



*Joliet Bicycle Club
Newsletter
October 2021*



Joliet Bicycle Club

Volume 35, Issue 10, October 2021

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Message from the President—Edited

September 27, 2021

Hello fellow JBC members,

Last month I wrote September would be a great month for riding and it certainly has been that.

Cooler temps and sunny skies have filled the month with great riding opportunities.

I would like to thank those JBC members who donated to my annual Tour De Force ride that benefits families of fallen police officers. This year Shanon joined me for the ride so formally it is now our annual ride. This charity has been very dear to us and this year with your help we raised over \$650,000.

I am happy to announce that the JBC banquet will be back this year on November 13, 2021. We will be back at our familiar location **Al's Steakhouse in**

Joliet. Look inside the newsletter for an application or check your email for the details.

The JBC cycling year ends on September 30th. That will be the last day for 2021 miles. You still have time to build up your mileage total for the year. Also, visit the website to renew your membership for 2022.

A JBC membership would make a great holiday gift for friends or family.

We have not received any requests from any members to run for board positions. All board positions will remain the same with the exception of Myself stepping down as president and Janae Hunziker will be the new president.

We will be looking for a new VP. If you would like to volunteer as V.P please send me an email to president@jbc.com.

I look forward to more riding in October especially the Halloween ride. Gary Meyer will be hosting the Halloween ride starting and ending at Hickory Creek Brewing on Saturday October 30th at 4:30pm. Please check your Google Groups emails date September 16, 2021 for all the spooky details.

I also look forward to seeing all of you at the banquet in November, until **then...**

Rob Weiss

Rob Weiss, President,
JBC



Membership Corner

By Steve Geary



2022 membership renewals started on October 1, 2021.

Please refer to the [JBC Website](#) to complete the application and to keep up to date on rides with the [Ride List](#).

2021 Memberships are current until December 31, 2021. In order to maintain a seamless membership transition, please complete the 2022 membership application by December 31, 2021.



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.

JBC Annual Banquet

September 26, 2021

Dear JBC member,

We are happy to report that the JBC annual banquet is back. Again, we **will be at Al's steakhouse on Saturday November 13, 2021.**

The application is an attachment to this email. You may mail the application with a check or you can go online to the website www.jolietbicycleclub.com and fill out the application and use Pay Pal for your payment.

You must have your application and payment in by November 1, 2021.

The price is the same as it was in 2019, \$25 per person.
I look forward to seeing all of you on the 13th of November.

Best Regards,

JBC Board



JOLIET BICYCLE CLUB 2021 BANQUET

WHERE: AL'S STEAKHOUSE

1990 JEFFERSON

JOLIET, IL 60435

WHEN: NOVEMBER 13, 2021

TIME: COCKTAILS 6PM-7PM

DINNER 7PM

COST: \$25 PER PERSON

CHOICE OF CHICKEN OR SALMON

PAY ONLINE WITH PAY PAL AT WWW.JOLIETBICYCLECLUB.COM

OR MAIL A CHECK PAYABLE TO JOLIET BICYCLE CLUB. MAIL TO JOLIET BICYCLE CLUB

20015 BURR OAK LANE

MOKENA, IL 60448

CHECK ONE AND CIRCLE AMOUNT

- CHICKEN 1 2
- SALMON 1 2

MEMBER S NAME _____

GUESTS NAME _____

PAYMENT AND APPLICATION MUST BE IN BY NOVEMBER 1, 2021



I've Been Framed

By Steve Geary

The frame of a bicycle is like the foundation of your home. It can be said that **the frame is the bicycle's heart & soul. The frame is what everything else interacts with, including the rider!**

Although bike frames can be made from many different materials, in this article we're going to discuss only two categories: 1) Metals; 2) Composites.

1. Metals have been the material of choice for many decades, but there are several sub-categories of metals like Steel, Aluminium and Titanium.

1a. Steel is an abundant material that can be formed into many shapes and is easily welded together to make for a very strong yet compliant frame. Steel can also be **"Brazed"** together. They say **"Steel is Real"**, because a Steel frame can soak up the bumps and the roughness of the road. When Steel is stressed, it moves ever so slightly. then springs right back. Steel can also carry very heavy loads for the bike packing folks. The 2 downsides with Steel are its weight and rust. Steel usually comes in heavier than other metallic materials, and if not kept coated it will revert back to iron oxide (rust).



1b. Aluminium is strong and stiff. It's not as strong or compliant like Steel, but it too can be made into many different shapes and easily welded. In the early days of Aluminium, the tubes were made much thicker to gain strength, but over the years Aluminium frames have been made from much higher quality aircraft alloys, allowing manufacturers to use thinner tubes. The metallurgy done by the aircraft industry over the years has benefited cycling tremendously. **Hydroforming** is a great way to manipulate Aluminium into more complicated shapes while adding strength and removing weight. Aluminium is still a very popular material today due to its low cost. By the way, **"Aluminium"** is the correct spelling and pronunciation.

