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The Shore Thing

THE **JERSEY SHORE TOURING SOCIETY**
KEEPING BIKE RIDING FUN SINCE 1981

Club Member Steve Ellis chooses a well supported tour this year

The Bon Ton Roulet Tour

In September 2008 I rode the Pacific Coast Highway 2,100 mile unsupported tour with Adventure Cyclist Org. This summer I decided I wanted a different experience. I chose the Bon Ton Roulet week-long tour of the Finger Lakes in New York State. This is a supported ride, and I was looking forward to enjoying the difference. I have been hearing through many of my touring contacts that the Bon Ton which has been in existence for 13 years has a reputation for running a great ride.

Our ride began in Cortland New York, where we parked our cars, and we would return here to finish. There were 500 riders. For \$500 our gear would be transported each day to the next destination, and they would supply breakfast and dinner. The basic rate included camping with your own gear. There were options for tents already set up, equipped, and unpacked each day, or motel bed and breakfasts. For a \$25 fee a fresh towel was furnished each day. A state of the art 18 wheeler truck supplied modern showers daily. Each ride we were provided a morning rest stop snack and an afternoon

rest snack. These were the best stocked rest stops I have seen with fresh fruit

and many other goodies. I was so well fed that I never thought about stopping



for lunch. A mechanic was available at all rest stops as well as a couple of sag wagons. Evening entertainment was provided.

The best way to experience an area is bicycle touring and this trip was no different. The Finger Lakes are an area of lush farming and scenery, and I was surprised to see the many Mennonite and Amish Farms in the area. Each day we had a short-40-50 mile or a long 60-100 mile route to chose. I accumulated 429 miles for the week.

Our first day was out of Cortland where we would be returning for our cars. I travelled 68 moderately hilly miles to Ithaca where I got my first glimpse of Cayuga Lake.

Day 2 was 67 miles of rolling hills to Watkins Glen. We first travelled north on Lake Cayuga then west to Seneca Lake, then south along the lake to Watkins Glen. At Watkins Glen I toured the famous gorge with a path of 800 steps to the top and at times

tunneled through the rocks. There were spectacular waterfalls and steep sides of shale and sandstone.

Day 3 we headed north on the west side of Seneca Lake and then headed west to Lake Keuka. Here we headed south on the east side of the lake. The ride was hilly, hot, and 71 long miles. We camped in the quaint tourist town of Hammondsport.

Day 4 we rode 67 moderately hilly miles to Geneva. It began raining at noon and I rode two hours in the rain. In Geneva we stayed at a college. The food was fancy college selections, and I decided to sleep in the gym rather than deal with the rain. The next day was our rest/layover day. The three options were rest, 40 miles, or a 100 hilly mile ride. I chose the 40 mile ride.

“These were the best provisioned rest stops I have seen”

Day 5 was a 40 mile ride to Canandaigua Lake and back.

Day 6 was a 79 mile ride to Auburn—it rained all day! We travelled from northern Seneca Lake to Northern Cayuga Lake to Lake Owasco and Auburn.

On day 7 we left Auburn and returned to Cortland in a short 37 mile ride. At mile 23 I had a repeat of a mishap I had a year ago on the Pacific Coast Highway. I was 14 miles from the finish and my seat bolt broke. When I was in California I had no option, I rode 20 miles to the nearest town on a sneaker. Here I called for a sag.



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.



The Jersey Shore Touring Society
www.jsts.us

Five minutes later they picked me up. They offered to take me to the finish. I asked if they could take me back to the rest stop 6 miles where the mechanic was. They called and the mechanic was still there. They transported me to the mechanic who fixed it in a flash. The sag wagon folks were kind enough to take me back to the point where I broke down to finish my ride. What

luck and good fortune I have.

I recommend the Bon Ton Roulet as an A+ supported ride for efficiency, ride challenge and scenery. I would definitely think about doing it again. One caution is that the ride fills up quickly so book well enough in advance. Any other questions feel free to ask me.

~ Steve Ellis

OH NO!!! IT'S FALL!!! OH YES!!!!!!!!!!!

The President's Corner July 2009

Fall is definitely here. The days are much shorter and the mornings are a LOT cooler. For many, with the cooler weather, people are less interested in cycling. But wait!! The Fall is a GREAT time to ride and enjoy the cooler temperatures.

For one thing, Mountain Bike season has begun. JSTS now shifts to the trails. We do mountain biking in Al-laire State Park and in the county parks of Tatum, Hartshorne, and Clayton. In addition there are AWAY rides to Six Mile Run in Kendall Park and there will be an away ride to Minnewaska State Park which is near New Paltz, New York in mid November. One of

the advantages of trail riding, especially as the temperature drops is that the trees, even without leaves, block the wind. In addition while riding on the trails, one doesn't have to worry about cars. If you are new to mountain biking or want to think about trying it for the first time, the JSTS trail riders will be more than happy to help you out.

And yes, we still have road rides. The road rides continue throughout the year. With cooler temperatures, one must still be aware that you still need to stay hydrated and drink plenty of water. In addition, if the weather is nice, *lots* of folks are out driving to the local apple orchards. Our rides do get shorter as

it gets colder and colder but JSTS has rides the entire time. And, starting in December, for both road rides and mountain bike rides the Frostbite series begins. For this series, you must ride at least once each weekend in December. You can do either all Saturday rides, all Sunday rides, or a combination of both. If you complete this series you will get the coveted JSTS Frostbite T-shirt.

