



# Joliet Bicycle Club Newsletter

Happy Spring



Joliet Bicycle Club

## President's Corner



Spring bicycling season is here! Now is a great time to start on some shorter rides and get those legs used to pedaling. Bike riding is more fun with a friend or two or in a group. Thanks to RIDE Illinois for sharing the packet of Rides and Events for 2018. We are so lucky to live in the greater

Chicago area with many bike clubs sponsoring bicycle events. The Easter Ride from Park Forest, IL is coming right up at the end of April by our friends from Folks on Spokes. There are invitational rides or fund raising rides almost every weekend through October, all within a short driving distance.

Not to forget our own July 4th Century Ride, JBC's main fund raising event for the year.

If you are a new member and are looking for a JBC club ride, see the Ride Calendar on JBC's

webpage. Daily rides are listed for several locations. Want to be sure someone else is riding from the same JBC scheduled ride listed on the calendar? The day before, simply Post a message on JBC Google Groups at [jbc1@googlegroups.com](mailto:jbc1@googlegroups.com). Let others know which ride you intend to go on. Or respond to another rider's announcement or AdHoc ride. Riding with the JBC group for the first time? Introduce yourself and let others know you are new to the club and to the ride route. See you soon,

*Ryan DeRose*

Volume 32, Issue 4  
April, 2018

## JBC Welcomes New Members

- Donald Schmitz from Joliet
- Victor Diaz
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## July 4th 2018 Century Ride Update

Spring planning is underway for JBC's July 4th Century Ride. Steve Mitoraj has met with Plattville village. This year we will have only one rest stop in Plattville and routes

will loop out from there. We still need a Volunteer Food Captain to coordinate food purchasing and delivery. You can contact Steve Mitoraj or any JBC Board

Member to Volunteer.  
[jbc4thride@gmail.com](mailto:jbc4thride@gmail.com)  
630-417-7962

## JBC Board and Committee Contacts

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## Reporting Miles, Ride Calendar, 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.

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***Spring is here with good days for a bike ride.***

***Renew or begin JBC membership for \$15.***

Looking for the JBC Ride Calendar? It 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.

## Come join us for a JBC meeting

The JBC APRIL Meeting will be at PizzaForU in Joliet at 7 pm on APRIL 9th. All members are welcome and encouraged to come.

JBC club meetings are at 7 pm on the 2nd Monday of the

month at PizzaForU 116 S. Larkin Ave, Joliet, IL. JBC holds meetings in Feb, March, April, May, June, Aug, Sept, Oct, Nov. Meeting locations and dates may change.

PS. The pizza is FREE!

JBC Board meetings are on the 1st Wed of the month at 7 pm ,same time and place.

## Bike Helmet Update



**Louis Garneau has recalled**

**all Course helmets** produced between Sept 2015 and Sept 2016.

NOTE: The picture above is not the helmet

only a clipart bike helmet. The recall notice says just that the helmets made during that period do NOT meet the CPSC standard. Health Canada reports that the shell can weaken over time causing the product to fail on impact. The

helmets were made for Garneau by Strategic Sports, a respected OEM producer of more than 5 million helmets a year. The Course is on sale at Amazon for about \$160.

### Lazer Stops Shipment on their Blade and Magma.

Following notice by two European magazines, RoadBIKE and Mountainbike) that straps on the Lazar Blade were pulling loose from the shell during European-standard testing, Lazer has stopped shipping the Blade and Magma helmets and hints that a

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recall may be in the works. The Blade is a compact road model with Lazer's Advanced Rollsys System for its occipital stabilizer straps. Amazon sell them on closeout from \$50 to \$100, and MSRP is \$100 or \$125 for the MIPS model. The Magma version is an extra-large that fits up to 65 cm heads for same price.

### Don't throw away your old helmet!

JBC members are creative in designing unique Helmet awards to deserving riders at the

annual club banquet in November. Photo to the left is Dominick Chellino sporting his helmet monster award. .



# 10 Things Only True Cyclists Will Understand

By Marc Lindsey, courtesy of Mapmyrun.com

Once you get the cycling bug, life is never the same—and that just one of the many things the majority of the population doesn't understand. Here are 10 things only cyclists truly understand.

