

# THE JSTS **PACELINE**



DECEMBER 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:** Pat Perrella

**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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*Happy Holidays*

## **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,

The 42<sup>nd</sup> year of the Jersey Shore Touring Society is winding down, and what a great year it's been! Many great rides were had, paired with some nice social events, and of course friendships were developed and formed among us riders.

As I look back on all that was accomplished and improved for the club this past year, I'm astounded at the club's success. I started jotting down all that the Board, volunteers, and JSTS members enhanced this year, and the list is quite extensive. Here's some noteworthy achievements:

- A member survey which addressed areas of the club that needed to be improved upon and finding out what's important to our members was initiated.
- Successfully updated our email notification system by ensuring all members receive group emails.
- Awarded former Board members and long-time Past President Rob Nuara with appreciation gifts.
- Established Committees to ensure the club runs in a structured and efficient way.
- Allowed members to make donations to support their club. JSTS received \$430 in donations.
- In the back end of things, we upgraded standard procedures and the filing system to ensure the club runs efficiently well into the future.
- Grew membership by approximately 3%, with close to 425 members currently.
- Obtained our first sponsor, B3 Bicycles. They helped support the club financially and in return they helped members with discounts, and bike educational events.
- Formation of a Ride Leaders and Safety Committee which greatly enhanced safety in the club and provided a forum for ride leaders to share safety improvements.
- Developed and produced a highly professional newsletter on a monthly basis.
- Better publicized charity rides through our newsletter and registering Jersey Shore Touring Society as a team name on charity websites.
- Raised significant amounts of money for the National MS Society, Franklin Food Bank, Ride for Food Justice, and others.
- The Bike Advocacy Committee successfully launched public awareness of the 4 ft passing law in Middletown Township and got a seat at the table for Monmouth County's Barriers to Mobility Experience Committee.
- Updated the longtime JSTS logo and branding colors with a collective effort from our full membership.
- Concerning fiscal matters, stayed within the projected 2023 budget, which maintained our solid financial footing.
- Northern New Jersey Hill and Gravel rides became a regular occurrence on our ride calendar.
- Updated the Bylaws so that members can approve the budget in December prior to the start of the fiscal year. There were also important updates to audio technology restrictions and other amendments.

## NOTE FROM THE PRESIDENT CONTINUED

Notwithstanding the above, there were a few disappointments for the year. The Summer Tour in upstate New York had to be canceled due to the weather. There was lackluster volunteerism for some of the Committees, such as Social Events and Membership. Lastly, there were several bike-related accidents, some of which could have been avoided.

I know that in 2024 the Jersey Shore Touring Society will continue to build and thrive on what was accomplished this year. The club will be in good hands with the new Board, including Pat Perrella as President, Ward Kradjel as Vice President, John Ech as Treasurer, and Michael Greaney remaining as Secretary.

It was truly an honor serving as your President for 2023 and hope you enjoyed my "Notes from the President" columns and what I was able to contribute to the club.

Happy and Safe Cycling,

Paul Sakson  
President

### Dos and Don'ts at Rest Stops

Most JSTS ride rest stops are at private property, including convenience stores, bagel shops, farm stands and other small businesses. It's important to understand some Dos and Don'ts.

#### Do:

- Respect their property, business, and employees.
- Purchase food and drink or leave something in their tip jar as a sign of support.
- Be courteous. Remember, we want folks to think highly of cyclists.

#### Don't:

- Use their outdoor seating and restrooms without supporting them.
- Prop up bikes in walkways or customer areas.
- Leave any trash or unfinished water bottles in customer or outdoor areas.

Rest stops are an important part of the JSTS ride experience. Let's make sure that we be respectful and support these small businesses along the way and show that us cyclists care.



