



*Joliet Bicycle Club
Newsletter
March 2021*



Joliet Bicycle Club

Volume 35, Issue 3 March, 2021

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Message from the President—Unedited

February 22, 2021

Hello fellow JBC members,

I think we are beginning to see signs of spring, its underneath all the snow but there are signs. I hope all of you are seeing the signs as well. I think we can all agree March is definitely a step closer to cycling season than February was.

There's are also positive signs on the pandemic front, and that's good news for all of us. Speaking of which JBC has always been about our members looking out for each other. That was made very apparent to me through one person's simple gesture.. I would like to give a big shout out to our longtime member Jim Arends.

Jim sent out an email about vaccines being administered by the Lockport Fire Dept. I know several of us where able to successfully sign up and get the first shot with the 2nd not far behind. Thank you, Jim, for sending out this email. Who knows, you may have saved a life.

We also know how fleeting life itself is. This month we are mourning the passing or our long-time member Gordie Carrier. Gordie was 81 years young. Our prayers and condolences go out to Gina and his family. This month's news letter has the obituary for Gordie. I only mention this because I am always fascinated by the full life our members live, Gordie was no exception.

This month's Meet the Member has been in the club for over 20 years. He's a very active member and is always above 2,000 miles for the year. I really enjoy riding with him. Any guesses? If you want to meet this member see this month's newsletter.

I saw that some of our members took advantage of all the snow by doing some snow shoeing. I myself bought a pair and went out several times. I never realized walking in the snow with tennis rackets strapped to your feet could be so invigorating.

Well, Shanon and I are headed off to Florida soon to see some of our snowbird JBC friends. I can't wait to get on a bike that isn't stationary. I look forward to this cycling season and seeing all of you raring and ready to roll.

Rolling Forward,

Rob Weiss

Rob Weiss, President, JBC



Membership Corner

By Steve Geary

JBC 2021 Membership Includes 130 Mem-



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.



Gordon E. Carrier, Jr.

1939 - 2021

Gordon "Gordie" E. Carrier, Jr. age 81, passed away peacefully at home, from complications related to Alzheimer's, with his loving and devoted wife at his side.



Gordie was proud of his profession as an Apparatus Operator with the City of Joliet Fire Department until his retirement in 2000. In 1984 he earned the honor of Fireman of the Year. Gordie also worked for many years as a maintenance man for the Joliet Jewish Congregation.

Preceded in death by his parents, Ardith M. Tatro Carrier (1994) and Gordon E. Carrier, Sr. (2013).

Survivors include his wife, Gina of 20 years; three children, Douglas (Susan) Carrier of Naperville, Shelly Wilson of Joliet, and Scott (Jennifer) Carrier of Diamond; grandchildren, Tyler & Brett Wilson, Jonathan (Caitlin) Carrier, Stephan (Libby) Carrier, and Morgan Carrier; former wife and mother of his children, Joyce A. Carrier of Joliet; one brother, William 'Bill' F. (Brenda) Carrier of Lonedell, MO; numerous nieces and nephews; sister-in-law, Carla J. Schumacher of Channahon; and special

friends and cycling buddies Tom Lamb and Pete Viehweg and Care Companion, Tiffany.

Gordie was active and excelled in many different sports and hobbies. He was a former member of the Athletes Foot running team and over the years participated in numerous running events, including marathons. He enjoyed bench rest, trap, and CMP shooting matches and was a former member of the Aurora Sportsman's Club and Chief City Shooters Club in Cornell. Also, a former member of the Area #1 Club in Coal City, Academy of Model Aeronautics, and Joliet RC Club. Gordie enjoyed fishing and golf and made a hole-in-one at Cog Hill. He was an avid cyclist, which is how he met Gina, logging thousands of miles over the years. Although his greatest achievements in cycling were completing the Assault on Mount Mitchell in 1989, located in North Carolina, it is the highest peak in mainland eastern North America. And in 1994 Gordie and friends traveled to Italy where he competed and completed a 13-mile mountain climb of Passo Rolle Dolomiti winning the best time in his age (55-60) group.

Gordie and Gina also enjoyed traveling, their favorite travel destinations were to their second home in North Fort Myers, Florida, Door County, and the Hawaiian

island of Maui. Visiting all many times over the years. At home, Gordie with Gina, or his care companion would take daily walks around the neighborhood or travel to local parks or forest preserves regardless of the weather. He also enjoyed riding in the car in and around the area or to some of his favorite places like Larry's Diner, Plainfield, Morris Bakery, Minooka Creamery, and Walt's Ice Cream in Joliet.

