



PACELINE

A PUBLICATION OF THE JERSEY SHORE TOURING SOCIETY



ELEVATE YOUR CYCLING PERFORMANCE

WOMEN'S HEALTH AND CYCLING

MAY 2024

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Paceline Submissions

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PACELINE

MAY 2024

TABLE OF CONTENTS

- 3 President's Letter**
- 4 Come Shop at B3 Bicycles**
- 5 Elevate Your Cycling Performance**
- 9 Women's Health & Cycling**
- 12 2024 National Bicycle Summit**
- 13 Steve Buchanan Rides for Parkinson's**
- 14 Major Taylor Documentary**
- 15 Bikes & Beers Monmouth**
- 16 May/June Cycling Events**
- 17 New Product News & Equipment**
- 19 Member Spotlight Hank Steinberg**
- 21 New Members**
- 22 Leaderboard**
- 23 JSTS Membership Data**
- 24 Camera Corner**
- 29 Cycling Shorts**

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HELLO CYCLISTS!

PRESIDENT'S LETTER

Dear JSTS Members,

As the days grow longer and the weather warms, it's time to dust off those cycling shoes and embrace the new season! I'm thrilled to share some exciting updates and upcoming events with you all.

Season Opening Champagne Ride

Our season kicked off recently with our **Champagne Ride**, and what a fantastic start it was! Over **80 participants** joined us for a beautiful but chilly day on the roads. The post-ride spread was delightful, and it's heartwarming to see everyone coming together again.

Remote Ride Series: Conquering Hills in Bedminster

Our remote ride series has begun, and we've started by exploring the scenic hills and breathtaking surroundings of Bedminster. Yes, we even had to pause for **cow crossings**—a memorable start to this series! Remember, you only need to attend 70% of the rides to meet the event requirements, so it's not too late to jump in with May's ride.

In-Person Meetings Return

Mark your calendars! Our next **General Membership Meeting** is scheduled for **May 20** at the **Holmdel Library** within the magnificent **Bell Labs facility**. Join us to stay informed about club happenings and contribute to important decisions on our agenda items. [Register Here](#)

Bikes and Beers Monmouth: Cheers to Charity!

A big shout-out to the **15 volunteers** who've signed up for **Bikes and Beers Monmouth** at **Birdsmouth Beer** in Monmouth County on May 4. Your support is invaluable! Thanks also to **B3** for providing pre-ride maintenance. As a charity partner, we'll receive donations as a benefit for helping out on this event. It's not too late to join

our JSTS team as a rider—use the **JSTS20 discount code** for **20% off** your entrance fee.

Breweries and Weekend Rides

I envision at least one local brewery becoming starting or ending points for one of our weekend rides or a new Friday evening ride. Imagine cycling through scenic landscapes and then relaxing with fellow riders over a cold brew. It's a great way to connect on a different level.

Epic Adventures: Italy, Spain, and Beyond

Several of our club members are embarking on epic adventures to Italy and Spain to ride. May your wheels spin smoothly, and may you soak in the beauty of those Italian hills and Spanish vistas.

Club Summer Tour: Shenandoah Valley, Here We Come!

Don't miss our **End of June Club Summer Tour** in the legendary **Shenandoah Valley, Virginia**. Daily routes of varying lengths await, and the only expenses are for hotels and food. Trust me, this is the highlight of our year! [Sign Up Here](#) for some epic riding and comradery.

Peer-Led Rides: A New Concept

We're trialing **Peer-Led Rides**, and so far, it's been a success. Let's decide together if this model is here to stay. If you have questions or doubts, feel free to reach out to our ride coordinator at ride.coordinator@jsts.us or [me](#)

Bike Advocacy Bridging the Gap

Safe passing laws are crucial for cyclist safety, but there's often a gap between legislation and implementation. Our goal is to bridge that gap by actively engaging with local townships and advocating for better cycling infrastructure. More to come out on our strategy and plan this month. Happy cycling, everyone! Let's make this season unforgettable.

Pedal on, Pat Perrella President, JSTS



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.

ELEVATE YOUR CYCLING PERFORMANCE

WHY & HOW TO TRAIN YOUR MUSCLE POWER

From [Bicycle.com](https://www.bicycle.com) by Megan McMorris

If one of your goals is to improve your ability to cruise up a hill or sprint to win a race, you might do lower-body moves in the gym to build strength, such as squats and lunges. But another way is to focus on training your muscle power, the ability to mesh strength and speed. While muscular strength means you can lift 50 pounds, muscular power is being able to throw that 50 pounds away from your body.

"Anytime you need to put a lot of force on the pedal, you need power," explains Renee Eastman, C.S.C.S., cycling coach with Carmichael Training Systems in Colorado Springs. "Muscular power is all about force over time. And in order to be able to do something in a shorter amount of time, it requires your ability to generate force quickly."

HOW MUSCLE POWER BENEFITS CYCLISTS

Being a powerful rider can help you flip the switch between simply enduring a ride to actually enjoying a ride. Cycling coach Tom Holland, C.S.C.S., recounts a client who came to him in need of a power-boosting workout to help her enjoy her cycling related travels. "She wanted to get up those hills faster with less effort," Holland, author of *The Micro Workout Plan* tells *Bicycling*. "That's where power comes into play. Once we focused on building that power, it helped her enjoy her rides more." Power also trains your muscles to adapt quickly when you start and stop suddenly. "If you have to quickly cross an intersection if a car is coming, having powerful muscles can help you get out of the way of danger fast," Holland says.

Aside from helping your cycling, research has also found that muscle power may contribute to quality of life as you age. A 2022 review and

meta-analysis published in *European Review of Aging and Physical Activity* found that power training is more beneficial than traditional strength training for older adults, as it helps improve performance on activity tests, therefore demonstrating it can support functional movement as you age. Of course, you can't move something quickly if you can't lift it, so before you work on muscle power, start with building your strength.

