

# THE JSTS **PACELINE**



NOVEMBER 2023

A PUBLICATION OF THE JERSEY SHORE TOURING SOCIETY

## **Executive Board**

**President:** Paul Sakson

**Vice President:** Pat Perrella

**Secretary:** Michael Greaney

**Treasurer:** Eric Bonett

## **Committees**

**Bike Advocacy/Community Outreach:**

Howard Kradjel

**Branding:** Pat Perrella

**Clothing:** Jean Roy

**Budgets:** Paul Sakson

**Newsletter:** Robert Nuara

**Elections:** Volunteer Needed

**Webmaster:** Rob Leitner

**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,

Daylight Savings Time is November 4<sup>th</sup> this year, and there's a good chance you'll be reading this newsletter around that time. For us cyclists, when the clocks get turned back one hour, it signals the end of late afternoon and evening rides. The final group weeknight group rides were on Thursday, October 12<sup>th</sup>, the day I wrote this article.

Since I'm not a cold weather rider (must be that southern Italian bloodline in me), I'm lamenting the close of the riding season for me, particularly the weeknight rides. I have so many great memories of the Wednesday night Holmdel Hill Rides with regulars Pat Perrella and Mike Street. There was always an incentive to keep up with them, especially the last climb to Hilltop within Holmdel Park. For all the effort on the Wednesday night hills, Thursday night for me was all about speed on the Brookdale BCC-049 route, where there was little elevation change, with nicely paved roads. It just called out for speed. But it's the camaraderie among my fellow riders is what I'll miss most during the weekdays in the months ahead.

Regardless of the group you like to ride in, I'm sure if I had asked anyone on the weekday night rides what they miss most, it would be the camaraderie enjoyed with their fellow riders. After all, time and again, members say that is the greatest strength of the Jersey Shore Touring Society (JSTS). So, cheers to a great weekday night riding season!

For November and the months ahead, the JSTS has quite a few more events and rides. Make sure you attend the membership meeting on November 13 to elect officers and discuss how we all can help make the club greater for 2024. This will be followed by our December budget membership meeting where we allocate money to all 2024 events.

Later in November, around Thanksgiving, we're going to give thanks to all our volunteers (approximately 40 in total) who helped throughout the year in significant ways, such as leading multiple rides, coordinating social events, serving on a committee, or had made other significant



contributions. The zip sweater with dashing new logo will be a nice token of appreciation. If you couldn't volunteer in 2023, please consider helping in any way you can in 2024. (Another nice gift awaits you in 2024!).

Lastly, the very popular Frostbite Series starts in December. Check the website and ride calendar for dates and details. You'll want to do as many qualifying rides as possible to earn a special gift at the end of it.

I look forward to seeing you soon,

Happy and Safe 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.

### Volunteer

Many of our committees need help. Step up and support your club.

### Join our Platinum Sponsor



### Follow Us:



YouTube

## NEWSWORTHY ITEMS

### Nov/Dec Riding Events

#### Central Jersey Cyclocross Practice Every Wednesday in Piscataway

<https://www.bikereg.com/62345/Central-NJ-Cyclocross-Practice-Piscataway-NJ>

#### Mountain Bike Tournament- Nov. 18-Titusville, NJ

<https://www.bikesignup.com/Race/NJ/Titusville/FeedTheBeastMountainBike>

#### The Great Gobbler Mountain Bike Race, Staten Island, NY-Nov. 19

<https://www.trailforks.com/event/10865/>

## CALENDAR OF EVENTS

### November 13

JSTS General Membership Meeting  
2024 Elections Meeting

### November 27

2023 Frostbite Season Begins  
Check website for details

## ATTENTION CLUB MEMBERS!

Don't forget that we are always interested in your cycling experiences especially if you are traveling to warmer climates during the winter months. Drop us a note and send in your stories and photos to:  
[thepaceline@jsts.us](mailto:thepaceline@jsts.us).



# 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.



# The Most Neglected Habits of Health

By Janet Blum

In the pursuit of leading a healthy lifestyle, as a Health Coach I focus on habits of health. These are the habits of healthy motion, sleep, mind, surroundings, nutrition, hydration and of course, the most sought after issue: **weight management**. However, there's one vital habit that is often neglected, yet holds immense benefits for our overall well-being: stretching. Particularly for bike riders who frequently put their bodies through rigorous exercise, incorporating stretching into their routine can unlock a world of advantages.

Stretching is more than just a warm-up or cool-down exercise; it plays a significant role in enhancing flexibility, reducing muscle soreness, and preventing injuries. By elongating and strengthening the muscles, stretching improves joint range of motion and posture, leading to a better biking experience.

