

# THE JSTS **PACELINE**



AUGUST 2023

A PUBLICATION OF THE JERSEY SHORE TOURING SOCIETY

## **Executive Board**

**President:** Paul Sakson

**Vice President:** Pat Perrella

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**Newsletter:** Robert Nuara

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**Membership Data:** Rob Fisch

**Ride Leaders/Safety:** Pat Perrella

**Rides:** Barb Bennett, John Hayes

**Social Events:** Sheryl Nishiura

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*JSTS: The friendliest riders in  
New Jersey!*

## **JSTS Paceline Submissions:**

Materials for the Paceline Newsletter are due by the 15th of the month. Please email articles, photos, letters or comments to: [thepaceline@jsts.us](mailto:thepaceline@jsts.us). Materials may be edited by the JSTS Paceline staff for length and clarity. Publication of materials submitted is at the discretion of the editor. Articles and photographs submitted to Paceline may be used in other JSTS media at the Club's discretion. Photos in the JSTS Paceline Newsletter may not be reused or republished without prior permission.



# Hello Cyclists!

## A NOTE FROM THE PRESIDENT

Dear Fellow JSTS Members,

It's been a great cycling season thus far, with excellent participation in many of our key events!

It kicked off with our Champagne Ride in May with 45+ participants enjoying fizzy drinks (non-alcoholic of course) and sandwiches at BCC. We even broke out the decades old JSTS bright yellow banner for this special event.

Again, with more than 45 registrants, the general membership meeting in May was another success. Members got to learn about upcoming events and hearing the latest news from the club. Given the strong interest, perhaps we'll have some in-person meetings in the future like many members have requested.

Later in May we had the Cycling Skills event, hosted by Paul Mickiewicz from The League of American Bicyclists. Cyclists of all abilities got to learn new skills, which helps them develop as cyclists, and promote safe riding. This was followed up by meetings from the JSTS' Bike Advocacy Committee further promoting safe riding and an educational event for ride leaders. It was nice seeing the new members get some valuable information and have a chance to ask questions. Welcome new members!

The Longest Day Rides, with the reward of pizza and soda after the rides, was a huge success in the third week of June. More than 80 members registered and ate a whole bunch of pie! (Okay, I haven't counted the number of pies eaten, but probably a lot more than last year!).

Interspersed in June were the ice cream (aka Sweet Treat) rides, once again a member favorite.

Thanks to Pat Perrella and the Ride Leaders and Safety Committee for making a committed effort to have ongoing virtual meetings with ride leaders to improve the rider experience.

The only disappointment in June was the cancellation of the Summer Tour due to rain, which was to be held in upstate New York. Maybe we'll go get 'em next year and make it a double celebration.

July saw the club's very first nutrition webinar put on by Hammer Nutrition. If you missed it, you can catch it on the JSTS YouTube Channel at [5 Ways To Improve Your Performance Now - YouTube](#)

Lastly, the Summer Picnic was another large success, with close to 50 people descending on Steve Srolovitz' house for good eats, drink and some socializing. Thanks go to Steve for hosting the picnic and Sheryl Nishiura for coordinating everything. A swap meet was also added on this year, with special thanks to Andy Aberer for donating all unwanted cycling items to the Boys and Girls Club.

I'm truly excited to see such strong participation numbers at our events. It really shows what a great club JSTS is and the community of riders it supports. Many more events are scheduled for the remainder of the year, including the Club Century, and the End of the Season party, to name just a few. I hope to see you out there, and maybe we can break some attendance records while we're at it!

Safe and Happy Cycling,  
Paul Sakson, President

# Hello Cyclists!

## GENERAL ANNOUNCEMENTS

### Join Us

Not a member yet? Join us at  
<https://www.jsts.us/Join-us>

### Donate

If you'd like to further support your club, please consider making a donation at:  
<https://www.jsts.us/donate>

### Sponsors Wanted

Advertise your business by being a Sponsor. Promote your company on our newsletter, website, social media and events. Starts at only \$75. Email [president@jsts.us](mailto:president@jsts.us) for more info.

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## NEWSWORTHY ITEMS

### August Riding Events

#### Ramapo Rally - Sunday August 20

Six beautiful, fully-supported bike routes varying in difficulty and distance.

From a family-fun ride of 12 miles to a challenging 125 mile route through the farm and lake country of northern and western New Jersey, there is a ride for everybody.

