



# ROAD DOGS

## MONTHLY NEWS-LETTER



### *A Great Year To Come!*

#### *Start Off With A Good Pre-Spring Season*

Well, it might not feel like it, but Spring is just around the corner, for some of you, that means get the bikes ready and start looking for that water bottle that you hope you cleaned out last fall. This year, I will be 'racing' toward a different goal on my bike aside from all the charity rides and I will be looking to go up a racing category. This doesn't mean I won't still be doing the charity rides, most of my races will be over before most of the charity stuff starts, or that I won't have time to ride/train/coach anybody that wants it, especially by June. If anyone wants to join me even if just for one or two races, I listed a few links to some of the up-coming events/races and anyone can race, you can buy a one-day licence for the day of the event at registration, and these are Cat 5 races, basically beginners, Lance and Levi won't be anywhere in site.

#### *Website Update*

Along with the links to my races, I have updated the links for the MS rides, I have already registered the NJ Road Dogs for both, and also updated the Tour d Cure and Ride for Autism links. And as some of you know, one of our pups, Erin was in an accident this last January and is out of commission, so I spoke for all of us in leaving her a note about a speedy recovery. Oh and there is a picture of our "sister" team, the Springfield Road Dogs, I am not sure what state there in though. If anyone has pics to add to the photo album page, let me know, I can add a bunch more.

#### *Winter Insanity*

I think the winter blues set in for two of us. Jay and Bill did the Polar Bear Plunge in Seaside last week to raise money for the Special Olympics in New Jersey, good cause, gotta be a better way to show off pail chests in the middle of winter at the beach, but still, good job guys, charity isn't seasonal.

#### *MS170/85/50/25*

I am already registered for the MS170 for the Mid-Jersey chapter, I may however drop down to the one day 85 due to my race schedule, if anyone else (Carol) is thinking of doing it, let me know and that might help me make up my mind. The link is on the website, ([www.njroaddogs.com](http://www.njroaddogs.com) -Jordan)

### **Any new Rides???**

If anyone knows of any rides they would like to do with the team that isn't listed, write me and I'll put it on the list even if I'm not doing that one.

### **New Riders Wanted**

As usual, I am asking you all to be my scouts. Talk to any one you might even think has a bike or wanted to have one. We unofficially raised over \$6200 for the MS100 last year. I am setting the bar even higher this year, this means more sponsors and more riders.

... and as always, write me if you have any questions,



Bill and Jay at the the Polar Bear Plunge to Raise Money for the Special Olympics in New Jersey

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