# Hello Cyclists!

## GENERAL ANNOUNCEMENTS

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### 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

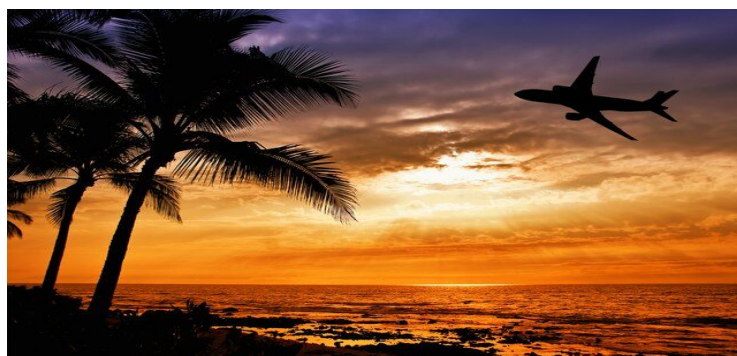
### December Riding Events

New Year's Eve Bike Ride- Washington  
 Square Park, NYC. Check out the link:  
<https://www.eventbrite.com/e/times-up-annual-new-years-eve-bike-ride-tickets-738106194497?aff=ebdssbdestsearch>

## CALENDAR OF EVENTS

**December 11-** JSTS Membership  
 Meeting- 2024 Budget Meeting

**January 8-** JSTS General Membership  
 Meeting



### ATTENTION CLUB MEMBERS!

Don't forget that we are always interested  
 in your cycling experiences especially if you  
 are traveling to warmer climates during the  
 winter months. Drop us a note and send in  
 your stories and photos to:  
[thepaceline@jsts.us](mailto:thepaceline@jsts.us).



# Hello Cyclists!

**COME SHOP AT B3 BICYCLES**

## TOP 10 REASONS TO SHOP AT B3 BIKES



### Quality

Our bikes are made with better materials and components, and assembled by the area's best mechanics.

### Selection

We have bikes for everyone, from kids to pros, in a wide selection of sizes, colors, and prices.

### Staff

B3 Bikes is proud to have the most skilled, knowledgeable and conscientious staff in the region.

### Focus

Our focus is bikes. This is what we know, this is what we do, this is what we love. We're a department store with one department: The Bike Department.

### Test Rides

We facilitate and encourage test rides, so that our customers can be sure they are getting a bike they'll love.

### Warranties

All of our bikes come with a lifetime manufacturer's warranty on the frame against manufacturing defects, and generous warranties on defective components.

### Support

If you have questions about what to ride, where to ride, how to ride, or how to maintain your ride, we're here for you.

### Parts & Accessories

We only sell good stuff, so you can rely on the stuff we sell to enhance your cycling experience, and to let you ride with peace of mind.

### Proper Fit

Most of the bikes we sell come in 3-6 different sizes, and our staff will help you find the size that you'll be most comfortable on. We also offer Master Level fits for the most demanding riders.

### Community

We go beyond the walls of our store to support our community. We contribute to causes you care about. We also run free weekly group rides, and hold free seminars on topics of interest to cyclists of all levels.



## Hello Cyclists!

**COME LEARN AT B3 BICYCLES**



*at*



## Learn the art of bike maintenance.

Two identical Basic Courses will be taught in the first two weeks of December.

Two identical Advanced Courses will be taught in the second and third weeks of January.

(Completion of the Basic Course or specific approval from a senior B3 Bikes mechanic is required to participate in the Advanced Course.)

**The Basic Course is limited to 6 students per course. \$225 per student.**

**The Advanced Course is limited to 4 students per course. \$350 per student.**

Basic Course #1 - December 4, 5, and potentially 6.

Basic Course #2 - December 11, 12, and potentially 13.

Advanced Course #1 - January 9, 10, 11.

Advanced Course #2 - January 16, 17, 18.

**Call or visit B3 Bikes to register today.**

**A 50% non-refundable deposit is required at time of registration.**

**732 987 6267 - [mike@b3bikes.com](mailto:mike@b3bikes.com) - 6527 Route 9 North, Howell NJ**



## The Paceline Want Ads

By Robert Nuara



Over the past years, the JSTS Newsletter has evolved from a simple monthly email with some basic information to a more professional style magazine, with a wealth of information and fun stuff.

During that time, we have come to realize that the publication is a bit burdensome for one person. While we enjoy the help of one of our members spouses to help in the layout and design, we can certainly use one more person to put together and create the content. Can you spare just a few hours every month??? Your input will help continue to evolve the publication and expand our content. If you are interested, drop me a note at: [thepaceline@jsts.us](mailto:thepaceline@jsts.us).



## Best Wishes for Eric and Ali

Oh No!!! Eric and Ali Caro have decided to move to Florida.

We are sad to see them go but, happy for them as they embark on their new adventures in the Sunshine State.