<https://www.bikereg.com/btcnj-ramapo-rally>

**Covered Bridge** - Sunday August 20. Plenty of choices: 35-100 miles from as many as seven start locations. Scenic routes on rolling terrain, some hills. Pre-registration required; no day-of. Benefits the Lancaster Bicycle Club's Grant Program. Sun. Aug. 2

<https://coveredbridgeclassic.com/>

**Brandywine Tour** - Sunday August 27 Kennett Square, PA. Choose an 18-, 35-, 50-, 66- or 100-mile ride, through Brandywine Valley and western Chester County, rollers and hills, or a 50-mile road/gravel route.

[https://dvbc.org/content.aspx?page\\_id=22&club\\_id=296280&module\\_id=349102](https://dvbc.org/content.aspx?page_id=22&club_id=296280&module_id=349102)

**Tour de Farms Gran Fondo**-, Saturday September 23, Blairstown, NJ

<https://www.bikereg.com/tour-de-farm-nj>

**Bikes & Beers, Cape May, NJ**- Saturday September 23, Cape May, NJ. Routes consisting of 15/30/45 miles.

<https://www.granfondoguide.com/Events/Index/8989/bikes-and-beers-cape-may-2023>



# CALENDAR OF EVENTS

**August 12/13**

Sat/Sun Sweet Treat Ice Cream

**September 3**

Club Century, info TBD

**September 9**

Ride for Food Justice

[2023 Jersey Shore Ride for Food Justice \(charityweb.net\)](https://charityweb.net)

Join the Jersey Shore Touring Society Team

**September 10**

End of Season Party- Asbury Festhalle & Biergarten- 5 PM-8 PM Rooftop

**September 18**

Membership Meeting-Zoom 7PM  
 Volunteer Recognition Meeting  
 Please register on website

**September 23**

La Dolce Vita Ride- B/B+ and All Pace departing 10:00 AM from MJT

**September 30**

Club Century, info TBD

**October 1**

Twin Lights Ride, Routes consisting of 15,30,55, 75 and 100 miles

<https://www.bike.nyc/events/twin-lights-ride/>

**October 7**

Al's Covered Bridge Ride. Away Ride  
 info TBD

**October 8**

Harvest Ride, MJT Park-Freehold  
 Refreshments will be served



# Italy

By Patrick Bisogno

"When you stand at the top of Stelvio looking out onto the Alps, you truly believe there is a supreme being". That is what my guide Mattia said after I reached the top of Passo dello Stelvio. Standing there gazing at the beauty, majesty and magnificence of the Alps was an enlightening, if not almost a religious experience. It was something that you never forget and once you leave, the images are indelibly etched in your mind. That's how I look back on my recent trip to the Alps. I have thought about the sites and images continually since I departed. It was there that I tackled the three most iconic climbs in Europe with fellow JSTS member Eric Stacer.

My Journey started while I was browsing Facebook and saw an ad by Vago Cycling to tour the Alps. The page caught my attention instantly. The thought of climbing Mortirolo, Stelvio and Gavia always intrigued me and there it was, in front of my face, all laid out before me. I was sold. I contacted Mattia Martinelli, the owner of Vago and booked it. Eric was equally enchanted; he booked it



after a little prodding. The trip itself consisted of 7 days of cycling through the Alps, in luxury hotels, with more food one could possibly consume in a week. We were also given brand new Trek Emondas and Colnago V3s with the necessary gearing for Alpine climbing.

Eric and I were picked up at the train station by Mattia and taken to our first hotel in Bormio, a medieval city in the foothills of the Alps. Bormio serves as our base for the first 3 days of climbing. After settling into our hotel, our bikes were fitted and we headed out to our first climb to Concano Lake in Bormio. One would think the first day would be easy, not true. Cancano was a 28 mile ride with 2,946 feet of elevation with multiple switchbacks and a max gradient of 13% with an average of 4.7% for 13 miles.



## ITALY CONTINUED



It was evident from the beginning that Mattia was a master climber, given the fact that the Alps are his backyard. Mattia had the astonishing ability to check on all the riders in the group no matter where they were on the mountain, going up and down summits repeatedly.

