

THE SPOKE



August 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:

Larry Bruskin, Branchburg
Helen Kerekes, Ringoes
Athena Rentzis, Flemington

Kenneth Eaton, Lebanon
Gene Parrella, Whitehouse Station
Peggy Romeo, Pittstown

To all members of the Western Jersey Wheelmen: **You Are Invited to the 2010 Annual Club Picnic** 3:00 PM to ? Saturday August 21nd at the Pickell Mountain Park, Whitehouse Station. RSVP to Tom Armstrong by Aug 13!! More Details on Page 4



August 2010 Ride Schedule

Saturday, July 31st

A (See the bikewjw web page for last minute rides)

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

O/R B 3:00PM "Out for a Beer" 25 miles Columbia Trail Lot, Main St. and Van Syckle Pl., High Bridge.
Leader: Tom Armstrong 725-3312

Sunday, August 1st

A (See the bikewjw web page for last minute rides)

B+ 8:00am "Back in the Saddle Again" 3 hours Mine Brook Park, Old Croton Rd, Flemington.
Leader: Dave Wyatt 797-0775

C+ 9:00AM "Bike and Dip" 33.3 miles Bundt Park, Red School House Road, Lebanon, NJ
Leader: Rob Schnatter 735-4440

C 8:00AM "Who Rode Maple Hill Road?" 35 miles Stewartville School, S Main St (Warren).
Leader: Rich Russ 319-0664

Wednesday, August 4th

B 5:15PM "Four-10's Still Suck@!" 40-45miles Oldwick Park & Ride, I-78 Exit 24, South on CR 523.
No calls, no leader!
Leader: Rich Kowal 334-7498

Saturday, August 7th

A (See the bikewjw web page for last minute rides)

B 8:00AM "We 'B' Riding!" 40 miles JP Case Middle School, Voorhees Corner Rd. and Case Blvd., Flemington.
Leader: Muffin Williams 304-2685

C 8:00AM "We'll be 'C'-ing You Later" 33 miles JP Case Middle School, Voorhees Corner Rd. and Case Blvd., Flemington.
Leader: Gordon Eyler 806-4948

Sunday, August 8th

A (See the bikewjw web page for last minute rides)

B+ 8:00AM "Leader's Choice" 60 miles Old York School, Old York Rd & Rt 202, Branchburg (Somerset).
Leader: Jeff Charney 439-3893

B 8:00AM "Turn Off the Heat!" 40 miles Union Twp. School, Rt 78 and Perryville Rd. (exit 12).
Leader: Steve Goss 730-7363

O/R C+ 12:00PM "5th Annual Musikfest Fun!" 25 miles Canal Park, take Route 611 south to where the Lehigh & Delaware Rivers meet by the Railroad Bridge. Easton, PA.
Bring your Lights and your Bag of Jingle!
Leader: Rich Kowal 334-7498

Friday, August 13th (Cruiser Night)

D 4:00PM "FIREWORKS!" 25miles? Bulls Island State Park, Rt 29, 3 miles N of Stockton.
Ride to New Hope Triumph Brewery, then Fireworks after dark. Bring lights for return. Towpath riding,
Leader: Tom Armstrong 268-8602

August 2010 Ride Schedule

Saturday, August 14th

- B+** 8:00AM "For 'A' Wannabees" 3 hours Mine Brook Park, Old Croton Rd, Flemington.
Leader: Dave Wyatt 797-0775
- B** 8:00AM "We All Need Bucks" 45 miles Frenchtown Bridge Pkg Lot, Bridge St.
Leader: Barbara Snyder 399-7892
- C** 8:00AM "Live to Ride, Ride to Live!" 35 miles JP Case M. S, Voorhees Corner Rd. and Case Blvd., Flemington.
Leader: Gordon Eyler 806-4948

Sunday, August 15th

- A** (See the bikewjw web page for last minute rides)
- B+** 8:00AM "Andover and Allamuchy" 80 miles Stewartville School, S Main St (Warren).
Starts as a single B+, will probably split off a slower B group.
Leader: Don and Elizabeth Crouse 859-1581
- C** 9:00AM "A Bit of Bucks" 31 miles Prall's Mills Parking Lot, Rte 29 just North of Stockton.
No Calls, No Ride Leader!
Leader: Henry Kane 215-917-0555

Saturday, August 21st

Annual WJW Picnic in Pickell Park, Whitehouse Station, NJ 3:00PM - ???

