



*Joliet Bicycle Club
Newsletter
March 2022*



Joliet Bicycle Club

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Message from the President

March means the lion's share of winter is over...

Will March come in like a lion and go out like a lamb? **It doesn't matter, cycling season is almost here!** Anything that you have procrastinated on to get ready to **ride this spring; tempus fugit! Time flies... clean that bike up and check it over!** **While I don't claim to be a mechanic, there are simple things each of us can do to get our bikes ready even if you don't have pro like mechanic skills. Start the season with a clean bike. A good clean includes the entire bike: frame, fork, drive train and wheels. Don't forget to inspect your tires for wear! I'm a big fan of using Dawn foaming dish soap which is much cheaper than citrus degreaser as the cleaning agent. It is especially cheaper than the version of degreaser you get in small bottles sold for bikes. If you want a degreaser, go to an auto shop; there you'll get a gallon cheaper than the pint size sold for bikes. If you want a visual or need some good tips on how to clean your bike, there are several good bike cleaning videos on YouTube. The English guys from GCN tech have at least two videos. They are kind of cheeky in their presentation, but provide good information and are basically "good chaps!"**

With permits for the 4th of July ride in hand and Ride Illinois fee and flyer sent in, we are in good shape for July 4, 2022. Bob Kehoe has been playing an important role in the success of our rides. He takes on many roles and puts in a full day every invitational! Most notably he stores, sets up and tears down the registration tent. Not to mention all the work he puts into the clubs monthly ride calendar. Many thanks Bob, you make hard work look easy!

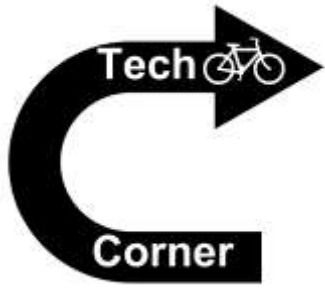
Much has been said, written and shared about cycling's loss with the passing of Al Sturges. After reading the tributes sharing his accolades; it is easy to conclude that it will take many cyclists to fill those riding shoes. His legacy lives on through the efforts of his advocacy that continues to benefit our sport. To all **those who read this newsletter and who's life has been touched by Al, my condolences to your loss.**

Happy Trails,
Janae

2022 Invitationals

If you don't see the ride(s) on this list that you want to do and want them added, please email: editor@jolietbicycleclub.com

Ride	Location	Date
The Dirty South Roubaix— click here	Alto Pass, IL	March 5, 2022
Horsey Hundred— click here	Georgetown, KY	May 27-29, 2022
GRABAAWR— click here GReat Annual Bicycling Adventure Along the Wisconsin River	Eagle River, WI to Prairie du Chien, WI	June 11-18, 2022
GIBT (Great Illinois Bike Tour— click here	Comlara County Park north of Bloomington-Normal and overnight in East Peoria, Normal (two nights) and Pontiac (two nights)	June 12-17, 2022
Z-Tour — click here	Princeton, IL	June 17, 2022
RAIL — click here Ride Across Illinois North	Moline, IL to Chicago, IL	June 19, 2022
RAIL — click here Ride Across Illinois South	St. Louis, MO to Vincennes, IN	June 25, 2022
JBC 4th of July Ride —	Plainfield, IL	July 4, 2022
RAIN — click here Ride Across Indiana	West Terre Haute, IN to Richmond, IN	July 16, 2022
RAGBRAI — click here Register's Annual Great Bicycle Ride Across Iowa	Begin in Sergeant Bluff , Iowa and end in Lansing. In between, riders will overnight in, Ida Grove, Poca- hontas, Emmetsburg, Mason City, Charles City, and West Union.	July 23-30, 2022
Palos Meltdown —	Pulaski Woods, Willow Springs, IL	August 7, 2022
Hammerfest 2022 Catch me if you can — click here	Plainfield, IL	August 20, 2022
Bike the Drive— click here	Lake Shore Drive, Chicago	September 4, 2022
Apple Cider Century — click here	Three Oaks, MI	September 25, 2022
Pumpkin Pie Ride — click here	Ottawa, IL	October 2, 2022 (unconfirmed)
Hilly Hundred — click here	Ellettsville, IN	October 21-23, 2022



Hiking Tips

By Steve Geary & Liftopia

Hiking is an excellent low-impact workout. Studies show it offers multiple physical and mental benefits. From reducing anxiety to preventing osteoporosis, hiking is an outdoor activity delivering benefits beyond scenic and fun.

Unlike walking on a treadmill or paved path, hiking involves more, sometimes unpredictable, variables. Of course, these variables are part of what makes it so enjoyable! Use the following hiking tips to make your treks successful.