"You need to have the foundational strength and movement patterns first before doing power moves safely and effectively," Eastman says. Focus on mastering movement patterns such as the squat, hinge, push, pull, and lunge with weight, and then you can add power by making those moves more explosive.

HOW TO BUILD MUSCLE POWER ON THE BIKE

The best power-building workout is one you do in the saddle, says Eastman. "If you're not already doing power workouts on the bike, you're missing out on a key ingredient," she adds. Eastman recommends this bike workout for muscle power:

- 10-minute warmup of low-intensity cycling
- 8-10 x 10-12 seconds of all-out sprint, with 3 minutes of low-intensity cycling between
- 10-minute cooldown of low-intensity cycling

"These short spurts help you improve your peak force," Eastman says. This also helps you go from minimal to maximal effort in quick duration".

Another great muscular power workout on the bike? Hill repeats, says Eastman. As anyone who has climbed multiple hills in a row knows, you rely on the power of your legs, as well as

ELEVATE YOUR CYCLING PERFORMANCE, continued

stability from your core and upper body, when fighting gravity and an incline. Find a hill near you to crank out reps, or turn up the resistance on your indoor trainer to mimic hills outside and build your muscle power.

EXERCISES TO BUILD MUSCLE POWER

We typically consider plyometric exercises, or explosive moves, to be the road to muscular power, because they teach you to create force quickly. According to the *International Journal of Sports Physical Therapy*, plyometric movement enhances the ability of muscle fibers to generate more tension and force. They also target fast-twitch muscle fibers, which are crucial for sprint performance. Some research indicates that lifting heavy loads, about 70 to 90 percent of your one-rep max or how much weight you can lift for just one rep, will also enhance your muscle power. To add power exercises to your own routine, pick one or two below to incorporate into your strength training days, and then add more as you build more power.

HOW TO SAFELY TRAIN MUSCULAR POWER

1. Build in recovery time, both between sets and between days of power training. If you're doing an explosive move, you want to give your muscles enough time to recover for the next set. Don't hesitate to rest between moves. A small study with 10 male basketball players found that one minute of recovery between sets was effective, but you can rest for up to two minutes. Finally, your muscles need 48 to 72 hours to recover from plyometric moves.

2. Build a base. "Power is like icing on the cake in terms of strength training, like a finishing touch," says Eastman. "Before you build power, though, you need the movement patterns, you need to build the stronger connective tissues and muscle volume, and comfortable and experienced with weight

the foundational work." You should be training for at least six months before you start plyometric training.

3. Don't do it all at once. "If you're doing a strength day, you might do two power moves and three or four strength moves. It's not all or nothing. And I certainly wouldn't suggest that someone starts with five to eight power moves, you really only need two or three in a workout," says Eastman.



SKATERS

This explosive plyometric move helps your body become accustomed to changing directions quickly, and builds lateral hip strength while strengthening the glutes and boosting balance and coordination.

How to do it:

1. Stand with feet hip-width apart, knees bent into a slight squat.
2. Push off right foot, to hop laterally to the left, landing softly to lower onto left heel and bend into a partial squat, right leg coming behind and across body.
3. Now push quickly off left foot to hop back to right side, landing softly and bending right knee, left leg coming behind and across body. keep knees over toes and keep posture upright throughout the move.
4. Continue alternating. Do 3 sets of 10-12 reps on each leg.



BULGARIAN SPLIT SQUAT

Holland swore by the Bulgarian split squat to help him build power and reduce fatigue in his quads during Ironman training (he's completed 26!). Because you are relying on the strength of one leg to power up, driving force through that leg, it builds power in the glutes and quads, along with the hamstrings and calves.

How to do it:

1. Start sitting in a chair.
2. Extend standing left leg out, and place heel on ground.
3. Stand up, keeping left leg in place and planting foot.
4. Place back right leg on the chair behind you.
5. Hold a heavy dumbbell or kettlebell at chest, making sure to keep shoulders down and back. Look straight ahead.
6. Lean slightly forward at hips and with left front foot planted firmly on ground, take an inhale and bend left leg to lower toward floor. Lower until back knee hovers just above the floor or as close to it as you can go while keeping left knee tracking over toes.
7. Exhale and drive left foot into floor to stand up, straightening front leg.
8. Repeat. Do 3 sets of 5 reps per side.



PLYO LUNGE

This plyometric move helps build explosive power and proprioception, which is your awareness of your body in space. Also, the burst of movement that you use to switch your stance mimics moves—and uses the same muscles—that you use to pedal.

How to do it:

1. Stand tall, arms at sides and feet hip-width apart.
2. Jump up and land with right foot forward, both knees bending 90 degrees with right knee tracking over toes and left knee hovering just above floor.
3. Now jump again, reversing the position of legs.
4. Continue alternating. Do 3 sets of 5 reps per leg.

MEDICINE BALL SLAM

This move provides a dynamic, explosive total-body exercise and utilizes the same foundational muscles that help stabilize you when cycling, such as your core, back, and chest, as well as your lower-body muscles.

How to do it:

1. Stand with feet shoulder-width apart, knees slightly bent. Hold a medicine ball in both hands.

ELEVATE YOUR CYCLING PERFORMANCE, continued



2. Squat down by sending hips down and back.
3. Then drive through feet to stand up, lifting ball above head and coming onto toes.
4. Slam the ball down as you lower back into a squat.
5. Catch the ball and repeat. Do 3 sets of 6-8 reps.



KETTLEBELL ONE-ARM SWING

The one-armed kettlebell swing strengthens your lower body, and requires serious power from your hips to get the bell to swing forward and up. It also targets your core.

How to do it:

1. Start standing, feet slightly wider than hip-width apart, kettlebell in front of you, about arm's length away.
2. Hinge at hips and grab the kettlebell with your right hand.

3. Drag it back and up, behind you, right at the groin.
4. Drive feet into ground and powerfully extend hips to swing the bell forward and up. Hit a plank-like position at the top, shoulders right over hips. Avoid leaning back.
5. Allow momentum of the bell to swing back down, send hips straight back for the hinge as it lowers.
6. Repeat. Do 3 sets of 5 reps per side.