## Benefits of Stretching for Bike Riders:

- 1. Increased Flexibility:** Regular stretching can improve the flexibility of major muscle groups.. This improved flexibility can enhance your cycling performance by optimizing pedal strokes, reducing muscle fatigue, and preventing muscle imbalances.
- 2. Reduced Muscle Soreness:** Intense biking sessions can leave riders with muscle soreness and stiffness. Stretching after a ride helps alleviate these symptoms by increasing blood flow to the muscles, promoting faster recovery, and reducing the risk of post-workout muscle tightness. My clients have also enjoyed the benefits of adding Essential Amino Acids to their regime to aid in muscle growth, repair and while also helping with muscle soreness and recovery.
- 3. Injury Prevention:** Over time, repetitive cycling motions can lead to muscle imbalances and tightness, increasing the risk of injuries. Stretching helps prevent such imbalances by lengthening tight muscles and reducing strain on joints. It also improves muscle coordination and balance, reducing the likelihood of falls or accidents.
- 4. Improved Performance:** Stretching before a ride helps warm up the muscles, preparing them for the physical demands of biking. This can lead to improved performance by enhancing muscle contraction, power, and endurance.

## How to Incorporate Stretching into Your Routine:

- 1. Pre-Ride Warm-Up:** Before hopping on your bike, spend a few minutes performing dynamic stretches like leg swings, arm circles, and torso twists. These stretches prepare your muscles for activity and increase blood flow to the working muscles.

## THE MOST NEGLECTED HABITS OF HEALTH CONTINUED

2. Post-Ride Cool-Down: After completing your bike ride, take a few minutes to stretch your major muscle groups. Focus on stretching your quadriceps, hamstrings, calves, hips, and lower back. Hold each stretch for 15-30 seconds and remember to breathe deeply.

3. Regular Stretching Routine: To fully reap the benefits of stretching, incorporate it into your daily routine, even on non-riding days. Consider practicing yoga or Pilates, as these activities combine stretching with strength-building exercises, enhancing your overall flexibility and core stability.

You may have noticed there is a new addition to the fitness industry. Studios with flexologists that provide Assisted Stretching to their clients are popping up all over. One such studio, Stretch Lab specializes in assisted stretching services. Individuals can go to receive personalized stretching sessions to improve flexibility, mobility, and overall physical well-being. At Stretch Lab, a team of trained professionals called "flexologists" deliver these stretching sessions. Currently there are Stretch Lab locations in Shrewsbury, Marlboro and Princeton with new ones opening in Sea Girt and Howell by the end of November. Trial sessions are available. (tell them Janet Blum sent you!)

As a Certified Health Coach offering virtual sessions over the last 12 years, I am thrilled to be adding Stretch Therapy to my offerings. I can't wait to help people at the Sea Girt Stretch Lab! Now I have even more tools to help my clients with all the habits of health AND stretching!

So whether you are looking to lose weight, increase your energy on a daily basis, improve your sleep, enjoy a healthier mindset, or improve mobility and flexibility, there's help available!

**For a complimentary consultation, reach out to me at [Janetrblum@gmail.com](mailto:Janetrblum@gmail.com) and mention this newsletter or To schedule a call with Janet click here:**

**[calendly.com/janetrblum](https://calendly.com/janetrblum)**

Janet Blum, RD  
Certified Optavia Health Coach  
Certified Law of Attraction Coach  
Certified Flexologist, Stretch Lab