1c. Titanium falls somewhere between Steel and Aluminium. It has the strength of Steel while being light weight like Aluminium. It has the highest strength-to-density ratio of any metallic element. It is extremely corrosion resistant and can be easily welded, but does not lend itself to techniques like hydroforming. **Titanium** also comes with a price, usually a high price.

2. Carbon Fiber has had a profound effect in the bicycle industry. Since it was introduced a few decades ago, bike manufactures have spent countless amounts of your money performing research on the material and how to use it creatively when building a frame. Carbon Fiber has the strength of Steel while being incredibly lightweight.

The process of building a Carbon frame is called Layup, where pieces of Carbon Fiber matting are cut into specific shapes then hand laid in a very specific way, aligning the direction of the fibers to add strength in key areas while giving compliance in other areas. The layup can be made thin in the center of the tubes, while being thicker where the tubes join. It can be formed into (almost) an infinite number of shapes making it extremely versatile.



All this Carbon tech comes with a price though. A well made Carbon frame can be expensive, but beware of the bargain Carbon frames! Some frame builders are using sub-standard materials and adding fillers to lower the cost. They haven't spent the many years of research and development into their designs. So consequently their frames may not be as strong as they need to be. You get what you pay for!

So what can we learn from this comparison? Why would anyone buy a bike not made from Carbon Fiber?

Certainly if money is no object, then Carbon is the way to go. However, all Carbon bikes are not created equal. We all know that some bike manufacturers are better than others. In an effort to keep their prices competitive, they might install less expensive components onto their frames.

Carbon Fiber isn't always suited for every kind of riding. If you're bike packing and loading down your bike with several hundred pounds of gear and rider weight, then Steel might be a better choice. Carbon is very strong but it doesn't like impacts or heavy scratches. Carbon can fail if it has become even slightly compromised. Many Mountain Bikers prefer Aluminium because it can be more durable. They also like the greater stiffness of Aluminium since the suspension is absorbing most of the bumps.



An Aluminium frame is much less expensive than a Carbon frame, and in many cases you can acquire an Aluminium frame with high quality components. This type of bike may even out perform a Carbon bike near the same price point.



Some people like the look of a Carbon frame. The way the tubes seamlessly flow into the joints with large rounded curves and high tech shapes. Whereas others like the look of big chunky welds, making the frame look strong and industrial. Some prefer the expensive paint jobs that come with an expensive frame, and others like a plain flat color that understates the look of the bike.



In conclusion, it's all about what makes you happy. Do you absolutely have to have the most expensive bike on your Saturday morning club ride, or would you rather be the most comfortable rider? Are you an early adopter of technology or do you like the proven durability of the tried and true? How much money are you willing to spend in order to save a few grams of weight?

Remember, the most important part of a bike — even more so than the frame — is the rider. **Pick the frame that make you the happiest. That's the best way to enjoy the ride.**

Steve Geary

Flaming Frame, Skinny Tires, Skinny Arms

CYCLING HUMOR



JBC Newsletter Editor Challenge for November Newsletter

I need your help to fill up the November Newsletter with photos from each and every one of you.

Please send me your “favorite” cycling photo by **October 25** for inclusion in the November newsletter to:

editor@jolietbicycleclub.com.



August 2019 – Fox River Trail

Morris Corn Festival 2021

By George Pastorino

The Grundy County Corn Festival is a pure slice of Americana.... One of the largest Small Town Parades you will see anywhere....it runs almost 2 hours, plus the food..... Corn dipped in Gigantic Vats of Pure Butter, Pork Chops on a Stick, Fried Dough, Funnel Cakes, Grilled Chicken,

Steak, Turkey legs.....you know.....the good stuff 😊 No Healthy food here....Thank God!! Oh and there was beer!

We enjoyed a nice 30 mile trail ride and had a ton of fun. Linked in blue below is a Highlight Compilation Video that I put together, Thanks to Chuck Dean, Ellen Weber, Dennis Talley,

Karen Lecker, @Mary Beth Riordan and Dan McCullough for joining Pussanee and I on a stunning day to ride and enjoy a great American festival and parade!! John Mellen-camp's "Our Country" The Corn Fest is Patriotic Americana!!!!!!!

