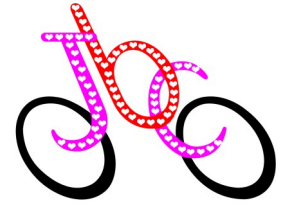


Joliet Bicycle Club *Newsletter* *February 2021*

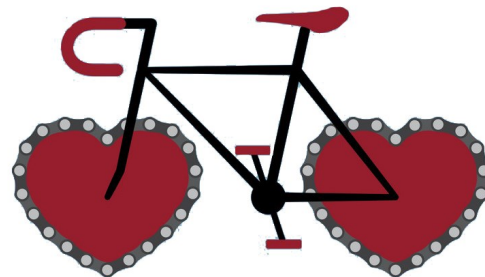


Joliet Bicycle Club

Volume 35, Issue 2 February 2021

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Message from the President—Unedited

January 28, 2021

Hello fellow JBC members,

Welcome to February. We have been experiencing some very cold weather, not exactly conducive to outdoor cycling. However, in the meantime there have been some great hikes organized by our members George and Pussanee Pastorino. We have been on 3 of their hikes in January and each was better than the last. See the newsletter for some beautiful winter photos.

The JBC board has been busy this last month getting ready for this season and in particular our July 4th ride. Gary Zaur and all our committee members are in place. Gary has secured most of our permits and hopefully by the end of March we will know for sure the ride is a go. As for now it's all systems go.

Great news on the website forefront. We have a new webmaster, please join me in welcoming and thanking Paul Tomisek for stepping up and filling this important role. Paul has a great deal of experience in this area and I'm sure will serve JBC to the best of his ability. I want to thank Steve Geary and Shirl Boatman for their hard work in the past on the website. Their hard work will give Paul some big shoes to fill, but I'm sure he's up to it.

Please make sure to take a look at this month's Meet the Member. Some clues to this member. She's a she, that narrows it down. She's very active in the club and has been for over 10 years.

This person always has a smile, and an infectious laugh that makes her one of the most likable members.

If you haven't guessed by now, you'll just have to check out the newsletter.

Well, there's not much going on this month but the anticipation of this year's rides is at an all time high. It might have something to do with the pandemic. I know I'm really looking forward to this year's cycling season.

On that note, I don't want to fail to mention we have over 30 JBC members that have signed up for the 2021 Horsey Hundred. This ride is a favorite among many of our members and with last year being cancelled this year is greatly anticipated.

If you are interested in joining in on this ride, please know, the ride is closed to registration and you can only sign up to be put on a waiting list. This year's ride has been limited to 1000 riders, hence the reason it closed to register so soon. Please visit www.horseyhundred.com for more info. JBC had 17 rooms at the Georgetown Hilton Garden Inn and they are all booked. There are other hotels nearby. If you are interested a quick Google search shows over 20 hotels in the general area.

That's all for now. I hope you are all staying warm. I look forward to seeing all of you on a ride soon.

Rolling Forward,

Rob Weiss

Rob Weiss, President, JBC



Hiking at Swallow Cliff

Save the Date!

Joliet Bicycle Club

47th Annual 4th of July Century

The Joliet Bicycle Club is planning to hold its 47th Annual 4th of July Century. This is pending Covid-19 Guidelines. A final decision will not be made until May at the earliest. Please check the JBC website <http://www.jolietbicycleclub.com/> for details as we get closer.



“MEET THE MEMBER SHANON ZAJAC”

Submitted by Rob Weiss



When did you join JBC and why did you join the club?

I joined in 2010 to meet fellow riders. The first people I met were Jim & Diane Walsh, Joanna Hosteny & Bill Goldschmidt. Even meeting Goldschmidt didn't deter me. My kids were young, after they left for school, I'd ride the OPT. I would look at the mileage log & wonder if I'd ever meet the "JBC legends" the riders putting in thousands of miles a year.

What brought you into cycling?

I've always been a cyclist. I started as kid

& never wanted to stop.

What do you enjoy most about cycling with JBC?

Hands down-the people. Everyone is fun, interesting and with a sense of adventure & love of life. We really are just big kids!

Tell us about your favorite cycling adventure.

