian Nolan

Kevin Camoosa

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 beginning of this year's Vuelta began in Barcelona with days of rain. It also had some controversy as the first stage was a Team Time Trial that not only was dampened by the rain, but the finishing riders in fact ended in the darkness. Not ideal cycling conditions in a Grand Tour.

Stage 13 was a critical stage that helped define the top 3 podium placements in the final standings. Last year's winner and second place leader going into the stage



Remco Evenepoel had a terrible day and lost over 26 minutes. Even the best riders have off days.

History was made this year with team Jumbo Visma winning the Vuelta along with the Giro d'Italia and the Tour de France. It is the first time that one team won all Three Grand Tours in one year.

Even more amazing in this year's Vuelta, Team Jumbo Visma won all three podium positions.

AND, the first place winner is none other than the USA's Sepp Kuss. He was instrumental in helping Jumbo Visma capture all three Majors. Congratulations to Sepp!!!

New Product News & Equipment

Are inner tubes a thing of the past with the popularity of Tubeless Tires? Not so fast, these two new types of tubes are as good as or even better than Tubeless tires according to the experts. Latex and TPU tubes provide an excellent option (but they more expensive than regular Butyl Tubes). You can read the article here:

https://www.bikeradar.com/advice/buyers-guides/latex-tpu-inner-tubes-versus-tubeless/?utm_content=BRR&utm_campaign=Newsletter%2025%2F8%2F23_2967000_BikeRadar_Newsletters_13481206&utm_medium=Email&utm_source=Adestra



Trek introduces the Domane AL Endurance Bike. It spans spans disciplines with gravel tech and mountain bike Universal Derailleur Hanger. Read about it here:

<https://www.bikeradar.com/news/2024-trek-domane-al/>



Giant Defy introduces new endurance bike with a tire clearance of up to 38mm.

Check it out here:

https://www.bikeradar.com/news/2024-giant-defy/?utm_content=BRR&utm_campaign=%20Newsletter%2015%2F9%2F23_3045866_BikeRadar_Newsletters_13481206&utm_medium=Email&utm_source=Adestra



Moots releases its first carbon fibre bike-and its electric. Read about it here:

https://www.bikeradar.com/news/2024-moots-express/?utm_content=BRR&utm_campaign=Newsletter%2019%2F9%2F23_3063405_BikeRadar_Newsletters_13481206&utm_medium=Email&utm_source=Adestra





Member Spotlight

Russ Messeroll

When did you join JSTS?

I joined the club in September 2022 and my first club ride was the 38.8 mile La Dolce Vita ride. From riding mostly in the flats, the hills were a bit tough so Eric Bonett had to reel me in at times!

What made you consider joining JSTS?

I was a new solo rider and very much liked riding with a group for the first time. It was a whole different experience.

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

I saw a flyer at Shrewsbury Cycles when I was testing out bikes to buy and looked into the JSTS web site.

What type of rides do you like to do?

I like the challenge of riding in the winter and preparing with the proper clothing. I usually mix up club rides and some solo riding at Sandy Hook or down to Asbury Park.

What bikes do you ride?

I have a Trek FX2 Hybrid

What are your favorite JSTS rides?

I honestly like them all! I never knew about some of these very scenic back country roads. It's really nice riding out by the farm areas with the absence of traffic and just enjoying the solitude.

Most rewarding thing about part of the club?

I very much like the friendly camaraderie during and after the rides. I have picked up some great info on bike maintenance, nutrition, and also riding safely from the members here and in the newsletter.

Any other comments you would like to share with us?

Russ lives in Oceanport, NJ. In addition to cycling he enjoys swimming, surfing and photography.

The Ashley Lauren Foundation Fun Run

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 that JSTS has helped sponsor in the past. Unlike national organizations that fund research, the Ashley Lauren Foundation is an independent, New Jersey based non-profit organization, working hands on with each family. They depend on the support of the community-at-large in order to provide immediate financial and emotional relief for the daily burdens thrust upon those who are battling pediatric cancer. <https://www.ashleylaurenfoundation.org/charleys-ocean-bar-grill-2023-fun-run/>

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**



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



WEEKEND UNITE RIDE OCTOBER 20-21, 2023

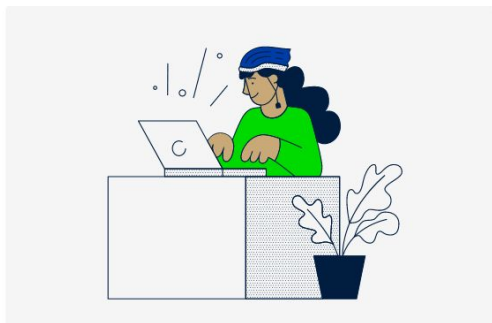


Alex Piccolo (*right*) with his son Joseph Piccolo

New JSTS member Alex Piccolo is participating in the Bellringer Weekend Unite Ride event. Alex will be doing his first Century with his son Joseph Piccolo, who is a nuclear medicine researcher with a special focus on alpha-emitter radiopharmaceutical therapy at The Johns Hopkins University School of Medicine. If you are interested in donating to his fundraising campaign, click here:

