



**SPOKES & FOLKS**

[www.shorecycleclub.org](http://www.shorecycleclub.org)



SHORE CYCLE CLUB

Spring 2011

## **President's Report**

I hope as people are reading this they are well and excited about getting on the bike in 2011. The worst of winter is behind us and we've sprung ahead giving more daylight in the evening hours. As we work our way through March April will be here soon and passing. I've looked back at 2010 and I've set a goal for myself to ride more miles in 2011. Juggling work and my personal life I managed 2648 miles in 2010. In 2011 I would like to raise that to at least 3500 miles. So far I'm ahead of last year but you never know what weather the weekends will bring or what free time for cycling there will be. I hope each and everyone reading this will look back at 2010 and set a goal for themselves for 2011. Set a goal you can reach and go after it. I hope to ride with many of you this year and we can achieve these goals together.

Since serving as President of the Shore Cycle Club I've finally learned you need to get a jump on the year or it will slip away in no time. As the saying goes "time flies when you are having fun", therefore I must be having fun because time is flying.

Well cycling season is coming into focus and our Pinelands Triple Loop (Saturday, May 14) and Belleplaine Fall Century (Saturday, October 1) rides are set up. I have to thank Vicki Ozmore for taking over as treasurer and helping getting permits in place. Hopefully the weather will be favorable for our rides as previous years and riders will turnout looking for an inexpensive riding event.

All that said, I would ask those reading this to try and attend as a ride participant or volunteer to help work some of the chores necessary to pull off a successful century ride. The club offers members a summer picnic, holiday party, and in the last several years we have donated over \$1500 towards charities or other cycling events. Without successful Pinelands and Belleplaine century rides the club won't be able to continue these practices. So when you see an email soliciting volunteers, please think about putting in a few hours before or after your ride and help lighten the load on the couple people who work all day to pull off an event for fellow cyclists and allow the Shore Cycle Club to continue promotion of cycling for years to come.

Mark the two dates in your calendar and try to attend (Pinelands Triple Loop (Saturday, May 14) and Belleplaine Fall Century (Saturday, October 1)).

The tri-state area of New Jersey, Pennsylvania, and Delaware is an excellent area for cycling. Many charity rides are organized throughout the tri-state area and there are many bike clubs promoting cycling. In trying to achieve your yearly riding goal, look at ride offerings by other cycling clubs as well as charity rides. The charity rides are for great causes. The cycling clubs are promoting cycling, educating riders, and advocating for safe roads. Many bicycle clubs fund their objectives by putting on two or three cycling events yearly for a fee. Without the proceeds from these cycling events many bicycle clubs would cease functioning and the promotion of recreational cycling would be affected.

The last several years the Shore Cycle Club has struggled in replacing Dave Wender as our Webmaster. Like every other position the Webmaster takes personal time and consistency to keep up to date. The officers decided at the end of 2010 to turn the internet website maintenance over to a local webmaster/provider. The new website is at the same URL: shorecycleclub.org. The provider will make monthly content updates and will track visitors to the website and work on search engine placement. Please look at the new website and let us know what you think.

The new site went live in the last couple days and there are some minor changes in the works. In the future I hope to share KML and GPX files on the website for people to view and learn new bike routes. If you have any content you would like placed on the new website please email me.

Lastly, I would like to wish everyone the best riding season yet and I would encourage everyone to share with others where and when you are riding so club members can meet up and encourage each other. Also try and join one of the local shop rides on a Saturday if you are able. Pro Pedals, Beacon, and Tuckahoe bike shops have weekly Saturday morning rides with several paces to choose from beginning as early as May. Contact one of these shops or another local shop near you and join one of their rides to find some great new riding partners and share love of cycling with riders not as proficient as yourselves. See everyone on the road!!

--Walt Dickerson  
Shore Cycle Club President

### **Join the Friendly Riders in Tuckahoe**

Our winter is gone and we look forward to spring. We have a great cycling core group here. From Wild Bill, Tugboat Tompkins, Speedracer Nick, Diva Debi, Honey Boy Johnson, Legal Eagle Art, Dan "The Man, John "Freight Train" Dawson, Bionic Joe Polak, Big and Tall Rich, Bertie, Ram Dan, Frauline Tina, The Doctor, Mileage Man Downs just to name a few. There is a happy mix of both younger and older riders.

The ride captains who help with each group are to be commended for their cheerful work. In Tuckahoe we have three dedicated pace groups and I'm contemplating a fourth group riding at 10-15 mph.

Our 20+ is solid with riders pushing the limit of their own comfort zone. The 18-20 has been the mainstay and overall where most riders settle. The 16-18 group has a contingent of locals that usually go the distance. The Saturday loop is organized such that a rider has the opportunity to step up to a faster pace group but if necessary to then drop back to a following group.

The dynamics are such that we work as an organized paceline & communicating with one is a crucial key.

The mileage on the ride varies from about 30 miles to 53 miles and riders have the chance to decide at Head Of The River whether to go long, short, or in-between. For the most part the traffic is light except Rt. 49 & Rt. 50 which we use sparingly during the summer months.

