



Joliet Bicycle Club Newsletter August 2020



Joliet Bicycle Club

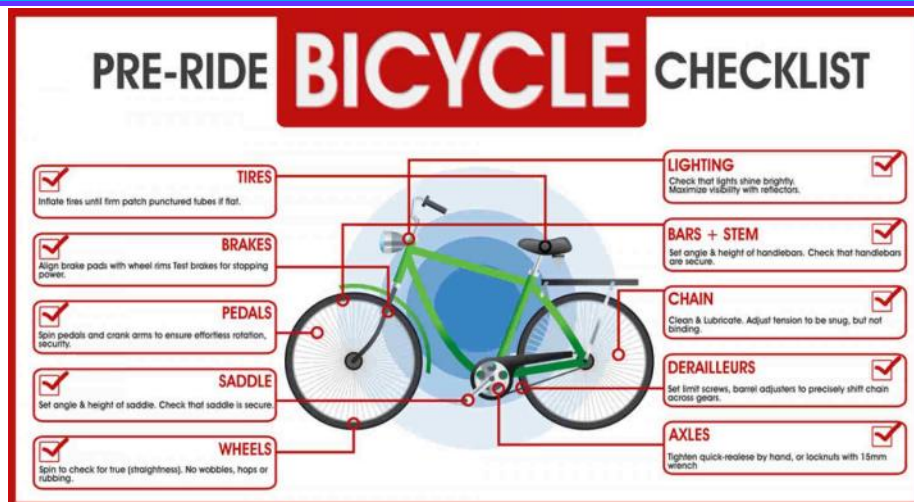
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August Days - Click [here](#) for more fun August National Days

National Girlfriends Day	August 1
National White Wine Day	August 4
National Toasted Marshmallow Day	August 30



Message from the President

June 26, 2020

Hello fellow JBC members, There's still a lot to look forward to this cycling season. We're getting into those hot days where its good to get early starts to beat the heat. One of the most important things to remember during the hot weather is to drink plenty of fluids, not just water but something with some electrolytes to really help keep you hydrated.

Enough of that, lets talk fun things coming up. We have the Picnic coming on Saturday August 15th at Four Seasons Park. Prior to the picnic there will be several cycling routes to choose from to suit

your cycling pleasure starting at 8am.

Please see the website or the newsletter for more information.

We also have the annual Breakfast Ride. The date of the breakfast ride is still to be determined. We spoke to The Silver Dollar where we usually have the breakfast. They will only accommodate 50 people and since this is a very popular event with JBC we will only be able to accommodate the first 50 rsvp's.

Our calendar is filled with great rides every day of the week. From talking to many of our members despite COVID-19 most of us are still getting plenty of

miles in.

We have had several new members join JBC recently, this is great to see. We should all make a concerted effort to promote JBC when ever we get the opportunity. Let's not keep how great JBC is a big secret. It's to our benefit to have new members join the club.

I hope to see many of you at this month's ride and events.

Rolling forward,

*Rob Weiss, President,
JBC*

New JBC Members for 2020

Bea Andrews

Michael Walczak

Dennis Mariasis

Larry Nielsen

Chris Oldanie

Al Longtin

Pamela Castellanos

Gary Jackson

Deborah Burnet

Regina Cortez

Jim Healy

Anthony Andreano

Melinda Sayers

Kees Riphagen

Fay Philips

Damian Aldana

Nancy Putman

Fred Korzin

Rudolph Pironti, Jr

Wes Benzon

Jill Pironti



JBC Potluck Picnic & Bike Rides, Four Seasons Park Shorewood

AUGUST

SATURDAY

15

Saturday, August 15th, 2020

Ride Starts 8:00am Multi Distances / Levels

Picnic 11:00am—2:00 PM FAR NORTH PAVILION

Hello JBC'ers. The picnic is a GO for 2020.