<https://ride.bellringer.org/rider/alessandropiccolo4045>

If interested you can join Alex and his son on the century ride, see links below. 100% of funds raised support Georgetown University Lombardi Comprehensive Cancer Center.



Take Part From the Opening Ceremony on Friday evening to an early morning start on Saturday from Georgetown University, gear up for live entertainment, great food, a scenic ride through Maryland, and your biggest fans cheering you on as you finish your Ride to end cancer: <https://bellringer.org/take-part/ride/>

See bike routes here: <https://bellringer.org/resonance/the-2023-routes-are-in/>

Virtual Ride The BellRinger community knows no bounds. By joining our movement as a Virtual Rider, you can participate in BellRinger even if a group bike ride isn't your thing. Craft your own "Ride" experience and take part in ending cancer with Georgetown Lombardi:

<https://bellringer.org/take-part/ride/>

Volunteer Volunteers are the backbone of Ride Weekend — bringing the energy, hard work, and dedication that makes BellRinger Weekend an unforgettable experience. Sign up, bring a friend, and join the BellRinger community in ending cancer:

<https://bellringer.org/take-part/lead-volunteer/>



JSTS Event Leaderboard YTD

Member Participation in JSTS Events, Rides & Meetings

#	First	Last	Count
1	John	Hayes	121
2	Charles	Kirlew	114
3	Eric	Stacer	106
4	Pat	Perrella	98
5	Raymond	Simonian	98
6	Ward	Kradjel	98
7	George	Gregorio	87
8	Thomas	Trank	87
9	Bruce	Naidoff	83
10	Caroline	Donahue	79
11	Hank	Steinberg	79
12	Paul	Sakson	79
13	Bryan	Hrycyk	78
14	Mikhail	Giller	78
15	Russ	Meseroll	75

#	First	Last	Count
16	Joel	Brown	73
17	John	McNamara	72
18	Mike	Steett	72
19	Al	Pardo	71
20	Patrick	Bisogno	68
21	Steven	Buchanan	68
22	Alan	Pavelchak	67
23	Jean	Roy	66
24	Barbara	Chroman	63
25	David	Anderson	63
26	Frank	Lupo	62
27	Jaime	Morales	60
28	Joe	Crapanzano	60
29	Robert	Nuara	59
30	Steven	Schwartz	59

2023 JSTS Membership Data

MEMBERSHIP represents the PAID Memberships, which translates to JSTS income. A Family Membership is typically 2 members. For financial analysis, it is important to look at MEMBERSHIP counts.

- **294**= number of renewed MEMBERSHIPS for 2023 (239 Individual; 46 Family; 9 Lifetime)
- **73**= number of new MEMBERSHIPS for 2023 (65 individuals, 8 Family)

TOTAL JSTS MEMBERS is the total amount of individual members of the club

- **316**= number of Individual MEMBERS for 2023 (239 Individual; 65 New; 9 Lifetime Member; 3 Lapsed renewed*)
- **106** = Family Member

AS OF END OF SEPTEMBER				
	2023			
*** MEMBERS ***	Renewed	New	Lapsed Renewed	Total
Individual Member	239	65	3	307
Family Member	97	8	1	105
Lifetime Member	9	0	0	9
TOTAL MEMBERS	345	73	4	421

	2023			
*** PAID MEMBERSHIPS ***	Renewed	New	Lapsed Renewed	Total
Individual Membership	239	65	3	307
Family Membership	46	8	1	55
TOTAL PAID MEMBERSHIPS	285	73	4	362

Currently Active Trial Memberships	0
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Corner

