

JSTS MEETING MINUTES FOR MAY 14, 2012

The meeting was called to order @ 7:00pm on Monday May 14, 2012 at the Marlboro Worship Center.

Thank you member Pastor Joe Hewes for offering to host this meeting and providing a meeting room (and really nice signs!).

Introductions of 3 Board members (President Deb Asbjorn, Vice-President Fred Sweet, Treasurer Caren Less) and members were given. **Thank you Stephanie McAuliffe for taking the meeting minutes.**

Treasurer's Report – Caren Less

Caren read the treasurer's report for April 2012. A motion was made to accept the report and carried. It was reported that the cost of the Champagne Ride came in under budget.

Minutes

· The minutes for the April meeting were accepted as posted on the website.

Membership Report – Caren Less

- For 2012, we now have 271 paid members and 10 bike clubs
- The 271 total represents 84 new, 171 renewed and 6 lifetime members
- Compared to last year at this time: 235 paid members and 6 bike shops
- A question was raised regarding past members who have not renewed. There are riders showing up for rides claiming to be members and after checking they have not paid for a membership renewal. This can pose a liability issue. Deb will check the current membership list against last years' membership list and send a reminder to renew membership.

Correspondence

- This is Bike week (May 14 -18) Friday, May 18 is Bike to Work Day.
- JSTS is now listed on Pedaling.com on the resource page in the NJ Bike Club section.
- Garden State Velodrome @ Wall Stadium – season opened May 8. For the event & race schedule go to: www.gsvelodrome.com. Fred would like to organize a night to go as a club.
- A list of charity rides can be found @ www.charityridecentralnj.wordpress.com
 - NJ Coast the Coast for MS - Good luck to members riding for the cause (as riders & marshals)
 - Ride for Autism – June 9 – All set for marshals & Volunteers.
 - Grand Fondo NJ – Sept 9 – Team in Training Deb & Steph are participating.
 - Ride for the Cure – Cancer Treatment Center of NJ – Sept 8 – Cynthia Locasto is forming a team, "Team Serenity". If you are interested please go to the website <http://cinifoundation.donordrive.com/index.cfm?fuseaction=donorDrive.participant&eventID=529&participantID=3196> or contact Cynthia via email.

- Member Sean Growney is participating in the 2012 Ride the Rockies. He would like to get in contact with another member that might be going.

Club Picnic – July 22 @ Rob Leitner’s home in Freehold. Committee Coordinator & members are needed for set-up, clean-up, cooking. If you are interested please send email to Deb - daasbjorn@gmail.com

- Steve Karger – will purchase the food @ Costco
- Bob Spony & Al McCormick will help with clean-up
- Jeff Mines, Steph McAuliffe & Debbie Asbjorn will help with cooking

Ride Reports –

Tuesday Beach Ride – There is an issue with leaders who cannot commit weekly and would like to schedule the ride every other week. Need continuity and regularity for the ride

C+ - Abe Chasnoff reported that the concept is liked but there is not a “steady” group of riders, yet.

C/D – Pete Sunday’s C/D ride was extended to ride with the C group.

Saturday rides – B ride is breaking into B/B+ but there haven’t been any complaints regarding the pace. Ride leaders needs try not to let groups of “1” develop.

B+ - Jeff Mines had a safety issue with a rider who insisted on riding in the middle of the car lane. The rider was asked multiple times to stay to the right. What is the protocol when these types of issues arise?

Ride safety became a topic of discussion. It was also mentioned that groups of riders are running red lights. All club members need to follow all traffic laws; stopping for red lights, stop signs and pedestrians in crosswalks. Ride leaders need to review/reiterate safety and traffic rules prior to the ride start, especially when there are new riders present. Remember that riding with JSTS is a privilege and when riding as a JSTS member your actions effect the reputation of the club. Failure to follow safety rules can put the whole group in danger. Ride leaders should reach out to Fred Sweet if there are safety problems and probation for a rider will be discussed. Deb will send email to all ride leaders.

In addition to road safety, sun safety was discussed. Wear sunscreen. There are clothing products, specifically a “Canari” sun arm protection sleeve that is comfortable to wear in the summer. Also a cap or head covering should be worn under your helmet to prevent sun burn thru the vents. A cycling cap was a suggestion because it is good for both sun and rain. The possibility of getting a cycling cap with the club logo for members to purchase is being investigated.

Pre-Ride Mobility warm-up – Demo and attendees participated in a pre-ride mobility warm.

- What you do before your workout begins can have a big impact on what you are able to do during your workout.

- Stretching helps to improve your static (non-moving) flexibility and may not do a good job in preparing your body to move quickly & efficiently. With static stretching you are not moving around but simply elongating a group of muscles. This should be done as part of a post workout/cool down to bring the body back to rest and recovery – focusing on relaxing and lengthening the muscles.
- Dynamic mobility exercises done during a pre-workout warm-up prepare the body for vigorous movements by stimulating the nervous system, muscles, tendons and joints.
 - Start with joint rotations – progress thru (feet, ankles, knees, hips, trunk, shoulders, elbows, wrists, fingers, neck) at a low intensity and slow speed. Rotate each joint one way then the other – take only 3 – 4 minutes.
 - 5 – 7 minutes of continuous warm up – jog/walk in place, slowly pedal – warm up slowly, gradually increase the intensity until you start to feel warm.

Key points of mobility training:

- Train, don't strain – perform movements slowly & within a comfortable range of motion. Gradually increase speed over time.
- Warm-up – continuous movement to increase body temp and blood flow to muscles
- Save static stretches for after your workout

Mobility on the bike – move your neck, shoulders, hips and back when you are at a rest stop.
Do shoulder shrugs, neck rotations, hip rotation, and torso twist.

Additional information on how to train for a week-long bike tour and Yoga poses for cyclists can be found on Active.com