Summer of 2020, Rob Weiss & I rode around Lake Michigan. It was the trip of a lifetime. I always say when I'm riding "We are the luckiest people."

Where do you cycle mostly with JBC and why?

Anywhere I can rescue turtles. Centennial trail & Channahon State Park. Centennial trail is great for the close proximity, deer sightings, and fellow riders.

What is your favorite JBC route?

Des Plaines ride & Channahon State Park to Seneca.

What is your favorite JBC event?

The banquet, the picnic ride, & the Chili Bowl.

If you could cycle anywhere in the world, where would it be?

I am inspired by Carol O'Bryan to ride in all 50 states.

“You Can Now Walk or Bike From New York City to Canada, Thanks to This New 750-mile Trail”

This 750-mile hiking, biking, and running trail connects New York City to Canada.
BY MEENA THIRUVENGADAM JANUARY 15, 2021

New York has finally put the finishing touches on a 750-mile multipurpose trail that stretches from the southern tip of Manhattan to the Canadian border.

The Empire State Trail connects about 400 miles of previously unlinked off-road trails and adds nearly 180 miles of new off-road trails to the state's network. As part of the project, the state also upgraded 170 miles of on-road bicycle routes and incorporated several bike racks to accommodate the nation's growing interest in cycling.

"Not only does it provide an opportunity to experience the natural beauty and history of New York, but it also gives New Yorkers from every corner of the state a safe outlet for recreation as we continue to grapple with the COVID-19 pandemic," New York Governor Andrew Cuomo said in announcing the project's completion.

The Empire State Trail connects the popular Hudson River Valley Greenway, Champlain Valley, and Erie Canalway Trail, and provides the opportunity to explore picturesque natural escapes, including Buffalo State Park, Fort Ticonderoga, and the Montezuma National Wildlife Refuge.

The Empire State Trail is meant to serve cyclists, hikers, runners, skiers, even snowshoers, but it's also a guide to some of New York's favorite craft breweries. State officials partnered with brewers to create an Empire State Trail Brewery Passport that allows people to earn stamps from an estimated 200 craft breweries located within 10 miles of the trail.

Meena Thiruvengadam is a Travel + Leisure contributor who has visited 50 countries on six continents and 47 U.S. states. She loves historic plaques, wandering new streets, and walking on beaches. Find her on Twitter and Instagram.

[Click here](#)

Our very own Dr. Deborah Burnet was recently published in Chicago magazine featuring, “*How Five Top Doctors Take Care of Themselves.*”

Chicago Magazine—January 2021

<https://www.chicagomag.com/chicago-magazine/january-2021/top-doctors/five-doctors-health-regimens/>



Deborah Burnet

Triathlete, salt avoider, woman of faith

Professor of medicine and chief of general internal medicine at UChicago Medicine

Triathlon training

I'm 62. About five years ago, my gym had an indoor triathlon, and I won. Not just for my age group — I won for all the women. I thought, This seems good. I've got to keep doing this. And then I won the Chicago Triathlon for my age group the last couple years. Since COVID, pools are mostly shut down, so I've been biking more. I bike with the Joliet Bicycle Group on Saturdays; we often go about 50, 60 miles. During the week, I do 20 miles or so on the local paths, or I run three miles. It clears my brain. My husband and I also bought indoor bike trainers, the Tacx Flux 2. You put your bicycle on it, and you can see other cyclists doing their workouts, but it looks like you're together in London or Central Park or wherever.

Boning up

I was recently diagnosed with osteopenia, which is borderline bone thinning, so I take 1,000 units of vitamin D a day, plus about 1,000 milligrams of calcium. Interestingly, there's some evidence that people with low vitamin D are more susceptible to COVID and to more severe COVID.

Say no to sodium

I'm on a low-salt diet for Meniere's disease, which is an inner ear condition, and to keep my blood pressure down. A low-salt diet is no more than 1,500 milligrams of sodium a day. Bread from the store is actually very salty — a hard roll has about 450 milligrams in it — so I bake my own sourdough bread two or three times a week. A lot of recipes use a tablespoon of salt, but I use an eighth to a quarter teaspoon and, for the rest, No Salt potassium chloride. I make homemade pizza, and for that I use Swiss cheese, which is much lower in salt. The one time I'm more liberal about my salt is if I'm going to do a half-marathon, because that expends a lot of sweat. I'll drink half-strength Gatorade.