Saturday's start time thru April is 9:00 A.M. Beginning in May the start time shifts to 8:00 A.M.

The ride starts just off Route 50 down the alley from the bike shop behind the train museum. There is ample free parking located there near Mt Pleasant Ave.

Do stop on over as new riders are always cheerfully welcomed here in Tuckahoe.

--Lou Reichert

### **Pinelands Triple Loop May 14**

The 7<sup>th</sup> annual Jerry Hanlich Memorial Pinelands Triple Loop Century Tour will be presented by the Club on Saturday, May 14<sup>th</sup> at the historic Batsto Village. The route covers flat, scenic roads crossing the Wading and Mullica rivers through the pinelands. There will again be 3 separate loops of 30 to 35 miles all beginning and returning to the start area at Batsto. Refreshments and lunch will be supplied as part of the registration fee as well as cue sheets, maps, marked routes, and SAG support. In addition registration before May 2 includes a ride T-shirt. Same day registration opens at 7:30 AM with the ride opening at 8 AM. Support services ends at 5 PM. The registration fee is \$20 for the public and \$15 for Club members. A registration form is available at the Club web site. Members are requested to contact Walt to assist in the event.

### **Electronic Gadgets for Your Riding Pleasure**

As most know I'm somewhat of a tech person at heart. With a degree in Computer Science and a job working in IT for the Federal Aviation Administration, I keep current on my technical gadgets and make use of them to the greatest extent possible in my everyday life. Having purchased an iPhone at first launch in June of 2007 and refreshed

with every iPhone each year after, I really enjoy tracking my cycling events via an iPhone App (AllSportGPS). The iPhone App "AllSportGPS" costs \$10 and is a one time fee from the iTunes App Store. Trimble Navigation ([trimbleoutdoors.com](http://trimbleoutdoors.com)) has an extensive website where you can learn about many cellular telephone apps and get advice on how to download an App for your cellular phone and track activities via the phone. AllSportGPS works on 150+ mobile phones, including iPhone, BlackBerry, and Android phones.

AllSport GPS phone users get FREE access to online mapping tools, backup storage, and more at [trimbleoutdoors.com](http://trimbleoutdoors.com), a sister site of AllSportGPS. Login with your AllSport GPS account which is free. On [trimbleoutdoors.com](http://trimbleoutdoors.com) you can 1) Analyze workout stats, maps, and graphs, 2) Store and backup workouts all your workouts, 3) Share trips with friends or keep them private, 4) Browse trips shared by other users and the editors of Bicycling magazine, or 5) Scout new places to train and wirelessly send preplanned routes to AllSport GPS on your phone.

Even if you aren't a smartphone user, don't desire to manually map routes, or you are a Garmin Sport Watch or ETrex owner, you can make use of [trimbleoutdoors.com](http://trimbleoutdoors.com). Proceed to the website and create a free account (requires email and password plus some simple contact information). After you create an account you can search for rides other users have uploaded or created. You simply put in your address, zip code, or city and state and a list of routes will be displayed. Click on one of the display routes and you will see a google map representation of the route. The menu down the left side will give you an option convert the route to a KML file which can be read by Google Earth or a GPX file which can be read by many GPS units. These converted files can be saved to your PC and utilized in other software programs. [www.gpsvisualizer.com](http://www.gpsvisualizer.com) can convert almost any GPS data file into another format and allow you to save the converted file to you computer. At [www.gpsvisualizer.com](http://www.gpsvisualizer.com) you can transform any file into a file compatible with many GPS and activity tracking devices.

Besides the AllSportGPS App, there is another popular App called iMapMyRide. This iMapMyRide App works with [MapMyRide.com](http://MapMyRide.com) in a similar manner AllSportGPS works with [trimbleoutdoors.com](http://trimbleoutdoors.com). I'm not as familiar with iMapMyRide but the concept is similar. One benefit MapMyRide provides is you can print a cue sheet if you are will to upgrade to a premium membership. I plan on experimenting more with MapMyRide in 2011. If you have an experience using MayMyRide and the associated website, please drop me a not with your opinions ([walt\\_dickerson@hotmail.com](mailto:walt_dickerson@hotmail.com))

Hope you enjoyed this article and got something out of it. At a future club meeting I will be happy to demonstrate AllSportGPS and [trimbleoutdoor.com](http://trimbleoutdoor.com) to the meeting attendees. Enjoy the Apps if you chose to make use of either one.

