



## President's Report

I trust everyone is looking forward to warmer weather and more daylight after traditional work hours. In no time school will be out and days will begin getting shorter. Winter will return and the winter holiday season will be upon us. But not before we enjoy the 2009 cycling season in NJ.

Pro cycling has begun and proves to be an exciting 2009. Lance is back competing and in the Tour Down Under he finished a respectable 29th. Supporting Levi Leipheimer Levi he finished 7th in the Amgen Tour of California. Levi won the Amgen Tour of California with Armstrong's support. Then Armstrong crashed and broke his collar bone during the first stage of Spain's Vuelta a Castilla y León. Lance underwent surgery and word is he still wants to make the start of the Giro in Venice on May 9. If he can't make that he looks forward to returning to win his eighth Tour de France. The pro season will no doubt be interesting.

Recreational cycling has begun for many NJ riders. Word is more and more riders are showing up at Pro Pedals, Tuckahoe, and Beacon for Saturday rides. Spring has Sprung and the Icicle Metric century, Taxing Metric, and Farmlands Flat tour will kick off the areas 2009 recreational cycling season.

The Shore Cycle Club is hosting two rides this year (as always) and supporting a third new ride originating from Stockton on June 7th. Our Pinelands Triple Loop will be Saturday, May 16th and our Belleplains Fall Century will be Saturday, September 26th. We will need support from members on these days and help spreading the word to other cyclists in the tri-state area. If you can help support the Pinelands Triple Loop, please send me an email. Shortly a message with duties to be covered will be emailed.

The Shore Cycle Club is always in need of ride leaders in various areas. If you ride a regular route, please offer to lead others who haven't ridden the route to enjoy it with you. Regular club rides will begin from Tuckahoe, Pro Pedals, and Port Republic beginning after April 15th. A regular ride schedule will be posted to the club website. For last minute updates or to offer your own rides either signup for the Yahoo groups list or the <http://shorecyclingclub.yuku.com/> website. If you have questions about either site, please send an email or see me after a club meeting.

I really hope to see you on the road or at a club meeting.

--Walt Dickerson

The Spring 2009 club meeting schedule is as follows:

March 30th	Galloway Library
April 27th	EHT Library
May 25th	Galloway Library
June 29th	Galloway Library
July 27th	Galloway Library

Meetings are open to all members.

Please see the Club website for additional details.

## **Stockton's 1<sup>st</sup> G. Larry James Legacy Fund Ride**

The Shore Cycle Club and The Richard Stockton College of New Jersey have joined forces to organize the very ***1st G. Larry James Legacy (Scholarship) Fund Bike Ride***. The purpose of this event is twofold: to promote personal fitness through cycling in the community and to help raise scholarship funds for students to pursue undergraduate studies.

You can ride at any pace and choose your favorite distance. The biggest challenge will be to complete the Metric Century.

This ride can serve as a prelude to better prepare for any other scheduled charity ride in the region, for example the ACS ride in July. More importantly, though, is your support as an SCC member. We will need volunteers to lead rides at different distances and at different levels. We will also need volunteers to help SAG and to be present at a few rest stops. The Alumni Association is contributing with a picnic, so that as riders return they may gather on campus to celebrate this historical, fun-filled event.

For those who do not wish to ride off campus on public roads, there will be coaster bikes available for scenic rides around Lake Fred and the campus. Helmets, of course, are required.

It will be a special day, dedicated to cycling; and the date coincides with the professional cycling race in Philly. So, as the pros ride up Lemon Hill and Manayunk located on the banks of the Schuylkill River, we will be riding on the flats of South Jersey in the Pine Barrens.

You can preregister and pledge funds (\$50.00 per adult; children w/registered adult, \$15.00). Everyone gets a t-shirt, a water bottle and a picnic to boot, in addition to the goodies at the rest stops.

Imagine if we could somehow in the near future host our very own Osprey Century Ride as a spring into the fall's now famous Sea Gull Century ride.

Let's continue to ride and promote an active lifestyle, one that serves many worthwhile and noble causes.

For further information visit [www.shorecycleclub.org](http://www.shorecycleclub.org)

More information is also available at [www.stockton.edu](http://www.stockton.edu)

Please contact me at [acordero@comcast.com](mailto:acordero@comcast.com) if you want to lend a helping hand.

--Arnaldo Cordero

**Stockton's 1<sup>st</sup> G. Larry James Legacy Fund Bike Ride-Sunday, June 7th**

Registration/Start time: 8:00 – 9:30 a.m. from the Stockton College Sports Center- Athletic Facility, Lot 5.

