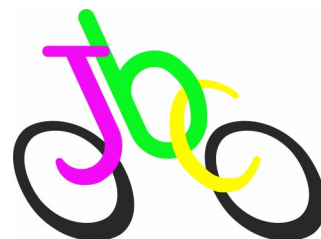




Joliet Bicycle Club Newsletter April 2020



Joliet Bicycle Club

Volume 34, Issue 4 April

H
a
p
p
y

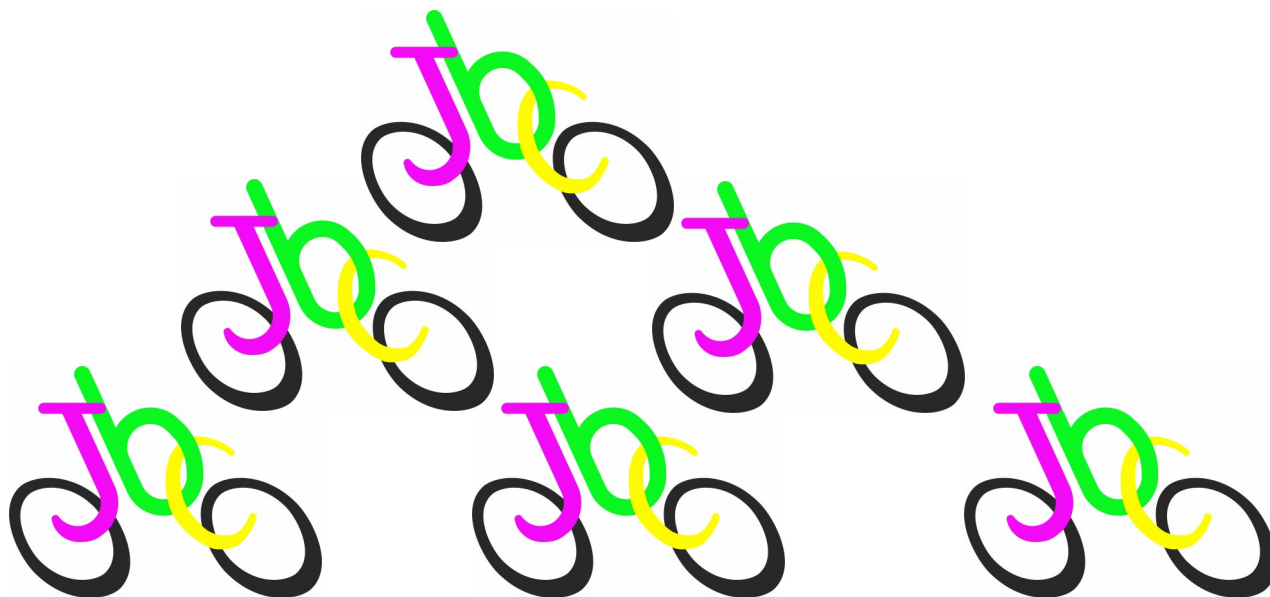


E
a
s
t
e
r



Inside this issue:

<i>Message from the President</i>	2
<i>Argonne in the News</i>	3
<i>Rob Weiss Pictures</i>	4
<i>Phil Furmanski Pictures</i>	5
<i>Pat Gardner Picture</i>	6
<i>New Members</i>	6
<i>Will County COVID 10; Who is at Risk?</i>	7
<i>Upcoming Cycling Events</i>	8
<i>Bicycling.com Six Foot Buffer</i>	9
<i>Bicycling.com Ride Safely amidst COVID 19</i>	10,11
<i>JBC Ride Definitions / Rules / Etiquette</i>	12
<i>General Club Info</i>	13





Message from the President

Hello Fellow JBC Members,

This is a very difficult president's message to deliver. I'm sure by the time you read this you've had it with the Corona virus news, fake news, and all the stress you can possibly live with regards to everything we are forced to endure.

I want everyone to look back to the last sentence and see the most important word, WE. That's right, we, we're all in this together.

This has been a running theme in JBC, and I hope it always is. We stick together, we look out for each other and most importantly, we genuinely care about one another. I am not in anyway discounting or taking the virus without the upmost regard. I think we all need to.

Many of you continue to ride, which is exactly what I have been doing. I have not been riding in large groups, and there will plenty of time for this. The future is still out there, and it will be bright. We will get through this and there will be a time when we'll say, remember when...

I understand several of our fellow clubs have cancelled all their rides and I have no problem with this course of action. I have decided not to move in this direction after having many discussions with our club members and members of other clubs.

