



*Joliet Bicycle Club
Newsletter
August 2021*



Joliet Bicycle Club

Volume 35, Issue 8 August, 2021

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Message from the President—Non-Edited

July 26, 2021

Hello fellow JBC members,

This season is really flying by, **I almost can't believe it's August** already. July was a very rewarding month for JBC and its members.

I want to congratulate each and every member for a successful July 4th invitational ride. We had over 750 cyclists from all over join us for the ride. Our members really stepped forward and made this a great day.

It is amazing what happens when JBC members work together towards a common goal. We had dozens of compliments on the ride staff including the SAG support, the registration folks and the Platteville rest stop staff. It makes me very proud to be the president of this great club when riders from outside JBC complement our rides. My hats off to all who helped in making July 4, 2021 a day to remember.

There's a lot of things coming up in August, so keep an eye on the calendar. August 8th 2021 will be the worker's ride. If you haven't already RSVP'd for the ride, please do so asap

to me at accrob@comcast.net or President@jolietbicycleclub.com.

We will have donuts and coffee in the morning before the ride and upon our return we will have sandwiches and cold drinks for all. The ride starts at 8am with a 22 mile loop, a 26 mile loop or you can combine the 2 loops for a 48 mile **ride. You didn't have to have** worked the ride to attend. All members are welcome.

The next day August 9, 2021 will be our first General membership meeting since back when the pandemic started. All members are encouraged to attend and have their voice heard. The meeting will start **at 7pm at Aurelio's Pizza in** Frankfort, 9901 W. Lincoln Hwy.

Finally on Saturday August 14th JBC will host our annual picnic at the Shorewood Park, South Pavilion. The ride will start at 8am and the picnic starts at 10:30am. For more information about the picnic please contact Bob Jacobs at skiandbike@gmail.com. I look forward to seeing a great turnout for this fun event.

As many of you are aware much of the proceeds from the July 4th ride go to our favorite

charities and the communities in which we ride. On August 8th at the July 4th workers ride we will present checks to **Platteville's Little League** Baseball and the Lisbon-Seward Volunteer Fire Department. **We hope you'll join** us in rewarding these fine groups with the fruits of our labor.

I hope to see many of you on upcoming rides and events, until then,

Rolling Forward,

Rob Weiss

Rob Weiss, President,
JBC



Membership Corner

By Steve Geary

Welcome our new members:



Stefanie Arthur

Jim Kirk

Stephen Grabo

Keith Bowersox

Scott Kern

Miriam Hermann Szatrowski

Adrian Santiago

Sherry Ailsworth

Laura Barry

Glenn Gesell

Krystal Sexton Howard

Tom Naughton

Peter A Athens

Jim Karls

Erika Ostrabder

Alexander Brodie

Gail Jindrich

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



Please note any items that are underscored in this newsletter are clickable links. You may have to use CTRL and Click the Link depending on your computer.

2021 JBC Summer Picnic Ride

WHERE: Shorewood Park, South Pavilion

WHEN: Saturday August 14, 2021

Ride starts at 0800
Picnic from 1030 to 1430

WHO: All JBC Members, past and present

WHY: Why not?

After missing a year of the social aspect of the club, it is time to get together and enjoy each **other's company**. So come on out and ride, then enjoy the time together to tell stories and catch up with each other. If you prefer to skip the ride, you can still enjoy the company at the picnic.

The ride starts at 8am and the riders can pick the routes and mileage that morning. In the past, there have been enough riders to support several routes with a mileage and speed for almost everyone to enjoy. So come on out!