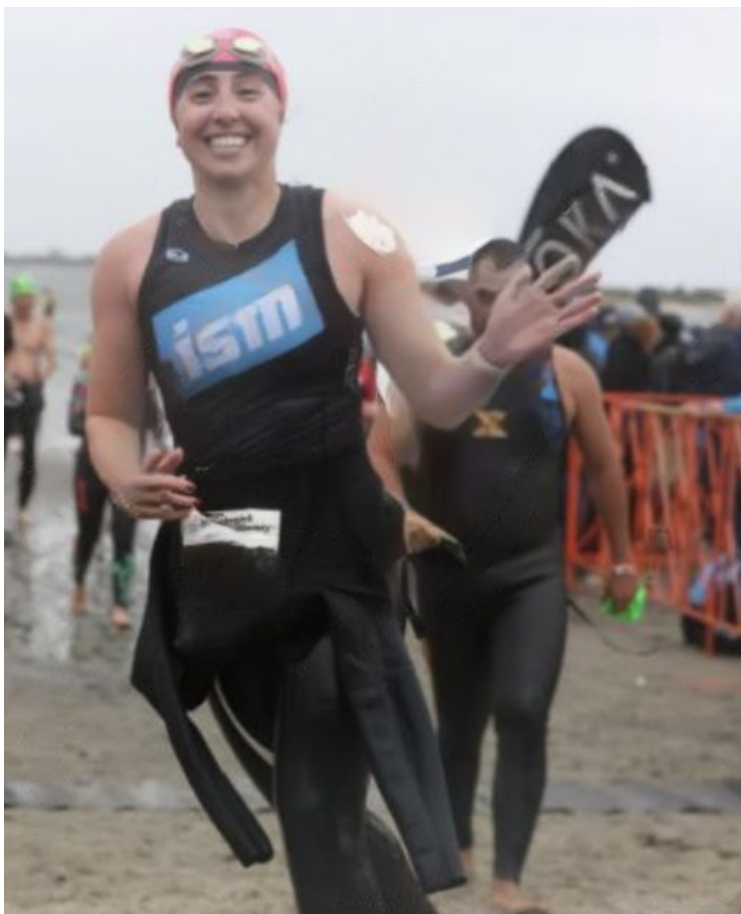
## Member Spotlight

### Hannah Percely & Ashley Sherman

Do you remember what you were doing on Sunday, September 23rd during Tropical Storm Ophelia? Were you sitting at home waiting out the storm, maybe you were binging on Netflix or possibly surfing the net? Well, while you were probably hunkered down at home, two of our JSTS Members **Warriors**, were participating in the Long Island Ironman competition. Despite the terrible weather conditions with winds of 35 MPH and gusts over 50 MPH, these two people did a 1.2-mile swim in Zach's Bay at Jones Beach State Park, then on to a 56 mile bike ride along the Wantagh State Parkway, culminating with a 13.1-mile run along the world-famous Jones Beach Boardwalk that stretches down the coast.

Well, you ask, who are these folks? JSTS members Hannah Percely and Ashley Sherman not only competed but completed the entire Ironman event. This was their first Ironman and one that they surely will never forget.

Prior to joining JSTS, Hannah and Ashley did not know each other. They both did some of the same JSTS rides but, neither of them knew the other was competing in the Long Island Ironman until Ashley overheard Hannah telling another member that she signed up for the event. You never know what you will find out during the parking lot conversations at our rides. So, how did they get there? Let's begin with Hannah's story.



Hannah was an accomplished swimmer at Stevens University. She was an NCAA college swimmer and her swim team won their conference finals meet in her junior year. Hannah also was a Top 10 swimmer in the conference, so training for that part of the Ironman was fairly easy. She admittedly "hated running" and trained by herself. That was not an easy task. Well, to make matters more difficult, Hannah was a Novice Cyclist. She joined JSTS in July of this year after noticing the JSTS flier on a bike shop's Instagram page and she thought that

## LONG ISLAND IRONMAN CONTINUED



sounded like a way to get more comfortable riding a bike. She immediately took advantage of the JSTS sponsored events in 2023, including the Skills Session offered by the League of American Bicyclists and the Bike Maintenance Session conducted by B3 and was hooked. Her first rides were the All-Pace rides out of Allaire. She progressed and now rides with the C+ group, even though they tell her she can easily do a B pace ride. Adding to the complexity of competing in an IronMan, Hannah didn't own a good road bike. Fortunately her best friend gave her a Felt Carbon bike for the event. Now, that is a great friend.

Here is Hannah's account of the event. Her big realization came the day before the race during the sign-in and bike drop off: Seeing that many people and bikes in the transition area was super intimidating and some people even joked there were probably a couple million dollars of bicycles being left (which scarily, may not be a far off estimate).

However, I knew I had done my prep work, and as long as I finished I would feel like I accomplished my goals.

When we initially arrived, the weather really wasn't so bad, a slight drizzle but nothing crazy so going into the swim I was feeling optimistic. Going into transition one, the decent weather was maintained so I was able to dry my feet and hands enough to get my gloves and socks on smoothly. Funny enough, a few days before the race when the weather was pretty much finalized, I ended up running to B3 to get a jacket, finger gloves, knee sleeves, arm sleeves, etc. and without them, I would have not been able to "weather the storm". Seeing some people wipe-out during the bike ride was 100% scary, but I rode my own race and erred on the side of safety. Everyone at all the aid stations were so positive and encouraging which was awesome support to have throughout the entire race.

Throughout the whole race I just kept





## LONG ISLAND IRONMAN CONTINUED

thinking “you’re almost there, it’s only temporary” and I think that mentality helped me to push through during the rough conditions. Barring the weather, everything else went as well as I could have asked! Because of the training (and JSTS), I have fallen in love with cycling! I’m so glad I decided to compete in the IronMan, and found the experience super rewarding.

Ashley was a student-athlete like Hannah, While attending Vassar and Harvard, she played both basketball and golf while in school. While Ashley did one Triathlon in 2022, she knew that more structured training was needed for the Ironman. Admittedly, she was not a swimmer, so Ashley joined the Jersey Shore Masters Swim Club. For the running part of the event, she had a good foundation by being a member of the Strong Hearts Vegan Power running club. She participated as part of a team who did 200 mile runs during a 24 hour period. One of



Ashley’s runs, as part of this team, happened to be at 3AM in Waywayandover State Park in Northern, NJ. Not only was the time slot a challenge, but the trail was known to have an occasional bear or two. With only her headlight illuminating the path, Ashley may or may not have had an encounter with a bear.

Ashley trained by doing track workouts in Point Pleasant. You may know Ashley from being featured in our June Paceline Newsletter. Joining JSTS in 2022, she had a solid foundation of riding skills by participating in many JSTS rides and Zwift Training rides. She also attended the Bike Maintenance session conducted by B3.

Now for Ashley’s account of her Race Experience: Well, it was one of those days for sure. Everything that could go wrong did.



## LONG ISLAND IRONMAN CONTINUED



The night before the event there was an electrical fire in the her hotel. They had to evacuate from 1:30 am to 3:00 am. Then during the race , with less than 5 minutes left before transition closed, she tried to check the air in her tire and left the valve unscrewed leaving her with a completely flat tire. I'm sure people got a kick out of me frantically trying to use the manual pump.

