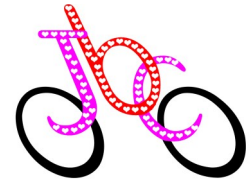


Joliet Bicycle Club Newsletter February 2020



Message from the President

Joliet Bicycle Club

Volume 34, Issue 2

Hello fellow JBC'ers,

I'm beginning to notice the days are getting longer, the sun now sets past 5pm.

Of course this makes me think of spring and warmer days, but for now it seems winter will hang on for a while longer. Lately, many of us have been taking to hiking. Hiking in the winter can be tranquil, and energizing at the same time.

I found a great group that does hikes every Sunday all over our area. They are called the Forest Trails hiking Club. www.foresttrailshc.com

I've been on 2 hikes in January with them and they were great fun with a great group of people. The hikes are anywhere from 5-9 miles. So, get your hiking boots and kahtoolas (micro spikes) shined up and hit the trails.

By the time you're reading this the Chili Bowl will be a thing of the past. Thank you to Bob & Carolyn Jacobs for their hard work every year to make this a winter highlight.

I would like to also mention that recently I took a CPR class sponsored by our friends at the Elmhurst Bike Club. It was very informative and educational and now I'm certified to perform CPR among other life saving techniques. I bring this up to see if there is any interest in JBC holding a CPR event. I know we have a few nurses and medical professionals in our club that will agree this would be beneficial to all our members.

Our next general club meeting is February 10, 2020 at 7 pm at Pizza 4 U on Larkin Ave in Joliet.

I hope to see many of you there. Until then,

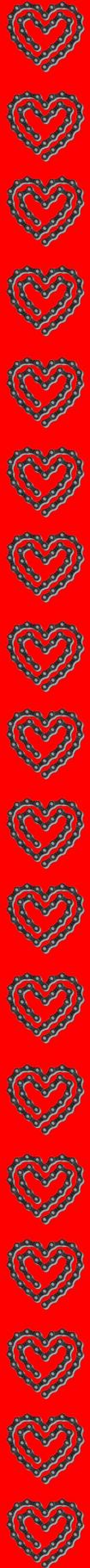
Rolling Forward and hiking forward too,

Rob Weiss

President Joliet Bicycle Club

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2020 Chili Bowl

2020 J.B.C. Chili-Bowl Night

Saturday, February 1, 2020

**Channahon Lanes
25306 W. Eames St. Channahon**

**Starts at 6PM
Bowling at 8PM**

The annual J.B.C. chili fiesta and bowling night is Saturday, February 1, 2020 at the Channahon Lanes.

Similar to previous years, the potluck dinner, which historically contains a chili contest, will begin at 6PM.

The format was opened up several years ago to include other dishes besides chili.

So come on, all you foodies, show us your stuff! There will be several categories of

the competition and awards will be given to the winners.

After dinner JBC will pay for your shoe rental and 2 games of bowling. The bowling start time depends on lane availability, but is tentatively scheduled for 8PM.

Couple of other items to share:

Channahon Lanes has been great to work with. They are allowing us to bring food into their business. In return, they have asked us to purchase all of our beverages from them. So please, please, do not bring pop, beer or any other beverage into the party.

You do not have to bowl, but you can still hang out and cheer the others on.

Please let Bob and Carolyn Jacobs know if you are go-

ing to attend and if you are going to bowl. We need to plan the categories and give the Channahon Lanes a head count for the event.

Please let me know, by January 24, if: you plan to attend the dinner and if you plan to bowl .

My contact information is:

Bob's email: skiandbiker@gmail.com
Bob cell: 815-922-9841

Thanks and hope to see you there!

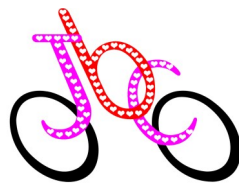
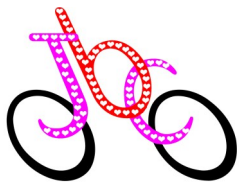
Bob and Carolyn Jacobs



JBC Welcomes the following new members for the 2020 riding season

Nancy Putnam
Rudolph Pironti Jr.
Jill Pironti

Michael Walczak
Larry Nielsen



Gearing up for the Upcoming Cycling Season

CYCLING TIPS For the Beginner

Are you a beginner cyclist and looking for some great tips? See this great article from Bike Radar on Beginner's Cycling Tips:

<https://www.bikeradar.com/advice/beginners-cycling-tips-25-essential-pieces-of-advice-for-new-cyclists/>

Bicycling.com offers up 6 need to know tips for beginning cyclists:

<https://www.bicycling.com/training/a20027599/how-to-start-cycling/>

Be a better cyclist!

Bicycling.com provides 101 Cycling Tips to Completely Transform your Bike Life.

<https://www.bicycling.com/training/a20021391/101-cycling-tips-to-completely-transform-your-bike-life/>



The Worst Cycling Tips We've Ever Heard

<https://www.active.com/cycling/articles/the-worst-cycling-tips-we-ve-ever-heard>

All Aboard the Horsey Hundred Train May 23—May 24, 2020

For more information: <https://www.horseyhundred.com/>



2020 Grand Illinois Bike Tour

<http://rideillinois.org/events/2020-grand-illinois-bike-tour/>

June 7, 2020 through June 12, 2020

18th annual Grand Illinois Bike Tour!

2020 loop will tour the Trails of Madison County, on the Illinois side of the St. Louis area.

Registration is now open.

JBC July 4th Ride—July 4, 2020

Fore more information:

<http://www.jolietbicycleclub.com/4th-of-july-century>



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

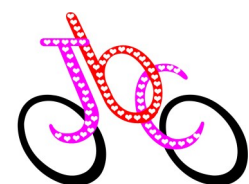
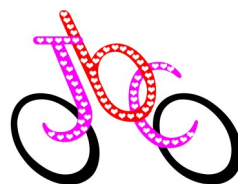
Please send AD Hoc and regular miles to Bill Cihon at:
miles@jolietbicycleclub.com

Send invitational miles with Invitational Mileage Report in the subject line to Bill Cihon at: miles@jolietbicycleclub.com

For a complete listing of invitational rides go to Mike Bentley's by [clicking here](#):

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, Rob Weiss
Phone: 630.910.5200

president@jolietbicycleclub.com

Vice-President, Dominick
Chellino Jr.

Phone: 815.954.6476

[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

Phone: 815.436.7701

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

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

Regular 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.

February General Meeting: February 10, 2020 at 7 pm at Pizza 4 U on Larkin Ave in Joliet

Joliet Bicycle Club

PO Box 2758

Joliet, IL 60434

Email: President@jolietbicycleclub.com

Website: jolietbicycleclub.com