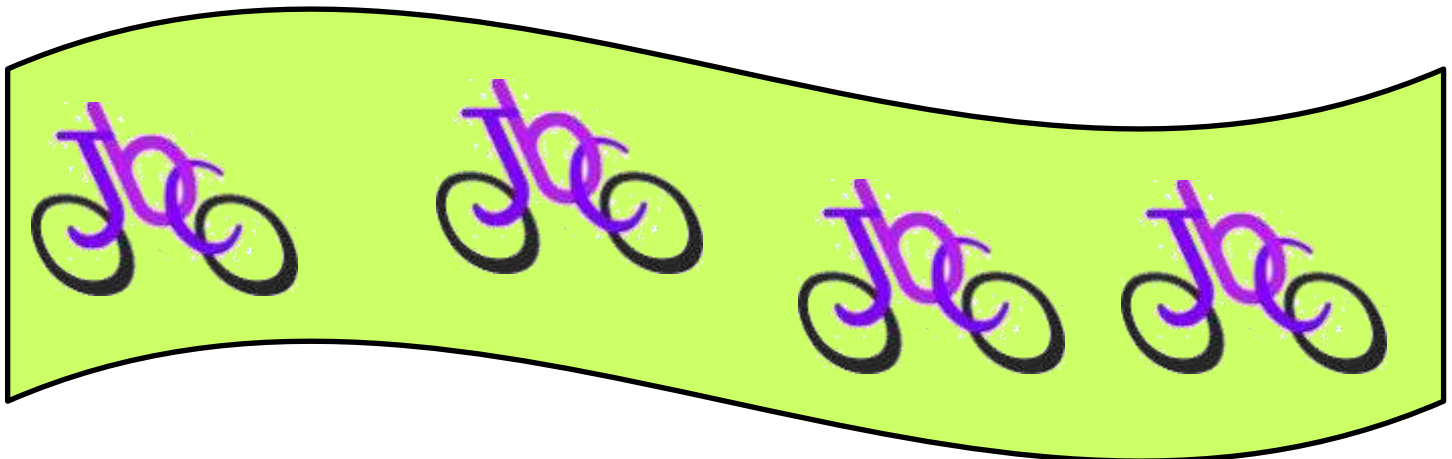
The club will provide a box style chicken lunch for each guest AS LONG AS YOU TELL US YOU PLAN TO ATTEND. Also, all members are welcome to bring a dish to share, but with the pandemic still in all of our minds, this may prove to be a challenge. Individually wrapped portions/treats may be the way to go this year.

Shorewood prohibits **'adult beverages' in the park**, so please, please be discreet.

Come on out and enjoy spending time with the club members. Please RSVP by August 8, 2021 so that we can order sufficient food for all attendees.

Let's make this picnic a blast!

Bob and Carolyn Jacobs
e-mail: skiandbiker@gmail.com



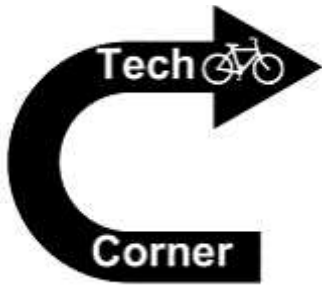
G7 summit: Joe Biden gifts Boris Johnson custom-made bike—
Please note this is not political, just newsworthy due to the custom
made bike.



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

Special Celebration Ideas???????



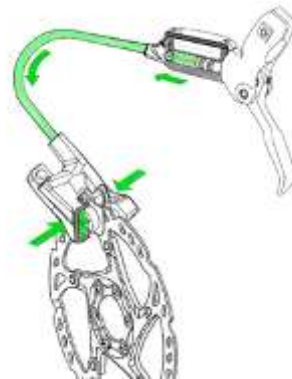
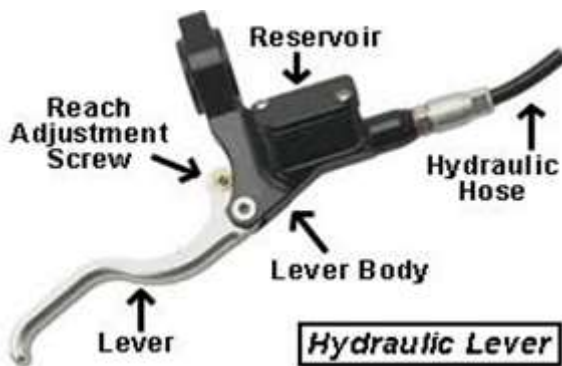


Hydraulic Disc Brakes

The Latest and Greatest in Brake Technology

By Steve Geary

Brakes: Who needs them? Well as it turns out, we all do. Brakes have recently undergone a huge change away from the traditional Rim Brakes that have been in use since the 1890s. A large percentage of bikes, both Road and Mountain bikes, are made with disc brakes now. Mountain bikes are almost 100% disc now, with the exception being a low end department store bike. Road bikes are still a mix of Rim and Disc brakes even on the same model of a particular bike. This gives the manufacturer a larger range of price points to offer its customers. However, the popularity of Disc brakes is driving the industry away from Rim brakes and soon you may not have a choice between the two types.



There's also a trend towards Hydraulics in place of the traditional Cable operated brakes. The advantage of Hydraulic Disc Brakes is modulation, or how the brakes feel when you apply them. Hydraulic Disc Brakes are usually smoother and can be applied with a lighter touch. Hydraulic brake hoses are not subject to **the same limitations as Cables**. There's **virtually no friction inside a Hydraulic hose**, whereas friction is the #1 enemy of Cable operated brakes. Hydraulic hoses are much easier to route through the bike frame. With the use of special fittings a Hydraulic hose can make sharp 90° turns which a Cable can never do. The Cables are much easier to maintain for the home mechanic, although with the help of special tools Hydraulics can be maintained at home as well.