Eric and Ali have been great club members since 2010. They both were Ride Leader volunteers. While we will miss them on our rides, we now have another opportunity to ride with our full-time and part-time JSTS Florida residents!! Hopefully, they built a house big enough to accommodate all their JSTS friends.

We wish you both the **best of luck, good health** and **GREAT RIDING** in Florida.







# The Most Neglected Habits of Health

By Janet Blum

Have you ever heard anyone say they are too busy to waste time sleeping?

Sleep is not just a luxury! Restorative sleep actually plays a very important role in both your immune system and weight control. While sleeping, our body goes through a variety of processes that help repair and strengthen our immune systems. Cytokines, which are proteins that help regulate our immune response, are produced during deep sleep. These cytokines are what help regulate our immune response and help fight off infections and diseases. With chronic lack of sleep we become more susceptible to illnesses.

Restorative sleep is also vital for weight control. There are two hormones, Leptin and Ghrelin, that play a role in regulating our appetite and both are produced during sleep. Leptin helps to suppress our appetite while Ghrelin stimulates hunger. Have you ever noticed that you have increased hunger and cravings for high calorie foods after a night or two of poor sleep? When we are not getting enough sleep, more Ghrelin is produced. When we are well rested, we also tend to have more energy to engage in physical exercise which is important for maintaining a healthy weight. Sleep deprivation can lead to fatigue and a lack of motivation to be active.

So how can we improve our sleep? A regular schedule is helpful. Start with what time you need to be out of bed and count back 7-8 hours. Aim to have lights off 7-8 hours before wake up time. An hour before lights out, begin the "wind down" process. Put away

electronics, wash up, dim the lights and begin to relax. Reading or journaling before lights out can be helpful to clear your mind. Another tip: if you have a clock in your room, turn it around so that if you get up to use the bathroom you don't look at the clock. Seeing the time can start your mind running "I only have 2 more hours before I have to get up". Many people find using a noise machine, ear plugs and/or a soft satin eye mask to also be helpful in signaling your body to know it is sleep time!

If you are serious about improving your sleep you'll have to be patient and take the time to create new habits around your sleep routine. It may take weeks until your body gets used to this new schedule but in the long run, it will be beneficial to your overall health. Sweet dreams!

Janet Blum is a Health Coach specializing in weight loss and habits of health. If you are looking to lose weight and like the idea of having a structured plan and an accountability partner, email Janet to set up a complimentary lifestyle assessment. Find out if her program is a good fit for you and either way, walk away with some tips tailored to YOU!

**For a complimentary consultation, reach out to me at [Janetrblum@gmail.com](mailto:Janetrblum@gmail.com) and mention this newsletter or To schedule a call with Janet click here: [calendly.com/janetrblum](https://calendly.com/janetrblum)**

Janet Blum, RD  
 Certified Optavia Health Coach  
 Certified Law of Attraction Coach  
 Certified Flexologist, Stretch Lab

# Calcium Cardiac Test

By Robert Carracino M.D.

After my quick article on the Coronary Calcium Score in the April Issue of the Paceline Newsletter, several people wanted clarification. Thus, today I'll delve a little deeper into the coronary artery calcium score (CACs). The test is a non-invasive CT Scan of the heart and part of the lungs, which identifies calcium in the coronary arteries.

A buildup of calcium in this area can narrow the arteries and reduce blood flow to the heart. Keep in mind that this scan only identifies hard, calcified plaque. There is usually another layer of soft plaque which is not picked up by the scan and this may further restrict blood flow to the heart. As we age, we can expect some plaque in the arteries, which are influenced by genetics and lifestyle.

A score of  $<100$  means there is mild plaque and usually the patient is not in danger of a coronary event for several years. At this and any level of plaque, lifestyle changes can make a big difference. It is important to maintain proper BP and weight, as well as avoiding tobacco. Exercise and a plant based diet are equally as important. I usually recommend my patients to read an excellent book by Dr. Joel Furhman, Eat to Live. This book extols the virtues of a plant based diet.