BURPEE

There's a reason burpees have been standard gym-class fare for a long time: The burpee is a full-body, plyometric move that builds core stability, too. You'll work everything from the shoulders and arms to core, glutes, and legs.

How to do it:

1. Stand with feet hip-width apart.
2. Squat down and lower your hands to the floor in front of you, just inside your ankles.
3. Put weight on hands as you jump feet back into a plank position, shoulders over wrists, forming a straight line from head to heels.
4. Bend elbows to lower your body to the floor.
5. Press back up, keeping your body in one straight line.
6. Jump feet back up to hands.
7. Jump quickly into the air, arms reaching overhead.
8. Land softly.
9. Repeat. Do 3 sets of 5 reps.

WOMEN'S HEALTH & CYCLING

Common Injuries, Hormonal Changes & Nutritional Needs

By Anna Gardiner for BikeRadar

It's uncommon for sports studies to focus exclusively on women. They're not always the target audience for sport-related participation and therefore the buying power that makes studies financially viable. Cycling research has tended to focus on male-identifying cyclists and to make anatomical assumptions about women participants. There's also little information available on how women can tailor their training. However, a study from 2023 took a refreshing look at women's cycling injuries and health concerns. *Training and Injury Considerations in Female Identifying Cyclists*, published in the *Journal of Women's Sports Medicine*, considers the physical concerns many women may struggle with or that may contribute to injury and reduced performance. In this article, we explore the injuries and concerns identified by the study and offer guidance on overcoming them.

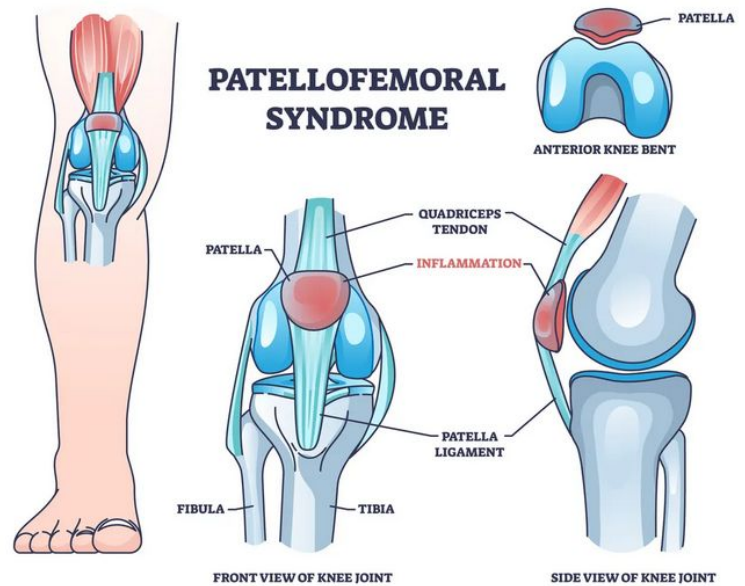
WOMEN'S INJURIES AND HEALTH CONCERNS

Cycling injuries can be affected by numerous factors. These include the type of riding you do, how often you cycle, and anatomical and physiological differences. Many common cycling injuries that affect all genders can be resolved through a good bike fit and this is often the first line of defense in injury prevention.

Training overload accounts for most injuries and niggles. It's worth keeping a training diary or using a cycling app such as Strava to visualize the peaks and troughs in your riding.

KNEE AND HIP ISSUES

The causes of knee pain and hip pain vary greatly. However, *Training and Injury Considerations in Female Identifying Cyclists* observed that, compared to men, women have increased pelvis rotation, hip adduction and internal rotation, and mediolateral knee



motion. This can mean women are more prone to patellofemoral pain syndrome (PFPS), when cycling. Female hips to pain around the kneecap, such as differ in shape and structure from men's, but often bike widths are standardized to men, leading to hip pain. Women's ligaments can be affected by varying hormone levels too. There can be a certain laxity or weakness in the ligaments surrounding joints, such as the pelvis. This results in the joints not being fully supported and vulnerable to injury.

SOLUTIONS TO KNEE AND HIP ISSUES

A bike fit should identify any causes of knee or hip pain related to your position on the bike or its setup. For example, a poor cleat position alters biomechanics, which can be a cause of pain in the knee or hip. But beyond bike fits and setup, women need a robust strengthening routine to protect against weakness around joints and hips. A bike fit can target where strengthening will have the most gains. But as general advice, the muscle groups to strengthen are:

WOMEN'S HEALTH & CYCLING, continued

- The gluteal muscles (glutes), which look after the hip joint
- The core, which supports the spine and transfers force from the lower to the upper body
- The quadriceps and hamstrings, which support the knee

HORMONAL CHANGES

Women have fluctuating hormones throughout their lives that have an impact on training. Changes throughout the menstrual cycle affect women individually. For instance, some women may experience fatigue or gastrointestinal issues. Around menopause, the reduction in estrogen, combined with an increase in the reproductive hormone relaxin, results in an increase in ligament laxity and a decrease in tendon strength. It also leads to an increase in tendon stiffness. This can mean women are more prone to tendinopathy or pelvic muscle dysfunction and pain. The reduction in estrogen also leads to a decrease in bone density. An estimated 10 percent of bone mass is lost in the first five years after menopause.

SOLUTIONS TO HORMONAL CHANGES

Unfortunately, there are no quick-fix solutions to hormonal changes because levels are individual and subject to lifestyle factors. Tracking your menstrual cycle versus recovery and performance data may help tailor nutrition, supplements and training to counteract hormonal changes. For example, some studies have found eating foods considered anti-inflammatory, such as those rich in Omega-3 fatty acids, can help with menstrual cramps. Foods rich in Omega-3 fatty acids include salmon, tuna, sardines, oysters, walnuts, chia and flax seeds. Research published in the *Muscle, Ligaments and Tendons Journal* found Hormonal Replacement Therapy (HRT) can improve tendon strength. Resistance training is important for everyone as we age, particularly women, to protect

bones, muscles, tendons and joints.

