



# Joliet Bicycle Club Newsletter September 2018



**Joliet Bicycle Club**

Volume 32, Issue 7  
September 2018

## JBC Welcomes New Members

- Al Vosylius, Westmont
- Johnnie Darden, Channahon
- Jenny Duque, Montgomery
- Cathy Miller, Shorewood

## UPCOMING EVENTS:

**JBC Breakfast Ride — September 9, 2018**  
**Silver Dollars Restaurant, 422 E Mississippi St,  
Elwood, IL**

**RSVP: Diane Walsh, 815.730.1883**  
**dianew3miles@sbcglobal.net**  
**Breakfast served at 10 AM**  
**Free to Members \$18 Guest**

**JBC General Meeting — September 10, 2018**

**JBC Banquet — November 3, 2018 — 7:00 PM at  
Al's Steakhouse, 1990 West Jefferson, Joliet**

## Member Accomplishments



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## JBC is Going to the Parade and we Invite YOU to be There!

Come join us for the Grundy County Corn Festival Parade on Sunday, September 30, 2018 @ 2:00 PM. There is no fee to participate, just YOU & YOUR BIKE! You may ride or walk your bike in the parade. ALL bikes are welcome: mountain, recumbent, road, tandem, etc. Not required but all members are encouraged to wear 4th of July club jersey, other JBC attire or fluorescent clothing.

Parade starts @ the corner of Washington & Fulton Streets and ends @ Chapin Park. JBC members will meet and park their vehicles @ Gebhard Woods State Park, 401 Ottawa Street, Morris. Unload your bikes and ride to the starting point. The traffic on the side streets near the parade route is very congested as this is the line-up area. Please plan to arrive early to GW State Park so you have plenty of time to park your cars and ride your bike to the start. We will be given our parade unit number on the Thursday before the parade. WATCH ON GOOGLE GROUPS for the posting of JBC's parade unit number.

P.S. Remember your helmet and water bottle.

JBC PROUD- Group Health

Bicycle Safety Awareness

Invite New Members

Questions call Peggy @815.351.2635

*Peggy McEvilly-Reed*



## Cycling Quotes

“Quack Quack” (Misunderstood by a rider, it was actually “Car Back”)

“But we always go this way!”

“Life is like riding a bicycle. In order to keep your balance, you must keep moving.” — *Albert Einstein*

“Nothing compares to the simple pleasure of riding a bike.” — *John F. Kennedy*

“Ride as much or as little, as long or as short as you feel. But ride.” — *Eddy Merckx*

“To me, it doesn’t matter whether it’s raining or the sun is shining or whatever: as long as I’m riding a bike I know I’m the luckiest guy in the world.” — *Mark Cavendish*

“I don’t ride a bike to add days to my life. I ride a bike to add life to my days.” — *Unknown*

“Give a man a fish and feed him for a day. Teach a man to fish and feed him for a lifetime. Teach a man to cycle and he will realize fishing is stupid and boring.” — *Desmond Tutu*

## Morris Donut Ride—August 26





## JBC Breakfast Ride 2018 – Sunday, Sept. 9<sup>th</sup> 2018

JBC's Annual Breakfast Ride will move to a new location, South and East of Joliet.

**Day/Date:** Sunday, September 9th, 2018

**Time:** Breakfast @10:00 AM

**Place:** Silver Dollar Restaurant

422 E. Mississippi Ave., Elwood, IL

**Driving:** Take I-80, Exit at Rt. 53 South, turn West on Mississippi Ave. into Elwood

Parking for Bikes will be allowed in the fenced patio.

All you can eat, free to JBC Members. Non-Members, \$18.00/each.

Be sure you check in at arrival for "official" head count.

Silver Dollar restaurant has been recommended by several of our members and is in an area easily accessible by bike. The breakfast happens "Rain or Shine" so if the weather is not good for riding, we still have breakfast!

As in the past, because it is a "Banquet" venue, I must have a close head count at least 5 days prior to the ride. Please call, text my cell, or Email as soon as you can.

