



*Joliet Bicycle Club
Newsletter
January 2023*



Joliet Bicycle Club

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Inside this issue:

Message from the President	2
Member submissions	3
Did you know	4
Tech Corner	5-6
Membership Corner	7
JBC Cycling Kits for Sale	8
Chili Bowl	9
Ride Definitions / Rules / Etiquette	10
Club Information	11



Message from the President

Happy New Year JBC!

On behalf of your Board: Michelle, Conrad and Al; I welcome new and old members to the 2023 cycling season. Our next social event is the Chili Bowl scheduled for February 11, 2023. For those who don't know, Chili Bowl will be held at Channahon Lanes. Attendees sign up to bring chili, a side dish or dessert. Beverages can be purchased at the Channahon Lanes bar. After eating, everyone votes for their favorites in the 3 categories: chili, side and dessert with simple prizes given to the top vote getters. After the food fest, everyone who would like to bowl, gets shoe rental and 2

games on JBC. If you are in town, bring a dish to share and bowl a couple of games! Whether you bowl or not, fun is had by all who attend Chili Bowl. Emails on Google Groups will provide more information from our hosts, Bob and Carolyn. Looking forward to a few laughs with everyone February 12th...hope to see you there!

The Chicago Winter Bike Swap will be held 2/12/23 at the Kane County Fairgrounds. This is the same event that used to be held at Harper Community College. There are many vendors and individuals selling cycling items as well as some organizations promoting rides.

If this interests you more information can be found at ChicagoWinterBikeSwap.com

Planning for the 2023 4th of July Ride is just beginning. Getting involved facilitates membership pride and allows each of us the opportunity to become an integral part of the energy that is JBC. You will be hearing more about volunteer opportunities in the coming months. Be thinking about how you would like to contribute your time and energy towards a successful 2023 JBC 4th of July Invitational Metric Plus Ride.

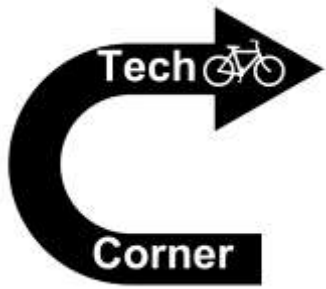
Happy Trails.....
Janae

Rob Weiss suggests this online article:

<https://www.cyclingabout.com/are-chainless-digital-drive-bicycles-the-future-of-cycling/>

Ron Dewey received this poster from his grand-daughter for Christmas.





Top 10 Things to Do

By Steve Geary

New and used bike prices are at an all time high. Consequently, more people are holding onto their current bikes. Want to make your old bike feel like new again? Here are the top 10 things you can do to keep that machine running smooth.

1. **Rear Derailleur Maintenance:** Not just your usual cleaning and adjusting, but a much deeper cleaning and inspection. This may even require you to detach the derailleur from the bike. You'll need to turn it upside down and completely flush out all the debris that collects on the inside. The jockey wheels should be removed and cleaned. If they don't run absolutely smooth, replace them. Dirty or worn out jockey wheels can contribute to a large percentage of peraccetic losses in the drive train.
2. **Chain, Rear Cassette, and Chain Rings:** Fully clean and inspect for wear. A worn chain will lead to increased wear on the sprockets. Once the sprockets become worn, your pedaling efficiency decreases.
3. **Freehub:** Possibly one of the most neglected parts of the drive train. However, it needs your attention. When debris gets inside or if there is a lack of lubricant, then the freehub will wear out quickly.
4. **Brakes:** **Caliper brakes don't require much attention. Just keep them clean and keep the pivot lubricated.** However, disc brakes need to be inspected and/or replaced regularly. With the wheel off, check all the bolts holding the disc rotor to the hub. If any of these bolts are loose, replace them all. Use blue thread locker to make sure they stay tight. Rotors do wear down with use, so you'll need to check the thickness. Brake pads are cheap and easy to replace.
5. **Bearings:** Most notably the bottom bracket and headset. In many cases these are sealed bearings, but you still need to inspect them to make sure the seals are still intact. If they look compromised or if the bearing feels rough, just replace it.
6. **Cables:** Having a bike that shifts smoothly and precisely makes for a much more enjoyable ride. Periodically, the cables need to be removed from their outer casing, then cleaned and lubricated. Keep those brake cables in good condition. The brakes are one of those items that needs to work **100% of the time. If you have hydraulic brakes, you'll need to inspect the hoses for any damage.** If you see any residual brake oil anywhere on the bike, you have a slow leak.



7. Saddle and Seat Post: The rear tire throws all kinds of debris up and into the underside of the saddle. Once in a while you need to remove the seat post, then remove the saddle from the seat post, and clean and lubricate everything. Have you ever had one of those annoying creeks in your bike that you can never seem to find? Look under your seat!
8. Tubeless Tires: This type of tire requires an internal sealant that makes it possible to run tubeless. However, this sealant dries up with time. Periodically the tire needs to be removed from the wheel, thoroughly cleaned, and reinstalled with fresh sealant.
9. Nut & Bolt: This term refers to going through the entire bike, starting at one end and working towards the other end, checking every nut and bolt for tightness. **In some cases it's wise to remove the fastener, and apply a small amount of "Purple" thread locker.**
10. Suspension: **I saved this one for last because most road bikes don't** have any suspension. For bikes that do, suspension forks and rear shocks need to be maintained periodically. Follow the manufacturers recommendations.



Steve Geary

Skinny Wheels, Skinny Tires, Skinny Arms

Newly Designed JBC Jersey/Kit



Monitor your Google Groups email for an upcoming announcement for ordering the newly designed JBC Jersey/Kit from Michelle Furmanski. Michelle has samples available for sizing. She will also have them at the Chili Bowl.



Hello fellow chili lovers.

Please save the date of Saturday February 11, 2023 for the JBC Chili Bowl at Channahon Lanes. Chili/other dish contest starts at 6PM and bowling begins at approximately 8PM.

More info to follow.

Bob and Carolyn Jacobs



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

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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

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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. at Pizza 4 U, 116 S Larkin Ave, Joliet. There is no general meeting for January 2023.

Joliet Bicycle Club

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