SOFT TISSUE INJURIES

Pain in the nether regions is a sensitive issue. Saddle sores are skin trauma caused by pressure and friction of soft tissue, combined with repetitive pedaling. Soft-tissue damage may occur around the labia – which protects a woman's sexual organs, urethra, vestibule and vagina – and the perineum tissue. Prolonged pressure on these areas can cause pain, irritation

and swelling. It has been linked to sexual dysfunction. A 2019 study published in the *Journal of Sexual Medicine* found 58 percent of female participants reported genital numbness, so it's really important not to ignore prolonged discomfort.

SOLUTIONS TO SOFT TISSUE INJURIES

Wearing padded cycling shorts that fit properly, directly over the skin with no underwear, can reduce friction and therefore minimize the risk of soft-tissue injuries. Chamois cream can also help to reduce friction. Investing in the right saddle for you can also help. Saddles vary according to the type of riding you're doing and the bike you have. For example, mountain bike saddles tend to be wider, shorter and more cushioned than road bike saddles. As with avoiding knee and hip pain, a bike fit is important here, particularly if you're susceptible to discomfort in your undercarriage. A bike fit will address several issues that can lead to soft-tissue pain, such as an incorrect seat height or angle. Some bike fit specialists offer saddle pressure mapping that examines comfort, pressure and stability.

NUTRITION

According to *Training and Injury Considerations in Female Identifying Cyclists*, nutrition is one of the factors that can make female athletes more prone to injury. Research in nutrition for

female athletes is limited, but the study found female endurance athletes, like cyclists, are likely to be at higher risk of Low Energy Availability (LEA), which refers to a lack of sufficient energy for training, performance and recovery. The study in the *Journal of Women's Sports Medicine* says risk factors for LEA are prevalent in cycling due to the emphasis on power-to-weight ratio, the desire for lower body weight and the difficulty of eating while riding. LEA can also lead to Relative Energy Deficiency in Sports (REDS), which can impact the body in several ways, such as impairing menstrual function, bone health and immunity.

Women are more prone to dehydration, too, and are at greater risk of lower than usual levels of sodium in the blood due to the impact of sex hormones. It's thought women are more prone to dehydration during exercise, as observed in one study from 2021. Because women sweat less, the core body temperature rises almost twice as quickly when they start exercising, so they're more susceptible to overheating during a long session. Some research suggests the thirst mechanism is affected during high hormone phases, such as menstruation. So even if your body is dehydrated, you may not feel thirsty. Additionally, it has been suggested women may be more likely to experience exercise-induced hyponatremia (low sodium levels in the blood) more frequently than men. Gastrointestinal symptoms during exercise are common among female athletes and they can be exacerbated by the menstrual cycle.

SOLUTIONS TO NUTRITION NEEDS

Understanding what food and liquid your body needs is the best way to ensure you get the right cycling nutrition and have adequate energy availability for training, performance, recovery and overall health. Alongside preventing injury, focusing on nutrition is a great way for female athletes to boost their



fitness. Women need about 2.2 liters of water a day – and more for athletes. You may benefit from a sweat test, which will estimate the amount of water, sodium and electrolytes lost during exercise. The results will help you tailor your individual electrolyte and hydration needs. It's thought that estrogen and collagen have a symbiotic relationship. It's worth looking into collagen supplements at any age, particularly around the time of menopause.

For vegans – or anyone interested in natural alternatives – flax seeds contain phytoestrogens. These are plant compounds that mimic the effects of estrogen in the body. This can be especially helpful for women who experience hormonal imbalances during menopause or PMS. Caffeine, creatine and iron have the most evidence supporting use in female athletes. There aren't studies yet to examine protein or carbohydrate needs for women specifically. If you want to have the edge on performance and recovery, nutrition is an easy win. It can be worth linking up with a sports performance dietician for tailored advice.



The 2024 League of American Bicyclists National Bicycle Summit

By Ward Kradjel



JSTS club members Ward Kradjel and Don Pope attended the [2024 League of American Bicyclist National Bike Summit](#) on March 19 ~21 Washington, DC. The sessions were filled with interesting topics, presentations and discussions. Bicyclist safety, well-being, safe streets infrastructure and bicycle friendly communities all got a lot of attention. March 20th was lobby day. On Lobby day, League Members meet with their congressional representatives and/or staff to ask them to support bicycling legislation. This year the ask was to co-sponsor three pieces of legislation.

HR1668 / S3964: The Langenkamp Active Transportation Safety Act. The act does not spend any new money or create any new mandates on states. The act does help reduce the disconnect between state-identified and locally-identified priorities by giving the state the flexibility to spend already allocated safety dollars on local priorities.

- Give states flexibility to fund bicycle and walking safety projects with 100% federal funds, including for locally identified safety priorities.
- Make it easier for states and local governments to fund the safety projects identified in the Infrastructure Investment and Jobs Act (IIJA) funded safety plans. Over 1,000 communities received IIJA funding to write safety plans in just the first two years!
- Highlight the need to fill gaps in biking and walking networks, and makes such projects eligible for funding under the Highway Safety Improvement Program

HR 7082 / S3670: The Complete Streets Act

- Directs states to set aside five percent (5%) of highway funding to create and implement a Complete Streets grant program, for which local governments will be eligible to apply.
- Requires the Federal Highway Administration to provide guidance to states on creating Complete Streets standards for local projects.
- Phases in a requirement for states to incorporate Complete Streets elements into all new construction and reconstruction, and includes funding for technical assistance to local governments.

The Bicycling In Kids' Education Act: The act would make in-school bike education programs eligible for Sections 405 of State Highway Safety Program grant funding. It:

- Specifies in-school, on bicycle education programs in elementary and secondary schools as eligible for Highway Safety Grants targeted to decreasing non motorized road user fatalities involving motor vehicles.
- Directs the Secretary of Transportation to update and disseminate curriculum for in school on bike education.