1. Start small and choose the right trail for your fitness level.

Select a hike a little shorter than the distance you can normally walk on a level or paved surface. To estimate the time required to hike the trail, figure a pace of roughly 2-miles per hour. Next, review the elevation changes and add an hour to your estimated hiking time for every **1000 feet of gain**. **After you've been out once or twice, you'll have a sense for what distance and elevation changes work well for you.**

2. Familiarize yourself with the trail.

Once you have selected a trail, obtain a map of the area and review reports and data. There are **some excellent online resources available**. **Find out if the trail is a loop, or if you'll have to back-track or spot a second car.** Take note of any intersecting trails where you could potentially make a wrong turn. I also like to look for a good lunch spot such as a lake or peak with a view.

3. Check the weather.

Leading up to your hike, and again a few hours before, check the weather. This will give you valuable information on how to dress and what to pack. If the weather is forecast to be awful, it will give you the chance to change plans instead of getting surprised on the trail.

4. Tell someone where you will be.

It's important that someone not on the hike knows the itinerary and what time to worry and call for help. Note I didn't say, "when you expect to be done." The "worry time" may be several hours later than your planned finish to allow for slow hiking, amazing views, or perhaps a sore ankle causing a delay.

Another option is to carry an emergency device such as the SPOT tracker, which allows you to summon emergency assistance by satellite. One caveat, devices like the SPOT are not an excuse to shirk responsibility for your own personal safety – they are a backup.

5. Pack the 10 essentials.

The 10 essentials have gradually shifted from a list of items to a list of systems. These are the systems you should pack to stay safe in the outdoors, including facing a potential overnight. Depending on the length and remoteness of your hike, expand or minimize each system. For example, on a short summer hike near services, a compact emergency blanket should be fine. However, a remote winter hike would require something more extensive. Here are the 10 essential systems:

Ten Essential Systems

- Navigation (map & compass)
- Sun protection (sunglasses & sunscreen)
- Insulation (extra clothing)
- Illumination (headlamp/flashlight)
- First-aid supplies
- Fire (waterproof matches/lighter/candle)
- Repair kit and tools
- Nutrition (extra food)
- Hydration (extra water)
- Emergency shelter (tent/plastic tube tent/garbage bag)

This list may look daunting, but once you tailor it to your hike, it won't be so bad. Many of these things are what you'd pack for a picnic. Visit Mountaineers Books for more details.

6. Wear the right shoes and socks.

Painful feet can ruin a hike. Invest in quality hiking shoes and socks. This doesn't mean heavy leather boots, there are a lot of "light hikers" available that require little break-in compared to the old hiking boots I started with. Also, don't skimp on socks and for goodness sake....no cotton! Wool or synthetic socks are the way to go. Also pack blister dressings just in case.

7. Dress for success.

Once your feet are taken care of, dressing right is key to comfort on your hike. Skip cotton anything, it gets damp and stays that way leaving you feeling clammy and causing chafing. Instead go for synthetics. To easily adjust for your temperature and the weather, wear layers that you can add or shed as needed. **Lastly, pack an extra warm layer beyond what you think you'll need, preferably something that will block wind too.**

8. Keep it light.

Okay, now that I've told you to pack all of this stuff, I'm going to tell you to keep your pack light. This means opting for the lightest of each item. For example, a travel size tube of sun-screen instead of the NoAd 16-ounce tube you found on sale.

9. Pace yourself.

When you first get on the trail, you may feel like powering forward like a hero. However, you'll be a zero by the end of the day if you don't pace yourself. Instead, pick a pace you can maintain all day. It might feel a little awkward at first, but after a few miles, especially uphill, you'll be glad you saved your energy.



10. Leave no trace.

The beautiful trails we love will only stay beautiful if we care for them. Take time to read the Leave No Trace Seven Principals and follow them. It's up to every outdoor enthusiast to take care of our natural spaces.

Steve Geary

Big Boots, Sharp Spikes, Long Poles, Skinny Arms

*Thank you sincerely
for your thoughtful kindness
at a time when
it was deeply appreciated
by the family of
Christine E. Baker*

Thank you to all of the friends
at the Joliet Bicycle Club.
Your tributes, the beautiful
flowers, and your presence
were a great comfort.
The Baker Family

SSHA 2021-2022 Series

Steve and Shirl's Hiking Adventures

SSHA (Steve & Shirl's Hiking Adventures)

Date & Time: Saturday 2/5 @
10:00:00 am

Start Location: [Buffalo Wild Wings](#)
[28241 Diehl Rd, Warrenville, IL 60555](#)

Park Here: [41.801086, -88.172831](#)

Distance: 5.7 miles

Map: [McDowell Grove](#)



Date & Time: Saturday 2/12 @ 10:00:00 am

Start Location: Swallow Cliff South Parking Lot

Park Here: [41.674038, -87.857853](#)

Distance: 5.1 miles



Date & Time: Saturday 2/19 @ 10:00:00 am
Start Location: [Midwin Iron Bridge Trailhead](#)
[27898 IL-53, Elwood, IL 60421](#)
Park Here: [41.378946, -88.122981](#)
Distance: 3.4 or 5.8 miles @ 3+ mph