- A** (See the bikewjw web page for last minute rides)
- B** 8:00AM "North by NorthBikeSoccer" 45 miles Pickell Mt Park, CR 523 & Mountain Rd, Whitehouse Station
Leader: Barbara Snyder 399-7892
- C+** 8:00AM "Search for the 'B' Ride and Drop Them" 35 miles Bridgewater-Raritan High School (main lot), Garretson Rd (Somerset).
Possibly hilly but easy pace.
Leader: Ellen Cronan 595-2926
- C** 9:00AM "How Many Tenents in Tenent?" 35 miles Thompson County Park, Jamesburg, NJ
Joint ride with Central Jersey Bicycle Club
Leader: Dan Rappaport 609-924-9417

Sunday, August 22nd

- A** (See the bikewjw web page for last minute rides)
- B** 8:00AM "Portugal This Ain't" 50-60 miles Readington Middle School, CR 620.
Leader: Bob Pereira 448-1051
- C** 8:00AM "Who is Lester Wilson Anyway?" 25 miles Lester Wilson School, CR 513 & Schoolhouse Rd, Pittstown.
Leader: Bob Smolarek 638-6172

Saturday, August 28th

- A** (See the bikewjw web page for last minute rides)
- B** 8:30AM "Arne's Army Attacks" 65 miles Bundt Park, Red School House Road, Lebanon, NJ
4% Grade or Less
Leader: Arne Olsen 201-887-0775

Sunday, August 29th

- A** (See the bikewjw web page for last minute rides. If you are an "A" rider, consider leading a ride.)
- B** 8:00AM "Going Somewhere?" 50 miles Barley Sheaf School, Barley Sheaf Rd, Flemington.
Leader: Brian Snyder 304-2685

2010 Calendar of Events

Date	Event	Coordinator
Aug. 8	Musikfest	Rich Kowal
Aug. 21	Club Picnic Pickell Park	Tom Armstrong
Sept. 4 & 5	There and Back Again, Back to Back Centuries	Peter Riccardi
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 3 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!

Cruiser Nights and Fireworks Rides!

During the summer, we are holding "Cruiser Nights" and "Fireworks Rides" on alternating Friday and Saturday evenings. Flemington holds antique/classic/hot-rod car display events every other Saturday and CRUISER BICYCLES go well for seeing the sights on these evenings. On two Friday evenings in August (13th, 27th), we plan on riding from Bull's Island on the Delaware and Raritan Canal Trail to Lambertville and New Hope for their Friday evening fireworks. The fireworks rides start at 4 PM, with return beginning from Lambertville following the fireworks, so bring bicycle lights! Check the WJW Bulletin Board "Club Rides, Cruiser Nights, Fireworks Rides" for further details and updates! These WJW rides are at family friendly paces and intended for social riding in casual attire. Start time for Cruising in Flemington is 7 PM at the Turntable Junction parking lot. Come and show off that classic bike of yours! August rides anticipated: Flemington: Saturday Aug 7 and 21.

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. Don't forget some cash for refreshments! 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! We will allow two individuals per membership (Yes that means you have to send in that membership NOW!), kids under the age of 5 are free and any additional people are \$5.00. We'll have beer, wine, soft drinks and food, including chips, veggies, salads and desserts. Hotdogs, hamburgers and veggie burgers will be provided – we're hoping for "grill duty" volunteers, but if nobody steps forward, we usually fire up the grills and ask you to cook your own.