***(15.5, 31 & 63 mile Metric Century Rides will be fully supported)***

## **A Winter Off-Road Story**

Who would have known just how demanding that off-road ride would be when Lou Reichert posted the notice and subsequently promoted it at the SCC holiday party? It was billed as a 19 mile ride on a new loop out of Batsto. It certainly sounded benign enough. But this was a situation where initial impressions can be deceiving.

Not having succumbed to a hang-over from the frivolities of the Club party, several of the revelers came together at the Batsto parking lot on a partly sunny, 30° morning where the winds were just beginning to build. Precipitation the night before had left a dusting of snow beautifully scattered on the fields and trails. There were eleven riders who assembled bikes and bundled up with appropriate attire for the occasion. Many of the riders were from Lou's faithful Tuckahoe following. In addition there were three others, apparently seasoned off-roadies, who were privy to the ride and joined us.

Did I not recognize it as an omen that when as we first headed out, Vicki discovered that her son's bike which she had appropriated for the day had a flat tire? While Tom serving as ace mechanic removed the non-quick-release wheel and replaced the tube—happily Vicki had a tube for the diminutive wheel—the rest of us did what we could to stay warm while waiting at the head of the trail.

Finally after several minutes we were on our way. Lou, feeling somewhat under the weather, nonetheless led the group forward at a relaxed pace. Soon the three vets and Hummer Bill left us traveling at a brisker rate. The newly created course was reasonably marked which was helpful since at times it more resembled a deer path than a solid, tested route. The riding was not especially technical—there were occasional logs to be jumped and many annoying lines of ditches to cross which apparently served as fire-breaks. The toughest aspect was the consistency of the

surface—a soft mixture of pine needles and soggy sand which wore on the riders over time.

By about five miles in, affected by his ill health, Lou called it quits. Vicki, perhaps deflated by her juvenile bike, headed back with Lou. The five remaining riders were still game to continue the full loop. Our “turtle” group did catch up to the “rabbits” who had stopped to repair a flat but they soon surged ahead of us again. About half-way in, we were truly feeling the burden of pushing forward on the soft ground. Nonetheless Tina kept us moving at a good clip but charitably allowed multiple stops for bronchitic Tom to regain his breath and for the rest of us to suck down some Gatorade and gels. I was beginning to feel like I do toward the latter part of a century ride where to keep from hallucinating and staying psyched, I count down the last miles and think about where I’d be on my usual training course. However distances were not closing at all swiftly.

We did encounter the “rabbits” again. They apparently tried jumping a log that was just too overwhelming and one rider snapped his chain. Tom offered to help but they waved him off smug in their self-sufficiency. For the record: they did not pass us again.

During those last miles, not only was Tom’s cough sounding more and more like pneumonia, but also Phil hit the wall. Not having eaten breakfast that morning, his energy reserves were shot. Unfortunately at this point, all of us had already gone through our own provisions of gels, bars, and drinks. To thoroughly tax our limits, the last few miles included a substantial stream that needed to be forded and a nasty steep hillock to climb. At 17 miles, at another stop to rest, the faces of my companions told the story—a tale of exhaustion and surrender. Even tough Tina looked spent. Her husband John had gamely toiled mightily to hang with her as had the ailing Tom and Phil and I. Nonetheless we proceeded on—what else could we do?

Finally four hours from the start, a cry of exultation went up as we beheld the image of the fence of the Batsto parking lot far across one last field. Just a quarter mile more and we were home! Coming into the open area, the wind was really beginning to rip. With the little energy we had left, we packed up the bikes. Totally exhausted, as I crawled into my car, my cell phone was ringing. It was my wife reminding me that I still had to run out to the malls to get a holiday present on sale today only. Ah the balancing acts of a cyclist!

--Harry Chaikin

## **SSC History Revisited**

In the previous issue, you may recall the presentation of the murky history of the Club. Although the desire of the editor is to depend on the most reliable, scrupulous sources for reporting, I was recently questioned about that article, specifically the relationship of the Club with Beacon Cycling and Fitness. In response to that piece, Mitch Rovins of Beacon relates how his shop has been a trusty, longtime supporter of SCC functions and continues to be up to the present. He has no recollection of a disruption of that cooperative venture. In fact based on that relationship, members

are reminded that by presenting their membership cards at Beacon as well as to other participating shops, they are entitled to various discounts on their purchases. The editor sincerely apologizes for any misinformation that he may have promulgated.

If others have additional memories or historical tidbits about the Club, please contact me.

---Harry Chaikin

## **Renew or Become a Club Member Now!**

Memberships run from March 1 to March 1 of the following calendar year. Dues are \$20 for an individual and \$25 for a couple/family. New and renewal applications can be found at <http://www.shorecycleclub.org/membership.htm>

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.

### **YEAR 2009 CLUB OFFICERS**

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