BELLEPLAIN CABIN WEEKEND
April: 24-26, 2020
East Creek Cabin, Belleplain State Forest
Rt. 347, Dennis Twp, NJ

Join us once again to enjoy the nature, camaraderie and of course, road and trail rides at the East Creek Cabin of Belleplain State Park. The middle of this cabin has a large dining area with a beautiful fireplace adjoined by a roomy well equipped kitchen. On the lake side of the cabin is a large porch with chairs. Each end of the cabin has a room with 15 bunks and a large bathroom. All members are welcome. Come for the day or stay over the whole weekend. After a day biking the trails or roads you can stay for an outstanding dinner*. Instead of biking you can also hike, canoe, kayak, bird watch, fish and more. We have cue sheets & maps for the 16, 29, 36 & 46 mile road rides. The 29, 36 & 46 routes stay together for the first 17 miles. (*$ pp for dinners.)

Friday schedule:
On Friday, someone will be at the cabin by 1 pm. By mid April we will announce Friday ride details based on interest expressed. As with last year, we hope to have an outside barbecue for Friday dinner.

Saturday Ride Schedule:
9:30 am – Road: routes based on interest expressed
10:00 am - Trail: 4, 7, & 11 mi options. Start from parking lot behind Lake Nummy. See website for directions.
7:30 pm - (possible) Night Trail Ride: leave from cabin. Must have proper lighting.

Sunday schedule:
If there is interest: 9:30am-road or 10am-trail ride.

*Must RSVP: email/call/text Mary by April 19th marymiranda4@gmail.com 609 247-8623.
If staying over, bring sleeping bag or bed sheets plus pillow, towels and toiletries.

Check out www.sjwheelmen.org for more info.

DAY 6 - STAGE 20
We were off to the race start in Albertville. Due to the previous day’s storm the race started 1 hr. late. We were originally scheduled to catch a train to Paris after the start. Because of the change in schedule we hung around the VIP activity area which was over a city block long. There were a lot of neat things to do. We saw the poster boards where the riders sign in every morning. All the various leaders jerseys were autographed and on display. There was a giant yellow jersey signed by all the past champions. The BEST thing was getting to meet, talk with, and have a picture taken with 2010 TDF Champion Andy Schleck. He was very nice and spoke about his riding the old Core States Championships in Philadelphia.
Some of the group then went to the team buses to watch riders warming up, Mary and I watched as the leaders were giving interviews, then grabbed a great spot a few feet from the start line. We were able to grab more t-shirts, caps, and candy being thrown to the crowd. The riders assembled and World Champion Alejandro Valverde was right next to us. The riders sign autographs while waiting, mostly for the kids in the crowd. Afterward, the tour company provided a bus for us to go to Paris. We stopped along the way in a rest area, and I got Burger King. It tasted exactly the same as here. We arrived in Paris at 10pm and checked into a very elegant hotel just 1 block from the Arc de Triomphe on the cobble stone Champs Elysee, the most famous street in the world.

DAY 7 - STAGE 21
We were on our own till 1pm when we all met up at the docks on the river Seine and boarded a large ship for a lunch cruise. You could stand on the top deck where they set up an open bar, or sit in a window filled banquet room with a piano player. There we were served a fabulous multi course lunch, while seeing all the sights of Paris. We then made our way back to the Champs Elysee and the VIP area. The 1st of 8 laps around the city started with all of Team Ineos parading yellow jersey wearer Egan Bernal at the front of the race. Then the breakaways started. The speeds were incredible as they flew across the cobbles. Caleb Ewan won an exciting bunch sprint (conti. p4)
GENERAL CLUB INFORMATION - 2020

Address: P.O. Box 7, Norma NJ, 08347

The **South Jersey Wheelmen** is a not-for-profit bicycling organization, serving the South Jersey bicycling community. The club is open to all. Most of our activities take place in southern New Jersey.

*Spoke’n Word*: Is published 6 times a year by the South Jersey Wheelmen,

*Classifieds*: Non-commercial classifieds are free to club members. For nonmembers ads are $5 per month. Contact Editor for details.

*Content*: We welcome cycling related articles. Any format will do, but email is best. The editor reserves the right to edit, shorten or omit. Again contact Editor for details.

*Download*: the *Spoke’n Word* from the website. You will see the graphics in LIVING COLOR and access the linked websites.

*Editor*: Gary Pilling  gpilling32@gmail.com

To Join the South Jersey Wheelmen:  
Click the membership form icon on the Club Information page of our website. Follow the directions on the form.

*Privacy Statement*: Information concerning SJW member’s addresses and email is not released to any outside sources.