A score of 100-300 means moderate plaque deposits. Almost as important as the total score is the distribution of the plaque. There are three main coronary arteries, and if the majority of the plaque is in one artery, it is more worrisome. In my practice, when someone has a score of 180 or so in an artery, I refer them for a stress test. A score of  $>300$  is a sign of more extensive disease and these people get a cardiac work up. In my practice, if there is any plaque whatsoever (especially if older than 55), I place them on a cholesterol lowering medicine of the class called a Statin. These statins benefit people with both high and normal actual cholesterol numbers in numerous ways.

I hope I cleared up some confusion with the coronary artery calcium score and wish everyone a joyous holiday season.

Robert Carracino, M.D.



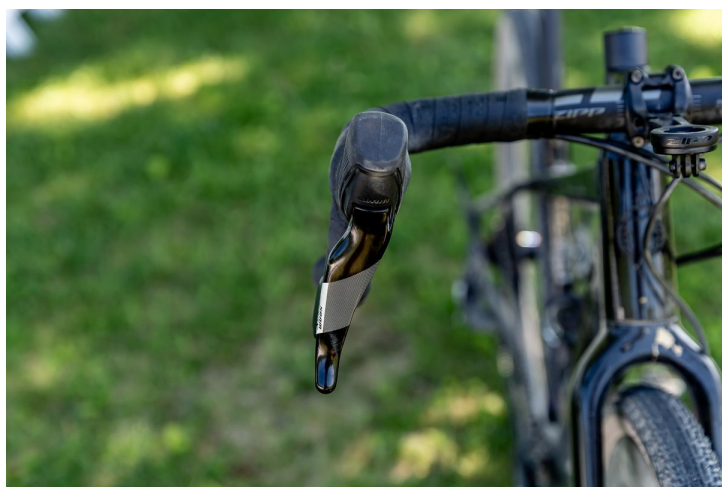
## New Product News & Equipment

You can now use your SRAM 10/11-speed mechanical shifters with a Shimano 12-speed cassette. You can read it here: [https://www.bikeradar.com/news/ratio-technologies-2x12sh/?utm\\_content=BRR&utm\\_campaign=Newsletter%2027%2F10%2F23\\_3184671\\_BikeRadar\\_Newsletters\\_13481206&utm\\_medium=Email&utm\\_source=Adestra](https://www.bikeradar.com/news/ratio-technologies-2x12sh/?utm_content=BRR&utm_campaign=Newsletter%2027%2F10%2F23_3184671_BikeRadar_Newsletters_13481206&utm_medium=Email&utm_source=Adestra)



SRAM Set to Issue Voluntary Recall for aftermarket 12-Speed Road Shifters. Click here:

<https://www.bicycling.com/news/a45701329/sram-recalls-12-speed-road-shifters/>



New "fastest ever" Focus Izalco Max compromises comfort to cut weight and drag. Here is the article:

[https://www.bikeradar.com/news/2024-focus-izalco-max/?utm\\_content=BRR&utm\\_campaign=Newsletter%2027%2F10%2F23\\_3184671\\_BikeRadar\\_Newsletters\\_13481206&utm\\_medium=Email&utm\\_source=Adestra](https://www.bikeradar.com/news/2024-focus-izalco-max/?utm_content=BRR&utm_campaign=Newsletter%2027%2F10%2F23_3184671_BikeRadar_Newsletters_13481206&utm_medium=Email&utm_source=Adestra)



# WELCOME New



*Member*

Castano Ramiro



## Member Spotlight

### Joel Brown

This month we are featuring another long-tenured JSTS member, Joel Brown. He has been a member of the club since 1995 and has been involved with several cycling clubs since 1982.

Joel grew up in Sheepshead Bay, Brooklyn and moved to Hazlet NJ in 1969, still living in the same home for over 54 years. He is married to his lovely wife since 1967 and they have two sons and 4 grandchildren. Joel, like most of us, grew up enjoying riding his bicycle in his youth and then other priorities took him away from cycling, but not for long. He purchased his first "adult bike" in the late 70's when he was 38 years old. He took advantage of a real-life Fire Sale. A bicycle warehouse caught fire and someone purchased the the damaged bicycle boxes, assembled the sellable bikes and sold them in a warehouse at Millhurst Mills. Joel's' bike had minimal damage to only the nameplate on the head tube, and thus he was once again scorching the roads with his new bicycle. For several years he explored the roads in Monmouth County doing solo rides of 50 miles.

