

THE JSTS **PACELINE**



JANUARY 2024

A PUBLICATION OF THE JERSEY SHORE TOURING SOCIETY

Executive Board

President: Pat Perrella

Vice President: Ward Kradjel

Secretary: Michael Greaney

Treasurer: Johnny Echevarrieta

Committees

Bike Advocacy/Community Outreach:

Howard Kradjel

Branding: Pat Perrella

Clothing: Jean Roy

Budgets: Pat Perrella

Newsletter: Robert Nuara

Elections: Steve Karger

Webmaster: Rob Leitner

Membership Data: Rob Fisch

Ride Leaders/Safety: Pat Perrella

Rides: Barb Bennett, Tom Trank

Social Events: David Makow

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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. 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 Valued JSTS Members,

As I step into the role of the new president from my previous role of vice president, I want to express my heartfelt gratitude to the outgoing board members. Their dedication, hard work, and passion have been the driving force behind our club's success. Let us take a moment to thank them for their tireless efforts in steering our club in the right direction.

Thank You, Outgoing Board Members!

Paul Sakson: Our former president, your leadership has been inspiring. You've pedaled through challenges, organized memorable rides, and fostered a sense of community. Your legacy will continue to motivate us.

Eric Bonett: As our treasurer, you've managed our finances with precision. Your meticulous record-keeping and financial planning have kept our wheels turning smoothly.

Welcome, New Board Members!

Now, let's extend a warm welcome to our incoming board members. Together, we'll pedal toward new horizons:

Ward Kradjel: Our new vice president committed to fostering camaraderie, promoting safety and advocacy, and expanding our membership base.

John Ech: Our treasurer, ready to balance the books and ensure our club's financial stability.

Michael Greaney: Coming back for a second term as secretary, who quietly does so much for the club behind the scenes.

Committee Chairs: I also look forward to working closely with our committee chairs led by Barb Bennett, Rob Leitner, Rob Nuara, Steve Karger, Don Levy, Jean Roy, Rob Fisch and Dave Makow. These folks do so much to enable our club to run like clockwork. Really amazing team.

Setting Our Sights on Goals

As we embark on this journey together, let's talk about goals. Goal setting is like adjusting our bike gears—it ensures a smooth ride. Here's how our goals align with our programs:

- 1. Membership Growth:** We aim to attract new riders, organize beginner-friendly rides, and create a welcoming environment. Our "new member orientation" program will pair experienced cyclists with newcomers.
- 2. Safety Initiatives:** Regular safety workshops, helmet checks, and road etiquette reminders will keep us riding confidently. Let's ensure everyone wears their helmets like a champion!
- 3. Community Outreach:** We'll collaborate with local and state advocacy groups and outreach to help promote cycling as a safe and healthy lifestyle choice. Our wheels will turn not just for us but for the community.

4. Adventure Rides: Let's explore new trails, conquer challenging routes, and share our cycling adventures. The thrill of discovery awaits us!

Remember, our pedals may move independently, but our collective momentum propels us forward. Let's ride together, support one another, and make this club an even greater force for cycling enthusiasts.

Happy Cycling! 

Pat Perrella-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 for more info.

Volunteer

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

Join our Platinum Sponsor



Follow Us:



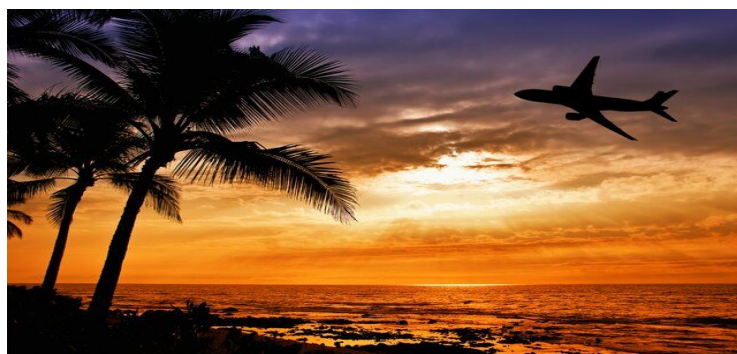
NEWSWORTHY ITEMS

January Riding Events

Visit friend in a warm weather climate.