**About Us**: The South Jersey Wheelmen Bicycle Club was formed by a group of cyclists interested in promoting bicycling and riding together. Starting with only six members in the Vineland area, the Club has grown to over 100 members from all over New Jersey and beyond. Members range from children whose parents pull them in trailers to senior citizens. We try to have a variety of rides so all members have a chance to match their ability and interests. These rides include: casual, performance and touring road rides plus some mountain bike rides. We try our best to have rides for all.

Meetings: 6:00 PM, 1st Wednesday of:  
Jan, Mar, May, July, Aug, Sep, Nov.
First half hour is social time.

Fitness Connection: 1430 W. Sherman Av, Vineland, NJ 08360 856-696-3924
(Corner: Sherman & Orchard Av, near Rt 55-exit 29)

**Club Officers**

<table>
<thead>
<tr>
<th>Role</th>
<th>Name</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>President</td>
<td>Tom Garrett</td>
<td><a href="mailto:tomgbikes@gmail.com">tomgbikes@gmail.com</a></td>
</tr>
<tr>
<td>Vice President</td>
<td>Scott Medaugh</td>
<td>856-848-5038</td>
</tr>
<tr>
<td>Treasurer</td>
<td>Eric Pedersen</td>
<td><a href="mailto:ejipede@yahoo.com">ejipede@yahoo.com</a></td>
</tr>
<tr>
<td>Membership</td>
<td>Mary Miranda</td>
<td>609-247-8623</td>
</tr>
<tr>
<td>Secretary</td>
<td>Gary Pilling</td>
<td>857-794-8633</td>
</tr>
<tr>
<td>Webmaster</td>
<td>Gary Pilling</td>
<td><a href="mailto:gpilling32@gmail.com">gpilling32@gmail.com</a></td>
</tr>
<tr>
<td>Newsletter Editor</td>
<td>Gary Pilling</td>
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</tr>
<tr>
<td>Ride Coordinator</td>
<td>Clyde Ravell</td>
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<tr>
<td>Advocate</td>
<td>Tom Garrett</td>
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<td>Facebook</td>
<td>John Leopold</td>
<td><a href="mailto:sjieo@comcast.net">sjieo@comcast.net</a></td>
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*Club Website*: [www.sjwheelmen.org](http://www.sjwheelmen.org)

**Upcoming Events**  
*(see website for details)*

**Club Calendar**: [Club Calendar - 2020](http://www.sjwheelmen.org)

1. **Meeting**: Wed 6pm: Mar 11-changed from 3/4

2. **Friday Night Lite or Dark!** Fri: 3/13, 4/10, start~4p.  
   *this is NOT an official SJW event - drink responsibly!* Join the crowd at Glasstown Brewery. If you're new to the club or haven't seen other members for a time, come out and enjoy the camaraderie.

3. **Mojo-Club Ride**: Thur: Begins late April.
   Mojo Bike Shop: 5:30, B+ 28mi, C 18mi, call or text Mary 609-247-8623

4. **Belleplain Cabin**: Apr 24-26  
   see article above

5. **SJW–TIME TRIAL Series**: Begins May  
   1st Rider > 6:00pm, 10 Mile Course  
   Must be Club Member

6. **Club Ride/Picnic**: Sat 6/6  
   Fort Mott State Park

   *A Ride in the Woods - on the Winter Solstice*  
   by Eric Pedersen continued from Jan.

The day was cold enough (mid-20sF at 9am) to discourage others in our circle from joining us, but I was layered and wasn't uncomfortable, all tho I did sweat too much and took note of that for future reference. Despite the cold, still it was Saturday and there were at least a half-dozen other riders in the Batsto parking lot also making final preparations to head out on the trails. Jim knew several of them, and
one 'marveled' that I was going to be riding the old (hey, it's "vintage") non-suspension Schwinn. He was diplomatic about it, and I didn't apologize for it.

We headed out, with the intent of doing the 19-mile Orange trail. At the split, Jim kindly suggested that we could take the 8.5-mile Blue trail, then ride it again in reverse if we felt like doing that much mileage. I figure he saw how inexperienced I was, and was giving me an 'out' for the longer distance. So I chose the Blue trail. Since we had both driven a long distance to ride, I decided at the end, yes, let's ride it again in reverse, which might have surprised Jim. By the last few miles, I felt jelly-legged but kept turning the pedals, and I wound up having a good 2+ hour workout and a good ride that left me smiling.

At one point, my right-side (platform) pedal must have clipped something unseen that was sticking up, and that sent me off into the brush. But I wound up still upright and straddling my bike; JC complimented me with a 'nice save.' Cool.

