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The Shore Thing

THE JERSEY SHORE TOURING SOCIETY
KEEPING BIKE RIDING FUN SINCE 1981

Seven-time Tour de France winner Lance Armstrong just keeps going and going. Can he recover from a recent crash to complete the 2009 Tour?

Will Lance Race in France?



During his first retirement, Armstrong focused on the Lance Armstrong Foundation, which supports people affected by cancer, and on other interests. He was the pace car driver for the 2006 Indianapolis 500.

In 2007, Armstrong working with many other sports celebrities founded Athletes for Hope, a charity which helps professional athletes get involved in charitable causes and inspires non-athletes to volunteer and support the community.

The Lance Armstrong Foundation has raised about \$250 million over the last 12 years and its main goals are raising community awareness about the cancer, along with advocacy for those suffering from the disease. But this was not enough.

Armstrong announced on September 9, 2008 that he will return to pro cycling with the express goal of winning the 2009 Tour de France. "After talking with my children, my family and my closest friends, I have decided to return to professional cycling in order to raise awareness of the global cancer burden," Armstrong said on his livestrong.org

Lance is Ambitious. In 1993 he won the world cycling championship and the US Cycling Championship. On October 2, 1996, Armstrong was diagnosed with nonseminomatous testicular cancer. After surgery his doctor admitted that he had had less than a 50% survival chance. After surviving this nearly fatal bout with cancer, Lance Armstrong went on to become the only individual to win the Tour de France seven times, having broken the previous record of five wins held by four of cycling's greatest riders.

In 1999, he was named the American

Broadcasting company Wide World of Sports Athlete of the Year. In 2000 he won the Prince of Asturias Award in Sports. In 2002, Sports Illustrated magazine named him Sportsman of the Year. He was also named Associated Press Male Athlete of the Years for 2002–2005. He received ESPN's ESPY Award for Best Male Athlete in 2003–2006, and won the BBC Sports Personality of the Year Overseas Personality Award in 2003. Armstrong retired from racing at the end of the 2005 Tour de France on July 24, 2005.

website. VeloNews reported that Armstrong will race for no salary or bonuses, and will post his internally tested blood results online. He is now 37 years old.

In October 2008, he confirmed he will compete in the 2009 Giro d'Italia, his first participation. In January 2009, he placed 29th in the Tour Down Under stage race in Australia, his first official sanctioned race since retiring after the 2005 season.

Lance crashed near the end of the first stage of Spain's five-day Vuelta Castilla y Leon cycle race on March 23 and was helped into an ambulance in a setback to his preparation for July's Tour de France.

The champion of the French race didn't get back on his bike after being caught in a pile-up involving more than 10 cyclists on day one of the event. He sat on a grass bank before being helped into the ambulance. Dressed in his light-blue Astana team uniform, he grimaced as he was treated by medical staff in the back of the vehicle, television pictures showed. He is now recovering from a broken collarbone.

~ Lee Beaumont assembled this article from a variety of sources.

Consider these two upcoming rides. Meet new friends, ride new routes, contribute to the cause

CJBC Farmlands Bicycle Tour – 2009

The Central Jersey Bike Club Farmlands Bicycle Tour is scheduled for Saturday May 2, 2009. The last page of this newsletter includes their full announcement. Because this is our first time including such an announcement in the newsletter, I want to share my thoughts in deciding to include the announcement. More importantly I want to hear your thoughts on this decision. I believe the most important role for the club is to help the members enjoy riding. The more ride choices the members have, the more diversity in the rides offered, and the more riders we get a chance to meet all help meet this goal. An important role of the newsletter is to bring you news you can use. I plan to include similar announcements in the future when, in my opinion, the event will appeal to club members. I always invite your comments on this decision, this policy, and any aspect of the newsletter that you like, dislike, or would like to see changed. I am always open to improving newsletter policy and practices based on your feedback.

~ Lee Beaumont JSTS Newsletter Editor.

Register now for 2009 Tour de Cure

Enjoy riding the 2009 Jersey Shore Tour de Cure! They have a route for every level of rider: advanced, intermediate and beginner (family-friendly). Everyone is sure to have a great time while enjoying a day of fun and fitness while riding for a cure for diabetes! Rides are 12, 35 and 62.5 miles long.

Your efforts will help the more than 23 million Americans who are affected by diabetes. Over 700,000 of those people affected by diabetes live right here in New Jersey.

The ride will take place at Brielle Park, across from Brielle Elementary School on May 30. Registration is free April 4 and 5th using the promo code Spring09 when registering online. After that, your registration fee will be \$25.00. All cyclists must raise the minimum of \$175 to participate, in addition to the registration fee.

**SMARTER
RIDING**

The Jersey Shore Touring Society



The Jersey Shore Touring Society is a bicycle club whose primary focus is on social rather than competitive riding. We have "leader led" as well as "route sheet" rides. On a leader led ride you stay with the ride leader and the group goes only as fast as its slowest member, unless there is an advertised pace. On a route sheet ride, you can proceed at your own pace or hang around with others of the same ability. You can't get lost because you have a route sheet. We welcome newcomers to our club rides and ask that each rider wear a helmet and complete a waiver available at the sign-in before the ride begins. We have monthly meetings and we publish a monthly newsletter. If you like the club, please join by paying dues.