CALENDAR OF EVENTS

January 13- Zwift Indoor Training Rides
 begin



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.



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.



Hello Cyclists!

COME LEARN AT B3 BICYCLES



at



Learn the art of bike maintenance.

Two identical Basic Courses will be taught in the first two weeks of December.

Two identical Advanced Courses will be taught in the second and third weeks of January.

(Completion of the Basic Course or specific approval from a senior B3 Bikes mechanic is required to participate in the Advanced Course.)

The Basic Course is limited to 6 students per course. \$225 per student.

The Advanced Course is limited to 4 students per course. \$350 per student.

Basic Course #1 - December 4, 5, and potentially 6.

Basic Course #2 - December 11, 12, and potentially 13.

Advanced Course #1 - January 9, 10, 11.

Advanced Course #2 - January 16, 17, 18.

Call or visit B3 Bikes to register today.

A 50% non-refundable deposit is required at time of registration.

732 987 6267 - mike@b3bikes.com - 6527 Route 9 North, Howell NJ



The Paceline Newsletter

By Robert Nuara



Over the past years, the JSTS Newsletter has evolved from a simple monthly email with some basic information to a more professional style magazine, with a wealth of information and fun stuff.

During that time, we have come to realize that the publication is a bit burdensome for one person. While we enjoy the help of one of our members spouses to help in the layout and design, we can certainly use one more person to put together and create the content. Can you spare just a few hours every month??? Your input will help continue to evolve the publication and expand our content. If you are interested, drop me a note at: thepaceline@jsts.us.

Winter Cycling: Training Outdoors Effectively, Safely and Comfortably

By Jim Rutberg, Coach and Co-author from CTS

Although I co-authored a training book for indoor cycling (“Ride Inside” and “The Time-Crunched Cyclist” , being outdoors is one of the most appealing aspects of cycling for me. Winter cycling takes a bit more planning and thought compared to throwing on a pair of bibs and a jersey in the summer, but once you get some routines and habits dialed you will find winter cycling can be fun, invigorating, and rewarding. So, rather than exclusively retreating to the ‘pain cave’ for the next few months, use the following guide to get the most out of outdoor cycling through the winter.

Winter Cycling Clothing

With the right clothing decisions you can ride comfortably in almost any weather conditions. The key to comfort during winter cycling is striking a balance between insulation and breathability. You need the insulation to hang on to your body heat, but your clothing must be breathable so sweat and moisture don’t build up close to your skin.

Layers for managing upper body warmth

There are three main aspects to layering: wicking moisture away you’re your skin, providing insulation to retain heat, and creating a barrier against wind and water. A warm, form-fitting base layer is a winter cycling essential, like these long-sleeved **heavyweight knitted** or **ceramic** examples from Giordana. Your next layer should be for insulation, like a long-sleeved merino wool jersey or a fleece-lined thermal jersey. If the weather is sunny, mildly cold, and relatively calm, a base layer and thermal jersey may be all you need. If you need protection from wind or water, add barrier layer on top. This can be as simple as a wind jacket or as robust as a full weatherproof, thermal jacket. CTS has worked with Giordana for a long time, and their **FR-C Pro Lyte** jacket is a personal favorite.

The beauty of layers is that you can adjust the amount of cold air you let in and heat you let out by opening zippers and vents or adding and removing layers.

Tips for choosing and adjusting layers

- **Unzip or open vents on longer climbs.** You don’t want to overheat and sweat profusely as you work hard on a climb, because moisture that builds up in your layers will chill you on the descent or when you start moving faster on flat ground.
- **Carry a barrier layer if you expect temperatures to drop.** This could be because the sun is going down in the afternoon, you’re going to be returning into a headwind, or you’re climbing first and then descending to get home. Honestly, carrying a thin barrier layer is always good as an insurance policy. I carry a rain jacket because it packs small and provides protection from wind or water if I need either.

Winter Cycling: Training Outdoors Effectively, Safely and Comfortably Continued

- **Find the right fit.** Staying warm and dry is a matter of managing the airspace around your body. You want a form-fitting base layer, but your insulation layer should fit close to your body but neither so tight that the fabric is compressed nor so loose that you're trying to heat empty air space. Similarly, your barrier layer shouldn't compress the layers beneath it, nor flap in the wind like a sail.