Events Continued

In order to properly plan, we need a headcount, so PLEASE RSVP (with number of attendees) to Tom Armstrong, Twayne01@comcast.net (email preferred) or leave a message, cell phone 908-268-8602 **by 13 August!!**

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. Bicycle soccer game to begin at 4 PM.

September 4, and September 5 (Saturday and Sunday of Labor Day Weekend), There and Back Again, Day 1 and Day 2

These will be B+, 100 miles, out and back over rolling hills at approximate average speeds of 15.9 to 16.1 mph. Can you do back-to-back centuries? Do you want just one? There will be 2 five minute stops on each day to use the bathroom and refill bottles. Both day's rides start at the Bridgewater High School parking lot on Garretson Road, (just north of the corner of Commons Way), 8:00AM. Leader: Peter Ricciardi 908-393-9152

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, [\[http://www.buckscounty.org/government/departments/ParksandRec/Parks/Tohickon.aspx\]](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.



September 19, 3rd Annual “International Talk Like a Pirate Day” Ride.

Yes, this is tied to an “official” Pirate’s Holiday for all pirate lads and lasses. <http://www.talklikeapirate.com/> We be aimin’ t’ ride, *in costume n’ wit’ pirate gab,* sabers n blunderbuss’ in hand ‘r hook, from th’ Kingwood boat launch ramp parkin’ lot off ‘o Rt. 29 approximately 1 mile south ‘o Frenchtown, raid gettn underway at 4 PM. We gunna head north ‘n commandeer th’ Ship’s Inn (Milford) fer grog, vittles, etc before returnin’. Total round trip distance be a wee

bit under 10 miles. Come earlier if ye want to ride more on ye own before th’ event. Brin’ lights fer th’ bike return. ‘Tis gunna be on a sometimes narrow, twistin’ trail, so brin’ a mountain or hybrid, not a road bike, to best heartly enjoy th’ plunderin’. Call Tom Armstrong (AKA Cap’n Tom the Strong Arm) 268-8602 for additional details.



Editor's Questions

Training for a Century Ride?

In our area September and October are the best times to cycle long distances due to the cool mornings and dry weather. Whether or not you have achieved riding 100 miles in one day, the idea of completing that challenge equals a running marathon or a five-mile swim; you don't just go out and do it without preparation.

I have selected some websites that can help you get ready for our club century in October. Some sites are very specific to century rides while others branch out into many other cycling challenges. You will also find training tips particularly designed for women cyclists. I hope one of these sites can be useful to you.

<http://www.ultracycling.com/training/century.html#training>

<http://sportsmedicine.about.com/cs/conditioning/a/aa052703.htm>

<http://bicycling.about.com/od/trainingandfitness/a/century.htm>

http://www.associatedcontent.com/article/232602/century_bike_ride_training_week_1_workout.html



A Bicycle Lobby?

In one of our sponsored bicycle shops (Pete's Bike and Fitness), a display of buttons and cards with a bicycle on them caught my eye. It was an invitation to pledge your support for peopleforbikes.org, a non-profit organization (Bikes Belong Foundation) that is hoping to gather a million names... "to speak with one powerful voice and let policymakers, the media and the public know that bicycling is important and should be supported." I took a card, grabbed a button and went home to find the site at <http://www.peopleforbikes.org>. After I made my pledge they encouraged me to tell my other cycling friends. I have not researched this institution, but wanted you to be aware that it is out there if you are interested.

A Bicycle Superhighway?

Well, you judge for yourself. It seems that many cities and countries are encouraging bicycling on a large scale because it reduces traffic congestion, parking needs, and pollution. This link caught my eye because it seemed to be a rather large investment solely for the use of cyclists. It is at <http://www.good.is/post/london-opens-bike-superhighways>.



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.

September	Don Crouse	859-1581
October	Ellen Cronan	595-2926
November	Barbara Snyder	399-7892
Dec/Jan	Henry Kane	215-862-3296
February	Jim Richardson	268-6774
March	Dave Wyatt	797-0775
April	Tom Armstrong	268-8602

Visit us online at www.bikewjw.org

The Spoke