



Joliet Bicycle Club
Newsletter
July 2021



Joliet Bicycle Club

Volume 35, Issue 7 July, 2021

Inside this issue:

Message from the President	2-3
Membership Corner	3
Meet the Member	4-5
GIBT	5
Tech Corner	6-8
Photos	9
Steel Worker's Park	10
Cycling Invitationals and Pro Racing	11
Which electrolytes do you really need?	11
Bicycles and the Supply Chain Issue	12
Midwin	12
Prepping for the 4th of July Ride	13
GIBT	14-15
Alan Bikes 4 Climate	16
Big Rock	17
Door County	18
Ride Definitions / Rules / Etiquette	19
Club Information	20



Message from the President—Non-Edited

June 22, 2021

Hello fellow JBC members,

Usually, I mention our new members first. I'm going to leave that to our new member section of the newsletter, as this month we have several new members. It's wonderful to see our club growing each month. I can only think we are getting more and more new members as people are hearing what a great club JBC is.

While you are reading this, we will be only a few short days until the July 4th ride. As of this writing we have over 140 pre-registered riders already. This year we should expect over 500 riders. Far less than years past, however this will be a great turnout considering we are just coming out of the pandemic.

I have been seeing many of you on several different rides. It's great to see we are enjoying the great weather and more importantly each other's company.

I want to mention and say thank you to many of our members who reached out to me to check to see if I was OK. Many of you probably know Woodridge, where I live had an EF3 tornado rip through our town. Fortunately, the tornado missed my immediate neighborhood. There was substantial damage, but very few injuries. Thank you again for thinking of me and my family.

This month's meet the member is a very popular member and I know many of you know her well. There's your first clue she's a woman. That narrows it down. She is a very strong rider and if you ever tried to pace with her, you know what I mean. It's funny her life is the same as her bike riding, very fast paced and always moving.

She is married to a member and she has 2 new grandchildren. That should give it away. **I've said too much. If you want to learn more about her check out this month's "Meet the Member".**

The extreme hot weather is upon us. We have already had a couple of rides with 90 plus temps and very high humidity. There was an excellent article on JBC Google Groups sent by Steve Santolin. Look for a copy of the article in this newsletter about electrolytes and the importance of staying hydrated. This information could save you a lot of discomfort or worse on your next hot day ride.

I look forward to seeing many of you on July 4th. For those of you working the ride we are planning a workers ride and we will have details on that ride via Google Groups.

Rolling Forward,

Rob Weiss

Rob Weiss, President, JBC



Membership Corner

By Steve Geary



Welcome our new members:

Fernando Perez
Dana Quackenbush
Kathleen Rush
Calvin Jordan
Annastasia Walker
Mary Jones

Francine Koziel
Mike Warf
Jennifer Urbaniak
George Allan Smith
Maurice Samuels
Kraig Kistingner

Welcome new members. Please refer to the [JBC Website](#) to keep up to date on rides with the [Ride List](#).

“MEET THE MEMBER - Carolyn Jacobs —by Rob Weiss

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

I joined JBC in June 2010. On my first ride with JBC, Gordie was kind enough to teach me some techniques about biking and recommended that I get clip-in shoes. I rode a lot with Pete V, who always kept me going when I wasn't sure I could make it.



What brought you into cycling?

Our son, Brad, took an elective cycling class at college & came home and bought a road bike. Brad got Bob out riding. Shannon & Bob took me on a 28 mile ride on the Old Plank with my trail bike and I thought they were crazy. Then I got a road bike and I understood the difference.

What do you enjoy most about cycling with JBC?

I love the social aspect of riding and the teamwork. Everyone looks after the other people in the group. I remember the time Conrad & Roger helped me with a flat using duct tape!

Tell us about your favorite cycling adventure.

Mallorca has to be the biggest cycling adventure I have been on. I feel so lucky that I got to experience that with such a great group of people and with Wolf as our guide.

Where do you cycle mostly with JBC and why?

I ride out of Shorewood & Channahon due to the vicinity and all the great farm roads we have out here.

What is your favorite JBC route?

Well, the “Carolyn route” of course!

What is your favorite JBC event?

My favorite event is the JBC Banquet. I love Dominick’s “Helmet Awards”! I laugh for days after those!

If you could cycle anywhere in the world where would it be?
Carolyn forgot to answer this question, so I will answer it for her.
(kind of)

I don't know where she would ride but I know it would be with her
husband Bob.



GIBT—Grand Illinois Bike Tour—June 13-18, 2021. This year's loop toured the trails of Madison County, Illinois.

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

Special Celebration Ideas???????





Gear Inches

By Steve Geary

Gear Inches is a term you may or may not be familiar with, but it is something we use every time we ride a bike. Gear Inches refers to the mechanical advantage the bike gives us through its gearing system. The low gears allow us to climb those steep hills through increased torque with lower speed, while the high gears gives us higher speeds with lower torque.