The race director did a great job, especially considering it was an inaugural event with some really interesting weather challenges. I was feeling pretty nervous beforehand. Usually, I feel relieved once I get out of the water, but I knew I'd feel pretty nervous through the bike portion of the event, with the weather conditions. I had to change up my race strategy, which was a little disappointing. Instead of setting goal paces, I set a goal of staying safe and simply completing the race without being reckless. Going over the bridges was absolutely terrifying! I remembered a tip from our workshop at B3 where they told us to look where we wanted to go, rather than looking at what we wanted to avoid. I can guarantee my focus and thoughts were to stare at the

meridian ... stare at the left lane... don't look at the bridge rails... don't look at the water you'll fall in if you get blown off the bridge.

The weather really gave us a new and unexpected type of challenge. I was proud of myself as I finally managed to get GU packets out of my pocket and eat them while on the bike without stopping for the first time. I had the support of my boyfriend Dan (fellow JSTS member) who was out there cheering for me in the downpour.

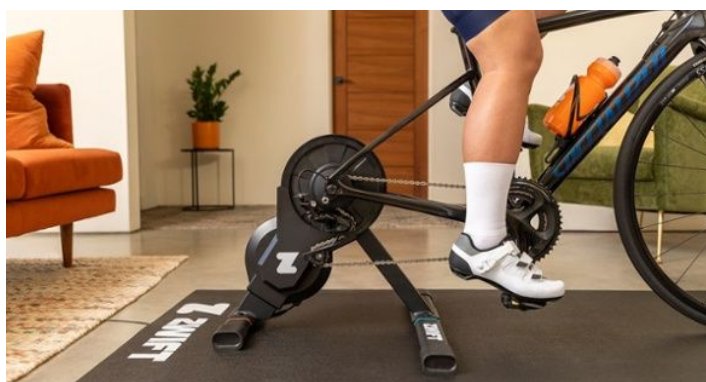
I felt really proud of myself for setting a goal and achieving it, and for braving the elements to make that a reality. I'm pretty sure it only took about 5 minutes after finishing for me to already have a goal time for next year's race! Then, a warm shower and about an hour later, I was ready for some margaritas :)



## New Product News & Equipment

As the indoor training season approaches, Zwift is launching a single speed cassette and smart bike shifting device. Read about it here:

[https://www.cyclingnews.com/news/zwift-hub-on-e-launches-with-a-universal-singlespeed-cassette-and-smartbike-shifting/?utm\\_term=A9422E11-954E-4346-B667-87755526BB0D&lrh=b9cc17a21005b4ebe942f23fc2ca902c76b09d7e024974da616a466f57ed88d8&utm\\_campaign=A8C132A5-BD9C-4737-AC90-016639AFE3E&utm\\_medium=email&utm\\_content=D0D206C3-47A6-4CED-9AF8-37D917EC3FE7&utm\\_source=SmartBrief](https://www.cyclingnews.com/news/zwift-hub-on-e-launches-with-a-universal-singlespeed-cassette-and-smartbike-shifting/?utm_term=A9422E11-954E-4346-B667-87755526BB0D&lrh=b9cc17a21005b4ebe942f23fc2ca902c76b09d7e024974da616a466f57ed88d8&utm_campaign=A8C132A5-BD9C-4737-AC90-016639AFE3E&utm_medium=email&utm_content=D0D206C3-47A6-4CED-9AF8-37D917EC3FE7&utm_source=SmartBrief)



Looking for a new Mountain Bike front light? Here is the list of highly recommended lights:

[https://www.bikeradar.com/advice/buyers-guides/best-mountain-bike-lights/?utm\\_content=BRR&utm\\_campaign=Newsletter%2013%2F10%2F23\\_3138268\\_BikeRadar\\_Newsletters\\_13481206&utm\\_medium=Email&utm\\_source=Adestra](https://www.bikeradar.com/advice/buyers-guides/best-mountain-bike-lights/?utm_content=BRR&utm_campaign=Newsletter%2013%2F10%2F23_3138268_BikeRadar_Newsletters_13481206&utm_medium=Email&utm_source=Adestra)



BMC has launched the all-new Teammachine R. Here is the article:

[https://www.cyclingweekly.com/products/bmc-teammachine-r-what-5-years-of-formula-one-collaboration-looks-like?utm\\_term=A9422E11-954E-4346-B667-87755526BB0D&lrh=b9cc17a21005b4ebe942f23fc2ca902c76b09d7e024974da616a466f57ed88d8&utm\\_campaign=A8C132A5-BD9C-4737-AC90-016639AFE3E&utm\\_medium=email&utm\\_content=D0D206C3-47A6-4CED-9AF8-37D917EC3FE7&utm\\_source=SmartBrief](https://www.cyclingweekly.com/products/bmc-teammachine-r-what-5-years-of-formula-one-collaboration-looks-like?utm_term=A9422E11-954E-4346-B667-87755526BB0D&lrh=b9cc17a21005b4ebe942f23fc2ca902c76b09d7e024974da616a466f57ed88d8&utm_campaign=A8C132A5-BD9C-4737-AC90-016639AFE3E&utm_medium=email&utm_content=D0D206C3-47A6-4CED-9AF8-37D917EC3FE7&utm_source=SmartBrief)