Keeping Hands, Head, and Feet Warm

If you can keep your head, hands, and feet warm, you can do long rides in cold weather in reasonable comfort. But when your head, hands, an/or feet are cold, your ride can quickly become miserable – even if your torso is nice and toasty.

Tips for keeping extremities warm

- **Carry an extra set of gloves and hat.** Your hat and gloves can get sweaty during climbs or in tailwinds, or just from exertion. Swapping them out for a dry set can make the next part of your ride – or the ride home – much more pleasant.
- **Get the right fit.** As with jerseys, insulating fabrics do their jobs better when they are not compressed. Gloves that are too tight or that have broken down over time will not be as warm. Thick socks crammed into cycling shoes won't keep your feet warm.
- **Protect your feet from the outside.** You're likely using the same cycling shoes in the winter as you did last summer, meaning they fit snugly with thin summer socks. There might be room for a thin wool sock, but in very cold conditions you'll need windproof or insulated shoe covers for added warmth.
- **Consider chemical warmers.** Air-activated hand warmers can provide an additional level of protection from the cold. They may be too warm to put directly in contact with your skin, though, so try them between your insole and sock, or between the top of your shoe and a shoe cover. Similarly, if using them for your hands, you may need a thin liner glove so you can put the warmer between the liner and the thicker glove.
- **For bitter cold, consider bar mitts.** There's a reason they are standard equipment for ultra endurance cycling races in Alaska.

Invest in insulated bib shorts

Oddly enough, cyclists frequently have three different types of gloves, two types of shoe covers, and multiple winter jerseys and jackets to adjust for varying levels of cold... while wearing the same cycling bib short they ride in summer. One option is insulated bib tights (**men's** and **women's**), which wrap your legs, hips, and lower torso in warm, thick fabric. If those are too warm, consider leg warmers and insulated bib shorts (**men's** and **women's**). I promise, on those cold but not freezing days, you'll appreciate insulated bib shorts.

Welcome New Lifetime Members

The objective of recognizing a JSTS Member for Lifetime Membership status, is to acknowledge a member's long-term contributions to the club. Candidates should have made "significant contributions to the club" spanning a period of at least 5 years. These individuals may have served as board members, been consistent ride leaders, volunteered for club events, etc. These members should be a positive influence within the club. This may include helping to promote cycling, and the values that the club stands for, such as safety, camaraderie, etc. Congratulations to these two worthy individuals.



Steve Karger has been a member of JSTS since 1986. He has served as JSTS Club President multiple times (2005, 2006, 2009, and 2014), as well as being Vice President in 2010. Steve also has stepped up to fill executive positions as well as committee positions when there has been a void. In addition, Steve has fulfilled many other roles in the club in addition to his executive roles. He has been a Ride Captain, member of the By-laws Review Committee, Chairperson of the Election Committee, and supported club events (e.g., club picnic, club century). He is currently the administrator for the JSTS Facebook Group.



Bob Spomy has been a member of JSTS for over 30 years. He was JSTS President in 2015 and has also served as JSTS Secretary. For years, Bob supported many club events. These efforts included setting up events, getting food for events, sagging and marshalling rides, among others. Bob maintained club resources and made them available for club events throughout the years. In addition to these club-supporting efforts, Bob fostered riding by being a ride leader and mentor to other ride leaders for numerous years.

New Product News & Equipment

Garmin launches new Tacx Neo 3M smart trainer with integrated motion plates. Read about it here:

https://www.cyclingnews.com/news/garmin-launches-tacx-neo-3m-smart-trainer-with-integrated-motion-plates/?utm_term=A9422E11-954E-4346-B667-87755526BB0D&lrh=b9cc17a21005b4ebe942f23fc2ca902c76b09d7e024974da616a466f57ed88d8&utm_campaign=A8C132A5-BD9C-4737-AC90-016639AFE43E&utm_medium=email&utm_content=1675E0CB-639B-4C60-A0CF-CA6DACD37196&utm_source=SmartBrief



