



Joliet Bicycle Club
Newsletter
July 2020

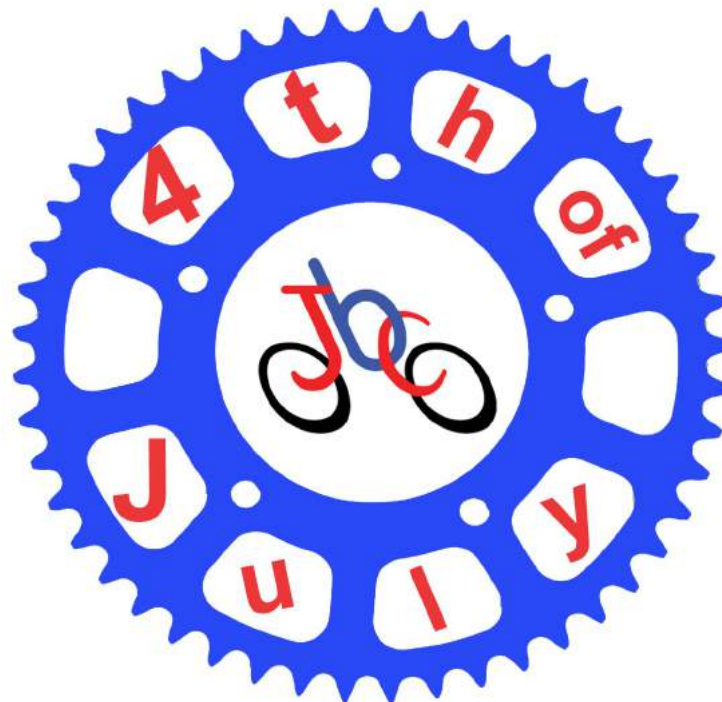


Joliet Bicycle Club

Volume 34, Issue 7 July

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Message from the President

June 26, 2020

Hello fellow JBC members,

It has been great to see our riders getting out and riding again on a regular basis. I have been to rides in Channahon, Shorewood, Frankfort as well as other locations and the rides and riders have been fabulous. It's no wonder we are the premier cycling club in Illinois, in my humble opinion anyway.

Its with great pleasure, which many of you have read in Google groups, that on July 4th in Platteville we will have a JBC sponsored ride for our members and their guests. We have over 50 RSVP's already.

There will be coffee and donuts at 7:30am and rides begin at 8am on July 4th. After the rides at about 12-1pm we will have subway sandwiches and cold drinks for all. There will also be hot grills available for you to BBQ anything of your own you wish to bring.

This is bound to be a great day for all of us considering we were forced to cancel our regularly scheduled July 4th event.

We have some club members that have been putting on some incredible miles and they definitely deserve some recognition.

Congratulations to Michelle Tymorek-Winters on her very 1st century along with Phil Furmanski. I spoke with Michelle who was riding again the very next day. She looked great and is ready for more centuries. Michelle's granddaughter told a friend her grandmother rode her bike 100 miles and she didn't believe her. You read it here, it's true. Phil has done many centuries and I'm sure he and Michelle have more planned.

This gentleman needs no introduction other than we will call him Mr. Century. I've lost count on centuries for 2020 for Dominick Chellino . I think at this writing it's at least 18. All I can say is WOW!

Also, no stranger to centuries, congratulations to Janae Hunziker on her century rides in May this year. It's old hat for her, she's ridden across the country a couple of times that I know of if not more.

Congratulations are due to Shanon Zajac on her 2nd century of her cycling career. I was with her on this endeavor and she finished strong and is ready for more. The 1st century was with Barb Westphal and that was a few years back. Welcome back to the 100-mile club Shanon.

I hope I'm not leaving anyone out. If you have had a century this year please e mail me at President@jolietbicycleclub.com and I will make sure to post it in the newsletter. I love hearing about everyone's great achievements on the bike.

It is absolutely a pleasure to be president of a bike club with such awesome members and I look forward to seeing everyone on July 4th.