Contact Ward Kradjel for more information about the summit or about making the asks to your representatives.





TEAM FOX

FOR PARKINSON'S RESEARCH



JSTS member-Steve Buchanan is participating in the 9th Park to the Nott Ride to Fight Parkinson's, a charity ride for continued research into understanding and finding a cure for Parkinson's Disease. Steve's father and paternal aunt are currently living with the disease.

The 9th Park to the Nott Ride to Fight Parkinson's ride is staged over 3 days. The ride begins at 8:00 am on Thursday, May 16th, from Tavern on the Green in Central Park and ends on Saturday, May 18th at Union College Nott Memorial, Schenectady, NY (Steve's alma mater) .

Thursday, May 16th 2024
NYC to Fishkill, NY
AM - 36 miles
PM - 44 miles

Friday, May 17th, 2024
Fishkill to Catskill, NY
AM - 35 miles
PM - 28 miles

Saturday, May 18, 2024
Catskill to Schenectady, NY
AM - 35 miles
PM - 24 miles

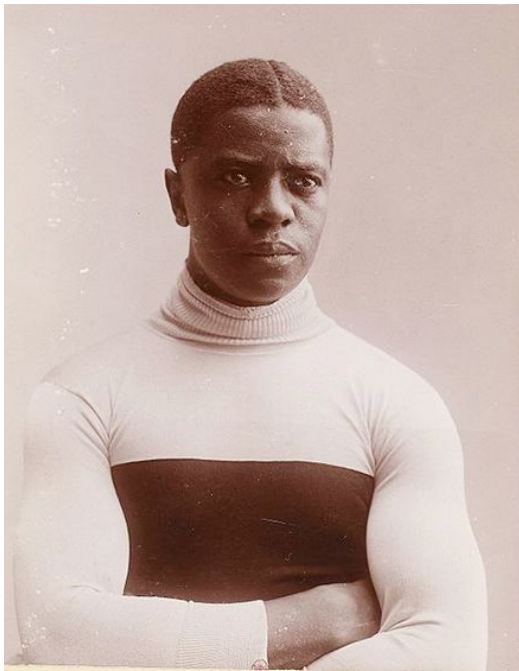
There are more than five million people, worldwide, who are living with Parkinson's Disease - a chronic, degenerative neurological disorder. There is no known cure. With your help and support of Team Fox and Team Union this year, we hope to creep closer to this year's goal of \$15,000 and our overall goal of \$500,000, and make a difference in the fight against this debilitating disease. Any amount helps get us one step closer to new research, new clinical trials, and hopefully, one day, a cure. Here is a link to the donation page

TO DONATE

<https://give.michaeljfox.org/fundraiser/5483330>

MAJOR TAYLOR DOCUMENTARY

Forward by Steve Schwartz



Here is a great video of the first American cycling superstar and World Champion. The story depicts his struggles of racism and how he overcomes these obstacle to become one of the greatest athletes, ever. You can watch it using this link:

<https://www.pbs.org/video/major-taylor-champion-of-the-race-7pwxvd/>



BIKES & BEERS MONMOUTH OCEANPORT, NJ

SATURDAY
MAY 4, 2024



BIKES AND BEERS MONMOUTH COUNTY

features a 15, 30, and 45-Mile ride departing from **BIRDSMOUTH BEER** and traveling through the beautiful area of Monmouth County, NJ. All rides feature morning fuel stations, fully marked routes, GPS turn-by-turn instruction, rest stops, refreshments, ride marshals, and SAG support. Finish back at BIRDSMOUTH BEER for a festival of rewarding craft beers, live music, a charity raffle & much more! All riding levels are welcome! Benefitting our charity partners. Have fun and give back!



JSTS and **BIKES & BEERS** has teamed up for this special event. The club is receiving sponsorship dollars from Bikes & Beers and we are helping with volunteers to make the event a success.

The event is on the JSTS Ride calendar, so if you haven't registered yet, there is still time. They have cool swag for everyone and of course Beer, at the end of the ride. Here is the link to register for the event:

<https://www.bikesignup.com/bikesandbeers-monmouth>



MAY/JUNE CYCLING EVENTS

Sat. May 4, 2024, [Bikes & Beers Monmouth](#), Birdsmouth Beer, Monmouth County, NJ. Ride 15, 30 or 45 mi. Registration includes two free beers and a souvenir pint glass.

Sun. May 5, 2024, [Brandywine Valley Roubaix](#), West Chester, PA. Ride 34 or 61 mi.

Sun. May 5, 2024, [Cinco De Mayo Benefit Ride & Walk](#), Chester Valley Trail Parking Area, Exton, PA. Ride 25 or 50 mi on-road in scenic Chester County, or ride/walk up to 23-mi round-trip, out-and-back on the paved Chester Valley Trail. Benefits the Pennsylvania Center for Adapted Sports.

Sun. May 5, 2024, [Pinelands Gravel](#), Pinelands Preservation Alliance, Southampton, NJ. Ride 52, 62 or 75 mi on relatively-flat terrain, with up to 32% on unpaved roads. "Due to the lack of road signs and poor cell phone signal reliability, use of GPS (downloaded and saved to your device in advance) is essential." Benefits the Pinelands Preservation Alliance. [Kermesse Sport](#)

Sat. May 11, 2024, [Adam's Apple Bike Ride](#), Gettysburg, PA. Ride 3-5, 25, 50 (Northern or Southern loop) or 100 mi through scenic Adams County. Gettysburg Adams Chamber of Commerce

Sat. May 11, 2024, [Bike MS: Coast the Coast](#), Deal, NJ. Ride 25, 50, 75 or 100 mi on flat terrain. Catered lunch and beer garden at the finish. \$250 minimum fundraising; benefits the National MS Society.