When we started out, a guy Jim knew started with us. Those two promptly opened up a gap just riding their usual pace. Jim waited up for me, then gaped me again. After several of these sequences, he let me ride in front of him, so I could set my own pace and he could keep an eye on me, I figure. On an early pause, Jim asked what tire pressure I was running, as he'd noticed I was 'deflecting' over every little obstacle. I told him I was running 50 lbs psi, and he replied that he was running 20! So I promptly aired down a bit and noticed a difference in the ride. Later, I aired down a bit more, but maybe too much, as I had to work noticeably harder at pedaling. Now I know to start out around 30psi (my weight/6).

Jim also told me I should try picking out and taking the outside line on the turns (unlike what I thought race-car drivers did) in order to keep my momentum and ride more efficiently. I tried it and really liked it. It also made it easier to correct my line mid-turn, if necessary, by simply leaning more. I think I learned a lot. Thanks, Jim!

I am looking forward to getting out there again.

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**Minutes: Jan 8, 2020**

**New Member/Ouest:** None

**Minutes/Membership:** Gary reviewed the Nov minutes. There were no corrections. Mary reported a total of 54 members.

**Treasurer:** Due to online scams, our financial details will not be published in our newsletter. Eric distributed his report to members at the meeting. Eric reported paying $510 to Higbee Associates for our copyright settlement. The group approved spending $500 toward Belleplain trail maintenance. Eric, Dave and Gary will process the insurance certificates and permits for the Fort Mott picnic and the Jersey Devil.

**Newsletter/Website/Facebook:** We discussed reducing or eliminating the customer version of the newsletter distributed at local bike shops. We did not make a final decision.

**Advertising:** We decided to lower the number of 2020 club brochures to 1,200. Gary will update and have the brochures printed. We also discussed additional methods of advertising. We decided to limit additional advertising to free methods. To determine the best methods of advertising, Rick proposed surveying members and Devil riders to determine how they first heard of our club and the Jersey Devil century.

**Bicycle Advocate:** Tom reported on a study of the effectiveness of “Rumble Strips” being reviewed by the Salem county planners. Most of the group agreed that rumble strips have value but need to be placed to least interfere with cyclist while maintaining their safety value to both motorist and cyclist.

**Jersey Devil:** Gary has not yet met with the mayor of Upper Pittsgrove to discuss their “demands” related to the Jersey Devil. He will try to do so soon. Eric reported that six people have already registered and paid for the 2020 Jersey Devil.

**Club Event:** Gary described the upcoming Belleplain Cabin weekend which is April 24-26. Gary reported that we can decide to rent the cabin for Sunday night any time during the weekend by simply calling the office. After a brief discussion, we agreed we probably will NOT take the option.

**Convention:** Gary discussed options for the 2020 convention. Most likely we will use the motel in Cape May Court House proposed by Dave Robinson.

**Old Business:** Eric is working on updating of our federal nonprofit status. His information indicates the process should be finished by mid February.

**Next Meeting:** Fitness Connection: Wed. 3/4, 6:00 pm.

*First half hour is social time.*
I Rode the 2019: TOUR de FRANCE! continued

I rode the 2019 TOUR de FRANCE! After the race we were able to hang around at the team buses. Numerous riders hung around with their families as Nairo Quintana rode by us with his child riding on the top tube. Our group walked back to the hotel around midnight. Mary and I had to get up in 3 hours for an early flight back to the US, so we said our goodbyes.

Our group and ride leaders got along so well, and shared a great camaraderie the entire time. Every ride, we cheered each other on, shared water, and consoled when we couldn't go any further. Speaking of our ride leaders, they were fantastic. One was from Belgium, two from Italy, and one was from France. A couple of them were former pro racers. They all spoke their home language plus English and French. We exchanged Facebook and email addresses with the leaders and everyone else in the group. The owners of the tour company met us at several locations during the trip making sure we were happy. They offer many different TDF packages. You can go the 1st, 2nd, or 3rd week as a rider like we did or with a group that is strictly spectators. Mary chose the final week so we would see the finish.

Finally, Mary and I had the GREATEST time. Every day was filled with fun, excitement, and unbelievable sights. Even though we were doing non stop 18 hour days, we were never tired. We got to experience large cities, small towns, and quaint villages. The language, culture, architecture, and food is amazing. The French people could not have been nicer. I took over 600 pictures and could have doubled that. Being there was like being a football fan at the Super Bowl and getting to stand among the players watching the game. Only we got to do it for a WEEK! Like many, I have a bucket list, but this was way above #1. I hope you enjoyed reading about our adventure. If you have questions about the seeing the TDF live, Custom Getaways, or France, please contact me or Mary at danbikes@comcast.net or mrcressman@comcast.net

Hi Folks,
Sharing some information about Bike Virginia for 2020. Martha and I plan to go. The camping is included or you can motel it as well. We are staying at Holiday Inn Express & Suites, 404 Sunchase Blvd, Farmville, VA 23901

We're heading to the amazing Heartlands of Virginia, home of the very first Bike Virginia tour. You're going to love these 6 amazing days of biking, exploration, and relaxation. Sign up for a day, a Weekend Escape, a Weekday Getaway or all 6 days June 19-24, 2020.