In our support van was Micheli, Mattia's partner, who was like a valet on wheels. Whatever you needed, Micheli had it in that van! Energy bars, water, change of clothing, coffee and snacks were all there for you during your ride. Micheli was never very far from you during your trek up the mountain. This proved to be invaluable for our next ride, the iconic Passo dello Stelvio. Stelvio is the granddaddy of all rides in Europe with good reason; traveling up the 12 mile ride on the Bormio side was indeed amazing with endless waterfalls and open green fields of goats, cows and sheep. At an average gradient of 7.5% it was not for the faint of heart. When I got to the top of the Bormio side after 2 hours, I thought I had conquered Stelvio, I didn't, as told to me by Mattia. He said this was the easy side. Mattia explained that we will descend into Switzerland and bike to the town of Prato then ascend the Prato side, the

long, steep Prato side. But first, the best part of the day, lunch. It was a true Sound of Music moment. Micheli drove the van to the side of the road onto an open field in a valley surrounded by mountains in Switzerland, where he proceeded to pull out a picnic table and chairs. The lunch was fit for the Von Trapp family; prosciutto, Macaroni salad, fresh bread and quiche, all made by Nonna a.k.a. his mother. Fresh dessert and coffee followed.

The Prato Side of Stelvio is a staple route in the Giro D' Italia with its 48 switchbacks carved into the mountain and its continuous, never ending gradient. You start in green pastures with beautiful pine trees and waterfalls everywhere. The scenery is stunning to say the least. As you gradually ascend, the trees start to disappear and so does your oxygen. You find yourself taking 3 breaths for everyone at sea level. The road becomes narrow, the switchbacks are steeper and come more often. Climbing Stelvio is more of a mental game than a physical one. You can see the top of Stelvio because of the buildings on top, it appears ever so close, but its not, the switchbacks



## ITALY CONTINUED



get in the way. What appears to be a mile away is actually 7 miles. My guide, Mattia said, "never look up" and I realized why he said that. Looking up gives you false hope it will end soon. It took 3 hours and 6 minutes to climb the Prato side of Stelvio. The average gradient was 7.6% and the max was 14.6%, for 15 miles. When I finally reached the top, I had a feeling like I'd never had in my life. The best way to describe it was sheer euphoria with a deep sense of accomplishment. I don't know if I was overcome by pure bliss because of the beauty surrounding me or by the very fact that I just climbed one of the most iconic mountain passes in the world. It was both. After a quick croissant and a coffee, we made the long and fast descent back into Bormio.

The next day was another classic climb, Passo di Gavia. Cycling enthusiasts know this mountain well. The 1988 Giro ascent up Gavia is perhaps the most memorable day in professional cycling history, with its freezing temperatures and heavy snowfall. Well, it was a little different on the day we made the climb. The temperature was frigid and the mountain top lake was still frozen solid in a beautiful pale blue hue and the peak was mostly snow covered when we arrived. The climb to the top of Gavia was 16 miles with

an average gradient of 6.2%, but that is eclipsed by half mile stretch with a max gradient between 13.6% and 16.8%. The top of Gavia was surreal in that you feel like you're on another planet still in its ice age. Yet there was extraordinary beauty in its barren landscape. The descent of Gavia was much more exciting than Stelvio simply because you're alone on Gavia; you, the road and your bike. The descent was fast, cold, winding and dangerous. At the end, there was a rainbow with a pot of gold at the end waiting for us. Mattia had set up a spa visit in Bormio for all his riders. Messages and hot springs abound. We needed the spa treatment to prepare for the next day, the Mortirolo, one of the most infamous Mountain climbs in Europe. As usual, that night we feasted at a local restaurant all provided by Vago and Mattia. The food was so intoxicating that after burning 4000 to 5000 calories each day, I came home 4 pounds heavier than when I arrived. That's good food and you need it to climb 35,685 feet in 7 days.

Mortirolo! So ominous that Lance Armstrong said of Mortirolo, "It is the hardest climb I've ever ridden", can you imagine? I agonized



## ITALY CONTINUED

over this for months, since one of our JSTS members, George Gregorio, said he made it only halfway up Mortirolo and had to walk up to the top. I trained solely for Mortirolo, I thought of nothing else but Mortirolo. Mortirolo doesn't coddle you by starting you out slowly, it's treacherous from the start and it's unrelenting. My computer had me with an average gradient at 8.9% and a max gradient at 18.7%. It never ends and there are no breaks. Mattia did the whole ride alongside me posing as my domestique, holding my extra water bottles and energy bars. His constant advice was "don't look up, look at your front tire", "don't look at your computer, it will break you". I followed his advice the whole way up this alley of medieval torture. Mortirolo is unforgiving, it doesn't care if your legs hurt, it pays no mind to your moans. If you stop pedaling you fall, plain and simple. If your speed falls below 3 mph, you fall. If you fall, good luck clipping back on because the roads are so narrow you have no room to gain momentum. The support van is also nowhere to be found on Mortirolo, there is nowhere to pull over and park, it's just too steep and too narrow. There are 2 or 3 areas along the 8½ mile stretch where you may attempt to stop at your own peril. The most popular rest area is in front of the Marco Pantani sculpture, commemorating his 1994 attack on Mortirolo in the Giro. Folklore says if you make it to Pantani you make it up Mortirolo. I stopped there and paid my respects to Il Pirata (the pirate) as he was affectionately called by his legion of fans. I pushed forward with my domestique, Mattia, hoping the rumor of Pantani was true and it was. I made it to the top and I must admit, I got emotional at the top. That night dinner never tasted so sweet, and the wine never went down so easy. It was a personal victory that many people outside the biking world couldn't possibly begin to understand. I had won a battle against a monster.

