

THE JSTS PACELINE



FEBRUARY 2024

A PUBLICATION OF THE JERSEY SHORE TOURING SOCIETY

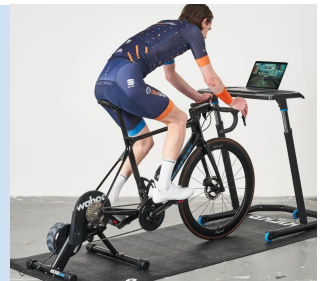


2024 Frostbite Rides

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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

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.

Follow Us:



CALENDAR OF EVENTS

EVERY SATURDAY

Zwift Indoor Training Rides at 9:15 AM

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





Hello Cyclists!

A NOTE FROM THE PRESIDENT

JSTS Bicycle Club: Pedaling Forward in 2024

Our new board has been diligently planning for the upcoming year. We're making progress on several fronts, and we're excited to share some highlights.

Kit Update

This year, our club's kit will undergo some exciting updates. A dedicated team, consisting of Rob Nuara, Jean Roy, Ashley Sherman, and myself, have been collaborating with five vendors on new designs and sample kits. We're nearing the end of this project, which will result in a fresh design based on our new JSTS logo and our chosen vendor.

Pursuit of New Platinum Sponsors

Our Board has been actively seeking a new platinum sponsor (bike shop) in eastern Monmouth County. This is to mirror the benefits we've received from B3 in western Monmouth County, which has greatly supported our club's activities and growth. We're making good progress and thrilled to announce the return of B3 Bicycles as a Platinum Sponsor. A new addition to the Platinum level this year is the inclusion of their logos on our jerseys to help promote their shops and services.

Frostbite Series End

The 2023 series concluded with an impressive total of 57 riders successfully finishing the series. Jean Roy is diligently working on the selection of shirts, which will feature our AI-inspired design. We extend our gratitude to Rob Leitner for his meticulous record-keeping and to our ride leaders for providing weekly updates to him.

Indoor All Pace Zwift Rides

Despite weather challenges, our members have shown tremendous enthusiasm for our indoor Zwift rides. Rob Nuara is leading the Saturday group workout series, which had 13 riders in its latest event. We use Zwift's "Keep Everyone Together" function which allows riders of all abilities to stay together regardless of their effort, as long as you don't stop pedalling.

Indoor All Pace Zwift Rides

We've also introduced a Tuesday and Thursday All Pace Group ride. Our first ride had 9 riders. Other ride leaders will include Steve Srolowitz, Jean Roy, Bill Winterbottom, and John MacNamara. Thanks to Zwift's magic that keeps us together, we get a chance to ride and meet folks outside of our normal riding category.

Cycling Advocacy

In mid-January, Ward and his team hosted a session with invited guests from the EZ Ride and Street Smart NJ groups. The goal was to understand how the programs presented by these guests could shape the JSTS Advocacy Campaign plan. The session generated many new ideas and received great feedback from our Advocacy team members Don Levy, Mark Schussel, and Ward. Stay tuned for more updates in this area.

Summary of Events This Year


At the end of 2023, Ward and I met with Barb Bennett and Tom Trank from the Ride Committee to review each event in terms of participation, purpose, and budget. We're excited to bring all the rides with some structure around their original purpose and cost control. More updates will come as Barb and her team plan these events over the next couple of months. These changes have enabled us to offer a new event, the Remote Ride Series.

New Remote Hill Ride Series

Our new remote hill ride series will be an excellent opportunity to explore different parts of NJ and adjoining states. Riders across all levels are welcomed. It's a great way to hone your climbing skills and enjoy the camaraderie of riders you don't normally ride with.

End of Season Party

Based on feedback our club events chair David Makow and the JSTS Board are hard at work planning this year's event. Stay tuned for more details, and if they ask for volunteers, please consider stepping up to help.

We're looking forward to another exciting year here at JSTS! 



Hello Cyclists!

COME SHOP AT B3 BICYCLES

TOP 10 REASONS TO SHOP AT B3 BIKES



Quality

Our bikes are made with better materials and components, and assembled by the area's best mechanics.