Rolling Forward,

Rob Weiss, President, JBC





JBC Century Club Acknowledgements Presented by Rob Weiss



JBC CENTURY CLUB



100 MILES

JUNE

MEMBER
 DOMINIC CHELLINO
 PHIL FURMANSKI
 ROB WEISS
 MICHELLE TYMOREK-WINTERS
 SHANON ZAJAC

CENTURIES
 9
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 4
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Cycling during the Pandemic

Ride Illinois Guidelines

Check out the guidelines posted by Ride Illinois at <https://rideillinois.org/events/covid19/>

Some highlights below:

Regions and Phases

The [Restore Illinois](#) program divides the state into 4 regions, each with the ability to independently move through a phased approach. Be sure to adhere to the guidelines established for your region. The five phases are:

- **Phase 1:** ride solo
- **Phase 2:** ride solo or with immediate household members.
- **Phase 3:** ride solo or in a group of no more than 10 people.
- **Phase 4:** ride solo or in a group of no more than 50 people.
- **Phase 5:** no restrictions

Face Coverings/Masks

When a region is in Phases 1 through 4, Ride Illinois recommends wearing a face covering if strict adherence to social distancing guidelines is not possible. Note that 6 feet may not be sufficient social distancing when cycling due to factors such as speed, weather, and proximity to others.

Guidance for Individuals

- Bring a face covering and hand sanitizer on every ride.
- Wear a face covering when it's not possible to adhere to social distancing guidelines.
- Be particularly mindful of social distancing when passing others and when being passed.
- Avoid crowded trails and choose an alternate route if a trail becomes unexpectedly crowded.
- Remember that you represent all cyclists on every ride! Obey the law and adhere to public health guidelines.
- Avoid group rides for at least 14 days if you've been diagnosed with COVID-19, if you're sick, or if you've traveled to a high-risk area.



Guidance for Club and Group Rides

- Review state and local guidelines before offering group rides while restrictions are in place.
- Be cognizant of the community and members when developing guidelines for club rides. Take into account local population, infection rate, and travel by members who may have exposed to the virus.
- Share guidelines and updates with club members to keep them informed and involved.
- Restrict rides to members only.
- To adhere to the maximum gathering size during Phases 3 and 4, don't advertise rides on social media or club website.
- To reduce contact, offer a digital waiver or one waiver that covers the entire year. Be sure to collect an emergency contact from everyone.
- If a participant is diagnosed with COVID-19 within 14 days of a ride, inform all ride participants immediately.
- Every participant should bring necessary supplies, tools (tubes, CO2/bike pump, tire levers, etc), and food to support themselves.

“Wearing a mask, or not, is not about freedom, it is about respect. Just as with some other ailments, the corona virus can be spread by people with no symptoms. In those cases, the use of a mask helps prevent the spread.”

- Ron Dewey



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Memorial Day

Submitted by Carol O'Bryan

A group of JBCers rode to Abraham Lincoln National Cemetery to honor our biding buddies, fathers, and all veterans that have passed. There were no formal dedications due to COVID-19, but the cemetery was full of visitors.



Lee at Cedar Lake

**Conrad's tire blows
off the rim!**



Nice Jersey A!

**Just how many
JBCers does it take
to fix a flat!**



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Mark your Calendars for JBC Rides/Events!!!!



JBC July 4th Member-Guest Ride, Platteville Park



Ride Starts 8:00am 30 mile Loops

7:30am Coffee & Donuts

Subway & snacks after - (BYOB) adult beverage

Cooler with Gator-aid & Water

MUST RSVP to: Rob Weiss 630-910-5200

For Info, Contact: Dom Chellino 815-954-6476

JBC club meeting



July 13—7 pm

PizzaForU

116 S. Larkin Ave, Joliet, IL

JBC Potluck Picnic & Bike Rides, Four Seasons Park Shorewood

Saturday, August 15th, 2020



Ride Starts 8:00am Multi Distances / Levels

Picnic 11:00am FAR NORTH PAVILION

JBC Supplying- Chicken, Drinks, Cake & Picnic Supplies

MEMBERS Please bring your favorite Salad - Side - Dessert to share

MUST RSVP / INFO! Bob & Carolyn Jacobs 815-922-9841 (skiandbike@gmail.com)

Info: Dom Chellino 815-954-6476

JBC Breakfast Ride, Silver Dollars, Elwood, IL

Ride Starts ?:00am xx mile options



More details to come

MUST RSVP
Steve Geary (dura-ace@sbcglobal.net.)

or Shirl Boatman (boopbabe@yahoo.com)



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Angel
Registered
Nurse
Michele

"There are places we pass regularly. Do we ever stop to smell the roses, 'er the river?" - Carol O'Bryan



Photos by
Carol

Social
Distancing
Selfie!