That night we went to a local winery and celebrated with samples of local wines, cheeses and, of course, more prosciutto, then on to one of the most beautiful restaurants I've ever entered. Perched high on top of the valley, we ate like kings and drank like, well, pirates.

The next day Mattia guided us to Lake Como and yes, the ride was perfectly and wonderfully flat. We headed to Varenna, a small, exclusive town on the very edge of Como. Our hotel sat on the shore overlooking the lake in all of its grandeur. The accommodations, in general, were all extraordinary. They





## ITALY CONTINUED



ranged from chic and modern to old and stately, all unique, clean and situated in the best of areas. Varenna has an amazing walking area along the lake with the best gelato I've ever tasted, and I sampled every shop with Eric Stacer. The next 2 climbs were no less spectacular than the first 3, but for different reasons. All roads lead to Como and the higher you climb the more stunning the views of the lake become. The highlight of this leg of the trip was a visit to the Chapel of the Madonna del Ghisallo, a church dedicated to cyclists. Madonna Del Ghisallo was the patron saint of cyclists. On the same grounds is the Cycling Museum of Ghisallo, with bikes from every decade since the sports inception.

And Just like like....it was over. The views, the climbs and the food, it was time to say goodbye. Mattia and Micheli gave me the most precious gift one person can give to another: beautiful memories. Mattia runs a few trips in different regions of Italy and he will accommodate custom trips if there are enough riders. I will never forget mine and Eric's adventure. For those of you who love this sport, this hobby, this lifestyle, take the plunge and live your dream. I did and I haven't stopped smiling.

Vago Cycling-Mattia Martinelli  
[Vagocycling.com](http://Vagocycling.com)



# Bikes and Beers

By John Hayes

The year was 2015 and, in addition to joining JSTS, I was looking for opportunities to enjoy biking with my two grown children. We saw a Facebook event called Bikes and Beers that was to take place in Philadelphia in mid-October. The event was described as a bike ride through the streets of Philly, with stops at various brew pubs along the way, and a final stop at Yards Brewing (on Delaware Ave at the time, since relocated to Spring Garden Street). I don't recall how many people were there, but it wasn't a large group, maybe 150 riders. The ride itself was only 15 miles, with stops at three pubs, each of which provided two samples of their beer. Back at Yards, we enjoyed two more glasses of beer and food from a local food truck. Despite very cold conditions and perhaps a bit too much beer, we really enjoyed ourselves.

Fast forward to 2023. Bikes and Beers, run by brothers Matt and Sam Accardi, now holds 24 events across 14 states in locations from Portland, Maine to San Diego and Tampa, Florida. Each event offers three rides, 15, 30 and 45 miles. All routes start and end at a local brewery, where participants receive a pint beer glass, vouchers for two beers and raffle tickets for great prizes. There are food trucks and a live band that keeps the party going until raffle winners are announced. One of our own JSTS members won a mountain bike at a local event!



## BIKES AND BEERS CONTINUED

Like many businesses, Bikes and Beers was hit badly by the Covid pandemic, with all 2020 events cancelled. But Matt and Sam did not want the cycling, and especially the community spirit, to end. They organized a virtual event, which hundreds of people registered for and received, among other "swag", beer tokens that could be redeemed at participating breweries. My kids and I organized our own B&B ride down the Schuylkill River Trail from Conshohocken to Yards, where we redeemed several tokens. A Facebook group was formed for us to stay in touch with old friends and meet new ones. B&B friends posted rides, pictures, and places where they'd redeemed beer tokens. Several Zoom meetings were organized to meet and chat. Finally the day came in June 2021, at Bikes and Beers Flying Fish, for many of us to meet these new friends in person. And what a day it was, full of hugs, tears and laughter! Now every B&B event feels like a family reunion.

