



► Souper Saturday . . 2



► Get Fit Now for Spring Riding 3



► Tell us your story of how you joined the club. . 4

# The Shore Thing

THE JERSEY SHORE TOURING SOCIETY  
KEEPING BIKE RIDING FUN SINCE 1981

*Bad weather, big crowds, excellent scenery, and a controversial finish made this year's Tour of California a race to remember.*

## Leipheimer wins the Tour of California



After cycling 780 miles from Sacramento to Escondido California, Levi Leipheimer won his third consecutive Tour of California on Sunday, February 22. The race will be remembered for the atrocious weather at the start, lively stages and the crowds that kept getting bigger and bigger with each day.

The crowds at the finish in Escondido were astounding for a race in North America and impressive by any standards. Overall, the racing was terrific and the foul weather for the first few stages made it even more interesting for the arm-chair spectators and miserable for the riders and the media. This year, as in

previous years the time-trial stage is so decisive it may detract from the interest in the other stages. (That's possibly why Paris-Nice never has one. But, it sure makes for a great party and it has put scenic Solvang California on the cycling map.) This year, the last two stages were a foregone conclusion from the General Category (GC) standpoint which made the GC battle anti-climatic once again. It was the individual stages with successful breaks and the huge crowds that made this Tour of California. Most memorable was the stage 2 finish in Santa Cruz with Levi lighting up Bonny Doon in the pouring rain. Honorable mention goes to the stage 7 disintegrating break that ended

with a two man drag race in Pasadena. California has incredible scenery with excellent cycling roads. Is wine country a requirement for bike racing? Perhaps the organizers will continue to get more creative in the route selection. If the date is changed to April, as is rumored for next year, the warmer weather will open up more options. Stage 2, Sausalito to Santa Cruz, was a terrific route. It would be good to see more stages like that.

For the second time in four years, the finish in Santa Rosa was controversial. Any changes to a course and to cycling rules should be made before a stage starts; otherwise, it creates confusion and inequity.

From a TV standpoint, the live broadcasting on Versus (weather permitting) was a great addition even if the beauty and continuity of the action was continuously broken by frequent commercials. Also, the Velonews Velocenter online video recaps were a pretty slick and concise way to start each morning.

(This article was adapted from the SteepHill.tv website. Click on the title to read the original article.)

*Bowls of delicious soup fortify these JSTS riders as they enjoy the revival of a February Tradition.*

## Souper Saturday!

During a Club meeting held last October at Federici's Italian restaurant, the discussion turned to reviving a past tradition, "Souper Saturday." This just happened to be the first meeting attended by Deborah Jane Slavitt, a new member who lived in Long Branch. As luck would have it, Deborah loves to give parties and she loves soup! She immediately volunteered to host it. Deborah's condo, located on the water at the back end of the Shrewsbury River, has a fabulous view of the river.



Everyone who attended brought various food items to be shared by the group. Ten people showed up for the event - some who did the road ride and one from the mountain bike ride. There were also three people who did not ride. Riding was not mandatory to attend. Our goals for the day were to enjoy each other's company and uphold our Thursday night tradition of

riding to eat. We had four different types of soups made for group. Donna made a lentil soup, and Caren a chicken soup with matzo balls. It was my first time eating a matzo, and I was pleased to discover they weren't bad in a good chicken soup. The other soups were corn chowder and a pumpkin squash soup. Jeanne brought a jumbo shrimp platter.

In keeping with the winter theme, refreshments consisted of piping hot chocolate and warm apple cider with mulling spices. For dessert, there were varieties of cookies, cake and chips.

Everyone had a great time and I can see how this can become an on-going tradition. In fact, there was too much food for us to possibly finish, and we all took some home. Perhaps we could do something similar during the summer after a Thursday night ride in lieu of pizza.

- Submitted by Dan Hinton

---

Ed. Note: For many years club member Trudy McLaughlin hosted the Chilly out Chili in event each February. Riders would enjoy a warm bowl of chili after a brisk winter ride. The tradition of warm nourishment in a cold season was revived a few years ago as Souper Saturday, but then ended. The present article describes its most recent revival.

**SMARTER  
RIDING**

**The Jersey  
Shore Touring  
Society**



The Jersey Shore Touring Society is a bicycle club whose primary focus is on social rather than competitive riding. We have "leader led" as well as "route sheet" rides. On a leader led ride you stay with the ride leader and the group goes only as fast as its slowest member, unless there is an advertised pace. On a route sheet ride, you can proceed at your own pace or hang around with others of the same ability. You can't get lost because you have a route sheet. We welcome newcomers to our club rides and ask that each rider wear a helmet and complete a waiver available at the sign-in before the ride begins. We have monthly meetings and we publish a monthly newsletter. If you like the club, please join by paying dues.

*The regular riding season begins this month. If you have been riding the couch all winter long it's time to get back in shape. Here are some recent research results that may help, or simply inspire you.*

# Get Fit Now for Spring Riding

Whether you are content just to get back on the bike this spring, or you are intent on leading the pack it is time to get back into cycling shape. With a few simple changes to your fitness and lifestyle routine, like hitting the gym a few times a week to lift weights, or cutting out junk calories from soda and juice, you could find yourself blowing away your competition all season long.

