

THE SPOKE

July 2010

A PUBLICATION OF THE WESTERN JERSEY WHEELMEN

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WJW recommends that new and prospective members try a “C” or a “New Member (NM)” ride for their first ride with the club to determine their riding preference. Also, all WJW ride leaders are volunteers. Riders are expected to understand that they ride at their own risk. **Default area code is 908. All ride starts are in Hunterdon County unless otherwise noted.**

The Western Jersey Wheelmen

Would like to welcome the following new members:

Jack & Karen Colasurdo, Annandale
Neil & Stacey Feldman, Whitehouse Station
Chris Peterson, Annandale
George Peterson, Bernardsville
Thatcher Simpson, Lebanon



Trials Riding

July 17th is the sixth annual running of the South Branch River Trials. Trials riding is a technique where the rider rides a tricky section, and we mean rides—only the bike touches—hands and feet don’t. Trials riding is not about speed or endurance, but about your control of the bike. While trials riding is a professional event, we don’t try any [Danny MacAskill type stunts](#). Instead, our version is fun, is offered at the C-ride level, and is limited to the usual obstacles we can expect on bike trails: sections such as river crossings, hill climbs, log crossings, etc... where the trials point system applies. Dab (put your foot down, or shoulder, or grab a tree) and you get a point. The rider with least amount of points at the end of the ride is the winner. This event is designed as “experience optional” so all levels can enjoy the fun. This is becoming an annual favorite, so why not give it a try? Borrow your son’s or daughter’s mountain bike and come out and enjoy the fun. We start at 9:00 AM at the Clinton Community Center. Bring a zip-lock, water-tight bag for camera and phone! Contact Jim Richardson at 268-6774

July 2010 Ride Schedule

Cruiser Night

Friday, July 2nd

- C** "Crusin' the 'Ville" 1 hour 7:00PM Somerville Courthouse Annex
Leader: Tom Armstrong 725-3312

Saturday, July 3rd

- A** "Starting the Celebration off with a Bang" 4 hours 8:00AM Mine Brook Park, Old Croton Rd, Flemington.
Leader: Dave Wyatt 797-0775
- B** "Pre-Picnic Ride" 50 miles 8:00AM Barley Sheaf School, Barley Sheaf Rd, Flemington.
Leader: Brian Snyder 304-2685
- C** "To Lambertville and Back" 33 miles 8:00AM JP Case Middle School, Voorhees Corner Rd. and Case Blvd., Flemington.
Leader: Gordon Eyler 806-4948

Ride to Fireworks and Independence Day Family Festival

Sunday, July 4th

- C** "Ride to the Fireworks" 3-5 miles? 7:30PM Meet at the (small sign, Raritan River Greenway) lot in Bradley Gardens/Raritan (Somerset County) (See detail in the Events Section below)
Leader: Tom Armstrong 268-8602

Wednesday, July 7th

- B** "Wednesday Wanderings" 40-45 miles 5:15PM Oldwick Park & Ride, I-78 Exit 24, South on CR 523.
No calls, No ride leader.
Leader: Rich Kowal 334-7498

Saturday, July 10th

- A** "As A as I get" 50 miles 8:00AM Desmares School, Old Clinton Road, Flemington
Leader: Jim Richardson 268-6774
- B** "Plateau Pleasures" 50 miles 8:00AM Barley Sheaf School, Barley Sheaf Rd, Flemington.
Leader: Barbara Snyder 399-7892
- C** "Headed South" 32 miles 9:00AM Readington Middle School, CR 620.
Leader: Bob Becker 806-4911
- D** "Cruisin' Flemington" 1-2 hours 7:00PM Turntable Junction in Flemington.
Leader: Jim Richardson 268-6774

Ride Meet at Pickell Park

Sunday, July 11th

- A** "Type A's, Start Here" 50-55 miles 9:00am Pickell Mt Park, CR 523 & Mountain Rd, Whitehouse Station.
Leader: Don Crouse 859-1581
- B** "B what U wanna B" 45 miles 9:00AM Pickell (Same location as above)
Leader: Ellen Cronan 595-2926
- C** "North and South of the Double-Deuce" 29 miles 9:00AM (Same location as above)
Leader: Henry Kane 215-917-0555

Cruiser Night

Friday, July 16th

- D** "Crusin' de 'Ville" 1-2 hours 7:00PM Somerville Courthouse Annex
Leader: Tom Armstrong 725-3312