This is now our ninth year of participating in Bikes and Beers events, and more and more JSTS members come every year. We've done the event at Flying Fish in Somerdale in June and plan to attend the event in Cape May in the fall. If you come, please make a point to stop by the Team Hayes table and meet the rest of our crazy Bikes and Beers family.



<https://bikesandbeers.com/>

## HEALTH TIPS

### Proper Nutrition

Carbohydrates are our body's preferred source of fuel for cycling. We store it in the form of glycogen within our liver and muscles, for enough fuel for approx 90 mins of exercise. Anything beyond that means we need to take on extra carbohydrates at regular intervals to avoid the dreaded cycling bonk.

There are many great sources of carbohydrate for cycling. Natural sources of carbohydrate are easy on your stomach and easy to digest. One of the most popular natural forms of carbs for cyclists are Bananas. They can be easily stored in your jersey pocket and may be the most cost efficient foods to purchase.

Other great sources of Carbohydrates for Cyclists are:

- Energy Gels
- Energy Bars
- Energy Chews
- Energy Drinks

How much should you take in during a ride? A good rule of thumb is to eat/drink 30g of carbs every 30 minutes.

Finally, don't forget about Protein. Protein is key to help in your recovery. It repairs and builds your muscles. There are many excellent Protein Bars that you can purchase or you can make your own Protein Shake with a protein powder and fresh or frozen fruits.

### ATTENTION CLUB MEMBERS!

The Paceline Newsletter is a collaborative effort which all members are encouraged to participate in. This is **YOUR NEWSLETTER**. Let's make it great!!! We are looking for cycling articles you found interesting or a pertinent cycling topic you think our members would enjoy. Each month we would like to have two short articles from our members. Here are just a few suggestions:

- How did you first get involved in cycling?
- Tell us about a memorable cycling trip or club ride
- Why did you join JSTS and what do you like about the club?
- How does being a member make you a better cyclist?
- Anything you think may be of interest to our cycling community

Please submit a few paragraphs along with a picture of yourself by the 15th of the month for inclusion in upcoming issues.

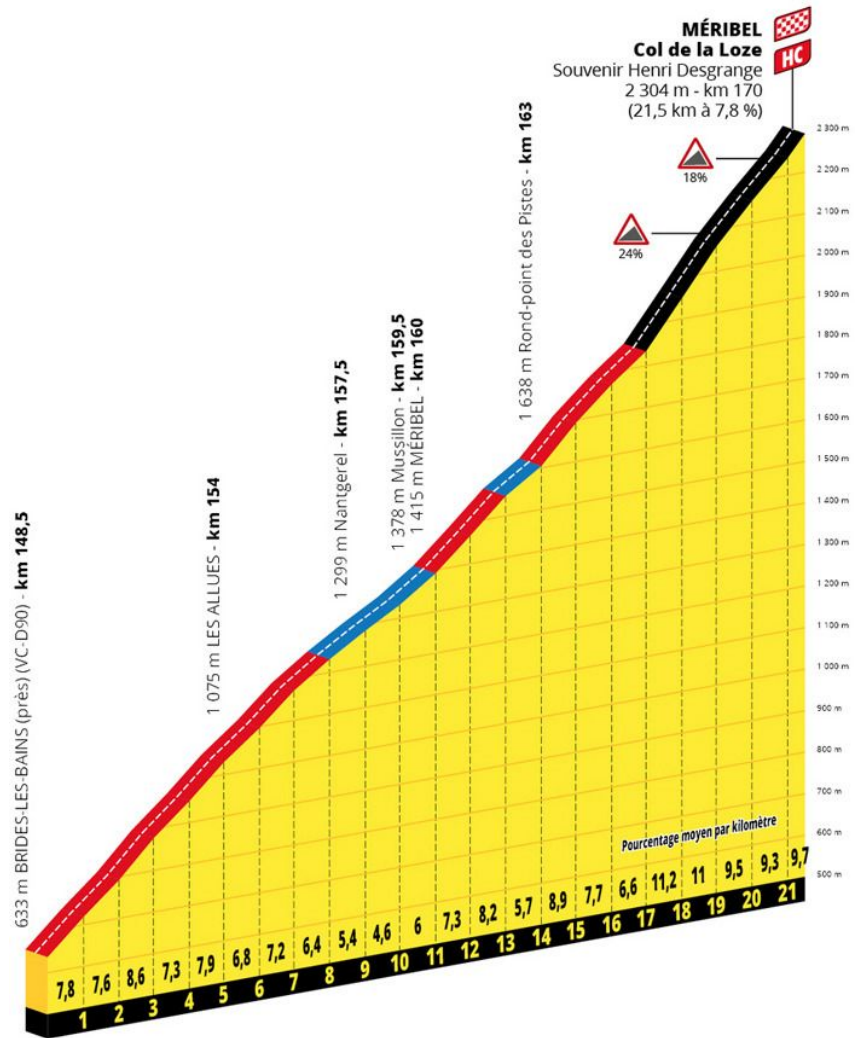
We would also like to call out a NEW CLUB MEMBER every month. If you are new to JSTS let us know if you would like to answer 6 short questions. This is a great way to introduce you to all our members!!!