Date & Time: Sunday 12/20 @ 10:00:00 am
Location: Catalina Grove Family Picnic Area, 151st & Catalina Dr, [J58X+X7 Orland Park, Illinois](#)



Date & Time: Saturday 2/26 @ 10:00:00 am
Start Location: [Bullfrog Lake](#) - Palos Forest Preserve
Park Here: [41.711380, -87.898988](#)
Distance: 6.5 miles @ 3 mph





Winter Activities



Alan (Al) P. Sturges (87) of Park Forest, Illinois passed away on Friday, February 18, 2022. Al is survived by his wife of 41 years, Barbara Graves Sturges; his sons, Andrew and Britt; his daughter, Leah Sturges Mayer (David); his grandsons, Micah (Kate), Caleb and August Mayer; his brother, Guy P. (Vicki) and his sister, Diana P. Dade., as well as He will be missed by many extended family members including nieces, nephews, in-laws, cousins and friends including Romeo and Martini Club groups. Al was born December 7, 1934, in Brooklyn, New York to his loving parents, Lionel & Cicely (Peabody) Sturges. He grew up in Malaga, New Jersey before moving to Virginia for college; Galveston, Texas; Hammond, Indiana; and finally, Park Forest, Illinois. Al earned a degree in chemical engineering from Virginia Polytechnic Institute (Va. Tech) and an MBA from University of Chicago and worked for Amoco Oil com-

pany for 35 years. Al was a longtime avid bicyclist and bicycle advocate; president of Folks On Spokes; board member and executive director of Ride Illinois (formerly League of Illinois Bicyclists); board member of Active Transportation Alliance. Mentor to countless folks starting to ride a bike seriously. In his best years he spent about 6,000 miles on a bike. His bike travels with Barbara took them to 4 continents and were some of their most enjoyable trips. He had an electric assist tricycle on order because he never wanted to give up riding. Al was a great asset to the community of Park Forest where he moved in 1962 with his former wife (Katherine Kent). Inducted into the Park Forest Hall of Fame in 2012 for his many years of service including member of the Village Plan Commission, coach of little league baseball, Park Forest Committee for Nonpartisan Government, Potpourri lecture series at the Park Forest Library.

Al was a great supporter of the arts and a life-long

learner, taking and teaching classes at The Knowledge Exchange. He was the longest serving board member of the Nathan Manilow Sculpture Park and a generous patron of the Illinois Philharmonic Orchestra. Al's hobbies included reading, music, sculpture, ceramics, gardening, astrology, and the Phillies with profound interest in cooking and travel. He planned bi-annual family reunions around the country and travelled with Barbara to more places than we can list. Especially significant is his summit of Mt. Kilimanjaro after quadruple by-pass surgery. In lieu of flowers, please send donations to the Nathan Manilow Sculpture Park at Governors State University (govst.edu/nmsp). Services will be held on Friday, Feb. 25 at Lain-Sullivan Funeral Home in Park Forest, IL, 50 Westwood Drive, 60466. Visitation at 3:00pm; Service 4:00 – 5:30pm. Live streaming of the service will be available. For details visit lain-sullivan.com



"I am so sorry to hear about Al. He was an awesome person who will be missed but never forgotten."

"Boy what a sad start to 2022 for our Clubs."

"Barb I am deeply saddened to learn of Al's death! He made so many contribution through ILB. I have fond memories of GITAP, GIBT, FOS rides & Invitationals with him. He will be sorely missed."

"Another sad day for the club. Al was such a leader and advocate for bicycling. Sending our condolences to Barb."

"Yes, this sure has been a sad start to our year for our bicycling community. I will remember Al as always being a part of the annual GIBT (Grand Illinois Bike Tour) rides, formerly GITAP (Grand Illinois Trail & Parks) rides. I've done 11 of these rides and I believe Al was on all of them, both as a rider and as a volunteer. This photo of Al and Barb is from the GIBT-2021 ride. Al was such a dedicated bicycling advocate. He will be so deeply missed by all who knew him. My deepest condolences to Barb and their family. Rest in peace always, Al."

Ride Illinois is deeply saddened to announce the passing of Al Sturges, 87, of Park Forest. Al was active – and synonymous – with Ride Illinois (previously League of Illinois Bicyclists) for nearly the entire 30 years of our existence. Over his three decades of service, he led our organization as executive director, board president, board member, mentor, and volunteer. HERE is a brief summary, from a 2021 tribute when he retired from the board.

Al's wisdom, kindness, dedication, and friendship will be greatly missed. He made a huge impact on bicycling in Illinois, and on all of us who knew him well. We will be forever grateful to Al.



Happy St. Patrick's Day!



Happy St. Patrick's Day



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, Janae Hunziker
Phone: 708.638.5262

president@jolietbicycleclub.com

Vice-President, Michelle Winters
Phone: 708.305.7565

vice-president@jolietbicycleclub.com

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

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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
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Steve Geary

Phone: 815.474.3713

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Newsletter Editor, Shirl Boatman

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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

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