Visitation for Gordie will be Sunday, February 21, 2021, at the Fred C. Dames Funeral Home, 3200 Black Rd. (at Essington Rd.), Joliet from 3-7 p.m. and Monday, February 22, 2021, from 9:00 a.m. until the time of funeral services at 10:00 a.m. Capacity restrictions, facemasks, and social distancing will be observed. Interment will follow at Woodlawn Memorial Park. Please omit flowers, in lieu of flowers please make donations in Gordie's memory to Alzheimer's Association Joliet Office alz.org or Joliet Area Community Hospice joliethospice.org would be appreciated. For more information, please call (815) 741-5500 or you may visit www.fredcdames.com where you can share a favorite memory or leave an online condolence.

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



February 16, 2021

“MEET THE MEMBER Mark Ebert” by Rob Weiss



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

I don't recall the exact year I joined the club, but it was sometime in the late 90's. I first heard about the club from the 4th of July ride when it was held at the Plainfield Central HS, and I joined shortly after moving to Plainfield.

What brought you into cycling?

I started cycling in the mid 80's when I lived in Bolingbrook, mostly mountain biking over at Waterfall Glen and over at the Palos trails. I then got interested in road cycling as a means of stress relief and exercise, at which time I decided to attempt my first Century ride in 1986 by signing up for the North Shore Century. I was not prepared and it took me almost 10 hours to complete the ride. The next year I made up for it by completing the same ride (111 miles) in under 6 hours, including the sag stops. I was hooked on road cycling ever since!

What do you enjoy most about cycling with JBC?

I would have to say that it is the friends I met from the club, the interesting discussions we have during rides, and the variety of rides that the JBC offers.

Tell us about your favorite cycling adventure.

My favorite cycling adventure was attending the week-long AIBR (Around Illinois Back Roads) invitations previously put on by the JBC. I rode on three of these rides, each starting in either Joliet or Morris and going to Galena and back. Brenda and Steve Alberico coordinated these rides back then, and the JBC team really put together a great multi-day ride. It was during these rides that I discovered that Illinois is not flat. There are some serious hills in the Galena area!

Where do you cycle mostly with JBC and why?

Most of my rides are out of Na Au Say just West of Plainfield as it is close to home, and there are many route options from there. Some of the popular rides from there are those to Plattville, Morris, Newark and Sheridan.

What is your favorite JBC route?

Hmm, I really don't have a "favorite" route, as I just enjoy exploring new routes on the bike. That being said, I enjoy the taking the Centennial trail over to the Cal Sag trail and riding to Lake Katherine, which is a very scenic route.

What is your favorite JBC event

The JBC picnic ride is my favorite, as I get to hang out and ride with fellow JBC members/friends before pigging out on some wonderful food.

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

I have always wanted to ride the rolling hills in Kentucky, so this year I have signed up for the Horsey Hundred which will be a great challenge for me.

APPARENT WIND

Submitted by Rob Weiss: Written by: Don Lacoste, President CCBC

The term apparent wind is used in sailing. It is the speed of wind (true wind) combined with the speed of a sailing vessel. Let's say a sailboat is heading upwind (toward wind) and is traveling at 7 mph. Let's us assume a true (actual) wind speed of 15 mph. The apparent wind is the combination of true wind plus the speed of the vessel which equals 22 mph! That is a very simplistic description of apparent wind for you physics geeks! But what if the boat is heading down wind? True wind is still 15 mph and the boat is traveling at 6 mph. The apparent wind is 15 minus 6 which is 9 mph. Wonderful, but what does that have to do with bicycling...everything!

Climbing a hill on a bike is the hardest effort for cyclist. Gravity is a huge problem. Second to gravity for a cyclist is wind, followed by rolling resistance, followed by weight. On a day with absolutely no wind (0 true wind) a cyclist pedaling at 15 mph has an apparent wind of 15 mph. If the true wind is 10 mph and a cyclist is going into the wind at 15 mph, the apparent wind is 25 mph! It's no wonder how hard we have to work to overcome a steady headwind. If that same cyclist is heading downwind, with true wind of 10 mph, you are now against a 5-mph wind (15 mph cyclist minus a true wind of 10 mph).

But let's see just what all this means to the effort for a cyclist. There are two ways to measure energy used by a cyclist, watts or calories burned. In my example, I have a rider and bicycle that weighs 175 pounds. If that cyclist is pedaling 15 mph and true wind speed is 0, the watts necessary are 39.66. If that same cyclist increases his or her speed to 17 mph, the watts jump to 57.73. Going from 15 mph to 17 mph is an increase of 2 mph or 17%. However, the watts needed for those extra 2 mph is not 17% but 45%!!!! It's no wonder why a 15-mph cyclist struggles greatly to ride at 17 mph. Let's see what happens when that cyclist is riding 15 mph into a 10-mph headwind. We know the apparent wind has jumped to 25 mph and the watts needed has risen to 110 watts! Remember, 15 mph with no true wind was 39.66 watts and with a true (head) wind of 10 mph, the watts jumped to 110 watts, or 275% increase in effort. We all have experienced some challenging winds, especially on Honore Road in Venice to Sarasota and Bird Land down in Port Charlotte. Now you have a better understanding with the energy needed to overcome those winds. By the way, these calculations are for a single rider, not a peloton such as our group rides. We all know about drafting and the advantages of being in a close single line with other cyclists. How much can a draft affect energy use? The faster the riders, the more advantage of the draft. At 10 mph, cyclists are not gaining much advantage but as the speed increases, so does the effect of the draft. For cyclists moving at 20 mph or more, the draft can reduce effort for the group (except leader) up to 40%!! For our pace line riders, this is how they can ride at those speeds for 30 plus miles since they are constantly changing lead positions within the peloton.