Selection

We have bikes for everyone, from kids to pros, in a wide selection of sizes, colors, and prices.

Staff

B3 Bikes is proud to have the most skilled, knowledgeable and conscientious staff in the region.

Focus

Our focus is bikes. This is what we know, this is what we do, this is what we love. We're a department store with one department: The Bike Department.

Test Rides

We facilitate and encourage test rides, so that our customers can be sure they are getting a bike they'll love.

Warranties

All of our bikes come with a lifetime manufacturer's warranty on the frame against manufacturing defects, and generous warranties on defective components.

Support

If you have questions about what to ride, where to ride, how to ride, or how to maintain your ride, we're here for you.

Parts & Accessories

We only sell good stuff, so you can rely on the stuff we sell to enhance your cycling experience, and to let you ride with peace of mind.

Proper Fit

Most of the bikes we sell come in 3-6 different sizes, and our staff will help you find the size that you'll be most comfortable on. We also offer Master Level fits for the most demanding riders.

Community

We go beyond the walls of our store to support our community. We contribute to causes you care about. We also run free weekly group rides, and hold free seminars on topics of interest to cyclists of all levels.



The Paceline Newsletter

By Robert Nuara



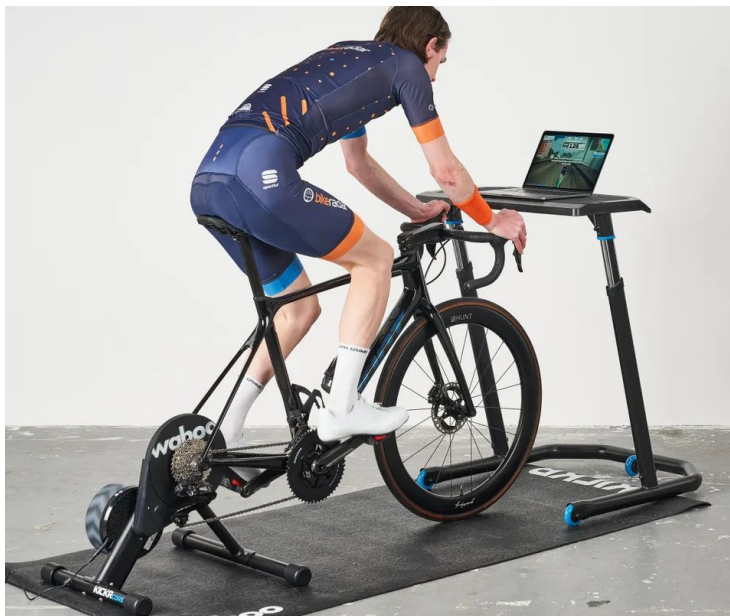
YOUR CYCLING CLUB NEEDS YOU

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.

8 ways Indoor Training Will Make You a Better Rider in 2024

This article appeared in Bike Radar



Whatever your goals, supplement your outdoor riding with targeted indoor sessions to improve your fitness.

While indoor training used to be the preserve of dedicated racers looking to maintain fitness through winter, the latest advances in tech have made indoor cycling more appealing – and more beneficial – to a wider range of riders than ever.

Regardless of your goals in 2024, indoor training can benefit your cycling performance, particularly over the winter, when opportunities to ride may be limited by the weather and lack of daylight hours.

Here are eight ways in which a structured programme of [indoor training](#) can supplement your outdoor riding, helping you to become a better rider and achieve your cycling objectives for the coming year.

You can also learn more about how to use indoor cycling to help you train effectively in our [BikeRadar Podcast](#) series with Wahoo's Mac Cassin.

1 Get Structured

When [riding outdoors](#), it's easy to get into a routine of similar-length rides with comparable effort levels over many of the same roads or trails.

Riding at similar intensity isn't the best way to work on your winter fitness though and is most likely to result in you reaching a plateau that's below your optimum capacity.

"It's important to have intent and purpose to your training," says Mac Cassin, principal sports scientist at Wahoo. "If your goal is to improve, sometimes you'll need to do stuff that you don't want to do. It's about having a clear plan and [periodisation to your riding](#), having something you're working towards, maximising the use of your time available and hitting specific targets."

