

JSTS MINUTES OF OCTOBER 9, 2006 MEETING

Meeting called to order at Brookdale by President Steve Karger at 7:30pm.

Lindsey Taylor, spokesperson for the American Diabetes Association, thanked us for our involvement with the ride. She distributed Jerseys for the members that participated.

Minutes from September meeting read & accepted. Correspondence read.

Treasurer's report – Mark Billon

- Read and accepted

Membership report – Mark Billon

- We have 183 individuals, 61 families, and 3 bike shops signed up. Of those, 113 are new and there are 131 renewals. Report accepted.

Guest Speaker – Steve Loder

- Steve Loder gave a talk regarding Fitness & Nutrition. He encouraged riders to partake in other forms of exercise. Fitness programs should be balanced in order that other muscles in the body are developed. People should have an annual checkup to view goals. He encouraged people to keep in touch with their doctors. And to work with a fitness coach. Steve answered a few questions from the members.

Ride Report

- Steve announced that we are in the fall schedule and the start times are at 9:00am
- Mountain Bike Rides
 - Steve said that John Gilles will be giving up the leadership at the end of the year and will need a new chairperson. He also will need a leader for the October 21st & 28th rides.
- Charity Rides
 - Steve announced that we supported a ride on September 17th for the Exploited & Missing Children that was held in Long Branch. He said that the organization did a very good job for a first time event. We were happy to work with them and look forward to working with them next year. We have no more charity rides for this year.
- Time Trial
 - Steve said that the time trial will be held this Saturday 10/14 @ 8:00am from Brookdale. It will be approximately 7 miles. Those wishing to participate should get in touch with George Gregorio.

IMBA Report

- Steve Reporting said that Harden Fowler has been at two training sessions and there are three work shops coming up.
 - Monday 10/16 Frelinghuysen Arboretum in Whippany, N.J. (www.morrisparks.net). RSVP by 10/12.

- Tuesday 10/24 YMCA Camp Ockanickon in Medford (www.ycamp.org/). RSVP by 10/19.
- Thursday 10/24 Red Hill Activity Center Tatum Park Middletown (www.monmouthcountyparks.com) RSVP 10/23.

OLD BUSINESS

- **JERSEYS:** Beth Gershon had the sizing kit for the jerseys at the ride on Saturday and took orders for them. Any one interested in getting Jerseys should contact her.
- **HARVEST RIDE:** The ride has been rescheduled for this Sunday October 15th. Sue Scarola, chairperson of the event, thinks we should have another one at the end of the month, said Steve. But he will discuss that with her.
- **HOLIDAY PARTY:** Annual Party will be held at the Lincroft Inn Saturday December 16 from 7 to 11 P.M. Sue is in charge of the arrangements and the cost will be \$ 10.00 per person. The club will pick up the balance of the cost. A Disk Jockey has been hired, also. Awards are planned to be given at the party. More information will be sent soon.

NEW BUSINESS

- **NOMINATIONS COMMITTEE: 2007 Officers**
Steve and Rob Leitner are on the committee to find new officers for the coming year. Anyone interested in an office for the club should contact the committee.

No other business, meeting adjourned.