



Joliet Bicycle Club
Newsletter
June 2021



Joliet Bicycle Club

Volume 35, Issue 6 June, 2021

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Happy Father's Day. Have a wheelie great day!



Message from the President—Edited

May 25, 2021

Hello fellow JBC members,

Welcome to JBC our newest members, Larry Howard, Bob Murray, Izabella Plawecka and Rich Kasprzyk. It is always a pleasure to see new members joining JBC. It always reminds me of how something as little as \$15 can enrich your life for years to come. Welcome to JBC!

As many of you may have heard, the board had a meeting and we have decided to move forward with the July 4th ride. We had originally cancelled the ride due to **the state's unclear mandates due to the pandemic.**

On May 2nd I wrote to you that we would be cancelling the July 4th ride. In the **great words of many NFL referees, “upon further review” the board has agreed to** move forward with the July 4th ride.

After seeing the state of Illinois is starting to open again without restrictions to social gathering, we feel we can have the ride safely and successfully.

We are going to shorten the ride with several loops available. We have many of you that have stepped forward to volunteer for various positions. I cannot fully express the gratitude to all who will volunteer.

We all look forward to July 4th and this year with the help of all of you we can make this a very successful ride. Please tell your friends and riding buddies that the July 4th ride is back on!

We will advertise as usual but I know many of our past riders have come from simple word of mouth from you, our great members.

This month's Meet the Member is a fairly new member and I have had the opportunity to ride with him several times in the recent past. He's a strong rider and a pleasure to ride with. I had the pleasure of learning about his family and grandchildren. Here's some hints, he shares the last name with a famous past ESPN sports anchor, He's tall, dark and handsome, don't blush. Ok, enough hints, most will not guess because you haven't met him yet. Get to know him better as this month's Meet the Member.

I know there are a few golf fans in JBC. Anyone who knows a little about golf knows a hole in one is a momentous occasion in any golfers golfing career. This momentous occasion happened to our own Deb Nona. Congratulations Deb on your hole in one, #16 at Old Oak.

Please check the [June ride calendar](#) that Bob Kehoe just put out. You'll notice that many of our ride start times have moved to 8am instead of 9am as the weather has started to warm.

I hope all of you have a great June with lots of rides. I hope to see many of you soon.

Rolling Forward,

Rob Weiss

Rob Weiss, President, JBC

Membership Corner

By Steve Geary

Welcome our new members:

Bob Murray

Larry Howard

Izabella Plawecka

Rich Kasprzyk



“MEET THE MEMBER - Ray Patrick—*by Rob Weiss***When did you join JBC and why did you join the club?**

I joined the club in July 2019 but did not begin riding with the JBC until July 2020. I was set on riding alone for a while longer but now enjoy riding with other biking enthusiasts.

I joined the club based on encouragement from Shirl Boatman who I met at the registration desk of the July 4 2019 JBC invitational ride (Plainfield South HS). She gave me a JBC card and described the merits of joining the club. She was an excellent sales person.

What brought you into cycling?

I've enjoyed riding a bike since at least middle school. After graduating from high school, I began looking at higher end brands with drop bars such as Raleigh and Motobecane. I settled on a Japanese brand (Azuki) and began “high” mileage rides (15-25 miles) with other like-minded friends on the south side of Chicago and along the lake front.

What do you enjoy most about cycling with JBC?

The welcoming and friendly members of JBC has made my transition into the club seamless:

- Anytime that I had questions such as: directions to a starting location for a ride, brands/types of shoes to consider, group sets to consider, etc. I typically receive multiple and comprehensive answers.*
- As I ride with new and different groups, all of the fellow riders have welcomed me and been very forthcoming which has immediately made me feel a part of the group.*
- Also. My riding goals have increased. When I was riding alone, 40 miles was typically my limit. Now with JBC, 30-40 miles is generally a minimum with aspirations to do 75 miles and more. Who knows, one day I may ride a century.*



Tell us about your favorite cycling adventure.