C'mon, we know you have stories you can share. Drop us a note and send in your stories at: [thepaceline@jsts.us](mailto:thepaceline@jsts.us).



Well this year's Tour was one of the most exciting tours in its history.

At the end of Stage 15, only 10 seconds separated the Leader and eventual winner Jonas Vingegaard and the second place rider Tadej Pogacar. This was the narrowest of margins so late in the race. On Stage 16 and Stage 17, Jonas increased his lead to 7 minutes and 35 seconds over Tadej. Stage 16 saw both these cyclists place first and second, but Jonas had a super-human effort on the individual time trial and gained 1:38. Then on Stage 17, which featured the steepest mountain stage the tour has ever had, Vingegaard increased his lead again by another 5:30 minutes. On race radio, Tadej Pogacar told his team car and teammates "I'm gone. I'm dead". Even one of the world's best cyclists suffer on rides. Check out the final climb profile. YIKES 24% max gradient!!! Going into Stage 18 the lead now expanded the biggest gap between the Tour Leader and the second place rider by the largest difference since 1987. What a turnabout!!



On the Stage 16 Individual Time Trial-Vingegaard pushed ~7.5w/kg for over 13 minutes on his time trial bike, which is one of the most incredible performances in cycling history.

Stage 19 was the fastest average speed in this years Tour. They averaged over 30 mph with more than 6,000 feet of climbing and most of the stage was into a headwind.

## TOUR DE FRANCE CONTINUED



The 2023 Tour de France saw two of the best TDF competitors come to an end. France favorite, Pinot Tibot who came in 3rd in the 2014 and won several stages retired from competitive racing. Also, for perennial fan favorite Peter Sagan, this was his last TDF. Sagan won the Green Jersey (Best Sprinter) 7 times during his 12 years of racing in the TDF. He will continue his career doing Mountain Bike races.

Finally, the 2023 Tour de France may have been the last opportunity for Mark Cavendish to break the all-time record for Stage wins (34), which he shares with the legend Eddie Merckx. Unfortunately, Cavendish dropped out of the tour after a crash that left him with a broken collarbone. At age 38, this may have been his last Tour de France.

Here are two links with highlights from this year's TDF:

[https://www.letour.fr/en/all-videos?at\\_medium=nl&at\\_tempo=ptdf&at\\_lang=fr&at\\_type\\_c\\_omm=tout&at\\_campaign=J+2&at\\_email\\_link=resume&sc\\_src=email\\_1467475&sc\\_lid=190564335&sc\\_uid=temJgfo8d8&sc\\_lid=96759&sc\\_eh=d0bb4fdbe7e496d61](https://www.letour.fr/en/all-videos?at_medium=nl&at_tempo=ptdf&at_lang=fr&at_type_c_omm=tout&at_campaign=J+2&at_email_link=resume&sc_src=email_1467475&sc_lid=190564335&sc_uid=temJgfo8d8&sc_lid=96759&sc_eh=d0bb4fdbe7e496d61)

<https://www.youtube.com/watch?v=JFhTJ470rho>

## New Product News & Equipment

### Garmin Varia Saddle Mount

Varia series rearview radar beneath your bike saddle on standard seat rails. Stay visible, and get alerts to approaching motorists by optimizing the height of your rearview radar with this new mount option.

[https://www.garmin.com/en-US/p/874032?utm\\_source=Americas&utm\\_medium=email&utm\\_campaign=en-US%20Delivery%2C%20GLOBAL-FIT-ANMT-MCJT62547-VariaSeatRailMountAnnouncement](https://www.garmin.com/en-US/p/874032?utm_source=Americas&utm_medium=email&utm_campaign=en-US%20Delivery%2C%20GLOBAL-FIT-ANMT-MCJT62547-VariaSeatRailMountAnnouncement)



### Garmin's new Varia eRTL615 is its first rearview radar and tail light made specifically for e-bike riders.

It features a battery-free design, and plugs into a compatible eBike. It offers multiple mounting options with a universal seat rail mount or a rack/pannier mount. Available now, it has a suggested retail price of \$299.99

<https://www.garmin.com/en-US/p/874099>



### The all new Specialized Tarmac SL8

Cycling News reviews the Specialized Tarmac SL8 seen at Soudal-QuickStep training camp.