JBC is a small club and our rides tend to be on the smaller side. I would like to see us continue to ride and keep our rides to a maximum of 5 people. If more than 5 show for a ride split up into 2 groups. It shouldn't be that hard to achieve. Bring water and plenty of snacks, as the usual stops might not be open to serve you. Keep your social distance and carry on. I would expect all of us to stay in regard to local government requests to not ride in those areas where riding is not welcome, such as the Chicago lakefront etc.

This will end, we will get through this and we will be back to enjoying our freedoms as the true Americans that we are.

I understand several large rides have been cancelled. The TOROV, The Horsey Hundred, the Arlington 500 to name a few. These are great disappointments, however all of us know life is filled with disappointments. It's through these disappointments we begin to understand how important it is to cherish the good times we have.

In closing, my hope is all of us stay safe and healthy. If nothing else, this has reminded us how vulnerable we all are to things that are out of our control. Let's not sweat these things and take care of the things we can control. Hopefully next months letter will be filled with joy and lot less worries.

Rolling forward,



Rob Weiss

H

a

p

p

y

E

a

s

t

e

r



Argonne scientists studying coronavirus proteins to seek treatment

Courtesy of the *Daily Herald*
 Marie Wilson—3/19/20

Bob Fischetti of Argonne National Laboratory tells hospital executives and federal lawmakers Monday of the lab's efforts to study the proteins that make up the new coronavirus in an attempt to find a drug to treat it. *Rick West | Staff Photographer*

They don't have any of the live virus, but experts at Argonne National Laboratory in Lemont are studying the proteins that make up the new coronavirus in an attempt to find drugs that could treat it.

Bob Fischetti, group leader and life science adviser at the Argonne Advanced Photon Source, told hospital officials and federal lawmakers Monday of the laboratory's efforts to study coronavirus proteins under an X-ray microscope.

Fischetti said he and his colleagues and collaborators are working to identify potential drug molecules that could bind to atoms within the coronavirus proteins and render them ineffective.

"In this case right now, we don't have any good drugs against the SARS cov2 virus that causes COVID-19," Fischetti said.

The new virus is molecularly similar to the virus that caused the SARS, or severe acute respiratory syndrome, outbreak in 2003, Fischetti said.

At that time, Argonne and other labs made progress studying potential treatments.

"We have a lot of background information, but unfortunately, once that epidemic rolled off, research slowed and the progress that had been made was not continued to the point of actually developing a drug for SARS," Fischetti said Monday during a roundtable at Edward Hospital in Naperville. "Had we continued that research, we may have something that could have been much more rapidly adapted and brought out to help deal with the SARS cov2 virus and COVID-19 infections that we're seeing."

In the absence of such drugs, Fischetti and others using 16 of the X-ray beam lines at Argonne's Photon Source are "actively doubling down focusing" on addressing COVID-19 through several research collaborations.

"We want to understand how do these (drugs) bind, from the structural information that we gather, and how can one improve that, design a better drug -- something that will bind more effectively and can be then brought to market that will be safe," he said.

The molecular structure of the new coronavirus is a spherical object with protruding spikes. The spikes, Fischetti said, are important to how the virus infects healthy cells.

Researchers are studying the spike proteins that make invasions into healthy cells as well as others among the 28 total proteins in the virus molecule that are related to replication. Finding a drug molecule that can inhibit the workings of the replication proteins can help stop the spread of the disease, Fischetti said.

So far, researchers at Argonne, using the power of supercomputers, have identified roughly 100 compounds -- from a pool of 250 million -- that could be repurposed or modified into potential drugs to treat COVID-19.

"There are a lot of similarities between the proteins in the previous SARS and this current (virus)," Fischetti said. "We're focusing on the differences and trying to understand how that has played into the infectivity of this virus."