The Active Advocate: Wenonah’s Holiday Lights Ride, Brings Cheer to Gloucester County

On December 23rd, Bike Gloucester County (a Bicycle Coalition Affiliate Group) had their first-ever holiday lights ride in the beautiful home town of BGC Chair Rebecca Kreck. Rebecca’s account of the night below:

Forty well-lit riders including many children came out to slow roll through the neighborhood and get some much needed fresh air before the holiday frenzy. The town folks were in awe at the sight of a block-long group of cyclists touring the town. Christmas music played as we enjoyed the 5-mile ride, stopping to admire the most festive homes.

More importantly, we felt the holiday spirit by the inclusion of all ages and abilities just enjoying the night and the joy of bike riding. Wenonah’s new bike lanes and street lighting added to the safety of the ride.

We thank the Mantua Police for joining by bike as well!

And yes, this will surely become an annual event!

P.S. MARY, YOU ARE THE GREATEST♥!
Spring 2020: The Mid Atlantic's Premier Gravel Series:  
https://rocknroadgravelseries.com/

**SJW: Club Rides - Winter 2019-2020 (Helmets required)**

**Mojo Bike Shop Series**: *(begins in April)*  
Thursdays: Two rides:  
- **C** (11-14mph) ~ 18mi,  
- **B+** (17-20mph) ~ 28mi,  
call-text Mary 609-247-8623 (NO cancellation notice if you don't call).

**Local: Rides – Winter 2019-2020**

**BELLEPLAIN MTB RIDES**: Original trail built by SJW, Jorba and Belleplain volunteers. Bikers can ride the marked single-track trail on their own at any time. Maps are available in the forest office. The trails are narrow and weave through the trees. Dangers include broken branches and jumping logs across trail. Several SJW members along with others meet in the back of Lake Nummy parking lot to ride *(no set dates for 2019-20)*. Due to insurance issues these rides are leaderless and not sponsored by SJW. You will NOT be covered by SJW insurance.

**Weekly: Bike Shop Rides - Winter 2019-2020 (Helmets required)**

**MOJO** Vineland, shop 856-457-5220  
http://bicyclemojo.com/  
Various trail systems. Contact shop for schedule

**TUCKAOHE** Tuckahoe, 609-628-0101  
http://www.tuckahoebikeshop.com/  
Call or check website for mountain bike rides

**CAFFEINATED CYCLIST** Pitman, 856-256-1414  
http://www.tccyclist.com/  
Call or check website for mountain bike rides

**ACTION WHEELS** Deptford, 856-468-5115  
http://actionwheels.com/  
Call or check website for mountain bike rides

**PEDDLER SHOP** Deptford, 856-228-7800  
http://pscycles.com/  
Call or check website for mountain bike rides

**SNEAKERS & SPOKES** Woodstown, 856-624-4933  
http://www.sneakersandspokes.com/  
Call or check website for bike rides

**Area: Century Rides & Cycling Events – Winter 2019-2020**

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<td>4/27</td>
<td>Ocean to Bay</td>
<td>Bethany Beach DE</td>
<td>$75</td>
<td>Charity</td>
<td><a href="http://oceantobaybiketour.com/">http://oceantobaybiketour.com/</a></td>
<td>5, 33, 50, 62 mile courses</td>
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<tr>
<td>4/28</td>
<td>Tour de Franklin</td>
<td>Franklin HS, Somerset NJ</td>
<td>Charity</td>
<td>Tour de Franklin</td>
<td></td>
<td>62, 40, 25, 10, 1-5 mi routes plus two rides on D&amp;R Canal Path. Full SAG &amp; several rest areas.</td>
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SJW Featured Rides and Events: 2020

Belleplain Cabin
Belleplain, NJ
Apr 24-26

Fort Mott: Club Ride/Picnic
Pennsville, NJ
Jun 6

July 4: Ride & Celebration
hosted by: Allen & Bellie Jackson
Jul 4 (Sat.)

Club Ride / Picnic
Glasstown Brewery
Aug 2 (Sun)

Vermont Trip
Rutland, Vt.
Aug 27-30

Jersey Devil Century
Centerton, NJ
Sep 19

Fall Convention
Lancaster, PA
Oct ?

Christmas/Holiday Party
Belleplain Cabin
Dec 11-12