Steve Geary Submissions



2 Methods of Social Distancing



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Photos by Dominick



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JBC Ride Definitions / Rules / Etiquette

SG - Show & Go - ride leaders, and distances can be decided at the ride
Ride contacts are to be called for information about the ride.

S - Social - Group stays together, rides at posted level, has ride leader.
All riders should plan to arrive at any scheduled ride at least 10 minutes before the scheduled departure time.

AD HOC RIDES

1. A non-calendar ride, via google groups email invite
2. 12 hour advance notice, e.g. Friday 8am ride invite sent by 8pm Thursday
3. Invite must include starting time, location and ride level (I-V)
4. Additional details about the ride can be shared too.
5. Miles are recorded as: AH/date/leader initials/miles/riders (in alpha form).
6. Use AD Hoc number assigned to the day of the ride
7. 2 riders minimum for instate rides and 3 riders minimum for out of state rides

Please send AD Hoc and regular miles to Bill Cihon at:
miles@jolietbicycleclub.com

Send invitational miles with Invitational Mileage Report in the subject line to Bill Cihon at: miles@jolietbicycleclub.com

LEVEL	MPH
I	10-12.4
II	12.5-15
III	15.1-18
IV	18.1-20
V	20.1+

Click this [link](#) to view the JBC Member Guide:



JBC Board and Committee Contacts

President, Rob Weiss
Phone: 630.910.5200

president@jolietbicycleclub.com

Vice-President, Dominick
Chellino Jr.

Phone: 815.954.6476

[vice-](mailto:vice-president@jolietbicycleclub.com)

president@jolietbicycleclub.com

Treasurer, Conrad Brouwer

Phone: 630.918.1552

treasurer@jolietbicycleclub.com

Secretary, Al Rooker

Phone: 815.272.3595

secretary@jolietbicycleclub.com

Ride Calendar, Bob Kehoe

Phone: 815.436.7701

kehoerj162@yahoo.com

**Ride Mileage Recorder, &
Invitational Rides**—Bill

Cihon

miles@jolietbicycleclub.com

For invitational rides:

Place Invitational Mileage

Report in the subject line

to:

miles@jolietbicycleclub.com

**Membership Chair & JBC Google
Groups Manager**,

Steve Geary

Phone: 815.474.3713

jbcggmc@gmail.com

Newsletter Editor, Shirl Boatman

Phone: 816.674.3556

editor@jolietbicycleclub.com

Webmaster, Bill Cihon

webmaster@jolietbicycleclub.com

Reporting Miles, Ride List, Membership

Ride leaders or whomever is in charge for the ride should report miles for daily JBC rides listed on the calendar and for Ad Hoc Rides. Please send the Ride #, date, and list of riders in alphabetical order, and their miles to:

miles@jolietbicycleclub.com

Mileage reports should be sent within 3 days of the ride.

The JBC Ride List is published monthly on the JBC website.

<http://www.jolietbicycleclub.com/ride-calendar/>

All JBC Ad Hoc Rides are announced through JBC Google Groups emails.

Make sure you are signed up on JBC Google Groups to get all club announcements.

JBC annual dues are \$15.00

JBC Meeting Information

Regular JBC club meetings are at 7 pm on the 2nd Monday of the month at PizzaForU 116 S. Larkin Ave, Joliet, IL. JBC holds meetings in Feb, March, April, May, June, Aug, Sept, Oct, Nov. Meeting locations and dates may change.

July general meeting—July 13 @ PizzaForU—7:00 PM.

Joliet Bicycle Club

PO Box 2758

Joliet, IL 60434

Email: President@jolietbicycleclub.com

Website: jolietbicycleclub.com