Serenity now

I don't do meditation per se, but I often pray or read scripture in the morning. Before I go into an exam room and see a patient, as I clean my hands, I try to empty my mind of the last patient and the other stuff I'm thinking about and say a little prayer: "My hands, God's work."

SOMETHING TO THINK ABOUT & PLAN FOR! "JBC WILL BE 50 YEARS YOUNG IN 2022" Special Celebration Ideas???????



Winter Biking in Illinois

By *Barb Westphal*



Nope, no fat-tire or mountain bike here, but since there was some sunshine out and not too much wind on January 15th, I headed out for a short spin in our neighborhood. Sunshine soon turned to drizzling, then ice pellets, then snow showers, but then finally beautiful snowflakes. I lasted 45 minutes and then ventured home. Actually, it was quite a peaceful and fun adventure. Hope you're enjoying your winter, whether you're biking, skiing, or sheltering in place. Barry and I miss all the JBC folks and hope to see you this year for some good rides.

Stay well now, folks. 😊


Membership Corner

By *Steve Geary*

JBC Welcomes new Member Thomas Routar


Super Bowl LV

NFL · Today, 5:30 PM




Kansas City Chiefs
(16 - 2)

at



Tampa Bay Buccaneers
(14 - 5)

Super Bowl
Limited in-person attendance

 Live on CBS, NFL & 1 more

What to do if you crash

- **Always ride with your cell phone—call 911** Get police & ambulance to the scene—never, ever leave without police involvement
- **If you are hurt, don't move**—let EMT's do their thing
- **Don't move any bike** or other vehicles
- **Make sure police arrive** and get your story—get officer's contact info/card
- **Ask police to take photos and names** of anyone around
- **Get info from the other driver**—name, address, insurance policy number, vehicle license plate, driver's license number
- **If you can, photograph everything at the scene** or have someone do it. Photograph skid marks, positions of bike and vehicles, people at scene.
- **Preserve evidence**—clothing, helmet, gloves, glasses. DO NOT throw away or get anything repaired. DO NOT remove anything from the bike
- **Photograph every injury every day** to show the progress of your recovery
- **Document everything**—keep a record of every dollar you spend, every medical visit and every phone call you make or receive

Things will get complicated quickly!

Call, text or e-mail your favorite Bike Lawyer before you talk to any insurance company.



STEVE
MAGAS

BIKE LAWYER



513 484-BIKE

Bikelawyer@me.com
Ohiobikelawyer.com

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 and out of state rides

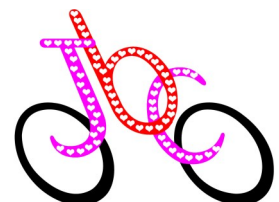
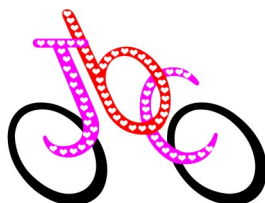
Please send AD Hoc and regular miles to Bill Cihon at:

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@jolietybicycleclub.com

Vice-President, Janae

Hunziker

Phone: 708.638.5262

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

president@jolietybicycleclub.com

Treasurer, Conrad Brouwer

Phone: 630.918.1552

treasurer@jolietybicycleclub.com

Secretary, Al Rooker

Phone: 815.272.3595

secretary@jolietybicycleclub.com

Ride Calendar, Bob Kehoe

Phone: 815.436.7701

kehoerj162@yahoo.com

Ride Mileage Recorder, & Invitational Rides—Bill

Cihon

miles@jolietybicycleclub.com

For invitational rides:

Place Invitational Mileage

Report in the subject line

to:

miles@jolietybicycleclub.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@jolietybicycleclub.com

Webmaster, Paul Tomasik

webmaster@jolietybicycleclub.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@jolietybicycleclub.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.jolietybicycleclub.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. No meeting for February.

Joliet Bicycle Club

PO Box 2758

Joliet, IL 60434

Email: President@jolietybicycleclub.com