Should you purchase an Endurance or Race Bike? Read about it here:

https://www.bikeradar.com/features/opinion/endurance-road-bikes-make-more-sense-than-ever/?utm_content=BRR&utm_campaign=Newsletter%208%2F12%2F23_3347193_BikeRadar_Newsletters_13481206&utm_medium=Email&utm_source=Adestra



Are your fingers cold? Here is a review of some of the best new winter gloves:

https://www.bikeradar.com/advice/buyers-guides/best-winter-cycling-gloves/?utm_content=BRR&utm_campaign=Newsletter%208%2F12%2F23_3347193_BikeRadar_Newsletters_13481206&utm_medium=Email&utm_source=Adestra



**WELCOME
New**



Member

Eric Guether

Robert Schwarz

Member Spotlight

2024 JSTS Executive Board Members



Pat Perrella - President

A Freehold resident for 25 years, Pat and wife Michele have been married for 23 years. Pat has 4 sons and a step son & daughter. All are out of the house so they are now empty nesters.

Pat has been in the technology industry for 38 years, the last 23 at International Flavors and Fragrances building and delivering custom applications in the Global Pipeline & Product Development areas. Many of the projects delivered required extensive international travel. Needless to say, travel with Michele for pleasure is sure a hobby. We most recently vacationed in Greece and Italy.

Needing a way to get fit after years of travel and running kids around, Pat spent one year riding alone on a hybrid bike doing 1k miles. He then found JSTS, has been a member for 5 years and has been consistently riding 8 to 10k miles the last few years. Aside from cycling, Pat enjoys hiking with his wife, family and friends, rucking, wine tasting / cooking, binge watching shows and handyman projects for the house or the kids.



Ward Kradjel - Vice President

Ward's cycling journey started in his youth, finding joy in the thrill of the ride and the camaraderie of friends. From the early days when riding with fishing poles, to a brief track training stint at T-Town, to leading club rides and multi-day tours, Ward has maintained a passion for cycling and group riding.

A JSTS member since 2009, Ward originally joined the club to train for the first leg of his cross-country tour, a solo ride to Cleveland's Rock and Roll Hall of Fame. He has been a member ever since, exploring new areas and routes, finding delight in leading remote start rides for an added sense of adventure.

Originally from Pennsylvania, Ward moved to Cincinnati after college for work, where he met his sweetheart, Vera, got married, and began to raise two daughters. Settling in New Jersey 30 years ago, Ward loves spending time with his wife, daughters, SILs, and grandsons. He likes to travel back and forth to PA to visit his extended family and friends. He loves to cycle in the hills of PA, where he has a particular fondness for riding downhill. Retiring from a successful software engineering career, Ward transitioned to focusing on cycling advocacy and transportation planning. He stepped in (continued)

MEMBER SPOTLIGHT, 2024 JSTS EXECUTIVE BOARD MEMBERS CONTINUED

as the JSTS Bicycling Advocacy Coordinator, was trained as an Adventure Cycling Association tour leader, achieved certification as a League of American Bicyclists instructor (LCI), and is engaging in transportation planning groups at various levels.

Eager to contribute as Vice President, Ward looks forward to working together with JSTS members to create an even more vibrant and cyclist-friendly environment.

Michael Greaney - Secretary

Mike took up running in 1995, and increased his commitment to the sport, including running the New York City Marathon in 2003 and 2004. He began participating in duathlons and triathlons in 2009, and in 2018 he was looking to strengthen his abilities on the bike as he worked up to Ironman 70.3 distance events. Mike has longstanding ties with the shore area, and chose JSTS in 2019. Unfortunately, working in New York City as a partner with PricewaterhouseCoopers and living in Scotch Plains limited his participation. Mike rejoined in early 2022, following the pandemic and shortly before his retirement later that year, and has been enjoying riding with the club ever since.

Mike also enjoys time with his wife, Susan, and children Charlotte, Claire and Scott, cooking, attending Rutgers sporting events, and community service with the Scotch Plains-Fanwood Rotary.

