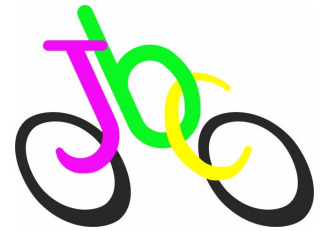


Joliet Bicycle Club
Newsletter
April 2021



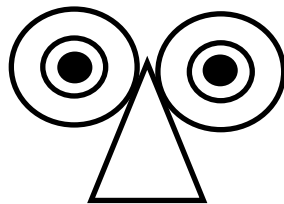
Joliet Bicycle Club

Volume 35, Issue 4 April, 2021

Inside this issue:

Message from the President	2
Membership Corner	3
Save the Date—July 4th Century	3
Meet the Member	4
Hi Viz	5
Upcoming 50th Anniversary	5
1x or 2x Drivetrain	6-9
2021 Cycling Invitationals and Pro Races	10
Door County Trip	11
Ride definitions / Rules / Etiquette—Ad-Hoc Rides	12
Board & Committee Contacts, Ride Information, Meeting Information	13

April Fool's Day



Message from the President—Unedited

March 27, 2021

Hello fellow JBC members,

Spring is here and we have all patiently waited or some of us impatiently waited to get out and ride. I know most of us have already been out for your first few rides of 2021.

It's a good time to remember that motorists haven't seen us cyclists in a while. Let's all ride safe, where visible clothes and signal your intentions. March was bike safety month, but we should all ride safely every month.

Look in this month's newsletter for an article sent to us by the Coastal Cruisers Bicycle Club in Florida. It has some good information on what colors offer the highest visibility.

Speaking of inside the newsletter, look for this month's Meet the Member. As has become customary, here's some hints to his identity. Well, that's the first hint he's a he. He's a longtime member who always has a kind word for everyone and he's always upbeat. He's a fast rider and most of us have trouble keeping pace with him. He's not George Hincapie but he is fast. Last hint, he shares the same initials as a multiple PGA Tour major winner. (for you golf fans)

There is some exciting news that was shared in our Goggle groups email. Jim Lambert has brought back the Door County, Wisconsin ride. I know this has been a favorite of many of our members. If you are interested in this ride a copy of the email sent out will be in this newsletter.

Just for an interesting note, 3 of our members, Janae Hunziker, Conrad Brouwer, and Dominic Chellino are embarking as we speak on a ride from Ft. Lauderdale to Key West, FL. Round trip will be about 400 miles. Let's all wish them a safe and enjoyable adventure.

It's always worth mentioning the July 4th ride. So far, we are a go and our ride captains are in place. We still need as many volunteers as we can get. If you can volunteer please contact our July 4th ride coordinator Gary Zaur at garyzaur@yahoo.com.

I, like all of you look forward to an outstanding year of riding and socializing with everyone.

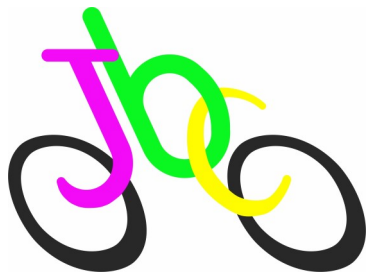
Rolling Forward,

Rob Weiss

Rob Weiss, President, JBC

Membership Corner

By Steve Geary



Welcome our new members:

Jesus Aguilar Cardenas

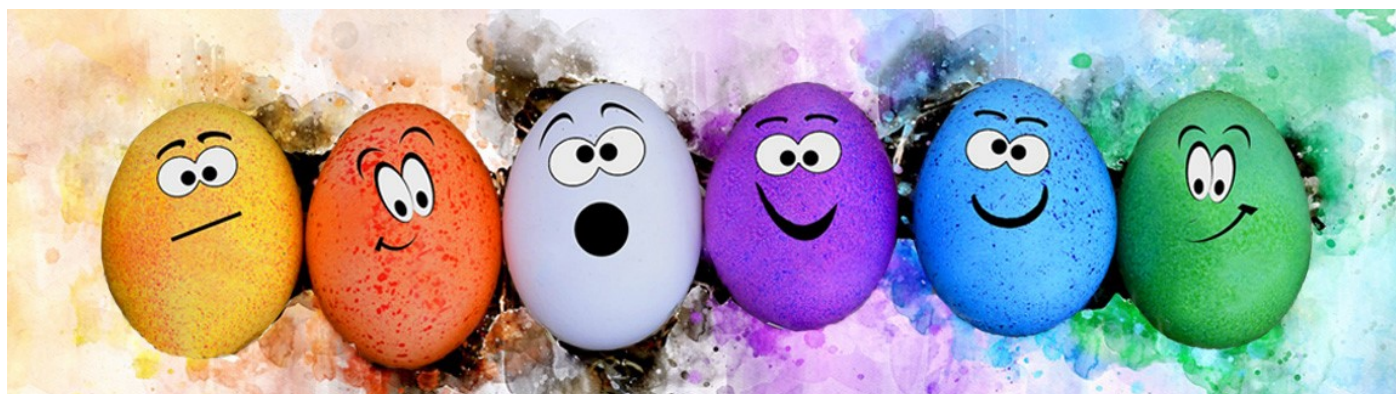
Mary Kobierecki

David Kane

John Timmerhaus

Tom Garvey

Returning member: Peggy McEvelly-Reed



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 - Dave Johnson, just out of prison in Gardner, IL.