**WELCOME  
New**



**Member**

Leisa Boutilier



## Member Spotlight

### Fred Sweet

Fred Sweet has been a member of JSTS for 28 years. During his tenure with the club he has done it all. He has held numerous positions and is still a consistent volunteer. He was a Ride Captain, back in the day, when the club had such a position. Fred was also the Newsletter Editor when they typed up and mailed the newsletter to all members. He was the club's Vice President on two separate occasions. He has been our Clothing Manager, Holiday Party Volunteer and is still actively involved as a Ride Leader and serving on the Election Committee. You should check out his Thursday B Rides which explore great destinations in NJ like the Grounds of Sculpture and Washington's Crossings, just to name a few. WOW. That is really impressive!!!!

When Fred was a wee bit younger, he started the 20/20 Ride on Thursday Nights. The goal was to do 20 miles and average 20MPH. That trend has continued through the years as the Tuesday and Thursday A+ Rides out of MJT still have the same goal of an average pace of 20MPH, but with a few extra miles and hills thrown in.

Fred became aware of JSTS when he was hiking in Allaire State Park one day with his wife. He noticed 3 other people riding bikes and his wife encouraged him to walk over and introduce himself. The rest is history. He found out that in order to participate in the group rides, the members had to dial a telephone number to find out the route for the week. Hope he had a push button phone and not a rotary dial!!!!

Fred splits his time between NJ and West Palm Beach. While in Florida, he is a member of the Boca Raton Bike Club, while enjoying the warm weather in the winter months. He enjoys riding a great gravel road behind his house but biker beware. Fred has come across the occasional alligator sunning himself across the bike path. What a dilemma, turn around or pass the gator giving a wide berth? Guess, he made the correct choice.



**MEMBER SPOTLIGHT FRED SWEET CONTINUED**

Besides the alligator, Fred has also seen a family of Wild Boar from a very safe distance. And who said riding on a gravel path is safer than riding on the road?

Fred currently owns 4 bikes. He has a Cannondale System 6 that is half carbon, half aluminum. In addition, he has a Titanium frame bike which he sources all the components. A Specialized Road EBike and his Canyon Hybrid for his Florida adventures.

As a member of JSTS, Fred particularly has great memories of the many club sponsored away rides. In addition he has completed several MS Rides and Bike Virginia rides. He remembers that one year the HS Band was playing when the riders entered the town in Virginia and the entire Main Street was closed down the day of the ride. Fred also several town to town rides which required the cyclists to finish the course every day, regardless of how they felt, the weather or mechanical issues, as they had to get to the destination town for their hotel. This occurred for 5-7 days of the event. He has done a 300 mile in Nova Scotia!!!

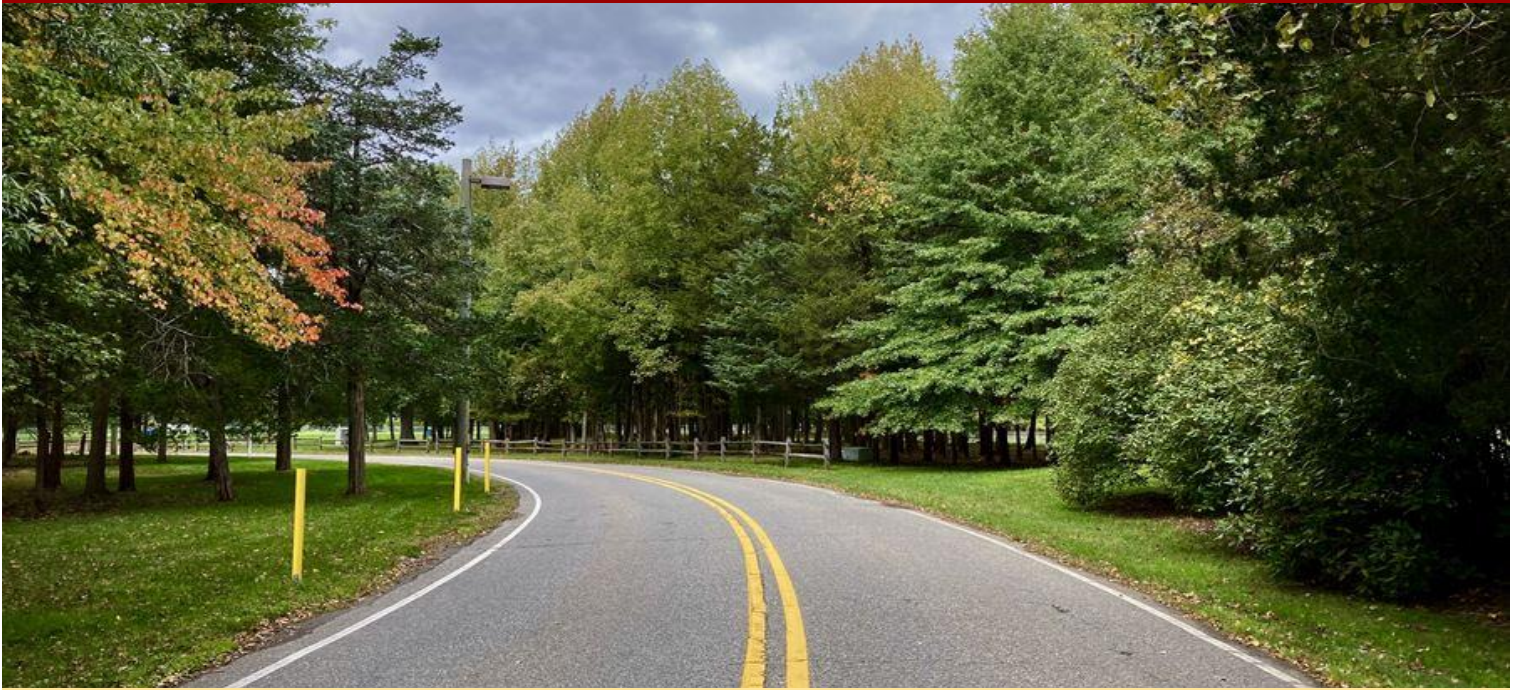
Fred finds JSTS to be very rewarding in many aspects. He appreciated the great routes that the club offers to all riders. He also appreciated the training and safety courses afforded to the members. As a long time member and member of other bike clubs, he feels that the JSTS Website is by far the best in class. But most importantly, over the years Fred has tremendous fondness for the great friendships and the social camaraderie that the club offers.