Rides of various lengths will start from the parking lot. A start time of 8 AM should provide ample time to ride and get back in time to prepare for the picnic. Longer routes may want to consider an earlier start time. The riders can pick routes and ride leaders that morning.

JBC will provide chicken and water/beverages for the picnic. I request that you RSVP to me at [ski-](mailto:ski-andbiker@gmail.com)

[andbiker@gmail.com](mailto:ski-andbiker@gmail.com)

by noon on August 8 in order to facilitate ordering the chicken for the picnic. You are encouraged to bring a dish to share, and if possible, consider individual packaging.

There are a few items to remember.

Please do your best to maintain social distancing. Please bring your own chairs to help maintain good distances.

Also, adult beverages are illegal at the park, so keep all adult beverages out of sight.

Again, please RSVP to Bob Jacobs at ski-andbiker@gmail.com by noon on August 8.

Thanks and see you there!

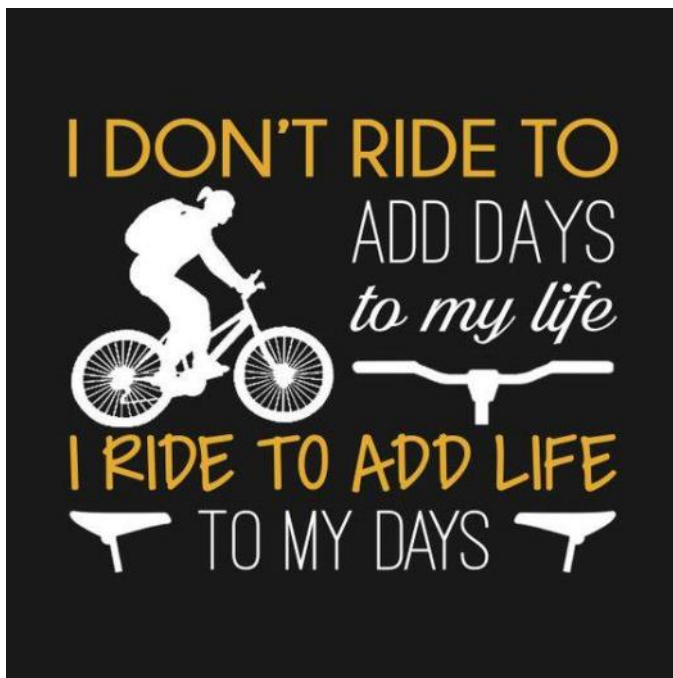
Bob and Carolyn Jacobs

JBC Breakfast Ride, Silver Dollars, Elwood, IL

SEPTEMBER
SATURDAY
?

Ride Starts ? :00am xx mile options

More details to come from the Board







FIELD OF DREAMS



Lake Michigan Trip *by Rob Weiss*

Starting on July 16, 2020 2 JBC members Shanon Zajac and Rob Weiss boarded the SS Badger with their bikes in tow to embark on an epic adventure from Manitowoc, WI to Ludington, MI.



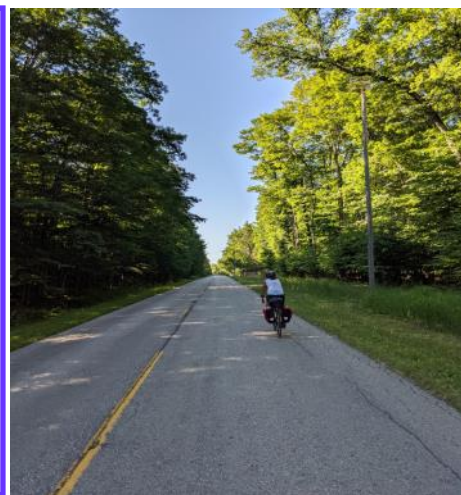
600 miles of nonstop fun. The ride started in Manitowoc and the first day ended in Green Bay, WI. 60 miles of very quiet serene riding in the backroads of Wisconsin.