Johnny Echevarrieta - Treasurer

Johnny is originally from NYC/Brooklyn. Also lived in Staten Island until 2014. Johnny now lives in Tinton Falls. JSTS member since 2022. Prior to JSTS, belonged to Five Borough Bicycle Club. Besides cycling, Johnny enjoys many outdoor activities: running, hiking and pickleball. Also has a great passion for all sports. Still actively involved in ice hockey, softball, and basketball. Hobbies include travelling and photography. Holds both United States and Spanish citizenship.

Johnny has dual MBAs in Technology Management and Finance. Career has spanned banking, brokerage, and wireless telecommunications industries. Johnny has held multiple positions such as software engineering, fraud detection system development, technical project management.

Johnny is an empty nester. Adult son and daughter residing in New York.



Final 2023 JSTS Event Leaderboard

Member Participation in JSTS Events, Rides & Meetings

#	First	Last	Count
1	Charles	Kirlew	158
2	Eric	Stacer	148
3	Thomas	Trank	144
4	Pat	Perrella	143
5	George	Gregorio	142
6	John	Hayes	142
7	Raymond	Simonian	141
8	Bryan	Hrycyk	121
9	Ward	Kradjel	115
10	Russ	Meseroll	110
11	Joel	Brown	106
12	Bruce	Naidoff	103
13	Jean	Roy	103
14	Hank	Steinberg	102
15	Patrick	Bisogno	102
16	Caroline	Donahue	99
17	David	Anderson	97

#	First	Last	Count
18	John	McNamara	97
19	Paul	Sakson	96
20	Jaime	Morales	95
21	Alan	Pavelchak	94
22	Al	Pardo	93
23	Alan	Zwiebel	88
24	Mike	Streett	87
25	Robert	Nuara	87
26	Joe	Crapanzano	86
27	Russell	Deady	86
28	Steven	Schwartz	86
29	Frank	Lupo	85
30	Abe	Chasnoff	84
31	Barbara	Chroman	83
32	Steven	Srolovitz	83
33	Steven	Shell	82

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.

- **294**= number of renewed MEMBERSHIPS for 2023 (239 Individual; 46 Family; 9 Lifetime)
- **77**= number of new MEMBERSHIPS for 2023 (68 individuals, 9 Family)

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

- **319**= number of Individual MEMBERS for 2023 (239 Individual; 68 New; 9 Lifetime Member; 3 Lapsed renewed*)
- **107** = Family Member

AS OF END OF DEC

	2023			
*** MEMBERS ***	Renewed	New	Lapsed Renewed	Total
Individual Member	239	68	3	310
Family Member	98	9	1	107
Lifetime Member	9	0	0	9
TOTAL MEMBERS	346	77	4	426

	2023			
*** PAID MEMBERSHIPS ***	Renewed	New	Lapsed Renewed	Total
Individual Membership	239	68	3	310
Family Membership	46	9	1	56
TOTAL PAID MEMBERSHIPS	285	77	4	366

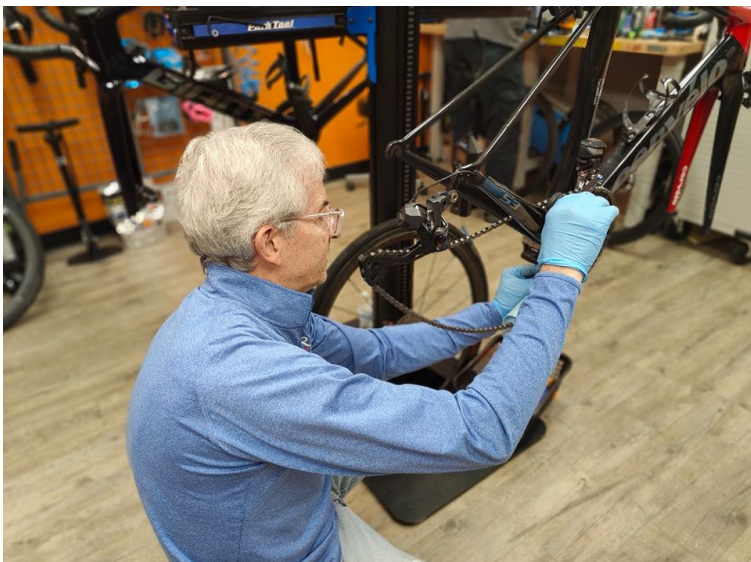
Currently Active Trial Memberships	3
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NOTE: "Memberships" does not include additional family members. It only includes the bundle administrators.