So besides cycling and volunteering for JSTS, Fred also has other interests. He plays pickleball, he likes freshwater fishing while in Fla, he plays tennis 2 times a week and enjoys going to the gym and enjoys day trips with his wife Marsha of 52 years!!! He has 2 children and 3 grandkids. Two in Howell High School and one in Rutgers . Fred grew up in Queens, NY and lived in Worcester, Mass for 6 years.

Finally, Fred wanted to share this with all the members:

**Ask Not What JSTS Can Do For You... Ask What You Can Do for JSTS!!!!**

PS: Who knew he was President Kennedy's speech writer?



# JSTS Event Leaderboard YTD

Member Participation in JSTS Events, Rides & Meetings

#	First	Last	Count
1	John	Hayes	132
2	Charles	Kirlew	127
3	Eric	Stacer	117
4	Raymond	Simonian	110
5	Pat	Perrella	109
6	Ward	Kradjel	103
7	Thomas	Trank	102
8	George	Gregorio	97
9	Russ	Messeroll	89
10	Bruce	Naidoff	88
11	Paul	Sakson	88
12	Bryan	Hrycyk	83
13	Caroline	Donahue	83
14	Al	Pardo	81
15	Hank	Steinberg	81
16	Mike	Strett	81

#	First	Last	Count
17	Joel	Brown	80
18	Mikhail	Giller	79
19	Patrick	Bisogno	77
20	Jean	Roy	76
21	John	McNamara	76
22	David	Anderson	75
23	Alan	Pavelchak	74
24	Steve	Buchanan	73
25	Frank	Lupo	69
26	Barbara	Chroman	67
27	Joe	Crapanzano	67
28	Abe	Chasnoff	65
29	Manny	Alvarez	65
30	Jamie	Morales	64
31	Steve	Surowitz	64
32	Robert	Nuara	63

## 2023 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.

- **346**= number of renewed MEMBERSHIPS for 2023 (239 Individual; 98 Family; 9 Lifetime)
- **74**= number of new MEMBERSHIPS for 2023 (65 individuals, 9 Family)

TOTAL JSTS MEMBERS is the total amount of individual members of the club

- **316**= number of Individual MEMBERS for 2023 (239 Individual; 65 New; 9 Lifetime Member; 3 Lapsed renewed\*)
- **106** = Family Member

AS OF END OF OCT				
2023				
*** MEMBERS ***	Renewed	New	Lapsed Renewed	Total
Individual Member	239	65	3	307
Family Member	98	9	1	107
Lifetime Member	9	0	0	9
<b>TOTAL MEMBERS</b>	<b>346</b>	<b>74</b>	<b>4</b>	<b>423</b>

2023				
*** PAID MEMBERSHIPS ***	Renewed	New	Lapsed Renewed	Total
Individual Membership	239	65	3	307
Family Membership	46	9	1	56
<b>TOTAL PAID MEMBERSHIPS</b>	<b>285</b>	<b>74</b>	<b>4</b>	<b>363</b>

Currently Active Trial Memberships	3
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*NOTE: "Memberships" does not include additional family members. It only includes the bundle administrators.*



# Corner

## B3 Bike Fitting and Stretching Seminar







# Corner

## A Throwback Jersey





# Corner

## Annual Harvest Ride





# Corner

## Annual Harvest Ride





# Corner

## Annual Harvest Ride



## CYCLING SHORTS



### Here is an excerpt from a conversation a patient had with his Doctor

**Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?**

A: The heart is only good for so many beats, and that's it ... Don't waste time on exercise. Everything wears out eventually. Speeding up heart won't make you live longer; it's like saying you extend the life of a car by driving faster. Want to live longer? - Take a nap.