A more structured training routine, which mixes steady recovery rides with [higher-intensity efforts](#), has been shown to result in quicker adaptations, which result in increased exercise capacity. It's also important to plan in recovery time, to help your body adapt to training stress.

Even if you prefer outdoor rides, indoor training is a great way to supplement these and provide a more varied exercise regime, which will [reap benefits](#) later.

8 ways Indoor Training Will Make You a Better Rider in 2024 (continued)



2 Become a Better Climber

Indoor cycling enables you to work on your climbing. You can put in a concerted effort against a consistent gradient, often for far longer than you could on a real hill, short of travelling to the Alps.

If you want to ride simulations of real climbs, pair up your Wahoo trainer with [Zwift](#) and you can ride Alpe du Zwift, which replicates the length and gradient of the most famous climb of all. You'll generate the additional stamina that makes shorter climbs a breeze.

Wahoo makes climbing drills even more realistic with its [KICKR Climb](#), which ramps up the front of your bike so it's at the actual slope you'd experience. That helps you to recruit the muscles you'd use in a real climb, rather than those you use when riding on the flat. It makes out-of-the-saddle efforts much more authentic and helps you to pace your climbing efforts better.

3 Go Longer

If you're aiming for a longer event next year, whether that's a [first century ride](#), a big sportive or LEJOG, the winter is a great time to build a base of fitness. However, most people don't have the time to do more than a couple of long rides a week, particularly with the short winter daylight hours.

That's where higher-intensity training sessions on a Wahoo trainer can really help. Yes, you can spend your winter evenings on steady turbo rides, but it's much more time efficient to mix in shorter, higher-intensity sessions such as [short intervals](#), which will kick-start your body's adaptation to higher-volume riding at greater effort levels come summer.

A polarised training programme that mixes up these higher-intensity turbo sessions with lower-intensity endurance rides – which you might prefer to do outdoors – and with recovery days, will get you ready for longer efforts come the summer.



8 ways Indoor Training Will Make You a Better Rider in 2024 (continued)



4 Get Stronger

It's important to work on the strength of your whole body, not just your leg muscles. Core muscle strength in your torso has been shown to enable more efficient cycling, making you more stable on the bike and also helping to prevent injury.

Wahoo's sports scientists say the stronger your core, the less fatigued your legs will be and the easier it will be to maintain your position on the bike.

A comprehensive [indoor training programme](#) will address your overall musculature, not just your pedalling. [Wahoo SYSTM](#) includes off-bike exercises to work on your core, so you'll be a more efficient rider and less likely to suffer from aches and pains or injuries when riding.

Riding on a [smart trainer](#) indoors, you'll also avoid the risk of a crash if the weather is poor or conditions are icy, which could put your training back by weeks.

5 Work On Your Weakness

It's not just your strengths that winter training can address, it's an opportunity as well to assess your relative weaknesses and to improve those. While the power output you can maintain for an hour – your [functional threshold power, or FTP](#) – is a useful and frequently used measure of your fitness level and how it is improving over time, Wahoo SYSTM assesses your power output to derive other metrics too.

Its [4DP analysis](#) includes shorter efforts: your five-second power output, your five-minute power and your one-minute maximum anaerobic power. These provide a more comprehensive view of your capabilities on the bike, which you can use to target your training to improve overall performance.

"It's important to look at your numbers, but you shouldn't obsess over them," says Cassin.

6 Go Faster

If your aim is to go faster, indoor training is a great way to increase your FTP and [VO2 max](#), offering structure that's difficult to achieve when riding outdoors. While the need to keep alert to what's going on around you, and even just the availability of suitable quiet roads, can be a handicap to really working on your training, working out indoors avoids such problems.

You can concentrate on your planned workout, watch your output numbers and follow a training routine much more easily without distractions on a turbo trainer. This will enable you to work on drills that will make you faster

8 ways Indoor Training Will Make You a Better Rider in 2024 (continued)

outdoors once the better weather comes around. The in-built power meter in Wahoo's smart trainers gives you the numbers to quantify your effort and [ERG mode](#) ensures you're meeting the prescribed outputs.