[YouTube](#)





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Flashback
2018

Bike the Drive invitational



**"JBC WILL BE 50 YEARS YOUNG
IN 2022"**

**Please submit your Spe-
cial Celebration Ideas???????**

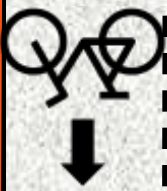


TRIVIA FUN from September



- What ride were these JBC members attending? **AIBR—Across Illinois Bike Ride**
- What year was this picture taken? **1998**
- Where was this picture taken? **Kankakee YMCA**
- Who were the ride chairs? **Larry McNamara and Leslie Panzer**
- Identify any of the participants. **These were the only participants identified so far and are subject to interpretation by the respondents:**

5	Barb Barnes	41	Suzanne Kinis	61	Joan Erwin
9	Cale ?	42	Art ?	63	Bill Brieese
10	Mike Bright	44	Larry McNamara	64	Jan Brieese
14	Neil McNamara	45	Leslie Panzer	67	Brenda Alberico
18	Sara Jo Brieese	46	Dot Curry	70	Ed Soja
23	Don Trejo	51	Woody Bauser	71	Bill Turner
25	Steve Geary	53	Jean Eicholzer	72	Dale Bormet
32	Doyle Putnam	58	Barb Moore		
34	Bruce Bishop	59	Greg Benning		



Sideshow Mel
at Stonehouse





1 – From dawn till dusk

Come the autumn, the first big change we experience is in the duration of the days: daylight hours reduce and our bike rides need to fit within the hours of light we've got available. Checking sunrise and sunset times before going ahead with the planning of your ride will allow you to make use of all available

daylight, at no risk of having to ride back home in the dark.

2 – Mind where you put your wheels

Autumn is certainly one of the most spectacular seasons for our bike rides, but we must be mindful of road conditions: the orange foliage of the trees looks very attractive in the pictures, but when the leaves fall onto the asphalt, they make for a dangerous slippery cover. Extra care to where you put your wheels is important to avoid washing out and falling.

3 – Hill riding: yes, but...

If you intend to pedal in the mountains, you should first check weather conditions, webcams and temperatures on the top; you could also prepare a plan B and an alternative route in case reaching the top is not possible. If you are able to plan your ride so that you will reach the highest altitudes during the warmest hours of the day, you won't get too cold during the descents.

4 – Be seen

A couple of lights fitted to the frame and some high-visibility clothing or items with reflective inserts can make you easily seen and also provide greater safety in the twilight.



5 – Layer your clothing and do bring a windproof jacket with you.

During the autumn the difference between day and night temperatures is significant; make sure you have the right clothing during the early hours of the day and that you will be able to take layers off as the day gets warmer. Arm and leg warmers, light gloves and a windproof jacket make for an excellent starting point. During this season the weather is less forgiving and the use of high quality technical gear becomes even more important.



6 – All-season tires

Consider changing the tires on your beloved bike with some all-round rubber; the improved grip on slippery surfaces and a more puncture-resistant nature will secure your road-bike rides against unexpected troubles.

7 – Drink and keep hydrated

As for every other season, during the autumn it is a good habit to drink and keep hydrated while riding. It may happen that the lower temperatures you perceive make you less mindful, your thirst response is numbed; nevertheless, your body still needs to replenish the fluids and salts that you lose while exercising.



8 – Keep your bike in good condition and keep the chain lubricated

Looking after your beloved bicycle is the best way to reduce the chance of mechanical issues during your autumn rides. Checking and cleaning brakes, gears and moving parts makes for a good routine to be sure everything is in order and ready for your next ride. By spending a few minutes cleaning and lubricating your chain, you will increase the lifespan of cassette, chain rings and of the chain itself; gear shifting will be quieter and smoother too.

9 – Stay dry in wet weather.

During the autumn, weather systems are more frequent and we can be caught in showers. If you are far from home, just stop and find shelter. If you avoid getting soaked, the cold you have to endure won't be too bad: on the contrary, your body will burn a lot of energy trying to maintain a constant body temperature.

10 – Make the most of autumn, shorten your winter break.

Autumn is a great season for cycling and to tackle fantastic rides in the saddle of your road bike, enjoying mild temperatures and warm hues around. Following the tips we listed, you will still have a lot of fun, enjoying every available weekend, making the most out of this season and shortening the winter, when cold and harsh weather call for a break.



Hey fellow cycle-paths,

This is your OFFICIAL announcement for the 2021 Halloween Ride (Pub Roll)

You have about 4 weeks to get your costume (required) together, and your bike lighted to the max (highly recommended).

When: Saturday October 30 4:30PM until???

Where: Hickory Creek Brewing Company

1005 W. Laraway Rd
New Lenox, IL 60451

Route: From the brewery to multiple watering holes enroute to Gracies in Frankfort, then back via more watering holes to Hickory Creek. ~20 miles total along safe roads or bike paths.

Ride Leader: "Gouly" Meyer 815-245-6042



Please drop me a note if you're attending so I can plan accordingly. Non riders are welcome to join us at various locations along the way. But trust me, It's a lot more fun if you ride!

Join us for some Spooktacular Fun!

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 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.



Joliet Bicycle Club

PO Box 2758

Joliet, IL 60434

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