**Q: Should I reduce my alcohol intake?**

A: Oh no. Wine is made from fruit. Fruit is very good. Brandy distilled wine, that means they take the water out of fruit a bit so you get even more of goodness that way. Beer is also made of grain. Grain is good too. - Bottoms up!

**Q: What are some of the advantages of participating in a regular exercise program?**

A: Can't think of one, sorry. My philosophy: No pain ...very good!

**Q: Aren't fried foods bad for you?**

A: YOU'RE NOT LISTENING! Food fried in vegetable oil. How can getting more vegetable be bad?

**Q: Is chocolate bad for me?**

A: You crazy?!? HEL-LO-O-O!! Cocoa bean! Another vegetable! It's the best feel-good food around.

**Q: Is swimming good for your figure?**

A: If swimming is good for the figure, explain a whale to me.

**Q: Is getting in shape important for my lifestyle?**

A: Hey! "Round" is also a shape!

Well ... I hope this has cleared up any misconceptions you may have had about food and diets.

# CYCLING SHORTS

## Finally, the Doctor summed it up:

Look mister - life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - beer in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride my life was!!!"

Eat whatever you like because you will still DIE, don't allow motivational speakers to deceive you.

1. The inventor of the treadmill died at the age of 54.
2. The inventor of gymnastics died at the age of 57.
3. The world bodybuilding champion died at the age of 41.
4. The best footballer in the world Maradona died at the age of 60.

## BUT

5. The KFC inventor died at 94.
6. Inventor of Nutella died at the age of 88.
7. Cigarette maker Winston died at the age of 102.
8. The inventor of opium died at the age of 116 in an earthquake.
9. Hennessy Cognac inventor died at 98.

How did these doctors come to the conclusion that exercise prolongs life?

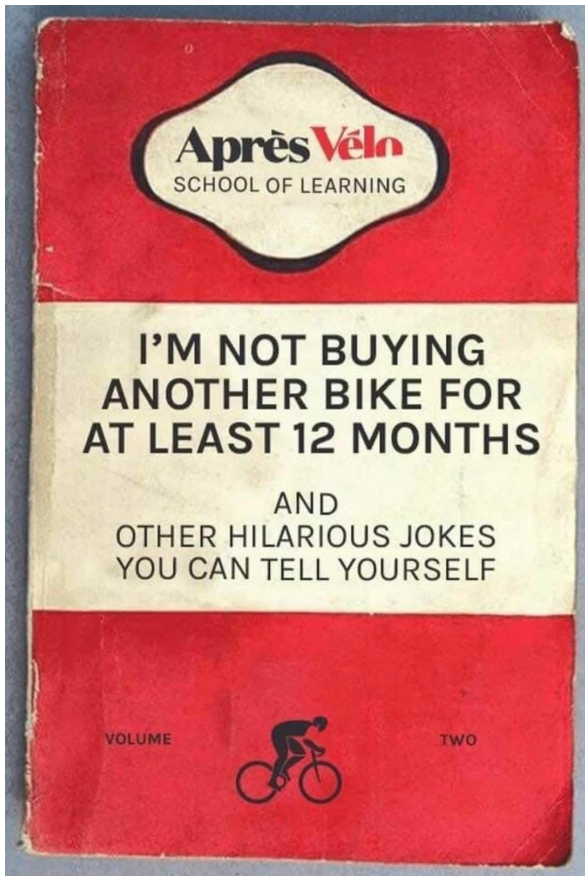
The rabbit is always jumping up and down but it lives for only 2 years, but the turtle that doesn't exercise at all, lives 400 years.

So, take some rest, chill, stay cool, eat, drink and enjoy your life.