JSTS members first rose to the challenge and began riding to solve the puzzle of autism in 2001. The tradition continues this year. Join the ride Saturday June 13, 2009

Club Members Ride 9th Year for Autism

“You’ve got mail,” said my computer. I’d sent emails out to several bicycle clubs in New Jersey, asking for assistance in organizing a charity ride to raise funds for individuals with autism. My son Spencer had been diagnosed with autism several years earlier, which had put my cycling on hold. Now, having gotten back on the bike, I was looking to do something that combined my passion for cycling and my love for my son.

There was only one response in my inbox, from some club called the Jersey Shore Touring Society. Their president, Eddie Mack, invited me to one of the club’s meetings to discuss the idea. So, one night at a meeting at Brookdale, I pitched my idea. The club members were very receptive and offered to help organize the ride. We had a follow-up meeting, a “focus group” of sorts, at Eddie’s house where several JSTS members related their experiences as to what worked and did not work at charity rides. I took this “market research” to heart and used it to plan the event, which we called the Ride for Autism

JSTS members became heavily involved in making the Ride for Autism a reality. They designed several different routes, spent hours painting marks out on the roads, and distributed brochures to bike shops and at other rides. The first Ride for Autism took place on June 16, 2001 at Brookdale. Many JSTS members participated and several served as marshals. The event was a rousing success. Over 400 riders participated and we raised over \$13,000 for Autism NJ (then known as COSAC).

We have held the event every year since, and JSTS members have been

instrumental in its success. We have raised over \$350,000 for Autism NJ, and equally important, raised awareness about autism in the community. While there are too many members to thank here by name, there are a few that deserve special mention. First, there are all the JSTS presidents over the past eight years that endorsed the club’s support of the event: Eddie Mack, Dan Falvo, John Gillis, Steve Karger, Rob

“We have raised over \$350,000 for Autism NJ, and equally important, raised awareness about autism in the community.”

Leitner, and now, Jody Rubin. Next, are Everett Anderson and Keith Dickson, who have provided invaluable advice about routes and other elements of the ride. Last, but not least, is Don O’Rourke, who has been a tireless supporter and who has perennially managed to convince numerous JSTS members to volunteer their free time

to paint road marks from Lincroft to Bordentown and back.

I not only found the club members to be wonderful partners in charity, but also after a few years I found them fun to be around. I managed to find some free time to ride and joined the club in 2004. Over the next few years I did more and more club rides. This past year I completed the club century, and my first in over 20 years. It was a great accomplishment and one I could not have done without the help of many of the club friends I have made over the past few years.

This piece would not be complete without some shameless huckstering. This year’s Ride for Autism will be held on Saturday, June 13, 2009. Details are available at www.ride4autism.org. I look forward to seeing you there!

— Submitted by Andy Abere



Club Members Pose for the camera at the start of the 2005 Ride for Autism

In this fourth article in the series, editor Lee Beaumont appeals to members to share your story of how you joined the club, your most memorable moments, and the significance club activities have for you. I would like to keep this a regular feature of the newsletter, so please send us your story



JSTS Story Book

After three members shared their stories of joining JSTS, it looks like we have reached spring break. I hope the warmer weather and new riding season will awaken the muse in more club members.

This series helps us get to know our club members better, makes us aware of the many ways members enjoy the club, and showcases the many benefits of the club to current and future members.

Writing an article is pretty simple, just answer these questions:

1) Describe how you first thought about joining the club.

- 2) Describe your decision to join
- 3) describe your first ride, your first few weeks.
- 4) What went well, what was difficult?
- 5) What do you enjoy most about the club?
- 6) How do you participate in club activities?
- 7) How has the club transformed you?

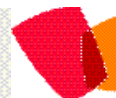
I'll help you polish the article and make it look good in the published newsletter. I hope to hear from you soon.

~ Lee Beaumont
JSTS Newsletter Editor
lee@SimplyQuality.org

**“Join the club,
you can do it,
you will enjoy it.”**

“What I enjoy most about the club are the very good friends I've made over the many years I've been in the club”

“I began doing the club rides on the weekend, and became hooked.”



CYCLE
SCENIC
MONMOUTH
COUNTY.



ANNIVERSARY

FARMLANDS BICYCLE TOUR 2009

ALL ARE WELCOME!

SATURDAY
MAY 2

RAIN OR SHINE

**BROOKDALE
COMMUNITY COLLEGE
LINCROFT, NJ (EXIT 109 OFF GSP)**

Registration: Adult \$25 • Child under 18 \$10
Century, Metric, 50, 38, 25, 18 Mile Routes
Food, Sags, Marked Routes, Rest Stops

REGISTER BY APRIL 22ND
to get a CJBc sling bag & FarmLands water bottle.
Day of: Receive a FarmLands water bottle only.

Registration 7am to Noon
Brookdale Community College, Lincroft, NJ (Exit 109 off GSP)
For registration form e-mail: CJBc@comcast.net

www.CJBc.org
(732) 225-HUBS

HELMETS ARE REQUIRED

REGISTER EARLY & YOU COULD WIN
THE FARMLANDS
RAFFLE!

Send registration by 4/22/09 and you will be automatically entered to win a cycling computer.

Garmin Edge 305 HR

- GPS
 - Heart Rate
 - Cadence
- Plus all regular cycling functions



**Top
Prize**

**2nd PRIZE
Garmin
Edge 205**

GPS, Personal Training
Center for cyclists



**3rd PRIZE
SPORTS INSTRUMENTS
SI 90 HR**

Regular cycling functions & Heart Rate



REGISTER ONLINE @ active.com