Then in 1982, he learned about the Central Jersey Bicycle Club (CJBC) and became a member until 2000. His first CJBC ride was a 45-50 mile ride starting in Middlesex County and going into the hills of Somerset County. It did not go well. He had one of the heaviest bikes, and was not used to hilly terrain. He was not as well-conditioned as the other riders. At that time there was no such thing as a Wahoo or Garmin computer or, RidewithGPS or even a downloadable cue

sheet. CJBC had a leader-led ride format. The leader either had the route in his/her head or had a single cue sheet. They waited for him at the top of each hill as he had no clue where he was or how to get back to his car. Joel realized that he needed a lighter bike if he was to ride with CJBC. It took him 4 months to figure out what bike he wanted. Then, in November of that year he purchased a Trek 12 speed, 715 touring bike for \$600.00 from Frank's Hyland Park Cyclery. When he bought his first bike, he neglected to tell his wife in advance and she was upset. Sound familiar? With his new lighter bike and his improved conditioning, he was doing rides



*Joel in 1987 with his 1982 Trek.*

## MEMBER SPOTLIGHT JOEL BROWN CONTINUED

equivalent to JSTS C+ / B- category. By the time he was ready to buy his second bike his wife said "spend whatever you want because you really enjoy cycling"

In 1984 he did his first multi-day bike event. The League of American Wheelmen ran an event called GEAR (Great Eastern Area Rally). Sometime after the 1980's The League of American Wheelmen realized the name was politically incorrect for a coed organization and renamed themselves the League of American Bicyclists (LAB). GEAR was scheduled to take place each June on a college campus and was co-sponsored by a local bicycle club. It was a 3-4 day event.

The 1985 GEAR was in NJ at Princeton University and co-sponsored by the Princeton Freewheelers. At check-in you were handed a looseleaf book with 25 cue sheets and the schedule for all the other activities. The price also included your dorm room, meals, entertainment and a collectible event patch. Joel did 10 GEARS along the northeast, throughout Maine, New York, New Jersey, Pennsylvania, Delaware and Virginia. These events were a great opportunity to ride in different areas of the country and to meet interesting fellow cyclists. There was a bicycle-related vendor area at GEAR. In the mid-80's there was no internet to purchase biking stuff online. Nashbar and Performance were mail order catalogs that were just starting up. Local bike shops had a limited selection of clothing and accessories. He made multiple purchases at each GEAR event and he still wears some of GEAR purchased jerseys on his JSTS club rides. While he was a member of the Central Jersey Bicycle Club, Joel lead his first ride in 1984. He was traveling to Middlesex and Somerset counties to do CJBC rides and thought it



*Vermont Challenge 2012.*

would be nice if there were rides closer to his home in Hazlet. He designed a route from Holmdel Park and had it added to the next CJBC ride schedule in the monthly newsletter. Riders showed up and he became a ride leader.

During these years Joel tweaked his bike set-up. In the early 80's bicycle cleats did not lock and release from the pedal. The cleat captured the rear of the pedal and a strap held the shoe against the pedal. While this system was used mainly by racers, some recreational riders used this system. It allowed for a 360-degree pedal stroke. To release the shoe from the pedal you had to reach down and loosen the strap. If you were approaching an intersection, the rider would loosen one strap

## MEMBER SPOTLIGHT JOEL BROWN CONTINUED



*Italy 2015.*

in anticipation of having to stop. In an emergency, the rider would brake to a stop, then release the strap and hope he could get a foot down before he fell over.

He did not use that system and instead used an uncleated bicycle shoe with a stiff sole. His pedals had a metal toe clip and a strap. He kept the strap loose enough so that he could pull his foot out at will. The system allowed for only 270-degree pedal stroke. Wow, have cleats and pedals come a long way since then.

Sometime in the early 90's he decided to build a set of wheels for his bike. Although he did not need new wheels, he was just up for a new challenge. After purchasing a truing stand and dish tool, which are needed

to build the wheels, he set out on his next challenge. Did you know that bike spokes are constructed of three different lengths? Joel found out by talking to bike mechanics at the various bike shops. He also perfected setting the tension of the spokes during his experiment. So how successful was he? Well, he has ridden thousands of miles on these hand-built wheels. Congratulations.

In addition to all these great accomplishments, Joel has ridden 15 Centuries between 1982–1987. In 1987 he came to the conclusion that after riding 70 miles, it stopped being fun – so that was his last Century.