**You will still die!!!**



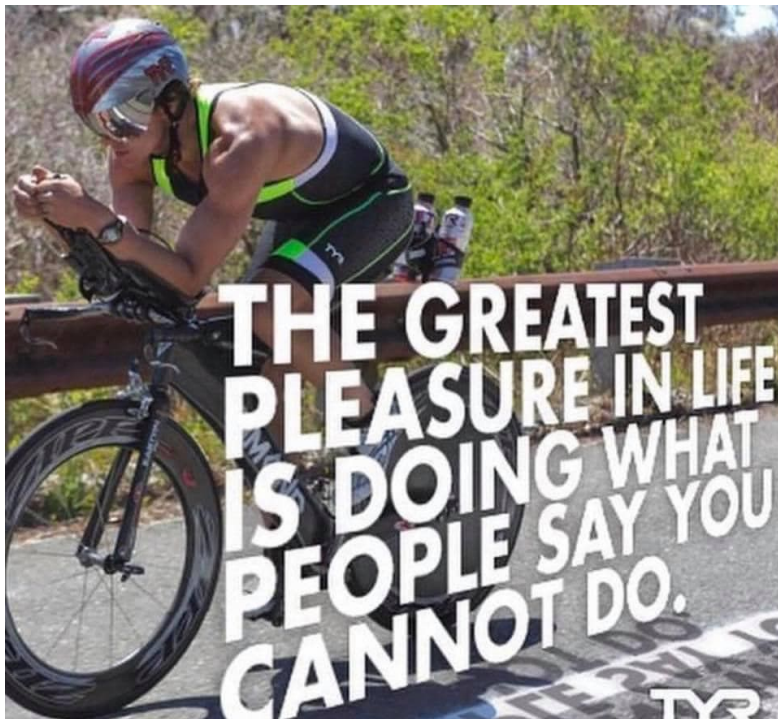
# CYCLING SHORTS



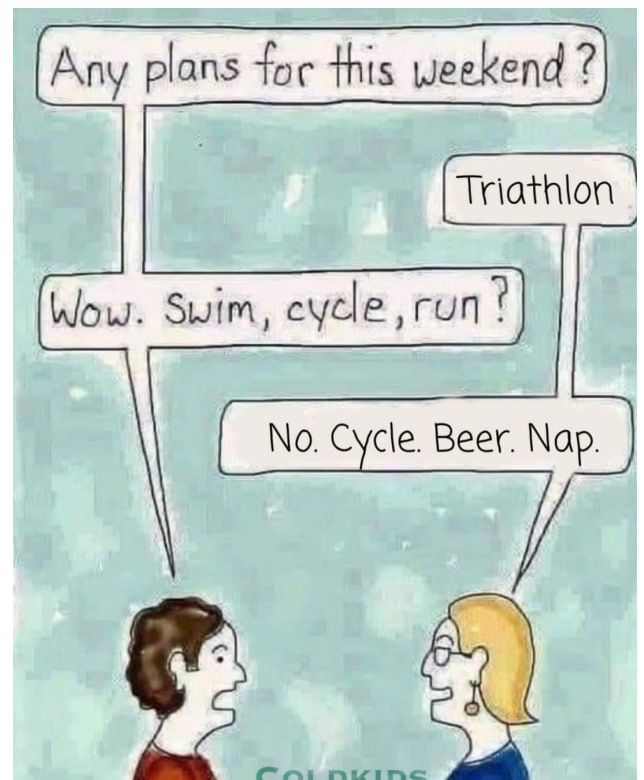
What men think women want:



What women really want:

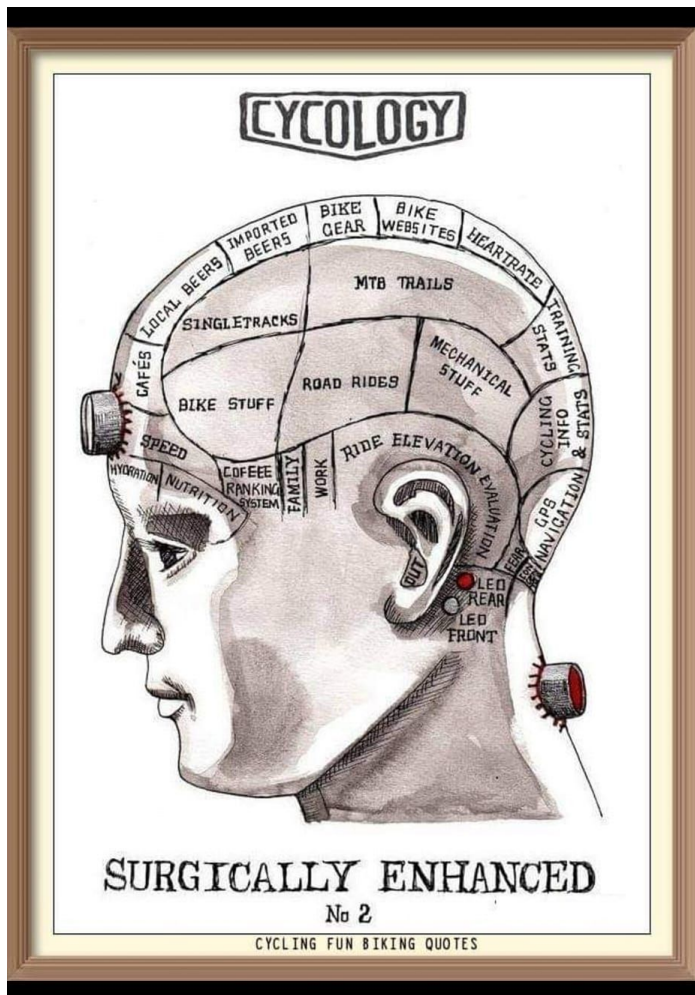


# CYCLING SHORTS





# CYCLING SHORTS



## The 70's were cool!



HEY DAD, WHAT HAPPENED TO MY COLLEGE FUND?



NOTHING, SON

# CYCLING SHORTS

**A REAL PRINCESS WEARS ONLY THESE SHOES**



When you discover your paceline of 3 has grown.



**SHE: "YOU'RE OBSESSED WITH CYCLING, EVEN OUR SON IS SUFFERING"**

**ME: "LEAVE POOR LITTLE CAMPAGNOLO OUT OF IT!"**