July 2010 Ride Schedule

Saturday, July 17th

- A** "A' Team Rally" 4 hours 8:00AM Franklin Twp School, CR 579, Quakertown.
Leader: Jim Marinaccio 996-2720
- B+** "Peapack and Backtrack" 80 miles 6:30AM Union Twp. School, Rt 78 and Perryville Rd. (exit 12).
Leader: Boyd Smith 337-3352
- C** "Tour the Sourlands" 28 miles 8:00AM JP Case Middle School, Voorhees Corner Rd. and Case Blvd., Flemington.
Leader: Gordon Eyler 806-4948
- OR/C** "South Branch River Trials" 1-3 hours 9:00AM Clinton Community Center/Library, Halstead St, Clinton.
Leader: Jim Richardson 268-6774

Sunday, July 18th

- A** "First Fiddler's, then the climbing starts" 60+ miles Stewartsville School, S Main St (Warren).
Leader: Mark Womer 454-1244
- B** "Leaders Choice, but Suggestions Welcome" 50ish miles 8:00AM Bridgewater-Raritan High School (main lot), Garretson Rd (Somerset).
Leader: Ellen Cronan 595-2926
- C** "A Bit of Bucks" 31 miles 9:00AM Delaware Twp School, CR 604 East, Sergeantsville.
No calls, no ride leader.
Leader: Henry Kane 215-917-0555

Balloon Festival, Solberg

Saturday, July 24th

- B** "Bikes and Balloons" 40 miles 6:30AM White Oak Park, Baird Rd, Branchburg (Somerset).
Leader: Barbara Snyder 399-7892
- C+** "Two Covered Bridges Ride" 50 miles 8:00AM Union Twp. School, Rt 78 and Perryville Rd. (exit 12). ...through the back country roads and hills of beautiful Hunterdon County, (some hills).
Leader: Bill Harclerode 894-8300
- C** "Headed North" 32 miles 9:00AM Readington Middle School, CR 620.
Leader: Bob Becker 806-4911

Sunday, July 25th

- A** "What Climbs Up Must Fly Down" 4 hours 8:00AM Franklin Twp School, CR 579, Quakertown.
Leader: Jim Marinaccio 996-2720
- C+** "Bike and Dip" 35 miles 8:30AM Clinton Community Center/Library, Halstead St, Clinton.
Leader: Rob Schnatter 735-4448

Wednesday, July 28th

- B** "Red Mud Wednesday" 3-4 hours 5:00PM Manville Causeway Parking Lot, Weston Canal Rd. Manville (Somerset).
No calls, no ride leader.
Leader: Rich Kowal 334-7498

Saturday, July 31st (<http://westerjerseywheelmen.yuku.com/forums/5/t/Club-Rides.html> for last minute rides)

- B+** "Head 'em up, Move 'em Out, Rawhide!" 50-60 miles 9:00AM Readington Middle School, CR 620.
Leader: Bob Pereira 448-1051

Sunday, August 1st (<http://westerjerseywheelmen.yuku.com/forums/5/t/Club-Rides.html> for last minute rides)

- A** "Back in the Saddle Again" 4 hours 8:00AM Mine Brook Park, Old Croton Rd, Flemington.
Leader: Dave Wyatt 797-0775

2010 Calendar of Events

Date	Event	Coordinator
July 4	Ride to Fireworks, North Branch Park, Somerset County	Tom Armstrong
July 5 - 9	Delaware Perimeter Ride	Dan Rappaport
July 11	Ride Meet, Pickell Park , Whitehouse Station, Readington Township	Tom Armstrong
July 17	South Branch River Trials	Jim Richardson
July 24	Balloon Festival, Solberg Airport	Barb Snyder
August 8	Musikfest	Rich Kowal
August 21	Club Picnic Pickell Park	Tom Armstrong
Sept. 10 - 12	Bike Camp Weekend	Ellen Cronan
Sept. 19	International "Talk Like a Pirate Day" Ride	Tom Armstrong
Sept. 24 - 26	Celtic Fest Bethlehem Rides on 25 th	Henry Kane
Oct. 3	Club Century	Ellen Cronan
Dec. 5	Holiday Party Sun 5 to 7 PM American Legion	Tom Armstrong
Dec. 18	Longest Night Ride	Tom Armstrong

If you see a To Be Determined (TBD) and you are interested in coordinating the event, or you have an event to put on the calendar, please send an E-mail to Tom Armstrong (twayne01@comcast.net) or call at 908-268-8602. Thanks in advance for suggestions and volunteering!