Many riders find indoor cycling uncomfortably hot, although a powerful fan such as the [Wahoo KICKR Headwind](#) can help to keep you cooler. However, although the heat build-up when riding indoors may feel unpleasant, it has advantages, says Cassin.

Your body will adapt by increasing blood plasma volume to help carry the heat to your periphery, which in turn increases cardiac output. Over time, this is likely to increase your VO2 max.



7 Finesse Your Technique

Following on from this, the distraction-free indoor environment offers the opportunity to really work on your pedalling technique, to improve your efficiency on the bike.

High-output, low-cadence drills, mixed with fast pedalling exercises, will train your muscles to work more efficiently in propelling

you forward. This will help not just with power delivery but also add to your ability to take on longer rides with less fatigue come the summer.

Wahoo SYSTM has a series of drills it recommends to improve your cycling strength and efficiency.



8 Find Balance

Finally, exercise during the winter shouldn't just be about time on the bike. It's important to build off-bike recovery time and other exercise into your routine too.

Wahoo SYSTM provides a comprehensive suite of off-bike activity, including yoga, strength and flexibility improvement, and mental training to help you improve your focus and stay positive.

Its content includes documentaries and ride-throughs of iconic routes, helping you to relax, and clarify your aims and objectives for your cycling in 2024.

"The best way to maintain your motivation is to have goals that you're working towards," Cassin concludes.

SUGAR: AN INGREDIENT THAT HELPS YOU HYDRATE FASTER

By Tailwind Nutrition

Carbohydrates for Fuel

All parts of the body (muscles, brain, heart, and liver) need energy to work. This energy typically comes from the food we eat which is converted to glucose. Our bodies digest the food we eat by mixing it with fluids (acids and enzymes) in the stomach. When the stomach digests food, the carbohydrate (sugars and starches) in the food breaks down into another type of sugar, called glucose. The stomach and small intestines absorb the glucose and then release it into the bloodstream. Once in the bloodstream, glucose can be used immediately for energy or stored in our bodies, to be used later.

It turns out that this absorption step which uses the glucose-transport is key – not only for providing the most efficient way for calories/fuel to reach your bloodstream, but also for the absorption of water.

Importance of Sodium

The small intestine is where the magic happens. This is where the body absorbs fuel, electrolytes, and water. Active transport mechanisms in the small intestine literally pump glucose and fructose molecules into the bloodstream. The transport mechanisms are sodium-potassium pumps and require sodium to be present with your fuel to work, which is why you need electrolytes mixed with your fuel.



Fast Hydration with Glucose Transport

This pumping action also causes water to be sucked from the small intestine into the bloodstream at a rate that's higher than if you were only drinking plain water. The combination of glucose and fructose fuels, sodium, and water results in the maximum absorption of each. And that is what all of Tailwind's products provide.

Sure, you can drink water or water with electrolytes, but to hydrate faster and for maximal absorption, you also need a small amount of sugar to take advantage of these specialized channels in the gut. Same goes for amino acids. Although aminos can also facilitate absorption, they are not as effective as sugar.

Bottomline: electrolyte drinks without sugars do not have the same effect in absorbing sodium, making them less effective for maintaining hydration during exercise. So the next time you are looking for a drink to optimize your hydration, look for a little bit of real sugar (glucose or cane sugar) – and skip the fake stuff.

New Product News & Equipment

Best Helmets for all price ranges. Read about it here:

<https://www.bikeradar.com/advice/buyers-guides/best-road-bike-helmets>



Looking for new bike shoes in 2024? Here is an article for you.

<https://www.bikeradar.com/advice/buyers-guides/best-road-cycling-shoes>



Best Disk Brakes for MTB'ers. for all price ranges. Read about it here:

<https://www.bikeradar.com/advice/buyers-guides/best-mountain-bike-disc-brakes>

Here are 2024 cycling events listed by month:

<https://www.bicycling.com/racing/a43670366/ama-teur-bike-race-calendar/>



WELCOME New Members



**Thomas Carson
Norman Morano
Jonathan Gottlieb
Mary Russo
Mark Mamrega
Brian Lower
Fred Berenbroick
Stephen Todaro**



Member Spotlight

Don Carlin

When you reach 80 years old, do you ask yourself, "Will I be able to enjoy cycling with my friends?" Well, if you follow in the footsteps of one of our most senior members- Don Carlin, the answer will unequivocally be "YES."

