



Joliet Bicycle Club
Newsletter
October 2022



Joliet Bicycle Club

Volume 36, Issue 10, October 2022

Inside this issue:

Message from the President	2
2022 Invitationals	3
Membership	3
Tech Corner	4-5
Door County	6-7
PAC Tour	8-10
Breakfast Ride	11-14
Old Plank Road Trail Repairs	15
Ride Definitions / Rules / Etiquette	16
Club Information	17



Message from the President

October starts our club miles for the 2023 riding season. Check out the fall color and get some beautiful miles ridden towards 2023 one thousand club miles! If the mornings are too cool; ADHOC a warmer **afternoon ride. Don't** forget the club meeting at Pizza For U on October 6 at 7 PM.

Congratulations to all the club members who earned **this year's mileage** awards. At the September club meeting, members voted for JBC arm warmers as **this year's award.** Pactimo will be manufacturing the arm warmers. I bought close out sun sleeves in size Medium and Small. I can't wear the small without cutting off my circulation. Conrad has XL sun sleeves that are loose on his arms. We will bring these 3 sizes to the Club Meeting on the 6th for people to try on to help decide what size to **order. The fabric won't be**

as stretchy on arm warmers as it is on sun sleeves, but the elastic cuff that goes across the bicep area is the same on both products.

If you keep up with Google Groups Email you probably know that after 5 days on my PAC tour Eastern Mountain Ride, I caught COVID and got sent home. So all I can say about the trip was the riding days were wet, long, and difficult! I missed the extremely difficult climbs in Pennsylvania, including 18% for 3 miles. So only COVID kicked my behind not the riding. Again

I want to congratulate **Chris "Ol' Danny Boy"** on his 1724 +10 bonus miles missing a turn on day 2 and over 103,000 feet of climb. He is an awesome rider who went the distance and climbed like racer all 18 days! Of 38 riders only 14 can claim they completed the whole

Eastern Mountain Tour. Way to go Chris!

The banquet is coming up in November. Bob and Carolyn sent out a SAVE THE DATE: November 12, 2022 for 5:30 PM at **Al's Steakhouse in Joliet.** Participation registration and payment for the banquet will be on the website within the next week. Your Board Members are hoping for a good turn out and a fun time with you on the 12th of November.

Happy Trails...

Janae

2022 Invationals

Ride	Location	Date
Hilly Hundred — click here	Ellettsville, IN	October 21-23, 2022

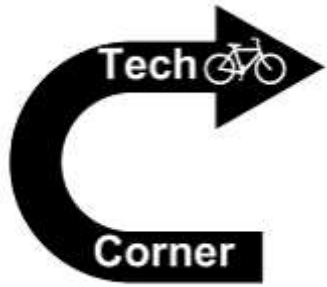
Membership Corner

By Steve Geary

Please welcome new members:

Gretchen Wilson





Eccentric Cycling

By Steve Geary

Most bike manufacturers try their best to accommodate for all the different sizes and shapes of the people who purchase their bikes. Short of having a custom hand made bike fitted to your **exact dimensions, most off the shelf bikes can't have their basic geometry** changed. However, engineers are always thinking about making improvements to bikes, either by making the bike lighter, more durable, greater adjustability, or all of the above.

Here's where the Eccentric part comes into play. For right now let's discuss head tube angles. Most road bikes have a specific head tube angle welding in and can't be changed, but why would you want to change it? You want a dedicated road bike frame to be compact and the steering to be quick and responsive, even to the point of being twitchy. If you intend to use that same bike to ride on rougher surfaces, **such as trails or gravel, then you'd be better served to have a more slack head tube angle.**

In the photo to the right you'll see an **"Eccentric" head tube bearing cup.** Not pictured is the bottom bearing cup at the bottom of the head tube. By turning the cups 180° you can change the head tube angle from road to gravel and back again using simple tools. In MTN biking, you can use this adjustment to custom tune your ride to suit the terrain. For simple trail riding you can move the front wheel in closer to the rider making the bike more nimble, or turn the cups and move the front wheel further out in front of the rider for a more severe angle that will accommodate fast downhill riding.