Event Details

Cruiser Nights!

During the summer, Somerville (Somerset Co) holds "Cruiser Nights" every Friday evening. Flemington holds similar events every other Saturday. These are MAINLY for antique/classic/hot-rod car display. However, cars and CRUISER BICYCLES go together well on these evenings. Check the WJW Bulletin Board "Club Rides, Cruiser Nights" for further details! These WJW rides are at family friendly paces and intended for low-speed social riding in casual attire. Come and show off that classic bike of yours! July rides anticipated: July 10 and 24th (Flemington), July 16 and 30 (Somerville). Remember- check the WJW Bulletin Board for UPDATES at <http://westerjerseywheelmen.yuku.com/topic/1508/t/Cruiser-Nights-First-One-Somerville-7-PM-Friday-June-11.html>.

July 4 Ride to Fireworks and Independence Day Family Festival

...at North Branch Park, Bridgewater Somerset County is one of the best fireworks events in central NJ on this holiday. We will ride from a small parking (Sign, Raritan River Greenway) lot in Bradley Gardens/Raritan (Somerset County). This lot is on the right side about 1 mile east on Old York Road from the entrance to Duke Island. We will plan for departure from there at 7:30 PM. [Note: Duke Island

Event Details Continued

Park itself “locks up” at sundown, so do not park a car there!] Bring your blanket to sit on and your refreshments of choice. Before the fireworks, this event includes children's entertainers and activities, moonwalk, giant slide, magic show, sing-a-longs, and cartoon characters. Other activities include stage performers and Revolutionary period groups, with official hours 5 PM to 11 PM. Lights on bike required for the return post fireworks. Return meeting point: 4H Building on East side of Milltown Road and at the South end of North Branch Park after the fireworks grand finale. Leader: Tom Armstrong 268-8602. Canceled in the event of rain, no rain date is planned.

July 11 Ride Meet, Pickell Park, Whitehouse. Light snacks and refreshments after rides

Mark your calendars and check for ride schedules (this issue!) that suits your style. WJW will provide beverages and light snacks afterward (roughly noon to ?) for all club members in good standing (Well, OK, you don't need to be STANDING! Just make sure you paid your dues and signed the waiver!).

July 24 - Balloon Festival Ride

The 28th annual Quick Chek New Jersey Festival of Ballooning will take place July 23 – 25. This is the largest hot air balloon and music festival in North America. Come out and ride your bike along with up to 125 hot air balloons. We'll start at White Oak Park in Branchburg (Somerset Co.) at 6:30 AM on Saturday July 24, watch the balloons ascend, and follow them whichever way the wind blows. We'll ride at a social B pace for 30 to 40 miles. For more information about the balloon festival, see <http://www.balloonfestival.com/>. Leader Barb Snyder, 399-7892

August 8 - Fifth Annual Ride to the Musikfest

Come out for a beautiful C+/OR ride along the river from Easton to Bethlehem, PA. Our destination is again the acclaimed Musikfest and all the great bands they will have this year. Past years selections have included anything from folk to polka to surf rock!! Check out the website www.musikfest.org for an idea of what to expect. Meet at 12:00 noon at Canal Park, just south of where the Lehigh & Delaware Rivers meet by the Railroad Bridge. Bring a light for the return trip or meet your friends at the festival and hitch a ride home with them. Any questions, give the ride coordinator a call, Rich Kowal 334-7498

August 21 - WJW Annual B-B-Q/ Picnic

Mark your calendars now! Rain (unless flood conditions!) or Shine – 3:00 PM to whenever! As usual, it will be held at the Pickell Park picnic area/bike soccer playing fields in Whitehouse Station. Pack up your play bikes, giant balls, squirt guns, frisbees, your honey and the kids and join your usual biking gang for the annual club sponsored B-B-Q and food fest. A good time will be had by all.