I've enjoyed the invitationals including the July 4 JBC event which introduced me to the vast network of country roads just west of where I live. Other events that I enjoyed is the North Shore Century, Wright Ride and the Holland 100. I look forward to riding in future events and traveling outside the Chicago area.

Where do you cycle mostly with JBC and why?

I cycle primarily west of Plainfield (e.g. east Kendall County) because of the safety that low traffic roads bring, as well as the many different routes one can take. Also, many of these routes are quite scenic.

What is your favorite JBC route?

I don't have a favorite route yet. I've enjoyed riding the vast network of country roads west of my home.

What is your favorite JBC event.

Covid 19 has of course limited events. I look forward to the next JBC July 4 invitational and as the world begins to re-open, I anticipate there will be great adventures ahead.

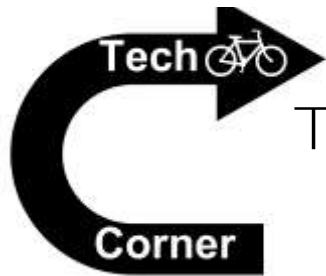
If you could cycle anywhere in the world, where would it be?

That is a great but difficult question to answer. I've thought about cycling in Italy or France. I constantly hear great things from JBC members about the trip to Mallorca Spain; that would be outstanding. Domestically, I think about scenic areas such as Montana, Oregon and California. There are too many choices to pick just one.

**SOMETHING TO THINK ABOUT &
PLAN FOR! "JBC WILL BE 50
YEARS YOUNG IN 2022"**

Special Celebration Ideas???????





