



Joliet Bicycle Club Newsletter



Joliet Bicycle Club

President's Corner

Despite falling temperatures there are a few hardy JBC cyclists still out there pedaling away all bundled up. Some of our JBC members have flown south to warmer climates and to continue cycling. With the holidays just around the corner, now is a good time to shop for cycling related items for gift giving or buy something for yourself.

We had a blast at the JBC Annual Banquet on Nov 4th. See the article below on the board officer election results. I would like to take this opportunity to thank Leslie Panzer, Diane Walsh, and Renee Thakali for serving so graciously with me on the JBC Board in 2017. I look forward to

working with the new board officers in 2018 to keep JBC going as a strong community oriented bicycling club.

At the banquet I had the pleasure of announcing all the Mileage Award winners for 2017. JBC riders are amazing. Over 60 members rode more than 1,000 miles and one determined member rode over 10,000 miles. I will proudly wear my new JBC shirt displaying my miles.

Have you started riding towards your 2018 mileage goal? With many JBC daily rides and opportunities to announce Ad Hoc rides I hope that all JBC members can ride at least 10, 100, or 1000 miles in 2018. *Ryan DeRose*



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Special points of interest:
JBC Welcomes new members Brian Bottomley from Joliet and Earin Land from Elwood.

Remember to renew your JBC membership before January 1st, 2018.

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JBC elects new board for 2018

JBC held board officer elections for 2018 at the November 4th meeting held at the Annual Banquet. Fifty-two members were in attendance.

In accordance with JBC Constitution and Article

VI of the By-laws, an annual election was held. The slate recruited by the nominating committee was approved and elected by the majority into office for 2018. All JBC officers will begin their positions on Jan 1, 2018.

JBC Officers for 2018:

President: Ryan DeRose

Vice President: Jim Lambert

Treasurer: John Stewart

Secretary: Al Rooker

JBC Board and Committee Contacts

President, Ryan DeRose

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Webmaster, Phil Furmanski

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Reporting Miles, Renewing Membership, Ride Calendar

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@jolietybicycleclub.com

Mileage reports should be sent within three days of the ride.

Use the link below to renew your JBC membership now.

<http://www.jolietybicycleclub.com/home/membership/>

Annual JBC Dues of \$15 should be paid before January 1st, 2018.

Looking for the JBC Ride Calendar? Click on the link below.

<http://www.jolietybicycleclub.com/ride-calendar/>

JBC Purpose. Come join us at a Meeting.

Joliet Bicycle Club aims to promote greater public awareness of the pleasures, benefits, and usefulness of bicycling. We provide a service in the community in all areas involving bicycling. JBC advocates the rights and responsibilities of bicyclists, and seeks to improve conditions for bicycling.

We provide opportunities for bicyclists of all ages to share their ideas and experiences in an organized manner.

JBC members meets on the 2nd Monday of the month at 7 pm. Currently most meetings are held in Joliet at PizzaForU 116 W.

Larkin Ave. We meet in Feb, March, April, May, June, August, Sept, Oct, Nov. Meeting locations and dates may change. Please check the Ride Calendar for meeting locations each month. JBC Board meetings are on the 1st Wednesday of the month.

JBC MEMBER BENEFITS

The miles you ride on JBC sponsored rides or on invitational rides count towards annual goal of at least 1,000 miles or more.

Riders who complete 1,000 miles or more receive a jersey or jacket at the annual banquet.

Network- You get to learn about many new places to ride all over the Joliet area and meet a wonderful group of cyclists. Posted rides are in Will and Grundy counties, but Ad Hoc rides may venture out to Cook and Kendall counties or even further.

JBC Google groups is the best way to get updates and notices or reminders. Contact Jim Arends to make sure you are included in the JBC Google groups emails.

Your options of where to ride, how fast to ride and how far to go are plentiful with club rides scheduled daily throughout the year.

Comradery - JBC sponsors numerous fun events throughout the year, starting with the Chili Bowl Cook off in February, occasional Donut Rides, the Club picnic in August, the Breakfast Ride in September, and the fabulous Annual Banquet in November. See photo below of the JBC banquet on November 4th.

As a member in March you will get a packet of information about Invitational Rides in the greater Chicago area.

Teamwork. You can volunteer with JBC. From helping out with the July 4th Invitational Ride as a captain or helper, to committee chair for a number of ongoing committees such as the Social Committee or JBC Jersey Coordinator. The July 4th Metric Century that JBC sponsors needs at least 60 JBC volunteers.

You get to purchase and wear JBC jerseys and other cycling clothing.

You get the opportunity to join JBC riders on rides in other states or even in other countries.

New riders will get a chance to learn how to ride safely in groups on the road or on trails.

Training - The more you ride the stronger you will be.

Most of all JBC members just have fun riding and sharing stories after the rides.

This is only a short list of JBC member benefits. Join the fun, get out and ride and get involved.



Me and my E-bike

By Al Sturges

On a ride this last Memorial Day, maybe my first with Bill Lang on his pedal-assist electric trike, Bill told me I should think about an E-bike. We had decided to not go to Elwood (into a strong headwind) as planned, but make Manhattan our destination. I was definitely the one holding us back.