Day 2 started in Green Bay. After a quick visit to Lambeau Field we were on our way to Marinette, WI. Another day in the back country of Wisconsin. We actually ran into 2 couples from North Carolina that were doing the same route we were riding. Instant new friends and riding buddies we rode together for the next 2 days.





Day 3 entered the Wolverine State of Michigan and the quaint town of Escanaba. This was a very quiet day of riding through the doorway to the Upper peninsula of Michigan.



Day 4 we rode to Manistique, MI. a very nice ride. It was also laundry day.

Day 5 took us to Epoufette, MI. For those of you who don't know where that is, neither did we. Right in the middle of the UP on US2.

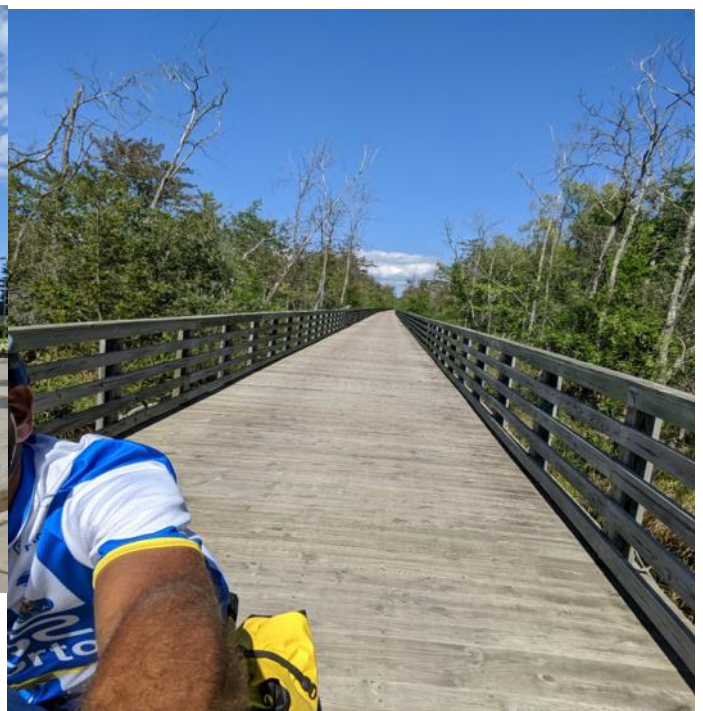


Day 6 was to the Mackinaw bridge and Mackinaw island and Mackinaw City in that order.





Day 7 the riding was beautiful from Mackinaw City to Charlevoix. M119 takes you through Cross Village to Good Hart to Harbor Springs and finally to Charlevoix.





Day 8 took us to Traverse City, MI. Home of the TART trail. The Traverse City Recreational Trail..