This technology can also be applied to the bottom bracket. The changes and the results are less noticeable by moving the bottom bracket, but this is all about **"Fine Tuning" your bike.**

Moving the bottom bracket up can give you more clearance between your pedals and the ground, thereby reducing pedal strikes when your racing into a sharp downhill corner.



This can also help accommodate a rider that has a smaller frame with longer crank arms.

If you're a person who likes to spin, you can install shorter crank arms and lower the bottom bracket to maintain a lower center of gravity. Even if you don't change your crank arms you can still lower your ride position.



Moving the bottom bracket forward or backward will essentially change your chain stay length and to a lesser extent the seat stay length. Moving the bracket back can be very valuable to a rider with long feet. This will add more clearance between the toe and the front wheel.

This technology of moving the bottom bracket has been used in tandem bikes for many years.

For all the reasons mentioned above and one more very important adjustment. On a tandem you need to adjust for chain length between the two riders. The most common way to do this is with an eccentric bottom bracket.



Steve Geary

Your Eccentric Cycling
Technology Advisor

Jim Lambert invites you to....



Jim Lambert wanted to let everyone know that the JBC Door County Ride is scheduled for Saturday July 15th through Saturday July 22nd of 2023.

Mark your calendars. Plan your vacation time for 2023 in advance.

The 15th and 22nd of July are travel days. There are planned rides that will be taking place starting on Sunday July 16th and ending on Friday July 21st.

If you are not able to stay the whole week, you are still welcome to join the rides whenever you wish.

All travel related costs (transportation, lodging, and food) are the responsibility of each attendee.

Due to the increased interest in Door County, Jim plans on making his reservations sometime in January or February of next year. At this time, Jim plans on staying at the Parkwood Lodge in Fish Creek.

If anyone has any questions about Door County, contact Jim Lambert @ jalambert50@outlook.com

It's a great place to bike and have fun with other JBC members.