[https://www.cyclingnews.com/news/spotted-all-new-specialized-tarmac-sl8-spotted-at-soudal-quickstep-training-camp/?utm\\_term=A9422E11-954E-4346-B667-87755526BB0D&utm\\_campaign=A8C132A5-BD9C-4737-AC90-016639AFEA3E&utm\\_medium=email&utm\\_content=25FEEEFD-A496-4A29-8CA3-9C6DB3739615&utm\\_source=SmartBrief](https://www.cyclingnews.com/news/spotted-all-new-specialized-tarmac-sl8-spotted-at-soudal-quickstep-training-camp/?utm_term=A9422E11-954E-4346-B667-87755526BB0D&utm_campaign=A8C132A5-BD9C-4737-AC90-016639AFEA3E&utm_medium=email&utm_content=25FEEEFD-A496-4A29-8CA3-9C6DB3739615&utm_source=SmartBrief)

## WELCOME New JSTS Members

Neil Stein

Carol Petrillo

Janet Blum

Joseph Adamo

Evan Rakowski

Johanna Garcia de Santamaria

Stan Gekker

Stuart Packer

Joseph Cole

Phyllis Simon



## Member Spotlight

### Diane Wright

Hi, I am Diane Wright and I moved to New Jersey from Staten Island, NY in 2017 shortly after marrying my grade school crush in 2015. I used to ride my bicycle by myself for a few years until I met a few cyclists from Staten Island Bike Association, SIBA, and decided to join their club back in 2014. I am an avid Cat Lover as most people know, short of crazy cat lady! I look forward to my continued relationship with JSTS and watching it continue to grow.

#### **When did you join JSTS?**

I joined JSTS in October of 2020 and had my first ride with the group out of Allaire Park in May of 2021. After that first ride, I couldn't wait for the second ride. Everybody was very welcoming.

#### **Did someone introduce you to the club or tell us how you found out about us?**

I was an avid rider in 2014 and I stopped riding for a while and then the pandemic hit. I couldn't stay inside anymore and having just moved to New Jersey in 2017 I didn't want to venture out on the roads by myself, so I went on line searching for a bicycle club near me. Low and behold I found JSTS and I am happy I did.

#### **What type of rides do you like to do?**

I like to ride with the C group, sometimes C+. I'll be honest, I am not a fan of hills but boy do I LOVE the challenge. I also enjoy scenic rides and different bike tours such as the Twin Lights which is my all-time favorite ride and the Amish Ride in Dover. I like long rides, I feel much better after a 40 or 50 mile bike ride.

#### **What bikes do you ride?**

I have the Cervelo Caledonia 105 carbon road bike, Gravity road bike and a Fuji 2.1 Mountain Bike.

#### **What are your favorite JSTS rides?**

I love the Ice Cream rides and the yearly La Dolce Vita ride to Albivi in Millstone. I will say those are my favorite JSTS rides. I'm only 2 years in and haven't ridden them all just yet and am sure I will find others.

#### **Most rewarding thing about part of the club?**

I love the camaraderie of my peeps. I have met some great people and I learn from every one of them. Whether we talk about cycling, new restaurants, medical, music, vacations, etc., I'm always learning and having nice conversations. Some funny as can be. Those are the best!

I love the way my fellow cyclists stay together and look out for each other. Whenever a "mechanical" ensues, everyone is offering their assistance and it is a very nice feeling knowing that is within our group.

#### **Any other comments?**

I have been a fan of the club since Day 1 and try to recruit wherever and whenever I can.