When did you join JBC and why did you join the club? *A few years ago, I kept showing up on Saturday mornings to ride with a great group of people. Gary Meyer gave me the heads up that the ride was regularly taking place. After hearing the folks on the ride talk about JBC, I couldn't not join.*

What brought you into cycling? *I moved to the area in 2007 with an urge to get into bicycling in a bigger way. I started with the MS150 ride through my workplace. The charity event was championed by Gary Meyer, we worked at the same place. I enjoyed the training rides and the event.*

What do you enjoy most about cycling with JBC? *I have had such great experiences with all of the activities: 4th of July Ride, regularly scheduled rides, and the Door County trip was a real highlight.*

Tell us about your favorite cycling adventure. *Ragbrai was a memorable adventure. I had never done anything like that before, but on the last day I was disappointed that the next morning I would not be getting up early and bicycling. It was a very rewarding experience.*

Where do you cycle mostly with JBC and why? *I predominantly ride out of Frankfort. It is close for me and there are a number of wonderful groups that start there. I am frequently amazed at the spectacular routes that the leaders come up with.*

What is your favorite JBC route? *The ride from Frankfort to Cedar Lake, IN was one of my favorites.*

What is your favorite JBC event? *The 4th of July ride is my favorite event. The last couple of years I drove a sag vehicle. It is so well organized and is a great vehicle to elevate Joliet Bike Club in the biking community.*

If you could cycle anywhere in the world, where would it be? *I recently heard about riding the outer road around Iceland. I think that might be something to investigate further. A close second would be Jasper to Banff.*

From Coastal Cruisers in FL

Pete Trincherro, CCBC Safety Director

High Viz Quiz

Are all bright colors high viz? Bright colors being red, hot pink, orange, etc, reflect about 90% of the visible spectrum. This is superior to browns, greens. Fluorescent colors differ chemically, reflect about 200% of visible spectrum by reradiating some of the absorbed light. How is this possible? Fluorescence shifts energy in incident lighting from shorter wavelengths to longer wavelengths making the fluorescent colors seem brighter than they would be solely by reflection. It is all about those atoms excited by incident radiation dropping to lower levels, allowing brighter colors.

"Cognitive Conspicuity"

Biological movement, the presence of fluorescent material on moving body parts, the cyclist's legs, knees, ankles and pedals. Fluorescent material on the torso does not provide much movement. Also be flamboyant, a flapping fluorescent scarf, piece of fluorescent tape tied to top of helmet. The hope is all this cognitive conspicuity will distract a distracted motorist from their cell phone call/text message.

**SOMETHING TO THINK ABOUT &
PLAN FOR! "JBC WILL BE 50
YEARS YOUNG IN 2022"**

Special Celebration Ideas???????



1x or 2x Drivetrain – Which is Better?

Submitted by Steve Geary

What does 1x or 2x refer to? The front chainring(s) can either be a single sprocket (1x) or it may have 2 sprockets (2x) and some older bikes even have 3 sprockets (3x).

There are so many different opinions on the subject. Maybe a better question to ask is “Which drivetrain is better for your riding style”.

Most Road bikes have been either 2x or 3x for many years. The most recent trend is the 2x Compact Crank Set. The main reason for trending towards 2x is less cost and lighter weight. Unless you live in a mountainous region, you really don't need a 3x drivetrain.

Mountain Bikes have gone from 3x to 2x and now 1x. Mountain bikes typically don't need gearing for fast riding, but rather slower technical riding on rough/dirty surfaces. Reliability and simplicity have proven to be the preferred trend.

Now comes the Gravel/Adventure Bike. It isn't truly a Road bike, nor is it a Mountain bike, but it shares attributes of both. At first glance it looks like a Road bike, but the frame geometry reveals subtle differences. Looking even closer you'll find drivetrain components that resemble a Mountain bike. Most notable is the trend towards Disc Brakes. The Gravel bike, sometimes called an Adventure bike, will never be as fast or nimble as a true Road bike. Nor will it be able to handle the really rough off-road terrain like a true Mountain bike, but it bridges the gap



between the two. A Gravel bike allows you to ride on the road from your home, to an off-road trail and back home again, leaving the car behind. Most notably, the Adventure bike can take you places a road bike can't and a mountain bike would be overkill. An Adventure bike is a Gravel bike that has been fitted with all the mounts and eyelets that you need for Bikepacking.

So what are the pros & cons of 1x versus 2x?