Corner

B3 Bike Maintenance Clinic





Corner

JSTS FROSTBITE





Corner

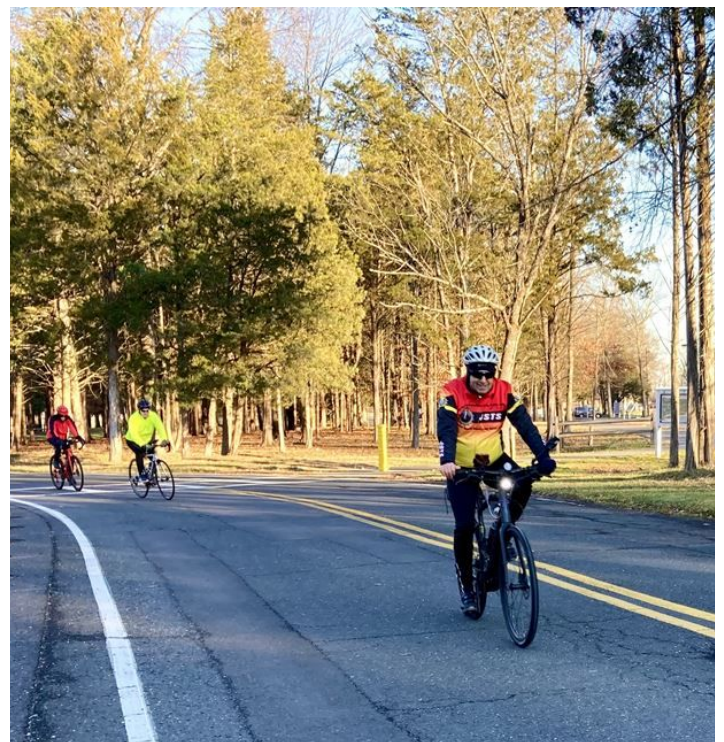
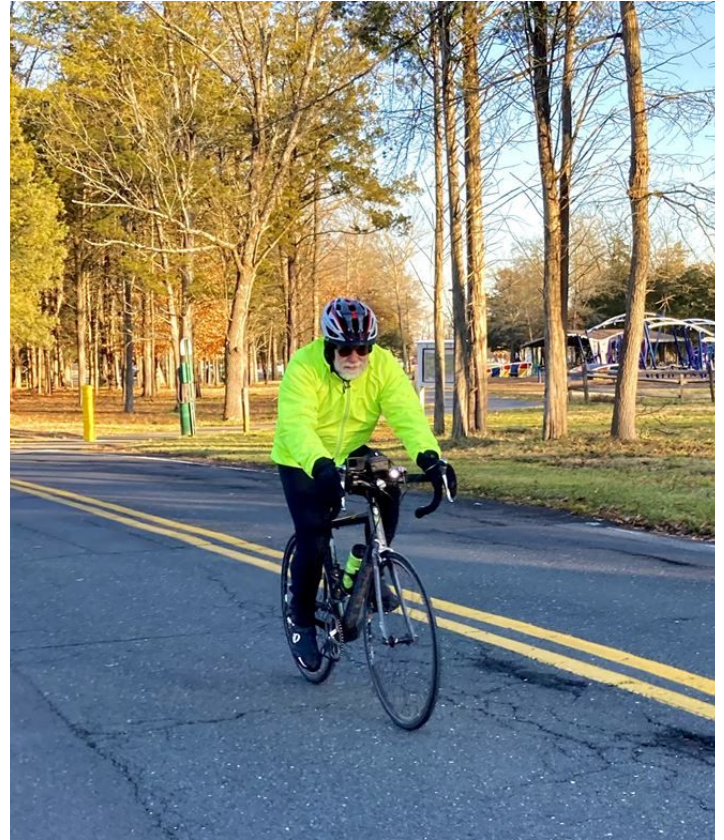
MTB Frostbite Ride





Corner

Tuesday MJT Frostbite Ride



CYCLING SHORTS

Facebook Post

I'm posting this with a heavy heart. I love my road bike, TT bike, MTB and gravel bike, and everything that comes with them...but they are taking up too much of my time. I am struggling to keep up with the everyday basics of maintaining my home, so something has to give. I will be getting rid of my collection. Below is a list of what's available. Serious inquiries only, and please don't insult me with low offers. Thanks for reading and understanding...