So how can we overcome these extreme forces of wind? Well, we can't. But we do have tools on our bicycles that are called GEARS! It surprises me watching some cyclists who fight going up hills or pushing into the wind without using the advantages of the gears we have on our very expensive bicycles. Their cadence drops to very low revolutions as they force their quadriceps to take on the additional loads to overcome wind or elevation. Keeping a smooth and steady cadence goes a long way to managing your endurance. So, keep shifting to easier gears as you face forces of wind and hills. It may require you to shift down 2-3 gears or more to keep your cadence fluid. Surely your speed will be affected but it would also be affected if you stayed in a more difficult gear. By removing strain through the use of gears, you will "save" your legs for the duration of your ride.

Here is a great source of information I have found on wind and cycling. You can plug in your own weight, mph, and wind speed to do calculations for your size. You can also add in different grade elevations to these calculations to see how all of these forces come into play for a cyclist. www.exploratorium.edu Once on the website, go to the search line and type in **aerodynamics**. I will be doing a follow up Morning Coffee on the other forces that effect cyclist such as grade, rolling resistance and weight. You will be surprised as to how those effect cyclists.

2021 Cycling Invitationals and Pro Races

1. [10th Annual Heartbreaker Cycling Invitational](#) - Covid Edition: March 20, 2021 at 05:00 AM TO 07:00 PM UTC-05:00; Gainesville, Florida
2. [Paris-Roubaix](#) — April 11, 2021
3. [Horsey Hundred](#)—May 28-30, 2021—Registration is closed; Waitlist is open; Georgetown, Kentucky
4. [Giro d-Italia](#) — May 8-30, 2021 — Palmero, Cicily, Italy
5. [2021 Grand Illinois Bike Tour](#) — June 13-18, 2021 — Litchfield, Illinois
6. [2021 Tour de France](#)—June 26—July 18, 2021
7. [4th of July Century Ride](#) — July 4, 2021 — Plainfield, Illinois
8. [Z-Tour](#) — July 17, 2021 — Princeton, Illinois
9. [2021 Busse Woods Night Ride](#) — August 28, 2021 — Elk Grove Village, Illinois
10. [Horribly Hilly Hundreds](#) — August 28, 2021 — Blue Mounds, Wisconsin
11. [Dust Bowl 100](#) — July 24, 2021 — Eminence, Indiana
12. [Annual Blackhawk Country Roads Invitational Ride](#)—The 44nd Annual ride - DATE: Saturday, Sept. 4 & Sunday, Sept. 5, 2021; Rockton, Illinois



2021 Cycling Trends

As we head into the 2021 riding season, I wanted to provide some links to 2021 predictions

[2021 Cycling Predictions from Bike Rumor](#) [Bike Radar 2021 Road Bike Trends for 2021](#)

1. All-round race bikes are back
2. The Tour de France will be won on a disc brake bike
3. More things will live on your bike
4. Ebikes will continue to grow in popularity
5. Most exciting groupset release in a decade

[Bike Radar 2021 Bike Reviews](#)

1. Road
2. Mountain
3. Cyclocross
4. Gravel
5. Electric
6. Hybrid
7. Kids'
8. Folding
9. Load-carrying
10. Time trial and Triathlon
11. Touring

[5 New Cycling Tech Advances and Trends to Watch in 2021](#)

[Mountain bike trends 2021](#)

[Gravel bike trends 2021](#)

In 2021 there will be large disc rotors on gravel bikes. That doesn't just benefit all-out braking power but also its control. An obvious increase in safety that overall has a limited effect on weight. Thankfully larger rotors are offered as standard for 2021 by more and more bike brands.

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@jolietbicycleclub.com

Vice-President, Janae Hunziker

Phone: 708.638.5262

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

president@jolietbicycleclub.com

Treasurer, Conrad Brouwer

Phone: 630.918.1552

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Secretary, Al Rooker

Phone: 815.272.3595

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Ride Calendar, Bob Kehoe

Phone: 815.436.7701

kehoerj162@yahoo.com

Ride Mileage Recorder, & Invitational Rides—Bill Cihon

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

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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. No meeting for March.

Joliet Bicycle Club

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