After leaving the CJBC, Joel became a member of JSTS in 1995 but didn't ride regularly with the club until 2001. He still rides with his friends from CJBC and Morris Freewheelers, on occasions. With JSTS he has done two Bike Virginia, Bike Vermont and Hotel Dory trips in Italy. He has been a valuable member for many years and is still actively involved.



*Italy 2017.*

## MEMBER SPOTLIGHT JOEL BROWN CONTINUED

In 2013 he was semi-retired and was looking for a safe weekday ride option as he did not like the club's weekday evening rides. The rides were during rush hour and the sun was very low, limiting visibility. So, he found 2-3 fellow retirees, and they did informal rides. They picked the days when the weather was best and set the rides up with texts or emails. Eventually they changed the format to lunch rides. The group picked a nice restaurant for lunch, then selected a starting point 15-20 miles away from the restaurant. They rode to the restaurant and then rode back to the starting point. Two of their favorite lunch stops were Woody's in Allentown and My Kitchen Witch in Monmouth Beach.

Joel is the ride leader for the Thursday morning JSTS rides. He tries to vary the starting point and route for these rides and then constructs the majority of the bike routes. When Covid hit the retiree ride group (age 68-85) they did not feel comfortable eating in a restaurant, so they started to ride from a park. Everyone would bring a cooler with lunch and a chair and at the end of the ride, they would eat lunch in the park. About 2 years ago he decided to list the rides on the JSTS club ride schedule and this increased the attendance to the rides.

When the weather turns cooler and it is not comfortable to eat outdoors the rides start at Bell Works. The Atrium at Bell Works is underutilized with the size of 3 football fields and a 50-foot ceiling. They lunch at the plastic tables and chairs and are away from most of the people at Bell Works who are in the center section.

His current bike is a 20-year-old Trek 5200 (Carbon Frame/Ultegra group) with 33,000 miles. Last year he was thinking about treating himself to a new bike for his 80<sup>th</sup>



*2021 cycling Central Park with his 2 sons, grandson and nephew.*

birthday. Most of his 80-year-old friends in JSTS & Morris Area Freewheelers who are still riding are riding e-Bikes. His thoughts were if I got a new bike (non-electric), how long would I be able to use it. He does not feel that right now he is ready for an e-Bike: "I am not that fast, but I can still climb". His current bike only has 9 gears in the rear. The industry went from 8 to 9 to 10 to 11 rear gears. Shimano only made the 9-gear group for 2 years. There are parts availability issues with my 20-year-old bike.

Finally, Joel's personal work history was in the technology field. He worked for EMI the record publishing company and CBS Network. He must have several great stories from his work history. After he left the field, he reinvented himself and began working in a completely new field. He designed and sold kitchen renovations!!!



# Scenic Cycling in Utah

By Liz Livingstone, JSTS Volunteer

I'm not much of a cyclist if the cobwebs on my bike are any indication, and when I do I like to "stop and smell the roses". So last month I was in for a pleasant experience while visiting friends in Utah. They had just returned from a boat/bike tour in the Netherlands and were so in love with that experience they purchased ebikes upon their return. Let me begin by saying that October is an idyllic month in Utah. And with the ease of riding an ebike coupled with amazing scenery, you can actually forget that you're peddling!



We began our venture on the Pineview Loop Pathway in Ogden Valley. This 16 mile path, which was recently completed, circles a large reservoir and connects the towns of Huntsville and Eden. The terrain is easy as you pass by one beautiful setting after another surrounded by the Wasatch mountains. The hamlet of Huntsville has a lot to offer including art galleries, the charming Compass Rose Lodge (with observatory), and the oldest business in Utah, the Shooting Star Saloon.

<https://www.alltrails.com/explore/recording/pineview-loop>

<https://www.travelawaits.com/2880950/things-to-do-huntsville-utah/>



The following week we headed south to Moab. There are plenty of outdoor experiences to be had (and rental companies to accommodate you) besides visiting the stunning Arches National Park. Just a mile north of town the Moab Canyon Pathway runs along highway 191 with a shorter section along highway 128; we took the later. The path follows the Colorado River with dramatic red canyon views on either side. In town there is an information center staffed by park rangers and much to explore in the way of restaurants, gift shops and entertainment, too numerous to mention.