1. Lawn mower
2. Leaf blowers
3. Rakes
4. Shovel
5. Garden hoses (200 feet)
6. House Paint rollers
7. Extension ladder
8. Leaf bags
9. Leaf bag ring
10. Car washing supplies
11. Lawn sprinklers
12. Honey do list



CYCLING SHORTS

“

Life is like a ten speed bicycle. Most of us have gears we never use.”

SHE: CAN YOU MAKE THE DINING ROOM LOOK NICE FOR OUR GUESTS?

ME:



Who's had enough of Elf on the shelf??

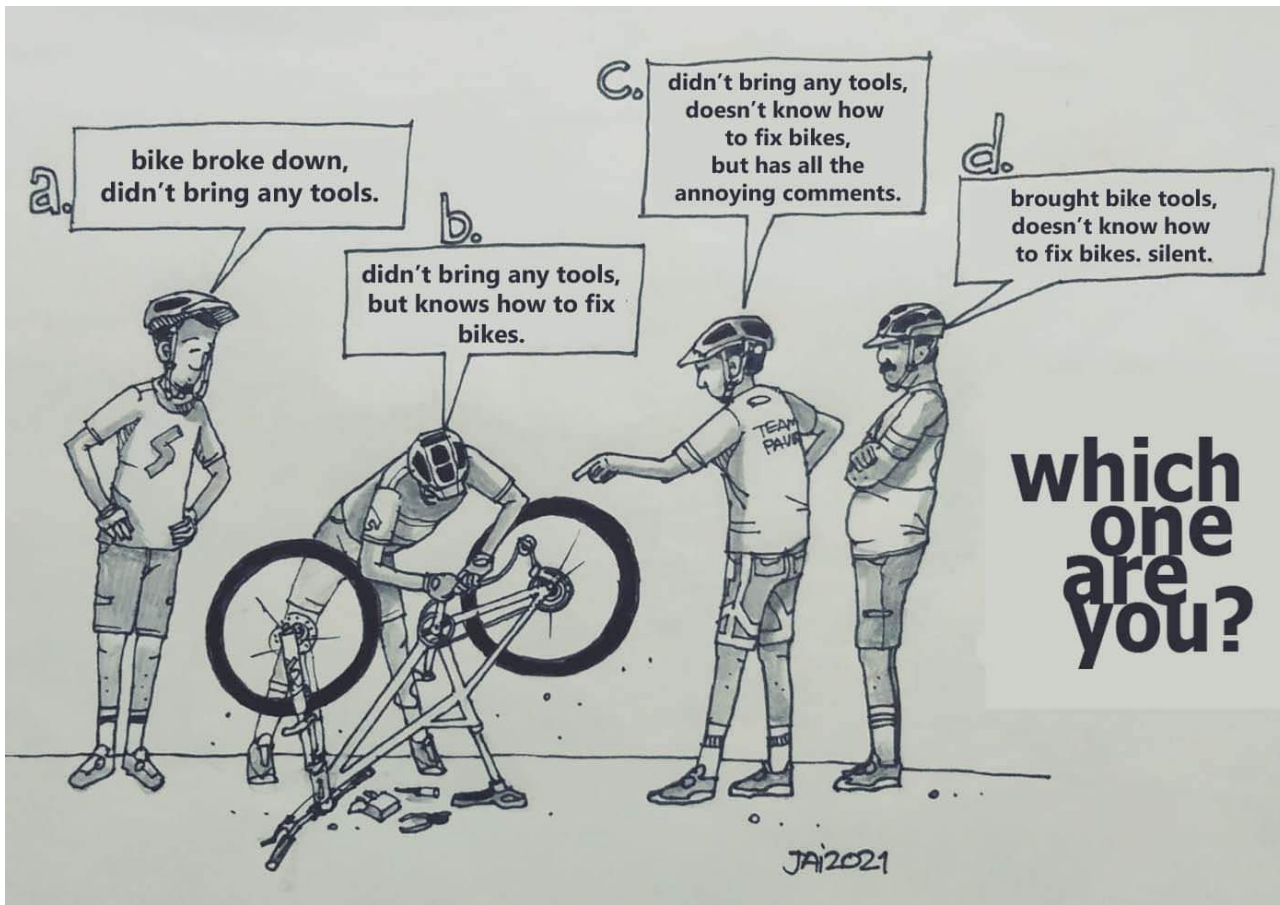


I give you, Shrek on a Trek!