Bleeding. No, there is no bloodshed involved with **Bleeding Hydraulic brakes**. It's a term used to describe how the Hydraulic hoses are cleaned and maintained. Periodically the Hydraulic fluid inside the hoses will need to be **changed**. **This process is called "Bleeding the Brakes"**. With the use of a brake bleeding kit, the old brake fluid is forced out of the hoses by the new fluid being introduced. **This process is sometimes called "Flushing", but I prefer the term Bleeding**. The type of brake fluid use can vary from one manufacturer to another. Make sure you use what is recommended because the fluids are not interchangeable.



Disc Brake Pads come in a variety of materials.

- Sintered pads have high wear resistance and can withstand high temperatures. **They are great for riding down long mountain passes where you're on the brakes for long periods of time with a lot of heat buildup**. However, they lack **initial feel and can be noisy**. **These pads are not recommended if you're using a mineral oil hydraulic system**. Mineral oil cannot withstand the high heat.
- Organic pads have good initial bite and modulation. They generally make less noise and are better at absorbing the heat. They have less wear resistance and **don't perform well in high heat situations**. **They also tend to glaze over from time to time**.
- Semi-Metallic pads have attributes of both Sintered and Organic. They exhibit good wear resistance, good (but not great) high heat situations, and good modulation. The ratio of sintered-to-organic mix can vary between manufacturers as well as a wide range of prices.

Here's a set of brake pads that has an incorporated "Heat Sink". The heat is transferred from the pads to the bronze colored metal bridge, which then dissipates the heat to the air flowing over it. I suspect these pads would perform very well in the mountains.



The brake disc (or rotor) comes in different diameters depending on how much weight needs to be brought to a stop. Many single bikes have a 140-160mm disc. If **you're going bike packing you can upgrade to a 180mm** to handle the added weight of all your worldly belongs strapped to the bike. They make large rotors that are 208mm in diameter for heavy duty applications like tandems. The Santana Tandem Company makes a proprietary rotor of 254mm! Rotors can be made from different types of steel to enhance their performance or to come in at a lower price point. You get what you pay for! Some rotors are much better at dispersing heat than others. Some rotors come in pretty colors!

So which type of brakes are better? You decide.

- Rim brakes have worked well for over a hundred years. They are lighter, less expensive, and easier to maintain. Many of the pro cyclists swear by them. **However they do fade quickly in wet conditions and don't work well with a wobbly wheel.**
- Disc brakes are very powerful, but at the same time can be finely modulated. **They don't fade nearly as much as rim brakes in wet weather or high heat conditions. Disc brakes don't care about wobbly wheels. Hydraulic systems tend to perform better than Cable systems.** Hydraulic Disc Brakes are heavier than Rim brakes, more expensive, and are not as easy to maintain by the home mechanic. Discs require a heavier and stronger front wheel.

Steve Geary

Skinny Wheels, Skinny Tires, Skinny Arms (Rim Brakes)
Wide Wheels, Knobby Tires, Skinny Arms (Disc Brakes)

Cycling Around the World - 2021

[2021 Tour de France](#) Results



TOKYO 2020



Cycling at the 2020 Tokyo Olympics

[Bicycling.com](#) [Olympics.com](#) [Mountain Bike](#)

2021 Cycling Invitationals and Pro Races

1. [2021 Busse Woods Night Ride](#) — August 28, 2021 — Elk Grove Village, Illinois
2. [Horribly Hilly Hundreds](#) — August 28, 2021 — Blue Mounds, Wisconsin

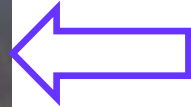




Plattville - July 1



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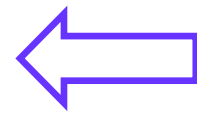




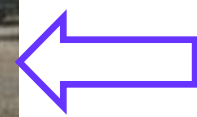
Thank you Dominick & Bill



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Door County



Door County



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Door County





Door County



Door County





Summer Cycling



We attempted to communicate with the Gnome; however, we don't speak Gnomenclature!





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It was a really wet July. And when it's really wet, fungi fruit. We have hiked a lot in July in various forest preserves and above are some of what we saw.

Mushrooms are the fruiting bodies of a much larger underground organism. They spend most of their lives underground as mycelium, which is made up of fine filaments that look similar to mold. We can't see them until they make their mushrooms which make spores.

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 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

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, ShirI 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. JBC holds meetings in Feb, March, April, May, June, Aug, Sept, Oct, Nov. Meeting locations and dates may change. **August meeting scheduled for August 9, 2021, our first General membership meeting since back when the pandemic started. All members are encouraged to attend and have their voice heard. The meeting will start at 7pm at Aurelio's Pizza in Frankfort, 9901 W. Lincoln Hwy.**

Joliet Bicycle Club
PO Box 2758
Joliet, IL 60434