<https://www.traillink.com/trail/moab-canyon-pathway/>

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







# JSTS Event Leaderboard YTD

Member Participation in JSTS Events, Rides & Meetings

#	First	Last	Count
1	Charles	Kirlew	142
2	John	Hayes	133
3	Eric	Stacer	127
4	Pat	Perrella	119
5	Raymond	Simonian	119
6	Thomas	Trank	118
7	George	Gregorio	113
8	Ward	Kradjel	106
9	Russ	Messeroll	99
10	Bryan	Hrycyk	93
11	Paul	Sakson	93
12	Bruce	Naidoff	92
13	Caroline	Donahue	91
14	Joel	Brown	90
15	Hank	Steinberg	87
16	Jean	Roy	86

#	First	Last	Count
17	Patrick	Bisogno	86
18	David	Anderson	85
19	Mike	Streett	85
20	John	McNamara	82
21	Al	Pardo	81
22	Alan	Pavelchak	78
23	Mikhail	Giller	78
24	Steven	Buchanan	78
25	Frank	Lupo	75
26	Jaime	Morales	75
27	Barbara	Chroman	74
28	Robert	Nuara	73
29	Abe	Chasnoff	72
30	Joe	Crapanzano	72
31	Steven	Srolovitz	72

## 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.

- **346**= number of renewed MEMBERSHIPS for 2023 (239 Individual; 98 Family; 9 Lifetime)
- **74**= number of new MEMBERSHIPS for 2023 (65 individuals, 9 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

<b>AS OF END OF NOVEMBER</b>				
	<b>2023</b>			
<b>*** MEMBERS ***</b>	<b>Renewed</b>	<b>New</b>	<b>Lapsed Renewed</b>	<b>Total</b>
<b>Individual Member</b>	239	65	3	307
<b>Family Member</b>	98	9	1	107
<b>Lifetime Member</b>	9	0	0	9
<b>TOTAL MEMBERS</b>	<b>346</b>	<b>74</b>	<b>4</b>	<b>423</b>
	<b>2023</b>			
<b>*** PAID MEMBERSHIPS ***</b>	<b>Renewed</b>	<b>New</b>	<b>Lapsed Renewed</b>	<b>Total</b>
<b>Individual Membership</b>	239	65	3	307
<b>Family Membership</b>	46	9	1	56
<b>TOTAL PAID MEMBERSHIPS</b>	<b>285</b>	<b>74</b>	<b>4</b>	<b>363</b>
<b>Currently Active Trial Memberships</b>	<b>3</b>			
<i><b>NOTE: "Memberships" does not include additional family members. It only includes the bundle administrators.</b></i>				