Don Carlin has been cycling both competitively and socially for over 70 years and is still going strong. So, you are thinking he must be riding an e-Bike, or he is going really slow? In fact, Don is a solid B Rider who rides nearly every Wednesday and Friday with the JSTS Reservoir group. That is remarkable for a man of 85 years young. He is a true inspiration to everyone, and he happens to be one of the nicest gentlemen you will ever meet.

When Don was about 12 years old and growing up in the Vailsburg section of Newark, he and his buddies came upon a group of strangely dressed old guys (20 or 30 years old) riding brakeless, single speed bikes on a flat running track in their local park. They were members of a racing club called The Bayview Wheelmen and they took Don and his buddies to their club house on South 6th Street in Newark, a leftover from the haydays of Bike Racing – the world famous Vailsburg Velodrome.

In the basement there was a "Members Only" Bar and Grille with a 2 lane bowling alley and shuffleboards, a huge dance hall and kitchen on the main floor. There was roller training and offices on the second floor which had a view of Newark Bay, hence the name Bayview Wheelmen, and so began his passion for cycling.

During this time, Don was working at a local bike shop in Irvington and became friendly with the owner, who previously had a Chandelier building business but realized the market was slowly transitioning away from chandeliers. So, he re-invented himself and went into the framebuilding business. It was this time through the shop Don met the Head Mechanic for the 6 Day Races that were held in Madison Square Garden and other venues around the country. Not only was he a frame builder, but his experience being around these great cyclists gave him a wealth of knowledge about cycling and training. In fact, he became Don's Cycling Coach and thus started the beginning of his competitive days. Don said there was no such thing as just going out for a bike ride. Every ride was a Training Ride. They were doing Interval Training before the term was even coined. During this time, Don was able to meet Velodrome and World Champions who would stop by the shop and talk about their experiences. Don was now really hooked on cycling and racing.

Don and his friends relied on the Bayview Wheelmen club for transportation to the local races such as Belleville, Nutley, Flemington, Rahway and, of course, Somerville. When the weather turned cold it was learning to race on rollers. The Cycling Division of the Club supported itself by putting on Roller Race exhibitions at various places. When Don's



MEMBER SPOTLIGHT DON CARLIN, CONTINUED

brother Bob became involved in racing, being 4 years older and having a driver's license gave us the ability to compete in New England, Maryland, Washington DC, etc. The Carlin boys became quite accomplished cyclists and racers.

In 1955, Don had one of his most successful years as a road racer. He entered the Tour of Sommerville- Junior Division race and came in First Place.



Don competing in road race.



Don winning the Tour of Sommerville.



The rest of the year was equally successful for Don, as he entered and gained points in most races. He was awarded the B.A.R. (Best All Around) Champion for the year. He received a letter telling him that his trophy was being engraved and would be receiving it shortly. Well, it's now been 69 years and Don never received the trophy. Carlin must be a very challenging name to engrave!!! So you ask, how good was his competition that year? The second-place finisher in the 1955 Tour of Sommerville that Don beat went on to become the National Champion.

Don got his first custom bike frame from the Head Mechanic at the bike shop that he worked out as a kid. The mechanic built a frame from a 1937 frame that was a perfect fit. It must have been a pretty darn good bike as Don used it to compete in his races.

MEMBER SPOTLIGHT DON CARLIN, CONTINUED

Besides being an accomplished road racer, Don competed and won his share of indoor events, as well. He competed in several multiple day races at locations throughout the northeast. In the picture below, he and his teammate are lined up for the start of a 9 Day Indoor Velodrome track race, in West Orange, NJ. That's Don and his teammate.



Don's custom built Wooden Rollers.