# JSTS Event Leaderboard YTD

Member Participation in JSTS Events, Rides & Meetings

#	First	Last	Count
1	John	Hayes	91
2	Ward	Kradjel	88
3	Charles	Kirlew	87
4	Eric	Stacer	84
5	Pat	Perrella	78
6	Raymond	Simonian	72
7	Thomas	Trank	71
8	George	Gregorio	70
9	Hank	Steinberg	64
10	Bryan	Hrycyk	63
11	Mikhail	Giller	62
12	Bruce	Naidoff	60
13	Caroline	Donahue	57

#	First	Last	Count
14	Joel	Brown	55
15	Al	Pardo	54
16	John	McNamara	53
17	Russ	Meseroll	52
18	Patrick	Bisogno	51
19	Paul	Sakson	51
20	Steven	Buchanan	51
21	Mike	Streett	50
22	Robert	Nuara	48
23	Steven	Srolovitz	48
24	Barbara	Chroman	47
25	Frank	Lupo	47
26	Jean	Roy	47



# Corner

## JSTS Annual Picnic





# Corner

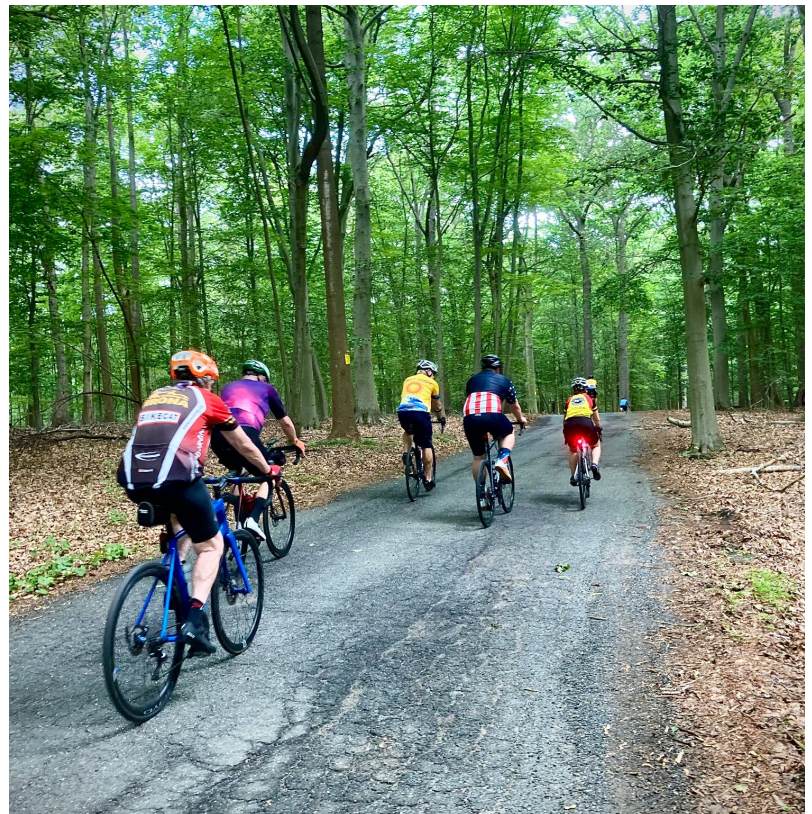
## JSTS Annual Picnic





# Corner

## July 4th JSTS Shrine Ride





# Corner

## July 4th JSTS Shrine Ride



All Photographs compliments of Meseroll Photography

# CYCLING SHORTS

## GOING INTO SUMMER HOLIDAY



## RETURNING FROM SUMMER HOLIDAY



Only two things can make this happen:



- 1: A girlfriend
- 2. Cycling

# WEEKEND FORECAST

## 100% CHANCE OF CYCLING

**C**


A promotional graphic with a blue background. It features a cyclist in a black and white jersey riding a road bike. The text 'WEEKEND FORECAST' is at the top, and '100% CHANCE OF CYCLING' is at the bottom. A small 'C' logo is in the bottom right corner.

## HOW IT FEELS RIDING INTO A HEADWIND




# CYCLING SHORTS

## CYCLING LIFE LESSONS



- 1 Get comfortable with discomfort
- 2 For every uphill, there is a downhill
- 3 Find your tribe
- 4 Know your limits but learn to push them safely
- 5 Don't compare yourself to others
- 6 Don't let one ride define cycling
- 7 Celebrate your wins
- 8 There's always another ride

## CYCLISTS!



PARIS NOUVEAU. — NOS JOLIES COCHÈRES  
 Bien agréables à voir, mais à vouloir les regarder de trop près on ramasse une pelle. — ND Photo.


### PISSING OFF OTHER ROAD USERS SINCE 1900

THEN I TOLD HIM



"ONCE YOU'VE BOUGHT THE BIKE, CYCLING IS A CHEAP SPORT"

There is still time to change the road you are on.



# CYCLING SHORTS

EVERY ROAD CYCLIST AFTER FIRST STEPS WITH CLEATS



LATER THAT DAY...SALLY TAUGHT HERSELF HOW TO RIDE HER OWN BIKE