# Corner

## JSTS B Ride to the Shore





# Corner

## Thursday Night BCC Rides





# Corner

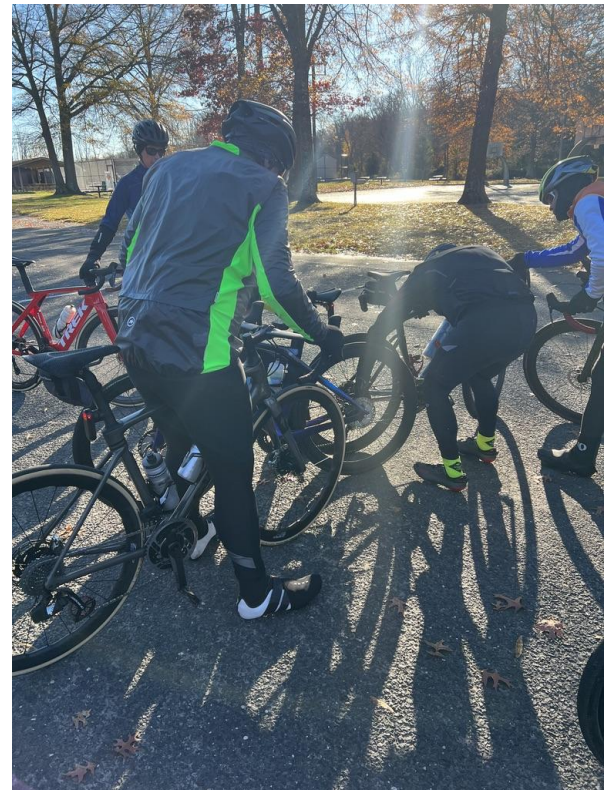
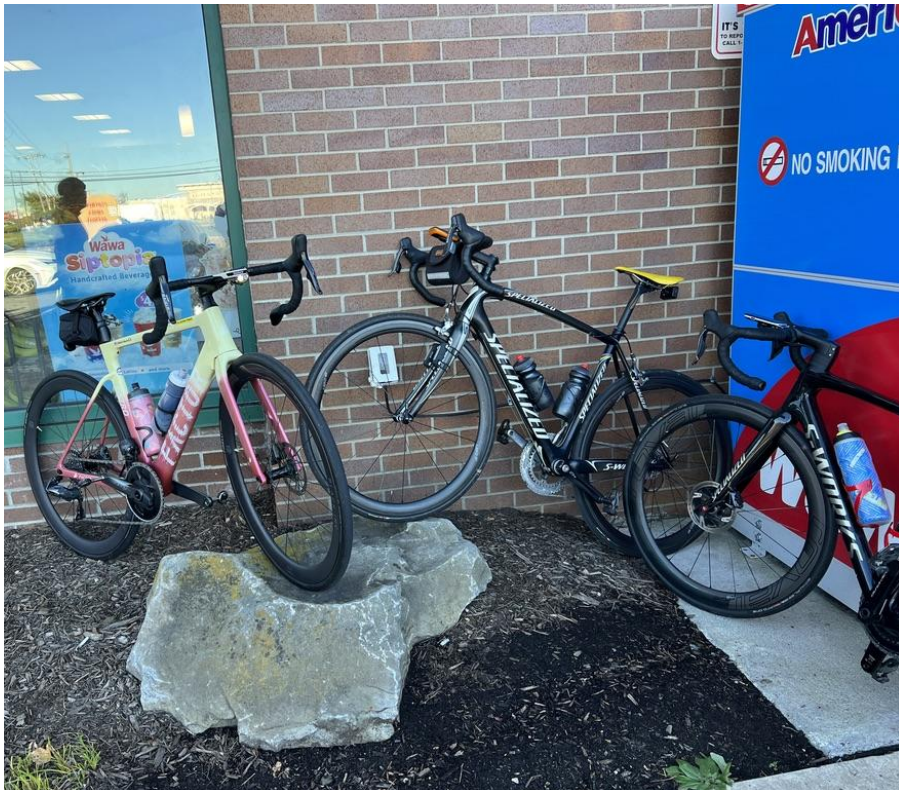
## Thursday Night BCC Rides





# Corner

## A Ride-Thanksgiving Day



# CYCLING SHORTS

## PEARLS BEFORE SWINE

BY STEPHAN PASTIS



## Always on my mind



# CYCLING SHORTS

**ME**  
WHEN LATE FOR THE CLUB  
RIDE BUT FIND THAT MY  
FAVORITE JERSEY IS FILTY,  
SMELLY, AND UNWASHED  
AFTER LAST WEEKS RIDE



**ME**  
TWO MINUTES LATER




## REAL FRIENDS LAUGH WHEN YOU CRASH

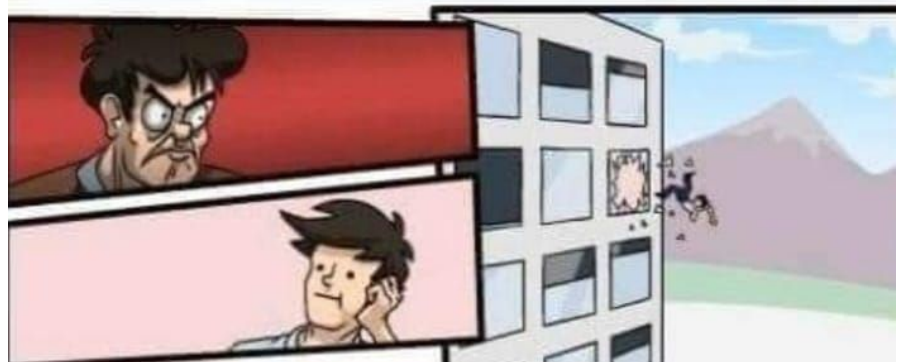




# CYCLING SHORTS



# CYCLING SHORTS



# CYCLING SHORTS