Sat. May 11, 2024, [Cycling for Care](#), Budds KnP Farm, Pemberton, NJ. Ride 11, 20, 40, 66 or 100 mi on the scenic, low-rolling hills of Burlington County. Benefits the Cherry Hill Free Clinic.

Wed. May 15, 2024, [Ride of Silence](#). Free events at worldwide locations including Philadelphia. Please see the event's website for the latest list of start locations. Join cyclists worldwide in a silent slow-paced ride (max. 12 mph) in honor of those who have been injured or killed while cycling on public roadways. 7:00pm ride start, but come early for the pre-ride dedication ceremony.

May 17-19, 2024, [Lewisburg Spring Bike Weekend](#), Lewisburg, PA. Ride 15-80 miles in the scenic Susquehanna Valley of central PA, on your own or on group rides with leaders. All-inclusive registration includes cue sheets, meals, snacks, parties, and hotel accommodations with indoor pool. Sign up early as it always sells out!

Sat. May 18, 2024, [Amy's Ride/Run/Walk](#), The Park At 4th, Quakertown, PA. Ride 24 or 42 mi with optional Ghost Mountain hill challenge. Benefits pancreatic cancer research and patient support. Afterwards, stroll a few blocks to the [Arts Alive Festival](#) in downtown Quakertown.

Sat. May 18, 2024, [Eagles Autism Challenge](#), Philadelphia, PA. Ride 10 or 30 mi. \$500-\$750 minimum fundraising.

Sat. May 18, 2024, [Major Taylor Community Ride](#), Wilmington, DE. Ride one or more laps of the 1-mi Wilmington Grand Prix criterium race course, with a 30-minute time limit. Free, but registration is required. Part of the [Wilmington Grand Prix](#).

Sat. May 18, 2024, [Starrucca Crossing](#), Fleetville, PA. Ride 50, 75 or 100 mi, mostly on unpaved roads. "Due to the lack of road signs and poor cell phone signal reliability, use of GPS (downloaded and saved to your device in advance) is essential."

Sat. May 18, 2024, [Tour De South Jersey: Terra Nonno Ride](#), Millville, NJ. Ride 15, 31 or 62 mi. "This will be a semi supported ride." Registration includes a complimentary glass of wine at Terra Nonno Winery.

Sun. May 19, 2024, [Governor's Ride and Gran Fondo](#), Wilmington, DE. Ride 15 (escorted with Governor John Carney), 37 or 62 mi. Part of the [Wilmington Grand Prix](#).

Sun. May 19, 2024, [PA Hope Ride Against Cancer](#), Donegal Insurance Training Center, Marietta, PA. Ride 30, 60 or 100 mi on paved roads or 7.5-to-22 mi on the family-friendly flat paved river trail. \$150 minimum fundraising; benefits the American Cancer Society.

Sun. May 19, 2024, [She-Bikes](#), Rosenhayn, NJ. Ride 20, 35 or 50 mi at this women-only event. Presented by Evelyn Hill Cycling, a division of Tandems East.

May 24-27, 2024, [Chestertown Weekend](#), Chestertown, MD. Formerly known as the Kent County Spring Fling. Ride 3 or 4 days, 11-to-100 mi per day, on the scenic, low-traffic Eastern Shore. Registration includes meals and lodging at Washington College. The [Chestertown Tea Party Festival](#), within walking distance of Washington College, offers many non-bicycling activities for the entire family. Only 84 miles from Philadelphia. Baltimore Bicycle Club

New Product News & Equipment

The best handlebar tape:

https://www.bikeradar.com/advice/buyers-guides/best-handlebar-tape?utm_campaign=Newsletter%202015%20F03%2024&utm_content=See%20the%20list&utm_term=&utm_medium=email&utm_source=Adestra



Hoping to solve mysterious leaks in TPU inner tubes?:

https://www.cyclingweekly.com/news/hoping-to-solve-mysterious-leaks-common-in-tpu-tubes-rene-herse-cycles-launches-its-own-metal-valve-tpu-tubes?utm_term=A9422E11-954E-4346-B667-87755526BB0D&lrh=b9cc17a21005b4ebe942f23fc2ca902c76b09d7e024974da616a466f57ed88d8&utm_campaign=A8C132A5-BD9C-4737-AC90-016639AFAE3E&utm_medium=email&utm_content=B976AAAB-C98B-4E88-ACCC-F2C48A5EFA79&utm_source=SmartBrief



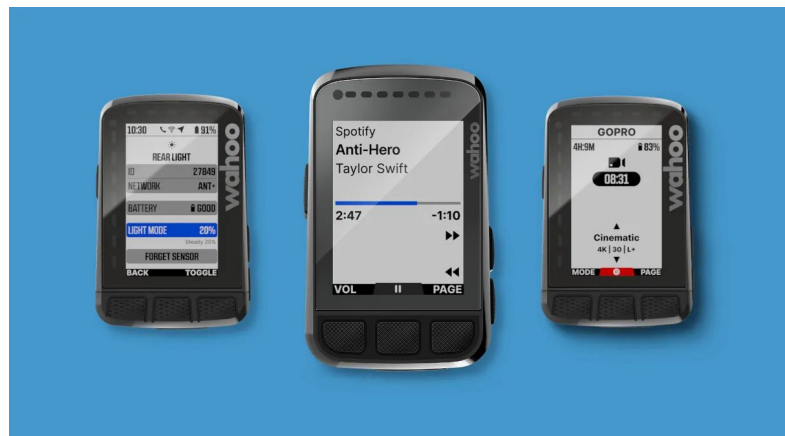
The best gravel suspension forks:

https://www.bikeradar.com/advice/buyers-guide/s/best-gravel-suspension-forks?utm_campaign=Newsletter%2022%20F03%2024&utm_content=Close%20up%20of%20gravel%20suspension%20forks%20for%20the%20best%20gravel%20suspension%20forks%20list%20with%20BikeRadar%20Adventu&utm_term=&utm_medium=email&utm_source=Adestra