So get out there, ride, and enjoy the cooler weather!!!

~ Steve Karger, President, JSTS

Ride Hard, Have, Fun, Eat Pizza, Gain Weight

Biking, Pizza, and Math

A lot of times when I mention the bike club to friends and family, I invariably mention the Thursday night pizza rides. Then I get the looks and comments of "Why bother riding if you are just putting it back on?" Some people just don't understand the importance of the pizza ride but I have to admit, it does make me think about how much benefit I get from it. So here is my little exploration into pizza math.

Let me start off by saying that I don't have any health or medical training other than what they tried to teach me in high school and maybe a college class. About the only thing I remember from that is that nutmeg is a hallucinogen and maybe a few biological things.

So let's take this in order, the ride. Typically we are riding about 15 miles at 12 to 13 MPH. When we ride we burn calories. That's the good part of

the pizza math. But how many calories are we burning. There is a calculator on the club website. It says that with my weight of 180 (close enough), 75 minutes of riding at 12 miles an hour, I burn 575 calories. Now how accurate is this calculator, where did it come from, etc.? So I went out to that magical place called the Internet.

I found a wide variety of calorie calculators. Some were detailed in how

they calculated and some didn't take much into account at all. The range of numbers I got using as close to the same parameters as the club calculator went from 705 to 891 calories. Since most of us ride fairly efficient road bikes, I'm going to stay with the club calculator number of 575.

Now let's look at the other part of the equation, the pizza. This was a little more difficult since the restaurant doesn't have the nutrition numbers posted anywhere and I wasn't about to ask. So off I go to the local grocery store. There were lots and lots of numbers I could have written down but I thought it would be better to keep it as simple as possible. I checked serving size, fat calories and total calories.

For serving size it ranged from 116 to 155 grams. This seems like a wide range but I looked at them a little closer and the more stuff you put on the pizza, the higher the number of grams. A pepperoni had

more than a cheese and a supreme had more than a pepperoni. I also noticed that thin crust was generally less than thick crust. There weren't that many options on thin crust so I don't have a real good sample, but again, that would make sense.

No big surprises in the fat calories. The more meat you have, the higher the fat calories. One little surprise was that some of the 3 or 4 cheese pizzas had a high fat content. One company's 4 cheese pizza had more fat and total calories than their pepperoni pizza.

So I guess the big question is total calories. They ranged from 220 to 360 depending on what you had on it. The lowest was from a company with a "healthy" reputation. It was a Sicilian veggie without cheese. The thick crust pizza had higher total calories. So if you want a really low cal piece of pizza, get it without meat, cheese, and with a very thin crust. But that doesn't sound very appetizing.

The pizza we have on Thursday are smaller portions and have a thin crust, however they do tend to have a few toppings. Therefore, I would guess that we are looking at about 300 calories per slice for a meat pizza and 275 for a simple veggie. The full veggie will be over 300.

So what does all this mean? For me, a typical Thursday night ride will burn off about 2 slices of pizza. Since I have to take in some calories every day to maintain my weight (for me, it's about 2,500), we can eat more. If I didn't ride, I would just go home and have a meal anyway.

But the food isn't the important part of the Thursday night pizza rides. It's being with some good people having a good healthy time. That socialization is far more important to our well being than much of anything else. I guess I learned something else in those health classes.

~ Charlie Kirlew



Move more than you eat!

The scenery was the real draw

Belleplain Fall Century

Early on Saturday morning, September 26, Alex Baldi and I traveled to Woodbine, NJ for the Shore Cycle Club's annual Belleplain Fall Century. (The Shore Cycle Club also hosts the Pinelands Triple Loop in May.) The ride began and ended in the Belleplain State Forest and consisted of a morning loop of 35 or 50 miles, and an afternoon loop of 28 or 50 miles. About 100 people participated. We did the 50 mile loop with Alex's friend, Bud, which was a relatively flat route through Cape May and Cumberland counties. The weather was overcast and temps remained in the low 60's. The first rest stop (mile 18) at the East Point Lighthouse on the Delaware Bay was very picturesque. We faced a strong headwind most of the way back, so it was a good workout. Lunch consisted of a nice spread of cold cuts, cakes, etc. While we were eating, a member of the South Jersey Wheelmen came over who knew our long-time club member Bill Metzgar.

For me the scenery was the real draw, making the two hour drive to the start worthwhile. The roads we biked through were reminiscent of sleepy coastal towns where time ticked by slowly. Even the forest was incredible,

with magnificent towering trees lined along the roadway, beckoning you in. Overall, it was an enjoyable day, and one to put on the calendar for next year.

~ Donna Matulewicz



Easily enjoy the many health benefits of chia seeds

Chia Shooters

The many health benefits of Chia seeds are becoming well known. These chia shooters provide an easy way to enjoy the benefits of this newly-popular ancient food.

- Begin with one tablespoon of chia seeds in the bottom of a drinking glass
- Add 2 oz of your favorite fruit juice
- Let stand for 5-10 minutes
- Stir
- Add 2 oz more fruit juice, stir, and drink.

The measurements are not at all critical, feel free to vary them and experiment to find what works best for you. Substitute water, sports drinks, iced tea or other beverages instead of juice. Because chia seeds absorb so much liquid, it is helpful to continue drinking liquids throughout the day.

~ Lee Beaumont

In this sixth 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 four members shared their stories of joining JSTS, it looks like we have reached another 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.”

“Of course, I love the people.”



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