- 1. THE PLEASURE OF SMOOTH ROADS.** Vehicles with today's fancy suspension feel almost the same on rough roads as they do on smooth ones. Because of this, most people don't have a true appreciation for freshly laid blacktop. Cyclists, however, have a different understanding of the bliss that comes with rolling down a new stretch of super smooth tarmac.
- 2. THINK NOTHING OF WEARING ALL LYCRA.** When done right, suspenders can be a fashion statement. But when worn with shorts, any sane observer would likely laugh in your face. For those of us who are sort of into Lycra, this silly sounding clothing option is called **bibshorts**—and they're pretty much the best, most important article of clothing ever invented.
- 3. DOGS CAN BE VICIOUS.** It is indeed a horrifying experience to be on a leisurely ride through the country, enjoying the trees and the cool breeze, only to have your sweet silence broken by an unleashed barking beast of a K-9, lunging at your rear wheel with extra razors for teeth. For the non-cyclist, encounters with pooches are likely tail-wagging, licking fests and not terrifying, heart-pumping, ride for your life thrill-ride that is so often our reality.
- 4. GETTING DROPPED BY YOUR FRIENDS IS REAL.** Most people who join a friend for a workout go to the gym and spot each other while they take turns on bench press. When you get invited along for a workout as a cyclist, and your friends just all happen to be in better shape than you, its possible you can find yourself way at the back of the group staring at everyone's backsides as they all slip away from you on that lonely 6-mile climb. But don't worry, they'll joke around and laugh while they wait for you at the top. Sound like something a person who isn't a cyclist would think is a fun way to spend a Sunday? I think not.
- 5. LAYERING IS AN ART.** Should I go arm warmers and a vest or softshell jacket? Is it cold enough for tights or should I just to with leg warmers? It says 20% chance showers on Weather Underground—do I really need to carry a rain jacket? Is it cold enough for fingered gloves or can I get away with fingerless? These are the kind of wardrobe decisions the everyday person just doesn't have to make.

**6. IT'S NOT A COMMUTE UNLESS YOU'RE SWEATING.** Your coworkers may head in to work sipping coffee, wearing makeup, dressed in slacks and smelling fresh and clean. However, if you're a cyclist, or more specifically a daily commuter, you are on the opposite side of this coin. Lycra, sweat, and the tapping of cycling cleats mark your daily entry into the office, along with plenty of staring eyes watching as you pass— and that's not considering a rainy day. To pull this off you'll need plenty of self-confidence and a dash of I don't care. This-is-why those of us who call ourselves cyclists are truly a rare breed.

**7. CHRISTMAS IS IN JULY.** For most December is the most wonderful time of the year. Seeing family, having time off from work, presents beneath the tree, good food and hot cocoa are just a few of the things to look forward to. While those things are awesome, if you're a true cyclist, you know the best time of year is actually July. Sunny skies, summer vacations to try new routes, extended daylight for all-day riding and 21 days of being totally inspired by the Tour de France makes for an unbeatable month on the bike.

**8. YOUR LIVING ROOM ISN'T JUST FOR TV.** In most households, the living room is a place for relaxing and watching TV. If you're a cyclist, particularly those of us who live in small spaces, the living room can double as an indoor cycling space when we're unable to get outdoors. In fact, if you do this type of thing often, chances are you've come across the pain cave once or twice and understand just how torturous of a place it can be.

**9. THE GARAGE ISN'T JUST FOR YOUR CAR.** Garages were originally built to protect your shiny automobiles from the rain, debris, and sun. For the cyclist, a garage is also a necessity— but for completely different reasons. For those of us who own a collection of road, mountain, fixed, commuter, and gravel bikes, there just isn't room to store them inside, and keeping them outdoors is completely out of the question. The garage is the only reasonable option, and with the space required, your cars just might end up in the driveway. The good news is any extra room you have after moving the vehicles outdoors gives you plenty of room to set up a ridiculously awesome bike mechanic oasis.

**10. HOW GOOD BEER REALLY TASTES.** If you're a beer lover, then the right bottle of suds probably tastes good all the time. But there's something about that epic six-hour ride on a hot day— the one that you burn 3,000 –plus calories on and barely crest the ultimate climb— that makes a post-ride cold one about 10 times more delicious.

Then again, just about everything else you can think of to eat or drink after an intense day on the bike should taste pretty awesome, too. It's one of the many perks of being a cyclist.



## Joliet Bicycle Club

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*We are on the web!*  
*Jolietbicycleclub.com*

*JBC July 4th Century Ride*  
*A ride distance for everyone!*



## Ordering JBC Jerseys etc

JBC's Vice President Jim Lambert is taking orders now for JBC Jerseys and kit. See the March 2018 Newsletter back pages for jersey color options and kit designs.

Jim needs at least 10 items ordered before he can send in an order and still get a good discount. The sooner you order the sooner it will be here.

Send Jim your name, email, phone number, item description, quantity of each item and color and size. He will let you know the cost.

Contact info for Jim:

**Vice-President**, Jim Lambert  
phone (331) 330 6119

[vicepresident@jolietbicycleclub.com](mailto:vicepresident@jolietbicycleclub.com)