Major updates for Wahoo computers:

https://www.cyclingnews.com/news/major-update-for-wahoo-computers-sees-gopro-lights-and-music-control-added/?utm_term=A9422E11-954E-4346-B667-87755526BB0D&lrh=b9cc17a21005b4ebe942f23fc2ca902c76b09d7e024974da616a466f57ed88d8&utm_campaign=A8C132A5-BD9C-4737-AC90-016639AFAE3E&utm_medium=email&utm_content=B976AAAB-C98B-4E88-ACCC-F2C48A5EFA79&utm_source=SmartBrief



New Product News & Equipment

An electric alternative to CO2 cartridges:

https://www.cyclingweekly.com/reviews/pump-s-puncture-repair/cycplus-tiny-e-pump-as2-review-an-electric-alternative-to-co2?utm_term=A9422E11-954E-4346-B667-87755526BB0D&lrh=b9cc17a21005b4ebe942f23fc2ca902c76b09d7e024974da616a466f57ed88d8&utm_campaign=A8C132A5-BD9C-4737-AC90-016639AFAE3E&utm_medium=email&utm_content=B976AAA-B-C98B-4E88-ACCC-F2C48A5EFA79&utm_source=SmartBrief



How to repair a tubeless tire puncture:

https://www.bikeradar.com/advice/workshop/how-to-repair-tubeless-puncture?utm_campaign=Newsletter%2010%2F04%2F2024&utm_content=Read%20the%20guide&utm_term=&utm_medium=email&utm_source=Adestra



The best power meters:

https://www.bikeradar.com/advice/buyers-guide/s/best-power-meters?utm_campaign=Newsletter%2028%2F03%2F2024&utm_content=Favero%20power%20meter%20pedal&utm_term=&utm_medium=email&utm_source=Adestra



The best bike multi-tools:

https://www.bikeradar.com/advice/buyers-guide/s/best-multi-tool?utm_campaign=Newsletter%2010%2F04%2F2024&utm_content=Hand%20holding%20small%20cycling%20multi-tool&utm_term=&utm_medium=email&utm_source=Adestra





MEMBER SPOTLIGHT

HANK STEINBERG

Many of you know Hank if you ride out of Brookdale. He is a regular on the Thursday and Sunday rides; often he is the ride leader. While many of you have come to know him from these rides, there is always something more to learn, as bike conversations are limited and let's face it, we usually can't hear what someone is saying and just nod politely.

Like many of our club members, Hank is originally from the area. He was born in Long Beach, NY and lived in various parts of the east coast. However, most of his youth was spent growing up in Germany, as an Army Brat. His father was in the military and was part of the Army Corps of Engineers, who did two tours in Viet Nam and one in Korea. Being an "army brat" meant moving every two years or so. It was during this time in Germany that Hank noticed how cycling was a standard way of life in Europe; he remembers seeing men cycling to work with satchels attached to their bikes.

While living in Frankfurt Germany in his freshman year of high school he got his first 10 speed, a 1970 Peugeot. At the beginning of his junior year in high school, Hank's family moved back to the states and settled in Fort Lee along with his Peugeot bike.

His cycling adventures back in the states began with several epic trips. Along with one of his Ft. Lee high school buddies, they packed up their panniers and rode from

Burlington VT through the Adirondacks, crossing into Canada and going around the north shore of Lake Ontario ending in Buffalo, NY. They camped out during the entire trip, making the event even more challenging.

To get ready for his Adirondacks trip, Hank and his buddy decided to ride south to Cheesecake State park (his first venture into Monmouth County). Back in the day, cycling across the Raritan River was allowed but was dangerous. On their way down to Cheesecake, a tractor trailer driver stopped his rig, Hank and his friend loaded their bikes in the back of the truck in order to safely cross the bridge over the Raritan River. Not to be scared off, they once again attempted to cross the Raritan River on the ride back to Ft. Lee. This time a State Trooper pulled them over, loaded



Buffalo, NY in 1973



Adirondacks in 1973

the bikes into the back of the car and drove them across.

Before graduating high school, Hank's trusty Peugeot was wrecked by a car going through a red light in Cliffside Park. Luckily according to Hank, his "soft skull and lack of a back bone" helped him survive the crash! Around 1980, Hank purchased a Trek with 022 tubing to commute to work in Holmdel after totaling his car.

While he enjoyed doing a variety of sports including running and Ultimate Frisbee, the wear and tear on his knees began to limit his activities. So, Hank took up cycling mainly for exercise purposes and then developed a fondness for riding, that we all know becomes embedded in our DNA.

Before Hank married his wife Liz (who, by the way, is our graphic artist/designer for the Paceline Newsletter) they toured the coast of Maine cycling between Bed and Breakfast places, while carrying their gear in panniers. Their favorite B&B was on Isle au Haut; the rooms were in a lighthouse! They also explored the carriage trail in Acadia National Park on the trip. According to Hank, that was the first and last ride he

did with Liz, which may be the reason they are still married!!!

In the early 1990's, Hank did one off-road trip to Canyonlands National Park in Utah. They rode the White Rim Road in the Island in the Sky part of the park, which is a big loop around the top of a mesa. They got there by kayaking down the Green River and swapped their kayaks for mountain bikes. The touring company was amazing along with the majestic views. The outfitters carried all the camping gear from location to location along the ride and cooked delicious meals. They even baked a chocolate cake in a dutch oven using the campfire! Hank had never experienced riding in altitude before and was surprised how ineffective breathing was while going up a steep climb.

While his kids were growing up, Hank consistently rode his Trek either solo or with one of his buddies. In 2006, when his friend purchased a new bike, Hank's Trek was no longer keeping pace with his buddy, so he went out and purchased a new Specialized Roubaix (his first bike with index shifting).

It was shortly after these events that Hank came across JSTS and joined the club in 2009, only to discover that friends Barb Bennett and Don Levy were also members.