## Drink Skim Milk

You already know you need protein to build your muscles after a hard workout. Now a Canadian study of 56 exercisers found that those who drank skim milk before and after training built more lean muscle tissue, more quickly, than those who drank soy-protein drinks. Mix Ovaltine, which is filled with vitamins and minerals for added recovery, with skim milk for a perfect postride toast. Add a shot of espresso for an extra jolt.

## Start Weightlifting

Hitting the gym can be a foreign experience to cyclists. But your first week in the gym can be extra effective if you limit your breaks to 60 seconds. Researchers followed previously untrained men through a 10-week resistance-training program. Volunteers either took a 60-second or 150-second rest between sets and the scientists monitored their hormones, strength and muscle size. For the first week the short-rest group showed a 70-percent greater increase in post-workout testosterone levels; testosterone is essential for muscle-building. The research also found that shorter rests lead to leaner muscle, which is essential for cyclists.

## Spin Easy in the Morning

English researchers observed hormone levels in 12 healthy volunteers as they either relaxed for an hour, or spun on a bike for 60 minutes at 65 percent of their maximum heart rate. One hour before the exercise, or rest, the subjects



**Former Club Members Shelly and Steve Casagrande Summit McKenzie Mountain Pass in Oregon.**

ate breakfast. And while the control group gradually became more and more hungry, the cyclists' hunger dropped off during the exercise. Their appetite did, however, return when both groups were offered an open buffet an hour after the exercise. Thanks to the calories burned while in the saddle, the cyclists still maintained an energy deficit that would lead to weight loss.

## Say "Yes" to Coffee

Downing five to six regular cups of coffee with a carbohydrate-rich meal helps your body refuel faster. For the study, a group of seven cyclists performed a two-day trial. On the first day they

biked to exhaustion and ate a low-carb meal to deplete glycogen stores. The following day they again biked to exhaustion, but followed the workout with either a plain high-carb drink, or one with 8 grams of caffeine for every kilogram of body weight. After four hours, the caffeinated group's glycogen levels were 65 percent greater. The 8 grams/kg of body weight come out to about 600 mg of caffeine for a 165-pound person. That's also the equivalent of eight cans of Red Bull, four Monster Energy Drinks or two Starbucks Grande coffees. Experiment with smaller amounts to see what works best for you.

## Cut Calories the Easy Way

You can improve your power-to-weight ratio without training any harder by drinking less of everything except water. According to a study of 46,576 American adults, during the past 37 years the number of calories adults consume from beverages such as soda, juice and booze has nearly doubled, to an additional 222 calories per day. That's enough to pack on about a half pound a week, or 26 pounds a year. And remember—for rides less than an hour or two, skip the energy drink and just have water.

(This article was adapted from the Bicycling.com website. Click on the title to view the entire article)

*In this third article in the series, Club member Donna Matulewicz tells her story of how she joined the club, her most memorable moments, and the significance club activities have for her. I would like to keep this a regular feature of the newsletter, so please send us your story*



## JSTS Story Book

I joined JSTS in April 2002. Newly divorced, I was searching to find myself again through activities I used to enjoy. The only thing that came to mind was how much I loved bike riding as a kid, even though I hadn't been on a bike in years. So I googled "cycling Monmouth county" and the search engine brought up JSTS. I showed up on a Thursday night with my heavy Giant bike, in cotton shorts, T-shirt and sneakers. I met Bill Metzgar and Wes Sharick who were very helpful in adjusting my seat to the proper height,

telling me to buy an extra tube, and generally giving me tips to ride better. I was barely able to finish the 12 miles that night, but Wes stayed with me even though we were the last ones to get back. I also made fast friends with another new rider, Gail Stevens, over pizza at Luigi's.

Every Thursday night I showed up to bike, and gradually increased my speed and endurance. I began doing the club

**"I began doing the club rides on the weekend, and became hooked."**

rides on the weekend, and became hooked. Wes kept after me to get a decent road bike and pointed out that my heavy bike was holding me back, and he was right. By July, I was ready to make the commitment and purchased a 2003 Cannondale R1000 which I still ride today. I

also bought biking clothes which made a difference in comfort over the cotton I was wearing.

I completed my first half century, riding 50 miles on the Sunday of Labor Day weekend 2002. Each of the following few years I did a metric century, completing 62 miles. This past Labor Day I biked my first English century—a full 100 miles—and it was a huge accomplishment for me. In fact, my Company thought so too; they featured me in their quarterly newsletter!

I've logged thousands of miles since joining the Club, made many new friends and shared experiences only possible while biking. I've gone on the Vermont weekends in August, Wes's NYC Marathon rides, and non-biking outings as well, such as Bill's kayaking trips. I've recently begun to push outside my comfort zone, by volunteering as ride leader for Winter Madness this winter, something I wouldn't have considered doing a year ago. Looking back on that Thursday night long ago, it's been a great ride so far. My life has been enriched through the many people I've met in JSTS sharing a common passion for biking.

— Donna Matulewicz