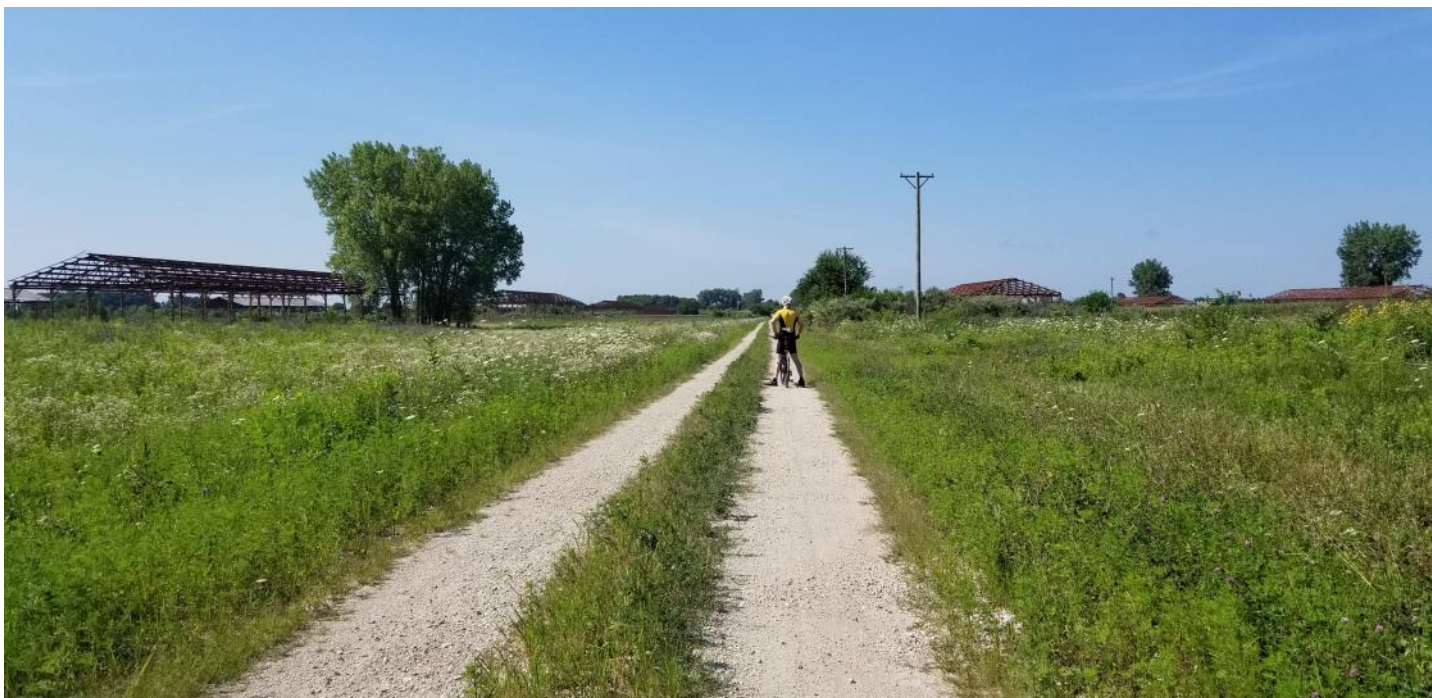
We made some new friends on the way to Traverse City.

Finally, Day 9 took us to Ludington, MI where it all began. We were so elated we were finished we forgot to take pictures of Ludington.





Midewin National Tallgrass Prairie



Gravel Grinding

Gravel Grinding has become more and more popular recently. With the appropriate bike, many more roads and routes are now accessible. An adventure style bike with wider tires, disc brakes and a more relaxed riding position can take you almost anywhere you want to go.

What is gravel riding?



Gravel riding, aka gravel grinding or adventure riding, is an [increasingly popular](#) form of cycling that combines elements of road- and mountain-biking, and consisting mostly of distance riding over [unpaved roads](#). Whether dirt roads or gravel roads, trails must consist of non-technical and unsurfaced roads to qualify as gravel riding. Since cities mostly have paved roads for commuters, gravel

riding trails are usually located in [rural areas](#). This tends to afford opportunity to discover some incredibly scenic sites that one can only witness during an adventure off the beaten path.

Old wagon trails, forest roads, canal paths, and more can lead to exploring the unexplored. Gravel riding is known for adding an element of [thrill](#) and a hint of danger to the cycling experience with its namesake rocky terrain and uneven ground. It takes cycling to the next level and provides riders with exhilarating discoveries. The captivating scenery along the way makes gravel grinding one of the most aesthetically pleasing riding adventures possible.

What are the best types of bikes and gear for gravel?



When choosing gear for gravel riding and racing, it's important to note that gravel bikes are built specifically for long treks on gravel, but can also double for more conventional riding experiences. When compared to road bikes, gravel bikes typically have more relaxed geometry, wide wheelbase, and more tire clearance. The [Ra-leigh Stuntman](#) is a good example of a sturdy gravel bike that can conquer [gravel grinding](#) or traditional road riding.