The term Gear Inches goes way back to the 1870s in the days when bicycles had very large wheels. These were called High Wheelers or Penny-Farthing bikes. They achieved their speed by increasing the size of the drive wheel. Many of these bikes had a 50 inch diameter wheel, but a rider with longer legs could ride a bike with 60 inch wheels, thus giving that rider a mechanical advantage. A 60-inch wheel propelled a bicycle faster than a 50-inch wheel when both were cranked at the same cadence. However these High Wheelers were very dangerous to ride.

Then came the Safety Bike. This is the type of bike we ride today.

When "Safeties" replaced "High Wheelers", chains and sprockets allowed smaller wheels to be turned faster than the pedal cranks. As a result, a 28-inch wheel could be made to move a bicycle at the same speed as a 60-inch wheel. Such a bicycle was then said to be geared at 60 "gear inches" and pedaled similar to a High Wheeler with a 60-inch wheel.

A much more in depth article on Gear Inches can be found here

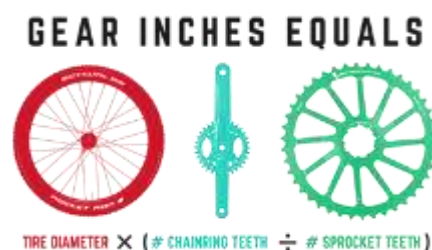
https://en.wikipedia.org/wiki/Gear_inches .

Today's bikes can have up to 33 gear selections through the use of 3 chainrings and 11 sprockets on the back wheel. Most road bikes use a 700C wheel which is equivalent to a 27" wheel, but other types of bikes have wheels of all sizes. Some common sizes are 16, 20, 24, 26, 27, 29 inches, and 650c & 700c.

Enough history, let's get technical. Gear Inches = chainring number of teeth divided by rear sprocket number of teeth multiplied by drive wheel diameter in inches.

[Chainring/Sprocket*Wheel Ø"] Fortunately we have modern day calculators to help us with this task. A very good example can be found here

<https://www.sheldonbrown.com/gear-calc.html> .



So why would a cyclist need to calculate gear inches anyway? What's wrong with the gears the bike manufacturer gave me? Some people purchase a bike because that's what the bike shop had on the showroom floor, not giving any thought to the gear ratios. Quite honestly, most higher end bikes provide all the gearing you may need. However, some riders may find themselves struggling up hills. They might consider replacing a rear cassette or a chainring to afford themselves more mechanical advantage. In this case, knowing what gear inches you currently have can help you decide what gears you might want to modify.

Mountain bikes have undergone huge changes in recent years, going from 3x9 systems to 1x12s, with the later having a wider gear range than the previous. Mountain bikers are always looking for more mechanical advantage. In fact they may have extra chainrings and sprockets that can be easily swapped out depending on where they choose to ride on any given day.

The tandem that Shirl and I ride is geared for higher speeds. With the original gearing, the bike is capable of being ridden at over 40 mph, but then we find ourselves struggling up steep hills. It's not likely that we need to be riding over 40 and not likely that we're even capable of doing so! In this case, I've had to calculate what our gear inch range is, figure out what gear inch range we prefer, then purchase the necessary chain-rings and sprockets for the modifications. The changes I've made will still allow us to ride at 35 mph, but with a much better mechanical advantage for hills. The new configuration will be focused on the low/middle range rather than the high range.

Happy Hill Climbing!
Steve Geary





Riding out of 4 Seasons



**Ron Dewey's Morris
Ride**

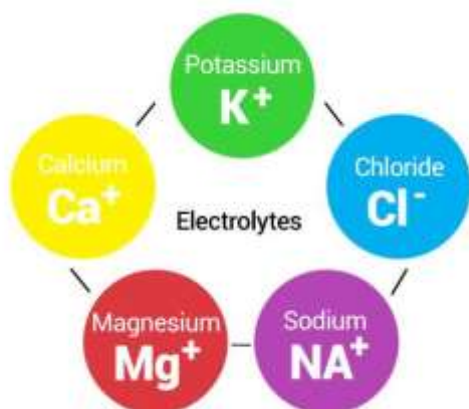


[Steel Worker's Park](#) located at East 87th St. at Lake Michigan. Next time you see Conrad, ask him about construction of the Sears Tower and his involvement.