September 10 to 12, Bike Camp Weekend

Come out with your fellow wheel-people to bike camp. For this fifth annual bike camp weekend, we are returning to Tohickon Valley Park, <http://www.buckscounty.org/government/departments/ParksandRec/Parks/Tohickon.aspx> just seven miles from Frenchtown. We have again reserved the group campsite. Road, mountain, and towpath rides will start each morning from the park. While some Wheelmen drive to the start of the rides, several of us will be camping in tents Friday through Sunday. Car-pulled trailer parking is available. Riders will be found relaxing in the cool Tohickon Creek pools post-ride. Afternoon hikes and evening campfires should be expected. An appearance by the Hickory Horned Devil would be welcome. Introduction to rock climbing will be held if there is enough interest. There is a bit of a walk from the campsite to the creek, so bring comfortable shoes, a towel, and swimwear. Come out for the rides, come out for the campfires; cool in the creek. Stay for one ride or stay for the weekend. Call Ellen Cronan 595-2926 for important questions on this event

OvernightWally Follow-Up

The following riders participated this year: Joe Felker, Mark Womer, Peter Ricciardi, Dianne Duelfer, Jack and Linda Foster, Norman Glassner, Jeff Charney and Dean Krogman. All made it back and with one comment; they want to do it again.

Upcoming Competitive Cycling Event

In August, the 2010 Windham Mountain Bike World Cup Festival will take place in Windham, NY, where professional mountain bikers from all over the world will come to compete in the World Cup finals.

For more information, you can visit the official website at RACEWINDHAM.COM. We hope to see you there!

Other Sources of Cycling Information

If you haven't subscribed to the RoadBikeRider.com newsletter by now, I strongly recommend that you do for all the news, and information it provides a cyclist. Here are a few excerpts to whet your appetite:

---**What could become the largest cycling network on Earth** is "progressing at a much faster clip than we expected," says **Jim Sayer**, executive director of the Adventure Cycling Association (ACA). Its U.S. Bicycle Route System will be designated and recognized by state departments of transportation, and it's part of the Federal Transportation Bill pending in the U.S. House of Representatives. In May, an ACA National Bike Month fundraising effort generated another \$24,000 for the project, which began in 2006. [Click for more info.](#)

---**After heatstroke, when is it safe to exercise?** A [New York Times article](#) looks into this question and reveals some facts about heatstroke not widely known. For example, long-term harm can occur when the gut, lacking blood that's been diverted to the skin for cooling, gets leaky. Toxic substances excreted by gut bacteria seep out, resulting in inflammation that can damage organs, especially the liver and kidneys. The treatment for heatstroke is to cool the victim as quickly as possible with cold water or ice, but repercussions could last for weeks or months, the article says.

Top 10 Bestsellers

1. [Losing Those Last 10 Pounds](#) (eArticle) -- 12 sensible cycling-specific strategies for getting rid of stubborn excess body fat
2. [Climbing for Roadies](#) (eBook) -- training, tactics & techniques for finally reaching your potential on hills, by Coach Fred Matheny
3. [Swift Endurance](#) (eArticle) -- Coach Fred Matheny's "you can" training program for going the distance *faster*
4. [Win Against Wind](#) (eArticle) -- how to be faster and safer in headwinds and crosswinds, plus 8 ways to use wind for training
5. [Bike Fit](#) (eBook) -- 4th edition of Dr. Arnie Baker's illustrated guide to bike selection, setup and riding position for road & MTB
6. [Andy Pruitt's Medical Guide for Cyclists](#) (eBook) -- diagnosis & treatment for knee problems and other cycling injuries & ailments
7. [Skills Training for Cyclists](#) (eBook) -- drills for developing 39 beginning & intermediate skills that quickly advance cycling ability
8. [Finding the Perfect Bicycle Seat](#) (eBook) -- how to choose the safest, most comfortable saddle for your anatomy (men & women)
9. [Your Home Bicycle Workshop](#) (eBook) -- design & equip a home shop you'll love spending time in, by Jim Langley
10. [High-Intensity Training for Cyclists](#) (eBook) -- **Extra!** Coach Arnie Baker's go-fast bible now includes a 2010 Excel Training Log

CLUB SPONSORS

These fine bicycle shops offer WJW club members a discount when a membership card is presented. Depending upon individual shop policy, the discount may apply to parts, accessories, and clothing.

NOTE: Some shops may require an additional piece of identification besides the membership card.