Surfaces can get pretty jarring when gravel riding, so it's important to consider components that make the ride as smooth and safe as possible. For this, we recommend the [Shockstop Stem](#). The stem uses [elastomers](#) springs to absorb vibrations (so your bones don't have to) and mute the effects of road bumps and surface imperfections. This shock absorption makes for a great riding experience that can be appreciated in the moment and over time. In addition, stem stiffness is easily adjustable (via swapping elastomers) so everyone can find their optimal setup.

Best gravel riding techniques

Remaining seated and planted should always be a priority when riding gravel. You want to make sure that all of the body weight is centered when tackling bumpy terrain. When the going gets a little tougher, don't get out of the saddle to power through — instead, staying seated and gearing down will help ensure that you are in control over loose terrain by creating [higher cadence](#).

Sharp and abrupt turns are no good in any form of cycling, but you especially want to be sure of stable turning when conquering gravel terrain. Sharply turning the handlebars on a turn makes the front wheel more prone to sliding on the gravel. A good way to ensure a smooth turn every time is to gradually shift your weight and direct your hips in the appropriate direction. The most important thing to keep in mind is smooth transitions and gentle leans.

It's helpful to relax and float over rough terrain. Keep the elbows slightly bent and relaxed,

and avoid clamping down on the handlebars or instinctively braking. [Washboards](#), or corrugated, rough roads can make you feel like you need to hit the brakes, especially on a descent. But braking can actually encourage the tires to lose contact with the ground, instead of gliding over the rough patches unimpeded.

Always consider the possibility of vehicular traffic, even if the road seems unused. Stay on your side of the road, especially on blind hills and turns.

Making sure you're prepared for the route is one of the most important strategies to a success gravel ride. Always study a [map](#) and gain as much knowledge as possible on your planned route.

What's Dirty Kanza?



Beyond casual gravel riding, the gravel world is becoming increasingly rich with races. Although there is no shortage of [epic gravel events](#), [Dirty Kanza](#) consistently proves to be the most anticipated gravel event of the year. Located in Flint Hills, the celebrated race offers great gravel and some of the most unique and aesthetically pleasing vistas around, with the [largest source of tallgrass in North America](#).

When preparing for Dirty Kanza, or any big gravel race, it's important to consider that the course is [remote](#) and there will be times when you ride for hours without access to other riders, food, or water sources. Dirty Kanza is known to be one of the most challenging gravel events, but that doesn't mean that you shouldn't go for it, even as a beginner. In fact, riders of all experience levels are encouraged to try it out. There are various levels and lengths that you can opt in and out of to fit your experience and confidence levels. [The 100 half-pint](#) is recommended for beginner gravel athletes and lasts about 7 hours on average.

A great way to prepare for beginners and experienced riders is the [Dirty Kanza training camp](#). The camp is available to all registered riders and takes place a few months before the big race. The camp focuses on training the rider's mind, body, and spirit for the rigor of the race. The camp includes gravel seminars, access to train on Dirty Kanza gravel courses, and consultations with experts.

Gravel racing is just as much about physical preparation as it is about mental preparation. Beginner gravel riders and experts alike can all benefit from reviewing the basics. As you venture deeper into the world of gravel be sure to keep in mind the proper techniques, gravel bikes, and components necessary for the most fulfilling gravel experience. And if you're tackling Dirty Kanza this year, be sure to remain confident, fueled, and have a blast!



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 and 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

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
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Chellino Jr.

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Ride Calendar, Bob Kehoe

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kehoerj162@yahoo.com

**Ride Mileage Recorder, &
Invitational Rides**—Bill

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miles@jolietbicycleclub.com

**For invitational rides:
Place Invitational Mileage
Report in the subject line
to:**

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Webmaster, Bill Cihon

webmaster@jolietbicycleclub.com

Reporting Miles, Ride List, 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 List 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

JBC Meeting Information

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.

Joliet Bicycle Club

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