Eventually, the 2006 Roubaix became unsafe for road riding, but it is still being used on Hank's indoor trainer. He now rides a 2018 Specialized Roubaix.

Hank almost always bikes from his house to Brookdale as he feels it makes no sense to



WINTER

SPRING

drive the short distance to BCC. He enjoys the group rides and various routes that the club has. The camaraderie of the members is something Hank really enjoys, and it shows as everyone always has a nice thing to say about Hank.

Hank has a very interesting personal and professional background. He attended the College of Engineering at Cornell and then

got a Masters in Operations Research at Stanford. He secured a job at Bell Labs, which brought him to Holmdel. He remembers that, while attending Cornell, he and Barb Bennett may have attended a class together (now that's a small world). After leaving Bell Labs, Hank and his brother became co-owners of a printing business in Woodbridge, NJ for the past 35 years. In fact, Hank has done several printing projects for JSTS including posters, membership cards for the bike shops and our JSTS magnets, just to mention a few of the projects he has had a hand in.

Along with being married to Liz, Hank has 3 children, 2 grandchildren (and a third one on the way) and Urie the cat.



Welcome New JSTS Members



Eric Buckman

Sophie Taillefer

Lucas Young

Michael Mancuso

Lisa Rudley



2024 JSTS Event Leaderboard

Member Participation in JSTS Events, Rides & Meetings

#	First	Last	Count
1	George	Gregorio	38
2	Bryan	Hrycyk	30
3	Joel	Brown	29
4	Barbara	Chroman	27
5	Thomas	Trank	27
6	Eric	Stacer	25
7	Russ	Meseroll	24
8	John	McNamara	23
9	Randy	Gumpel	23
10	Russell	Deady	23
11	John	Facciponte	22
12	Alan	Zwiebel	21
13	Jaime	Morales	21
14	Al	Pardo	20
15	Frank	Lupo	20
16	Mikhail	Giller	19
17	David	Lee	18

#	First	Last	Count
18	Mark	Schussel	18
19	Steven	Srolovitz	18
20	Ward	Kradjel	18
21	Jose	Fernandes	17
22	Pat	Perrella	17
23	Robert	Schwarz	17
24	Tom	Kelly	17
25	Larry	Rossi	16
26	Patrick	Bisogno	15
27	Hank	Steinberg	14
28	Steve	Frommer	14
29	Steven	Schwartz	14
30	Joanne	Stavola	13
31	Bob	Carracino	12
32	Dante	D'Orazio	12
33	Gerry	Brinkman	12
34	Mary Ellen	Carr	12

2024 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.

- **328** = number of renewed MEMBERSHIPS for 2024 (247 Individual; 81 Family)
- **14** = number of new MEMBERSHIPS for 2024 (12 individuals, 2 Family)

Total Members

- **355** = number of Individual MEMBERS for 2024 (262 Individual; 83 Family Member; 10 Lifetime Members)

AS OF END OF APRIL				
	2024			
*** MEMBERS ***	Renewed	New	Lapsed Renewed	Total
Individual Member	247	12	3	262
Family Member	81	2	1	83
Lifetime Member	10			10
TOTAL MEMBERS	338	14	4	355
	2024			
*** PAID MEMBERSHIPS ***	Renewed	New	Lapsed Renewed	Total
Individual Membership	247	12	3	262
Family Membership	38	2	1	41
TOTAL PAID MEMBERSHIPS	285	14	4	303
Currently Active Trial Memberships	5			
<i>NOTE: "Memberships" does not include additional family members. It only includes the bundle administrators.</i>				



New JSTS Clothing Fitting Session





Sunday BCC Ride-2024





Tuesday MJT Rides-2024







CYCLING SHORTS



CYCLING SHORTS



GIRLS



OMG I'm so slow 😭

Girl please, you are amazingly fast.



GUYS

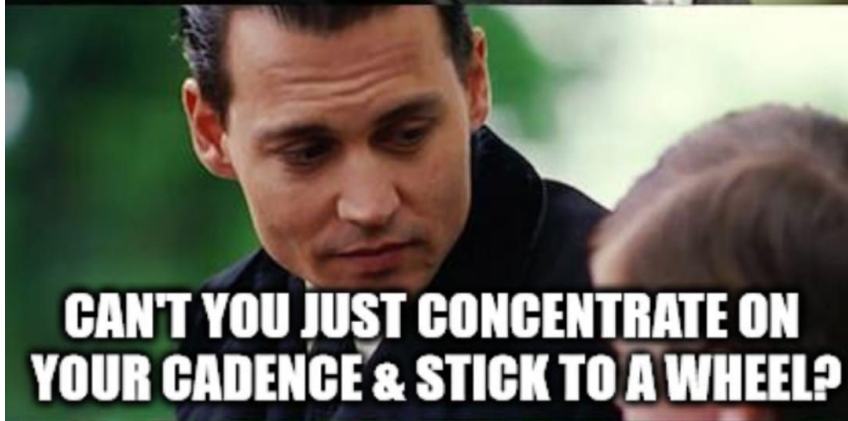


Bro I'm so slow.

Bro, I know about 10 very slow riders, you are the worst one.



CYCLING SHORTS



CYCLING SHORTS

REBOOT™

Benefits of Cycling

Reduce Stress

Reduce risk of diabetes
and high blood pressure

Increase muscle tone

Chiseled legs

Faster than walking

Runs on fat not fuel

Reduce road kill and save
animals



Your prescription* is ready.

* Side effects include: Sense of well-being.
Highly creative upward mood swings.
Guilt-free ice cream. Your results may vary.



**Recycled, Restored, Re-purposed,
Reused · Follow**

2d · 🌐



**We had no idea how good
we had it and no clue that
we were the last ones.**



CYCLING SHORTS

Don't know if it's illegal to be handsome and ride a bike at the same time but whatever, I live dangerously.



your  ecards
someecards.com

TO YOU IT'S JUST A BIKE



TO ME IT'S A DOOR TO FREEDOM