I thought, that's crazy, me on an electric bike, a guy who'd been riding thousands of miles a year since the 70's? Thinking about the idea over the next few weeks, though, the idea didn't seem so crazy. I had been "leading" the Sunday rides from Park Forest where I was the slowest rider. I often had to stop near the beginning of my rides to let the angina pains subside. Sometimes, I'd suggest that the others take a longer way on part of the route so they could get in a brisk ride. For a couple of years, at least, I'd been "leading from the rear."

So eventually, I warmed to the idea of an E-bike. Maybe my friends would like it if I didn't hold them back and maybe rode a little further. Bill suggested the Bike Rack in St. Charles, where he had gotten the motor for his trike.

Looking at stock E-bikes was discouraging. None of them looked right; they all seemed to be a depressing gray. But Duane, at the Bike Rack, said they could add the assist motor onto almost any bike. So online, I found a yellow Motobecane hybrid bike. (My first 10-speed years ago was a yellow Motobecane.) It came with wide tires, so I could be relatively comfortable riding on gravel, and it had front suspension that would be good for my shoulder arthritis.

The bike, with motor, was ready in late July. It was a beautiful bright yellow, my third all-yellow bike. The difference in my enjoyment of the rides was incredible, only partly because of the color. My ride-start problems were alleviated by turning up the "juice" and going to a high assist level—there are four.

After riding a while, I could cut back to level one, the lowest. Toward the end of our 50-mile or so rides, when I get tired and my shoulder arthritis kicks in, I step up the assist level again to level three or four. Going up hills is a breeze at level three or four. You don't even have to downshift.

There are problems, besides the price. It weighs in at 50 pounds, which presents a challenge to lift into my car, which is fortunately a hatchback. Also, the motor is on the back wheel, which means that a sturdy axle is needed which doesn't permit a quick release in the rear. This isn't a problem until you have to take the tire off to fix a flat.

Of course I had a flat—on the rear wheel of course. My little crescent wrench was awkward but we finally got the wheel off, found the leak, but not the cause. Bad! With some difficulty, my buddy Dan and I put the wheel back on and reattached the connecting wires. We rode off, but at one point, Dan and (wife) Barbara just rode away from me. I'd lost power. It took about three stops with adjustments before Dan saw that we'd reattached the

wires wrong and my pedals would brush the wires and eventually

unhook them. Riding a 50-pound bike without the power assist isn't much fun.

On the next ride, my tire went flat again. We were able to pump it up and finish the ride, without fixing the flat. At home, using a



ratchet wrench to take the tire off, I found a piece of wire in the tire. Good, right?

The next ride featured another softening tire, fortunately a slow leak again, so we could just pump it up. I thought maybe I'd have to buy a new tire. At home though, I found a second piece of wire. So that's fixed. All good! Unless there's another piece of wire in the tire.

Oh yes, another problem. My assist motor is rated for 60 miles. Bill's is rated for 80 and he's coaxed it over 100. Shouldn't be a problem for me on 50+ miles, right? It wasn't, until we rode to Crown Point straight across from Bemis Road, the hilliest route we have nearby. Powering up the hills at level three or four was a lot of fun. With the return on the Erie-Lackawanna Trail, it was a 59-mile trip. I lost power at about mile 57. And there are hills on the Thorn Creek Trail from where the Old Plank road rail intersects and my house on Chestnut Street in Park Forest.

But my E-bike has been great overall. On our trip from Vermont to Quebec in late August, my rides were limited to a little over 30 miles on an unassisted bike. With the assist, 50 plus miles are doable—and fun.

And it's even good for a one-mile trip to the Park Forest farmer's market.

Joliet Bicycle Club

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We are on the web!
Jolietbicycleclub.com

*JBC Metric Century Plus held on
July 4th. A ride for everyone*



November JBC Meeting Brief

President Ryan De Rose called the meeting to order and the first order of business was the JBC 2018 Board ELECTIONS- Ryan DeRose was candidate for 2nd term as JBC President, Jim Lambert candidate for V.P, Al Rooker candidate for Secretary, and John Stewart as candidate for Treasurer. A motion was made to approve the slate and was seconded. Then members voted unanimously for the candidates on the slate.

A Survey Monkey will be going out soon to prioritize the many locations in our area where JBC members think SHARE THE ROAD signs are needed. Please complete the Survey soon. Ryan DeRose thanked Carolyn Jacobs and Chela Reyes for providing the Door Prize Baskets and decorating the room for the banquet, and Diane Walsh for

coordinating the banquet and Jersey Awards. Special Thank You gifts were given to Steve Mitoraj for coordinating the July 4th Metric Invitational Ride in 2017 and one will be mailed to Joanna Hosteny for her many years as JBC Newsletter editor.

Several JBC Committee positions need volunteers including the Social Committee Chair, and volunteers to host Donut rides, February Chili Cook off, August Picnic, September Breakfast ride etc. Janae volunteered to organize the May Donut ride to Calumet Bakery, Jim Lambert for the Donut ride to Morris. HELMET Awards created by Dominick Chellino were given to several honorees, this time there were 2 surprise Helmet awards for Dominick too. In the photo he

sports the MONSTER helmet created by Bob Kehoe.