IF YOU WAIT FOR THE PERFECT CONDITIONS, YOU'LL NEVER GET ANYTHING DONE



CYCLING SHORTS



Life



WITHOUT BIKE 🚲



WITH BIKE 🚲

CYCLING SHORTS



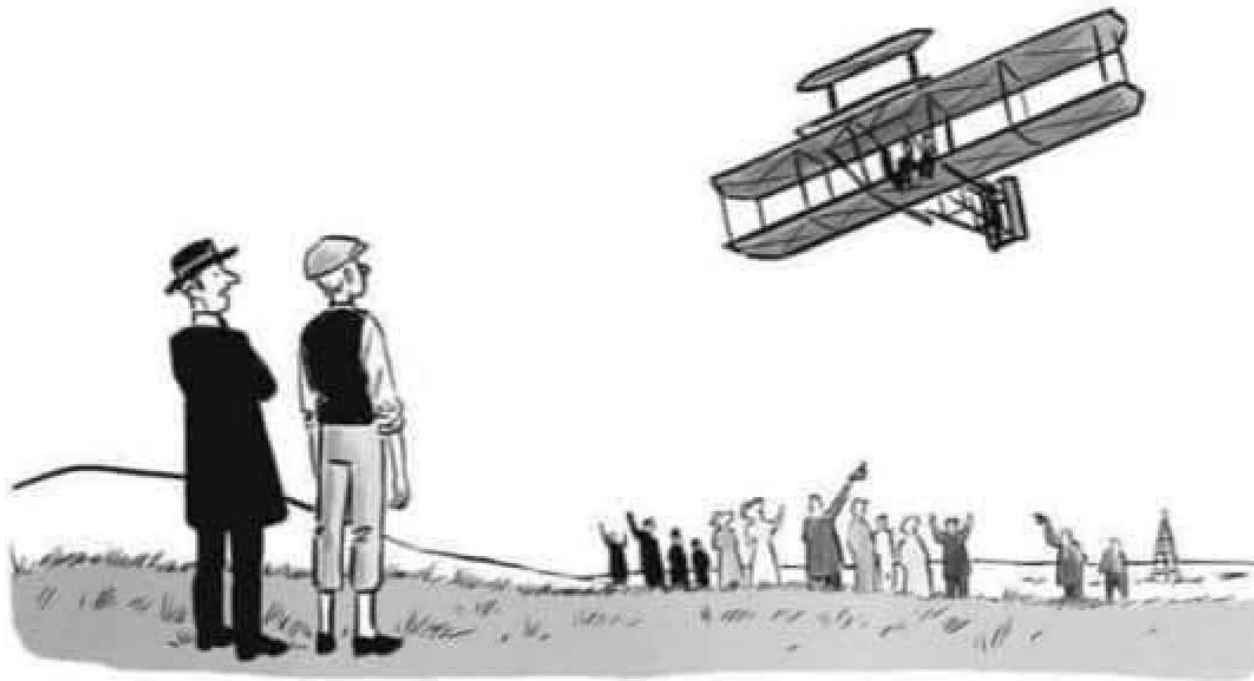
Mystery solved: Triathlete's bed



I WILL RIDE MY BIKE THIS MUCH THIS WINTER



CYCLING SHORTS



“Well, what I see is my bike not getting fixed.”

Mobile confessional: “Go forth and run stop signs no more my child”



**GO ON, KICK IT, GRANNY!
DADDY SAYS HE'LL BUY ME A
BIKE WHEN YOU DO!**



A "BAMFORTH" COMIC