--Walt Dickerson

## **A Calendar of Some Early Season Rides**

### **Icicle Metric**

Saturday, March 26

Newark, DE

[http://www.whiteclay\\_bicycleclub.org](http://www.whiteclay_bicycleclub.org)

### **Tour de Franklin**

Sunday, May 1

Somerset, NJ

<http://www.franklinfoodbank.org>

25, 40, or 62 miles

### **Tour de Tuckahoe**

Sunday, May 1

Petersburg, NJ

<http://www.southjerseybikes.com>

16, 40 or 62 mile loops organized by our own Lou Reichert

### **SCU Quad County Metric**

Saturday, May 7

Green Lane, PA

<http://www.suburbancyclists.org>

21 through 76 mile loops

### **Pinelands Triple Loop**

Saturday, May 14

Batsto, NJ

<http://www.shorecycleclub.org>

(see above article)

### **Bike Ride for Amy**

Sunday, June 5

South Brunswick, NJ

<http://www.firstgiving.com/42237/Event/amyride2011>

25, 35 or 50 mile routes to support breast cancer detection and treatment

### **Bike Boat Bike 2010**

Sunday, June 5

Mattituck, NY

<http://www.sbraweb.org>

ride the north fork of Long Island then take ferries over to the Hamptons' side then back around.

### **Legacy Fund Ride**

Sunday, June 18

Stockton College, NJ

<http://www.stockton.edu>

(also see blurb and article)

### **American Cancer Soc Bike-a-thon**

Sunday, July 10

Philadelphia, PA

<http://www.acsbike.org>

One way to Buena, NJ including 2 shorter start locations in NJ (see above article)

**The AtlantiCare/Shore Cycle Club Starfish** team will again be participating in the American Cancer Society Bike-a-thon on Sunday, July 10. Transportation to the start in Philly will be provided to team members. For further information about joining the team, contact team captain, Harry Chaikin at [hchaikin@comcast.net](mailto:hchaikin@comcast.net).

### **The Stockton College Legacy Ride/Saturday, June 18<sup>th</sup>, 2011/Metric Century to Chatsworth**

For the third year in a row, Craig Stambaugh, Associate Dean of Students, and I will be co-chairing the Third Annual Stockton Legacy Ride in honor of the ex-Olympian, G. Larry James. He was Stockton's first Director of Athletics, and it was his lifelong mission to promote scholarship through sports. A Gold and Silver medalist in the 1968 Olympic Games in Mexico City, on the track he was more known as "The Mighty Burner" for his superior come-from-behind wins, as he anchored many relay teams to national and international victories. His most cherished win, though, was to have served Stockton for many years as a humble role model to countless students, peers, staff, administrators and educators. He believed in scholarship.

The Shore Cycle Club is one of the Legacy Ride sponsors, and it has been since the event's inception three years ago. SCC members may not be runners, but we can certainly *dance on the pedals* to Chatsworth and back from the College campus in Pomona...for a very worthy, noble cause: the G. Larry James Scholarship Foundation. This cycling event has helped generate over \$20,000.00 in just two years. Our 2011 mission is to increase rider participation at every level, from novice to experienced cyclists. There will be multiple loops, all varying in distance from 12 to 62 miles, out and back. It is a fully supported ride with multiple rest stops along some of the best, scenic flat roads in South Jersey. In fact, for all SCC members who plan to ride in the American Cancer Society Bike-a-thon on July 10<sup>th</sup>, the Legacy metric century will serve as a trial run, including a nice lunch on campus at the finish... and a beautiful, commemorative t-shirt to celebrate the occasion.

If you are a Stockton College alumnus, you can even wear the official Stockton cycling jersey and matching shorts, a full cycling kit, which can be purchased before the event. All proceeds will be deposited in the Scholarship Fund.

With your support, we can definitely enable more very worthy students to not only lead an active lifestyle but to finish their academic degrees... passing the baton to future "Mighty Burners."

--Arnaldo Cordero Román

**Stockton's 3rd G. Larry James Legacy Fund Bike Ride-Sunday, June 18th**

Registration/Start time: 8:00 – 10:00 a.m. from the Stockton College Sports Center- Athletic Facility, Lot 5.

(Further information will be available at the Stockton College web site.)

***12 to 62 mile rides fully supported***

**Club Meet & Greet**

Friday, April 8<sup>th</sup> 6:30 pm,  
Careme's Restaurant, ACCC  
Buffet--\$20 per person, BYOB

## **2011 Club Meetings**

The Spring 2011 Club meetings are usually on the last Monday of the month. The next meeting will be March 28<sup>th</sup> at Costello's restaurant, Shops in Smithville.

**A special meeting** will be on June 15<sup>th</sup>, 6:30 pm at the Galloway Library where Stockton Professor David Burleigh will discuss the history of bicycling including an early female rider's circumnavigation (?) of the world.

Meetings are open to all members. Further updates are on the Club website:  
[shorecycleclub.org](http://shorecycleclub.org)

## Not a member yet?

Memberships run from April 1 to March 31 of the following calendar year. Dues are \$20 for an individual and \$25 for a couple/family. Renewal applications are at <http://www.shorecycleclub.org/clubmembership.php>

The dues are still a bargain, rock bottom contribution, considering that every renewing member receives so much for so little: discounts from our sponsors; a club picnic; a holiday dinner with raffles; and discounts on the major SCC sponsored century rides, as well as electronic communications regarding regular and impromptu rides.

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## **YEAR 2011 CLUB OFFICERS**

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