1x	Pros	Cons
Price	x	
Simplicity	x	
Range		x
Gaps		x
Cadence		x
Weight	x	

2x	Pros	Cons
Price		x
Simplicity		x
Range	x	
Gaps	x	
Cadence	x	
Weight		x

Price: Because the 1x does not make use of a front derailleur, cable, or shifter, the price is often less. Many people use the money saved to upgrade the rear derailleur/cassette. The price of the 2x system is not significantly higher than a 1x, so price may not be an important factor when choosing your drivetrain.

Simplicity: Because the 1x does not make use of a front derailleur, cable, or shifter, the package becomes less complex. However, the 1x does create a few new issues such as severe chain angles, which requires a more frequent chain replacement. Chain drop, which can be overcome with a chain guide on top of the chainring and a firm clutch in the rear derailleur. A 2x crankset with a front derailleur has proven to be dependable under less severe riding conditions. The front derailleur acts as a chain guide and the 2 ranges (when used properly) will lessen the chain angle.

Range: Because the 1x only uses a rear derailleur, the range of gears is usually less. The 2x usually has a larger overall range. (Range is the difference between your easiest gear and your hardest gear) Some 1x systems make use of a 10-52T rear cassette in an effort to create more range. A 2x system may have an 11-34T rear cassette, but having a double chainring creates a high and a low range with a typically higher total range.

Gaps: Because the 1x only uses a rear derailleur the gaps between gears ratios becomes significantly greater. With a 1x system you're limited to 12 gears or less. The 2x typically has smaller gaps between gear ratios with a high and low range for a total of 22 gear selections. (Gap is the difference in gear ratios between adjacent sprockets)

Cadence: Your cadence is going to be directly related to the range and gaps built into your drivetrain. Because the 1x only uses a rear derailleur with a large gap cassette, it can be difficult to find the right cadence. The 2x system, because of its wider range and smaller gaps, can get you closer to that perfect cadence. Having an efficient cadence is important on longer rides and becomes less important on technical rides.

Weight: Because the 1x only uses the rear derailleur there is less weight. The 2x is only slightly heavier than the 1x, and in many cases when you add chain guides and huge rear cassettes to the 1x, the weight becomes comparable. I know from my own experience that taking weight off my body would yield greater results than taking weight off the bike. Sure, having a light bike is great, but the bike weight is measured in grams and my body weight is measured in pounds.



The decision to go 1x or 2x may be based on what you've become accustomed to. If you're a Mountain biker moving into a Gravel bike, you might prefer the 1x, only because that's what you're familiar with. On the other hand you might be a Roadie, in which case the 2x might be better suited to your riding style. If you're going to only use the bike off-road, then maybe the 1x is the better choice. If you intend to use the bike on and off road, then maybe the 2x would be better. If you're riding long distances, Bikepacking and carrying all of your life's treasures with you, then definitely go with the 2x or even a 3x if you can still find one.

Bicycle technology is always moving forward. There's always someone taking components off of one bike and adapting them to another bike. For example, they call it the "Mullet" build (clean in the front, party in the back). It's a bike frame with road bike style drop bar & shifters, a huge 12 speed rear 10-50T cassette, disc brakes and maybe even some suspension.



2021 Cycling Invitationals and Pro Races

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



JBC Door County Trip July 2021

Hi Everyone, It's that time of the year to think about next year's Door County Trip. The trip will run from Saturday July 17th through Saturday July 24th.

Now is the time to start making plans/reservations for this year's trip. We will all be staying in or near Fish Creek. Each individual is responsible for their own lodging arrangements during the JBC Door County Trip.

We will be riding Sunday the 18th through Friday the 23rd. Saturday July 17th and Saturday July 24th will be travel days.



This event is open to members and guests. Guests will be charged \$20 for the event. Each day there are two or three ride options ranging in miles from 30 to 60.

We will be sharing more information about the trip once the date gets closer.

We do hope that everyone that plans on attending makes their reservations really soon. July is a very busy time of the year in Door County. So book as soon as you can. I

f you have any questions please give Jim Lambert a call at 331 330 6119 or send Jim email at jalambert1950@gmail.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

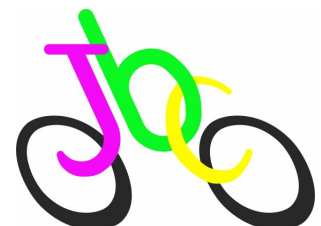
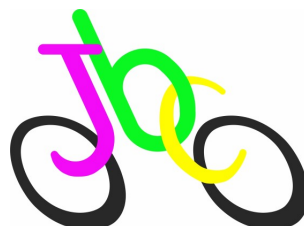
1. A non-calendar ride, via google groups email invite
2. 12 hour advance notice, e.g. Friday 8am ride invite sent by 8pm Thursday
3. Invite must include starting time, location and ride level (I-V)
4. Additional details about the ride can be shared too.
5. Miles are recorded as: AH/date/leader initials/miles/riders (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@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

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

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, Paul Tomasik

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 April.

Joliet Bicycle Club

PO Box 2758

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Email: President@jolietbicycleclub.com

Website: jolietbicycleclub.com