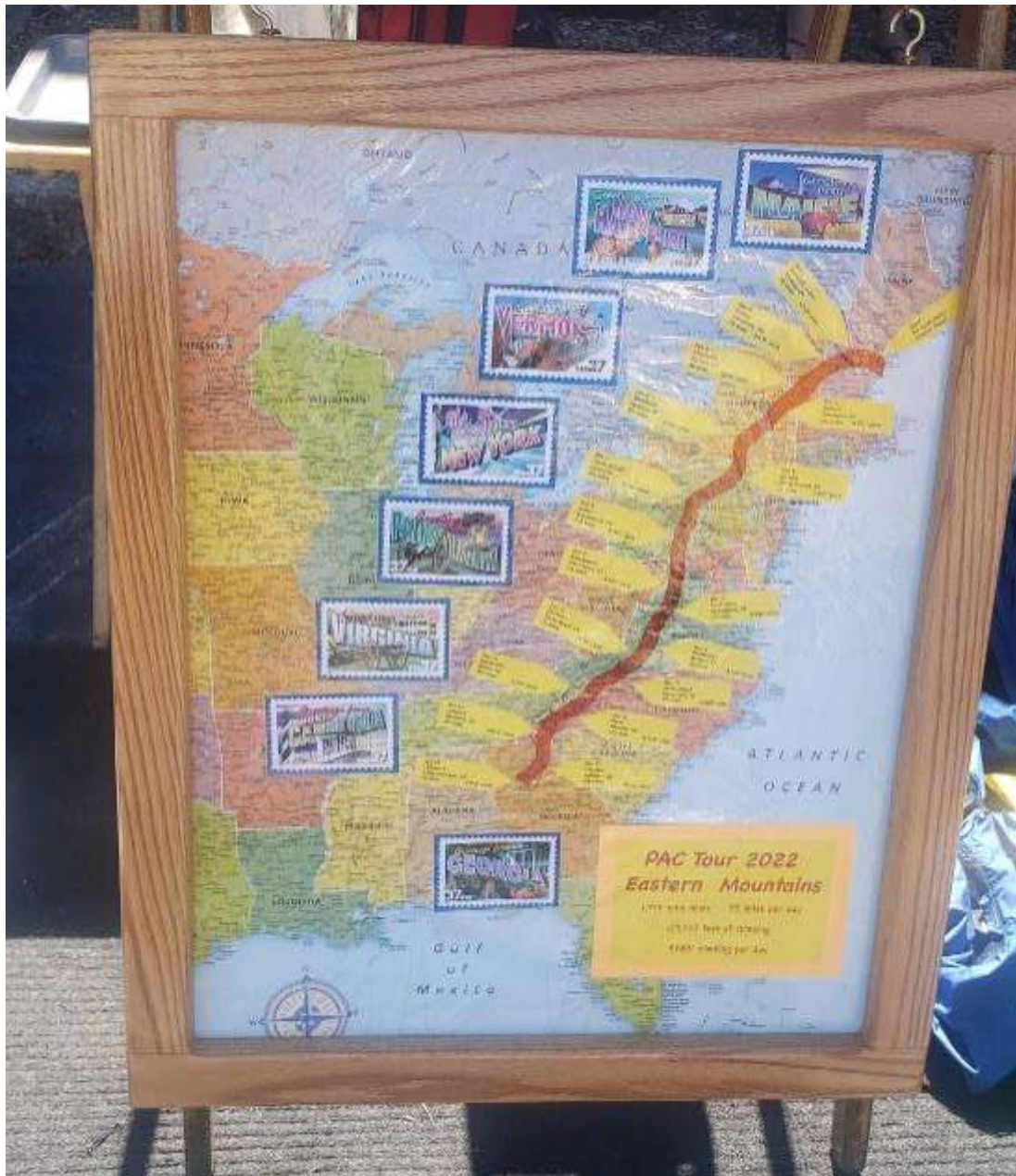


FACT: 38 starting riders (4 JBC members)

FACT: 14 ending riders (1 JBC member - **Chris "Ol" Danny Boy**)

FACT: 103,00 climbing feet

FACT: 1724 miles in 18 days





PAC Tour



P
A
C
T
O
U
R





37 attended with 30 riding the various routes









[Portions of Old Plank Road Trail will close as paving work begins Oct. 4](#)

(Clickable link for entire article)

Asphalt repair work on Old Plank Road Trail is scheduled to begin Tuesday, Oct. 4. The section from Harlem Avenue to LaGrange Road will close first.

The OPRT section that will be rehabbed is 25 years old, and it stretches 7 miles west from Harlem Avenue to Schoolhouse Road.

Information about where the work is occurring will be posted on the Forest Preserve District's website. But since the paving work will be a moving operation, path users are asked to use caution and to follow any signage that is posted.

The work consists of pavement patching where the pavement has failed to a degree that it cannot be covered with new asphalt and it needs to be cut out

and completely replaced, said Adam Oestmann, project manager for the Forest Preserve's Infrastructure Maintenance and Replacement Program.

Aside from these areas, most of the existing pavement will be get a new layer of asphalt, Oestmann explained. **"The overlay process is preferable to removing and replacing pavement because it's more cost effective, creates less waste, and strengthens the entire trail by thickening the trail surface, hopefully leading to a longer lifespan," he said.**

The trail also is receiving ADA upgrades, including slope, tactile and visual improvements at cross streets. And turf wedges will be installed to minimize edge drop-off. A 2.5-mile section of the

OPRT from 108th Avenue to Pfeiffer Road is owned by the Village of Frankfort and the municipality will pay for this portion of the work.

The OPRT paving work is beginning now that the paving work on the entire 19-year-old Joliet Junction Trail has been completed. Because of the age of both trails, major repaving was needed to keep both paths in good shape for decades to come.

The Forest Preserve District's Board of Commissioners approved contracts for the trail projects at its July 14 meeting. McGill Construction LLC of Frankfort was awarded the contracts for both trail improvement projects.

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 Fur-
manski

Phone: 708.305.7565

[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 will be announced in the Newsletter. JBC holds meetings in Feb, March, April, May, June, Aug, Sept, Oct, Nov. Meeting locations and dates may change. General meeting for October is October 6 @ 7:00 PM at Pizza 4 U, 116 S Larkin Ave, Joliet.



Joliet Bicycle Club

PO Box 2758

Joliet, IL 60434

Email: President@jolietbicycleclub.com

Website: jolietbicycleclub.com