On a personal side, Don lived in Parsippany NJ for 45 years and worked in a Tool and Die company in Mountain Lakes, NJ. He and some of his co-workers eventually purchased the business, eventually selling it to a Norwegian company. Their company built the machinery for the production the flu vaccines and the vials.

After retiring from his company, Don relocated to Manasquan, NJ and resides there with his wife-Virginia and their four-year-old Springer Spaniel. Don has three children and three grandchildren. When Don is not riding his Cervelo, he has a woodworking shop in his basement and maintains his vintage 1967 Pontiac GTO. Don custom built wooden rollers that are a piece of art.



Another vintage photo of Don (on the right of the clock) competing and naturally, winning, a Roller Ride. The judge is pointing to Don winning time on the clock.

Don now claims that he and the JSTS members are the strangely dressed guys in the park, riding their bikes. Sadly, he does not see any curious 12 year-olds! A different world. "They do not know what they are missing".



2024 JSTS Event Leaderboard

Member Participation in JSTS Events, Rides & Meetings

#	First	Last	Count
1	George	Gregorio	14
2	Raymond	Simonian	12
3	Patrick	Bisogno	11
4	John	Hayes	11
5	Bryan	Hrycyk	11
6	Jose	Femandes	10
7	Charles	Kirlew	10
8	Eric	Stacer	10
9	Pat	Perrella	9
10	John	McNamara	8
11	Al	Pardo	8
12	Thomas	Trank	8
13	Joel	Brown	7
14	Frederick	Donovan	7
15	Ward	Kradjel	7
16	Mary	Carr	6
17	Abe	Chasnoff	6

#	First	Last	Count
18	Caroline	Donahue	6
19	John	Facciponte	6
20	Tom	Kelly	6
21	Russ	Meseroll	6
22	Hank	Steinberg	6
23	Suzanne	Fico	5
24	Jerry	Korn	5
25	Robert	Nuara	5
26	Mark	Schussel	5
27	Steven	Schwartz	5
28	Christopher	Cornell	4
29	Joe	Crapanzano	4
30	Dante	D'Orazio	4
31	Scott	Dunberg	4
32	Donald	Levy	4
33	Larry	Mancino	4
34	Alan	Pavelchak	4

2024 JSTS Membership Data

MEMBERSHIP represents the PAID Memberships, which translates to JSTS income. A Family Membership is typically 2 members. For financial analysis, it is important to look at MEMBERSHIP counts.

- **284**= number of renewed MEMBERSHIPS for 2024 (238 Individual; 36 Family; 10 Lifetime)
- **9** = number of new MEMBERSHIPS for 2024 (8 individuals, 1 Family)

Total Members

- **256**= number of Individual MEMBERS for 2024 (238 Individual; 8 New; 10 Lifetime Member; 3 Lapsed renewed*)

AS OF END OF JAN				
	2024			
*** MEMBERS ***	Renewed	New	Lapsed Renewed	Total
Individual Member	238	8	3	249
Family Member	73	1		74
Lifetime Member	10			10
TOTAL MEMBERS	321	9	3	333
	2024			
*** PAID MEMBERSHIPS ***	Renewed	New	Lapsed Renewed	Total
Individual Membership	238	8	3	249
Family Membership	36	1		37
TOTAL PAID MEMBERSHIPS	274	9	3	286
Currently Active Trial Memberships	0			
<i>NOTE: "Memberships" does not include additional family members. It only includes the bundle administrators.</i>				



Corner

2024 Frostbite Rides





Corner

2024 Frostbite Rides





Corner

2024 MTB Frostbite Rides





Corner

2024 MTB Frostbite Rides





Corner

2024 MTB Frostbite Rides



CYCLING SHORTS

*New Year's Resolutions
made simple!*

Goals

*save money
reduce stress
meet new people
get outside
have an adventure*



... ride your bike



BEFORE CHRISTMAS



**A smile will get you pretty far...
But a smile and a bicycle will get you farther.**

CYCLING SHORTS



When people see my bicycle collection and think I'm rich...



Bro, I'm just irresponsible

CYCLING SOLVES MOST OF MY PROBLEMS



COFFEE SOLVES THE REST



CYCLING SHORTS