Fred Sweet's Washington Crossing Ride





Corner

Jersey Shore Ride for Food Justice





Corner

Jersey Shore Ride for Food Justice





Corner

Ride to Seward Johnson Sculptures





Corner

Ride to Seward Johnson Sculptures





Corner

Ride to Seward Johnson Sculptures



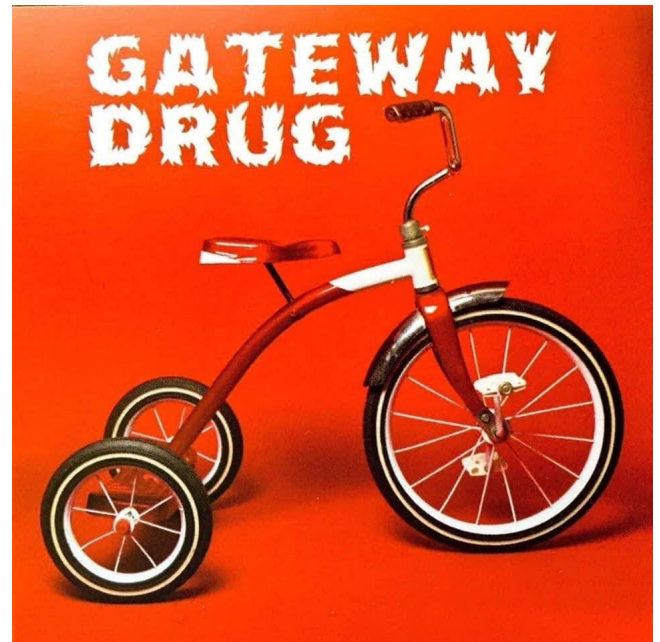
CYCLING SHORTS

☘ Garda Officer with an Irish Sense of Humour 😏



DRIVER "And, just what am I supposed to do with this Speeding Ticket?"

GARDA "Save them up and when you have 4 of them, you get a Bicycle."



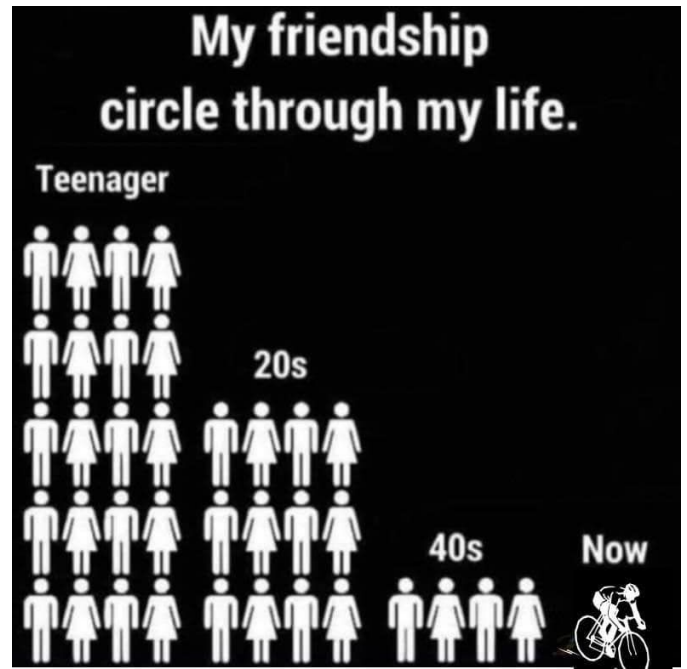
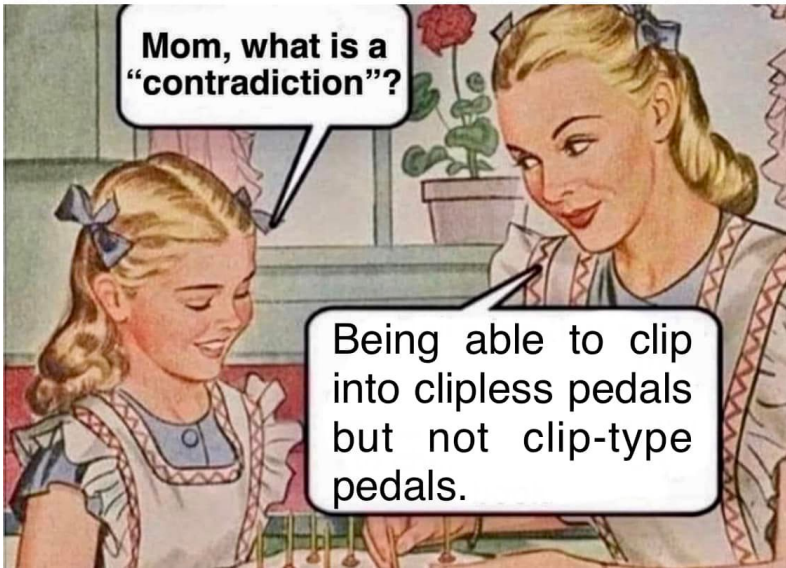
How to survive being a cyclist



- 1 Gaslight yourself.**
Tell yourself all the pain, time, and money is making you stronger, faster, and totally worth it



CYCLING SHORTS



CYCLING SHORTS