**Route Maps:** I can print some route maps, but please do print or download to your GPS if you can. Roads will not be marked.

Questions or comments to Diane Walsh:

[dianew3miles@sbcglobal.net](mailto:dianew3miles@sbcglobal.net) or 815-730-1883, **Cell: 815-325-8053**



## My Century Training

A few years ago, at the club picnic, I heard a few club members reminiscing about their trips to the Horsey Hundred, the Hilly Hundred and the Z ride. I was curious. I asked Mike Henry, my buddy, since we served on the JBC board together, "What's it take to do a hundred miles? He said, "training and get some miles on your legs." I took that response to heart.

I asked myself if I could ride one hundred miles in one day when I was barely doing 500 miles that year. So, I decided that the following two years to get at least 1,000 miles. Thank goodness, adhoes were now part of our riding events, so I started scheduling adhoes on my days off work. Well, that worked, but I was still only doing 35-40 miles on a ride. Far from 100.

Last October, I decided to add the century to my bucket list. I went on-line and googled "how to train for a century?" There it was, an infinite number of ways, methods, and blogs from experienced cyclists on how to complete my first century. They all said just about the same thing. Build up my mileage every week like 30 miles 3-4 times weekly, with hill training and speed work. Then keep adding 5-10 miles weekly. For me, this was my starting point.

These website/bloggers also offered nutrition tips. Again, the underlying theme here is stay hydrated. I researched several electrolyte drink mixes, so many out there, Hammer, Clif, etc. My take away from all this information is drink 16-32 ounces of fluid per hour during activity, depending on your personal sweat rate. Snacks during the ride are also personal preference. I cannot do caffeine so my choice is high glycemic, high potassium foods that are easy to carry in my back pocket, like a banana or apple. Although, chocolate may taste good, its messy on hot days, (this happened to me once, lesson learned) and contains fat which delays the absorption of glucose. On the other hand, chocolate milk is a great recovery drink, with lots of potassium. I'm not a nutritionist, these are just things that worked for me. I also added one training day when I rode hard for one hour doing one legged rotations, standing up and speed training. I found a nice paved trail, leaving Black Road and heading south to Joliet Junior College. This was my ride for 12 weeks on Tuesday evenings.

During a JBC meeting last fall, I told Bill Kennedy and Barb Westphal of my plans to do a century this coming year. If you decide to do a first century, share your goal with others. It was so nice to get the amount of support, encouragement and training tips I received by so many while I was on the road. Members told me "don't think of it as 100 miles, think of it as four 25-mile loops or 5 twenty mile loops, with a very short break in between loops." Bill Kibler coached me to build up to riding one hour or 15 miles without stopping, then stop for a quick break, no more than 5-10 minutes.

Carla Bianchetta was on a Wednesday morning ride in July. Carla had already been riding in Morris several times a week and was up to 40-50 miles three times week. On our return that day, I mentioned my goal to complete a century this fall and she said she wanted to join me. We reached 45 miles, I said "I still got some life left in my legs, wanna go further?" Bill Kennedy joined us. We did our first 68 miles for the biking season! And that same day, we decided our next ride would be at least 70 miles.

We posted an ad-hoc the following Wednesday for 50+ miles. We were joined by Bob and Pat Kehoe, James Lambert, Barb W. and Bill Kennedy. We discussed our routes and we were planning on the 4th of July routes already laid and we had cue sheets. We waited 30 minutes for the fog to pass, remember safety first!





After 33 miles, the Kehoes and Barb left. Due to the threat of storms near Yorkville, Jim L. changed the route, and we avoided any rain. After 56 miles, Jim L. left. Carla and I decided that we were going to do our 70 miles, so we headed out with Bill K as our sweeper and to keep reminding us "it's not a race and pace yourself." We did another loop and came back to Plattville with 78 miles. Carla and I decided the conditions were great to do 100 that day. No wind, no rain, temp was good, and minimal climbs. And we were still feeling good. We checked the time. Bill said he was going home to take a shower and join Phil's 5:30 pm ride out of Shorewood.