BIKE KING - 638-4488

Prop: Ron & Mary Ellen Asteak. 2002 State Hwy 31 N., Clinton. *Specialized, Trek, Thule Car Racks.* www.njbike.com

CLINTON BICYCLE SHOP, LLC - 735-5451

Since 1992, Prop: Gardner Berridge. 51 Main St., Clinton. *Bianchi, Fuji, Parts, Clothing, Accessories, Expert Repairs.* www.clintonbicycleshopllc.com

CYCLEFUNATTIC - 454-0432

Prop: Russell Padgett. 403 South Main Street, Phillipsburg. *Bianchi, Diamondback, Haro, Raleigh, Specialized.* Discount applies to accessories. www.cyclefunattic.com

CYCLE CORNER OF FRENCHTOWN - 996-7712

Prop: Dave Buegler. 52 Bridge Street, Frenchtown. 908-996-7712. Cycle Corner of Frenchtown is a full-service bicycle shop with old-world charm serving Frenchtown, Hunterdon County, Bucks County and the surrounding areas. See the website www.TheCycleCorner.com for current bicycle and accessory lines, including *Giant, Electra, Van Dessel, DK, Fuji, Breezer.*

GARDEN STATE BICYCLE - 534-1088

Prop: Gary Fitch. 405 Rt. 22 E, Whitehouse Station. *Giant, GT, Litespeed, Cannondale, Torelli, Zipp wheels, Demo bikes and on-the-spot service available.* <http://gardenstatebicycle.com/>

PETE'S BIKE & FITNESS SHOPPE - 782-5935

Prop: Dan Force. 105 Rt. 31, Flemington. *Descente, Felt, Garneau, Giro, Haro, Lemond, Marin, Nike, Orbea, Raleigh, Trek, Tyr* "Quality and service since 1973., www.petesbikeshoppe.com, BikeFitting.com

PURE ENERGY CYCLING AND JAVA HOUSE - 609-397-7008

Prop: Arounkone Sananikone. 99 South Main St., Lambertville, NJ. *Parlee, Lynskey, Look, BMC, Blue, Kona, Kuota, EWR, Zipp, Oakley, Small World Coffee Roasters, Riverhorse, WiFi, Cycling.tv* "Preserving Cycling Culture". www.pureenergycycling.com.

BOARD OF TRUSTEES & OFFICERS

Please send any correspondence to trustees@bikewjw.org

President	Jim Richardson	268-6774	Special Events	Tom Armstrong	268-8602
Vice President	Ellen Cronan	595-2926	Treasurer	Barbara Snyder	399-7892
Membership	Henry Kane	215-862-3296	Newsletter Editor	David Wyatt	797-0775
Secretary	Don Crouse	859-1581			

NOTES:

WJW Special Events are held periodically throughout the year.

Rides are scheduled each weekend.

Check THE SPOKE for the date and time.

If you would like to submit an article or place an ad in THE SPOKE, send it by the 15th of the previous month to David Wyatt at bdwyatt@gmail.com

If you would like an updated list of WJW club members, please contact Henry Kane – 215-862-3296

WJW MEMBERSHIP APPLICATION

_____	(_____)
name	phone
_____	_____
street	e-mail
_____	_____
city, state, zip	age

RELEASE FORM: I understand that the purpose of this club is to promote bicycling in a sound and recreational manner and that this is a not-for-profit organization and the members volunteer to lead rides and organize events. I acknowledge that I am solely responsible for my own personal safety and for observing safe bicycling practices. I acknowledge that it is always possible for an accident to occur and I assume all risks of injury to my person or property that may occur while I am participating in club events. I waive, release, forever discharge and hold harmless to the fullest extent permitted by law, the club, its officers, trustees, members, guests and any other party connected with club events in any way whatsoever from any and all claims of any kind that I, or someone else on my behalf, could assert arising out of my participation in any club event. I certify that I am eighteen years of age or older.

(FAMILY MEMBERS who intend to ride should also sign below.)

Signature(s) _____	Date _____
_____	Date _____

Annual Fee for Single or Family Membership Year March 1, 2010 – February 28, 2011 (check one option):

- \$15.00 without paper copy of SPOKE delivered (SPOKE available at www.bikewjw.org) OR
- \$22.00 with paper copy of SPOKE delivered.

Make checks payable to **Western Jersey Wheelmen** and mail check & signed form to: **Henry Kane, 1 Belaire-Village 2, New Hope, PA 18938**

Western Jersey Wheelmen is a member of



Henry Kane
1 Belaire-Village 2
New Hope, PA 18938

FIRST CLASS MAIL

RIDE COORDINATORS

If you are interested in leading a club ride, please contact the coordinator listed below. All rides must be submitted by the 10th of each month in order to be published in the following month's SPOKE.

August	Tom Armstrong	268-8602
September	Ellen Cronan	595-2926
October	Barbara Snyder	399-7892
November	Henry Kane	215-862-3296
December	Jim Richardson	268-6774
January	Dave Wyatt	797-0775

Visit us online at www.bikewjw.org