H
a
p
p
y



E
a
s
t
e
r





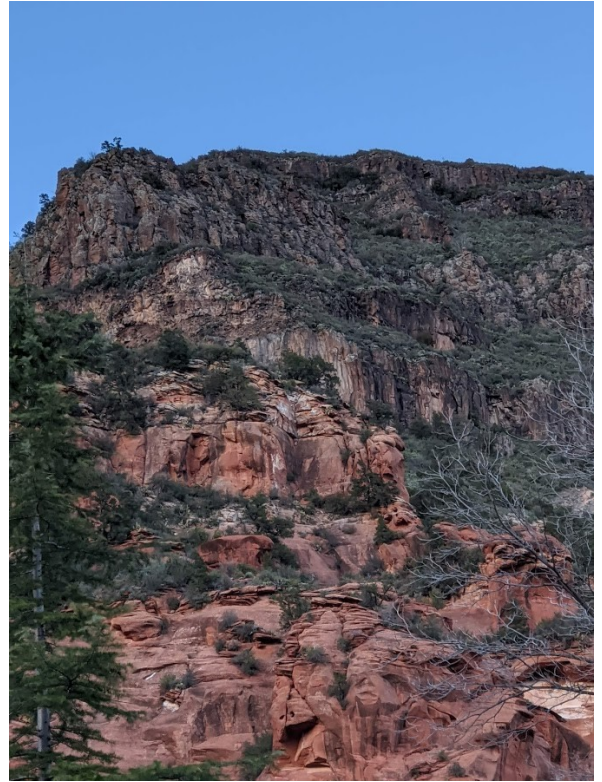
H
a
p
p
y



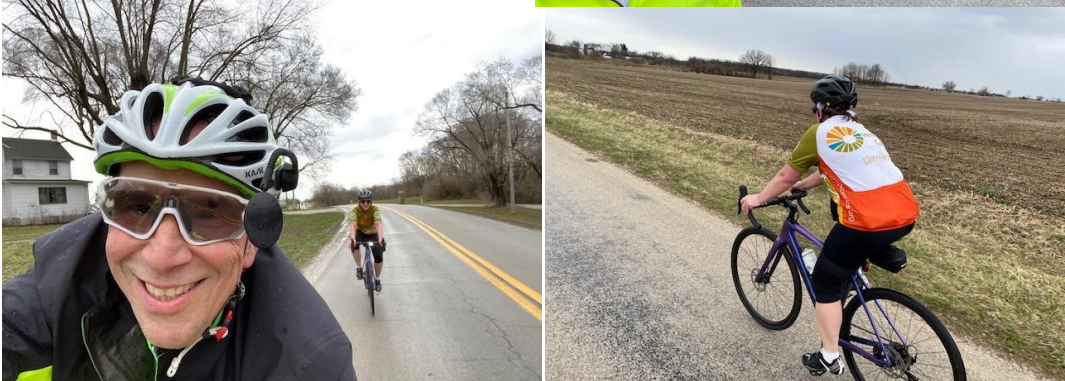
E
a
s
t
e
r



Hiking in Sedona: *Courtesy of Rob Weiss*



2500
feet
above
the
earth in
a hot
air bal-
loon



Photos Courtesy of Phil Furmanski



H
a
p
p
y



E
a
s
t
e
r





H
a
p
p
y



Photo courtesy of Pat Gardner

Dominick, Janae, and Conrad riding in The Villages, FL

The bridge is being installed for golf carts to connect north and south villages over Route 44.



E
a
s
t
e
r

JBC Welcomes new members: Gary Jackson and Regina Cortez for the 2020 riding season





Will County: **Forest Preserve** - All visitor centers, dog parks, preserve parking lots and latrines are closed until further notice. Trails remain open and shoreline fishing is allowed for those who can walk or bike to a path close to their home while still adhering to all social distancing mandates. For more information, call (815) 727-8700 or fill out an online [Contact Us](#) request. Closure and cancellation updates will be posted at ReconnectWithNature.org.

H
a
p
p
y

Q: Who is at higher risk?

A: COVID-19 is a new disease and we are learning more about it every day. Older adults and people of any age who have serious underlying medical conditions may be at higher risk for more serious complications from COVID-19. Based upon available information to date, the CDC has said those most at risk include:



- People 65 years and older
- People who live in a nursing home or long-term care facility
- People who are pregnant
 - People of any age with the following underlying medical conditions, particularly those that are not well controlled:
 - Chronic lung disease or asthma
 - Congestive heart failure or coronary artery disease
 - Diabetes
 - Neurologic conditions that weaken the ability to cough
 - Weakened immune system
 - Chemotherapy radiation for cancer (currently or in recent past)
 - Sickle cell anemia
 - Chronic kidney diseases requiring dialysis
 - Cirrhosis of the liver
 - Lack of spleen or a spleen that doesn't function correctly
 - Extreme obesity (body mass index (BMI) great than or equal to 40)

E
a
s
t
e
r





H
a
p
p
y



E
a
s
t
e
r



39th Annual Folks on Spokes Spring Fling (Formerly Easter Ride)



Sunday, May 31, 2020

New location:

Country Creek Commons
1005 West Laraway Road, New Lenox, IL 60451

Routes: 12, 36, 50 & 63 miles

**Early registration discounts
before 5/15/2020**

**Enjoy homemade cookies, refreshments,
live music and more!**

Register online:
www.folksonspokes.com



**All Aboard the Hors-
ey Hundred Train
May 23—May 24,
2020— Event Can-
celled due to
COVID-19**

JBC July 4th Ride—July 4, 2020

Fore more information:

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





From [Bicycling.com](https://www.bicycling.com):

Can a six-foot buffer zone protect you during rides?