Then it hit us. Let's just ride to Shorewood and join them and told Bill K. to skip the shower and come with us. We rolled into the Four Seasons parking lot in time to join them. We were at 90 miles then. Phil decided then that he would lead the group back to Plattville so we could celebrate our First Century.

As Carla said, "It's not always about the conditioning but more about the conditions." It was a perfect day to ride our First Century.

For those of you doing your first Century, Good Luck!!!

See you all at the next Horsey Hundred!

*Chela Reyes*

## League of American Bicyclists Friendly America Program

Did you know Illinois was rated #1 out of the 50 states in 2017 for Legislation and Enforcement? To read the entire report card:

[https://bikeleague.org/sites/default/files/BFS2017\\_ReportCard\\_Illinois.pdf](https://bikeleague.org/sites/default/files/BFS2017_ReportCard_Illinois.pdf)

 <b>Legislation &amp; Enforcement</b> Ranked 1 <sup>st</sup> of 50 States	
<b>Laws that regulate driver behavior and methods of enforcement</b> Does the state have strong comprehensive distracted driving laws and allow photo enforcement?	<b>29/37 pts</b>
<b>Laws that restrict the behavior of people who bike and walk</b> How does the state unnecessarily restrict the behavior of people who bike and walk? (low points = more restrictions)	<b>27/28 pts</b>
<b>Laws that create protections for people who bike and walk</b> Does the state have laws that provide specific protections for people who bike and walk?	<b>25/25 pts</b>
<b>Laws that influence the built environment</b> Does the state allow speed limits of 20 mph or less?	<b>7/10 pts</b>
<b>Total of Possible 100 Points:</b> <b>88/100 pts</b>	



## JBC Ride Definitions / Rules / Etiquette

**SG - Show & Go** - ride leaders, and distances can be decided at the ride

Ride contacts are to be called for information about the ride.

**S - Social** - Group stays together, rides at posted level, has ride leader.

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 instate rides and 3 riders minimum for out of state rides

**Please send AD Hoc and regular miles to Bill Cihon at:**

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

Report INVITATIONAL ride miles to Janet Techman at:

[jbcinvitemiles@yahoo.com](mailto:jbcinvitemiles@yahoo.com)

Janet Techman— 815-886-1863

For a complete listing of invitational rides go to Mike Bentley's website:

LEVEL	MPH
I	<b>10-12.5</b>
II	<b>12.5-15</b>
III	<b>15-18</b>
IV	<b>18-20</b>
V	<b>20+</b>

Click this link to view the JBC Member Guide:

<https://docs.google.com/viewerng/viewer?url=http://www.jolietbicycleclub.com/wp-content/uploads/2016/04/JBC-Handbook->

## JBC Board and Committee Contacts

**President**, Open Position  
president@jolietbicycleclub.com

**Vice-President**, Jim Lambert  
phone (331) 330 6119  
biketillidrop@gmail.com

**Treasurer**, John Stewart  
jestewart54@gmail.com

**Secretary**, Al Rooker  
Phone (815) 272 3595  
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**Ride Calendar** Bob Kehoe  
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kehoejr162@yahoo.com

**Ride Mileage Recorder**  
Bill Cihon-  
miles@jolietbicycleclub.com

**Invitational Rides Mileage  
Recorder and JBC Facebook  
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Janet Techman (815) 886-1863  
JBCinvitemiles@yahoo.com

**Membership Chair & JBC  
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Jim Arends (352) 255-1424  
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**Webmaster, Phil Furmanski**  
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**Newsletter Editor**  
Shirl Boatman (816) 674-3556  
boopbabe@yahoo.com

## 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.

The JBC Ride Calendar 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**

## Come join us for a JBC meeting

**The JBC SEPTEMBER Meeting will be at PizzaForU in Joliet at 7 pm on September 10.** All members are welcome and encouraged to participate. 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.

**Joliet Bicycle Club**  
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