2021 Cycling Invitationals and Pro Races

1. [2021 Tour de France](#)—June 26—July 18, 2021
2. [4th of July Century Ride](#)— July 4, 2021 — Plainfield, Illinois
3. [Z-Tour](#) — July 17, 2021
Princeton, Illinois
4. [Dust Bowl 100](#) — July 24, 2021 — Eminence, Indiana
5. [2021 Busse Woods Night Ride](#) — August 28, 2021 — Elk Grove Village, Illinois
6. [Horribly Hilly Hundreds](#) — August 28, 2021 — Blue Mounds, Wisconsin
7. [Annual Blackhawk Country Roads Invitational Ride](#)—The 44nd Annual ride - DATE: Saturday, Sept. 4 & Sunday, Sept. 5, 2021; Rockton, Illinois



Which electrolytes do you really need? [Click this link](#) provided by Steve Santolin.

Bicycles and the Supply Chain Issue

Per George Pastorino, read about the effects of COVID 19 on the supply chain for bicycles/bicycle parts by [Jay Townley: The supply chain nightmare!](#) The Shimano factory has been shut down in Malaysia!



Midewin and Bison

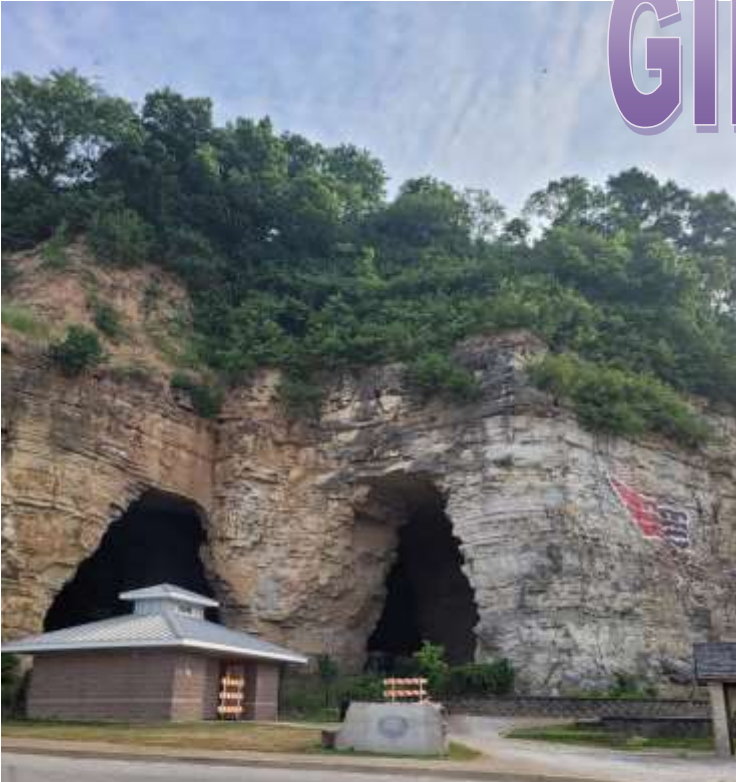
On June 16, I hopped on my mountain bike in Midewin. I love riding and hiking in [Midewin](#). Steve and I have biked and hiked there numerous times. We have hiked the trail many times to see the Bison but they have either not been visible or were very far away. But on this day, the stars were lined up and the [Bison](#) were actually close enough to the fence for me to take a selfie with them. I was very excited, as you can well imagine.





Cleaning the jugs for the July 4th ride after sitting for 2 years!

GIBT



ROBERT PERSHING WADLOW
FEBRUARY 22, 1918 — JULY 17, 1940

GIBT



Alan Wright—Alan Bikes 4 Climate

On June 12, Darius, Steve, and I rode to Crete. On our return trip to New Lenox, we were on the Old Plank Road Trail. We passed a gentleman that was obviously traveling on his bike as he was heavily loaded down with Paniers and gear.

We stopped in Frankfort and he rode up. We struck up a conversation with him. His name is Alan Wright and he is riding across the country with two purposes: 1) promoting bicycling as a transportation solution and 2) raising awareness about climate change.



He started his journey on May 22 in Boston and plans to end in Oregon near the end of July. Follow him on Twitter. He had a conversation with Derek and Steve and he posted that conversation on Twitter.

<https://twitter.com/AlanBikeClimate>

Big Rock along the trail on my newly discovered favorite hiking and mountain biking trails deep in the tree lined forest of the Hickory Creek Forest Preserve.



This is the Stonehouse Trail's Namesake in Palos



[“Avoiding the Right Hook”](#)

Click above to read the article.



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. If you have any questions please give Jim Lambert a call at 331 330 6119 or send Jim email at Jalambert50@outlook.com . **(Please note Jim's new email address!)**

Happy Biking everyone! Jim Lambert

JBC Ride Definitions / Rules / Etiquette

SG - Show & Go - ride leaders, and distances can be decided at the ride

S - Social - Group stays together, rides at posted level, has ride leader.

Ride contacts are to be called for information about the ride.

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 in-state 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 Com-

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

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 July.

Joliet Bicycle Club

PO Box 2758

Joliet, IL 60434

Email: President@jolietbicycleclub.com