The CDC has recommended that we practice “social distancing”—putting six feet between yourself and other people, says Treakle. “Because the virus is transmitted by droplets and droplets don’t travel very far or linger in the air for a long period of time, a six-foot buffer zone should prevent transmission.”

There are plenty of ways to get your exercise indoors, but if you do choose to get outside for a ride, you should be riding solo, to be safe. The spread of the particles being about six feet (current safe social distancing recommendations) is based on people standing near each other and not fast movement or strong air currents. Those could increase or decrease that distance.

In a scenario where someone runs into a sneeze or a cough, that would obviously present an increased risk, says Labus. That’s why it’s important to stay in your home if you are feeling sick or have been exposed to someone who is sick, in order to mitigate the risk of spreading the virus to others.

“If you have cold symptoms (runny nose, sore throat, sneezing), or fever and cough, you could have any number of viruses, including COVID-19, and you should avoid races or group rides until your fever has returned to normal for at least 48 hours,” Treakle emphasizes.

H
a
p
p
y



E
a
s
t
e
r





How to Ride Safely Amid Coronavirus Concerns

COURTESY OF BICYCLING.COM BY [JORDAN SMITH](#) Mar 23, 2020

This is a rapidly developing situation. For the most up-to-date information, check resources like the [Centers for Disease Control and Prevention \(CDC\)](#) and [World Health Organization \(WHO\)](#) regularly. This story will be updated as new information becomes available.

While the [coronavirus](#) pandemic continues to spread, causing [bike races](#)—and many other large events—to be postponed and canceled, you might be wondering what you should do for your own personal health and how this could affect your training.

We tapped [David Nieman, Dr.PH.](#), health professor at Appalachian State University and director of the Human Performance Lab at the North Carolina Research Campus, and [Brian Labus, Ph.D., MPH](#), assistant professor in the School of Public Health at the University of Nevada Las Vegas, to help answer cyclists' most frequently asked questions.

Is it safe to ride outside?

Yes—as long as you're alone. When people congregate together and someone sneezes or coughs, droplets get onto objects that people touch, and then people touch their face, Nieman explains. The best plan for riding right now is to go out and ride solo and enjoy the outdoors, in noncrowded areas. And, try timing your rides for when you know your route will be less crowded.

Additionally, people might be afraid to ride outside in the [colder weather](#) for fear of illness, but that's not true; there is no data that you will get sick from really any respiratory pathogen when riding in cold weather, Nieman says.

H
a
p
p
y



E
a
s
t
e
r





Getting in 30 to 60 minutes of moderate to brisk activity can help your [immune system](#) keep viruses at bay. Be sure you know what's going on in your area and if there are any restrictions or mandatory self-quarantines. And, if you're sick or at-risk of spreading the virus, you shouldn't go out.

During a quarantine, Nieman suggests doing some exercise, while staying quarantined [wherever you are](#) to keep healthy—doing [bodyweight exercises](#) or riding on your living room trainer are great ways to do this. *Unless* you're sick.

“If you do have flu or coronavirus, or have a fever, sick people think wrongly they can ‘exercise the virus out of the system’ or ‘sweat it out,’ that’s a myth. It’s actually the opposite,” Neiman says.

H
a
p
p
y



E
a
s
t
e
r





JBC Ride Definitions / Rules / Etiquette

H
a
p
p
y

E
a
s
t
e
r

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



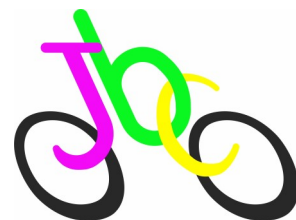
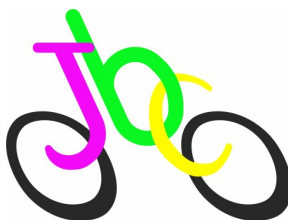
Please send AD Hoc and regular miles to Bill Cihon at:
miles@jolietbicycleclub.com

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

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

Webmaster, Bill Cihon

webmaster@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 Piz-zaForU 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.

No April general meeting due to COVID-19.

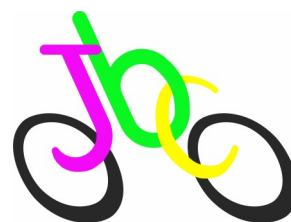
Joliet Bicycle Club

PO Box 2758

Joliet, IL 60434

Email: President@jolietbicycleclub.com

Website: jolietbicycleclub.com



H
a
p
p
y



E
a
s
t
e
r