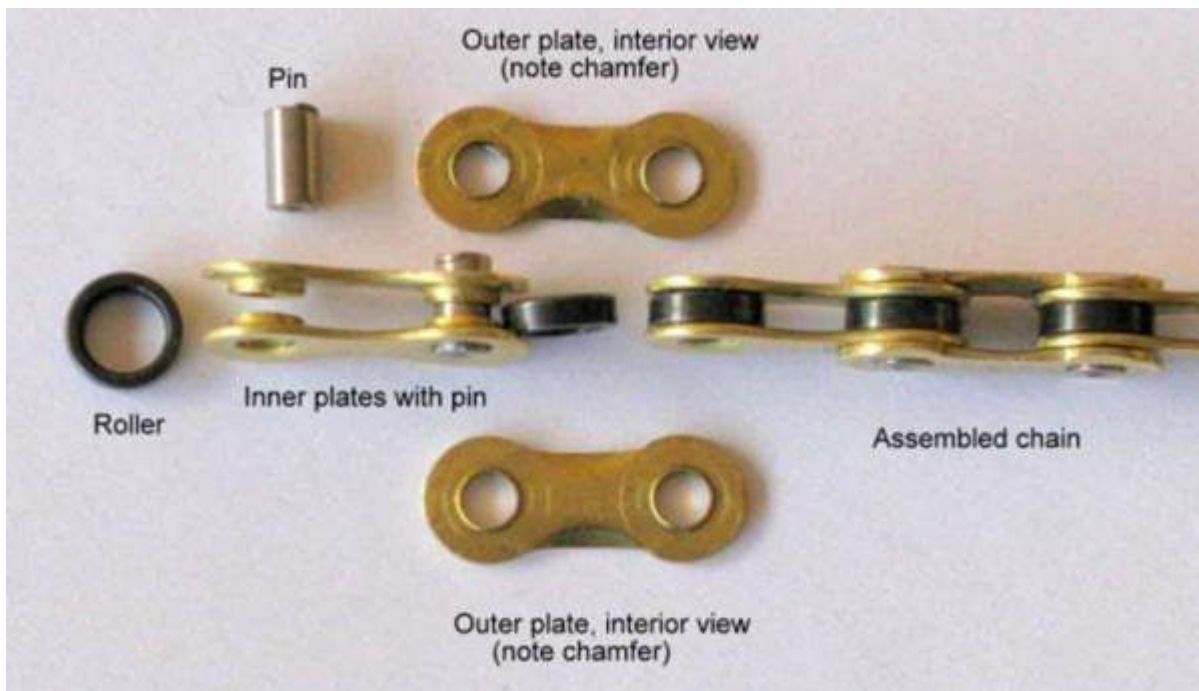
The Chain that Links Us Together

by Steve Geary



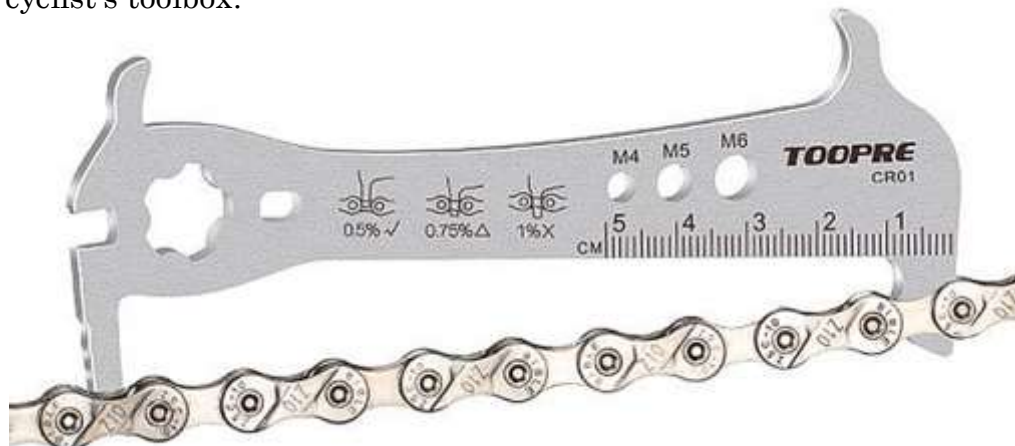
Chains have been around for a very long time and their basic design hasn't changed much over the years. They are used in almost every industry where the transmission of power is needed. These chains are referred to as Straight Pull chains. However, modern day Bicycle Chains have undergone many changes because they need to shift or jump from one sprocket to another. Unlike a straight pull chain, bike chains need to be flexible. It seems like every time they add another sprocket onto a cassette the chain must also change. A single speed straight pull bike chain would never work on a 12 speed mountain bike cassette.

Chain Anatomy



The most important thing you can do to assure your chain runs smoothly is to keep it clean and lubricated. Chains are one of the few parts of the bike that continue to be made from steel, and although steel is a very tough material, a chain has a lot of moving parts that can cause issues if not given the proper attention. A typical chain with 110 links has 440 continually moving parts. Chains also wear down very slowly and silently. When they wear, they become longer. **This chain “stretch” causes issues with shifting that cannot be compensated for by adjusting the derailleurs.** Worse yet, a stretched chain will wear down your chainrings and cassettes. A stretched chain can cause a lot of expensive damage to your favorite machine.

- 1) The first step in chain maintenance is not what you might think. You should purchase a chain stretch measuring gauge, and use it to measure the wear on your chain. **There's no reason to clean and lubricate a bad chain!** Make sure you put tension on the chain and always take the measurement above the chain stay. These gauges come in a wide range of prices and design. A quality but inexpensive gauge like the one shown below should be in every cyclist's toolbox.



Of course if you're serious about having the best tool available, then a digital chain caliper like this one from KMC is the way to go.

- 2) If your chain is not stretched then the second maintenance step is cleaning. There are literally hundreds of tools and gadgets out there to help make the chain cleaning process quicker and more effective.



There are also many methods used to clean chains from Lazy to Obsessive. At the lazy end of the spectrum you should be at least lubricating and wiping often the excess. A slightly more labor intensive method is to brush in solvents or soaps followed by compressed air. At the obsessive level you could disassemble all the parts of the drive system and put them in an ultrasonic cleaning tank. Regardless of how you choose to clean your chain, you must take into consideration that it's not the dirt and grime you see on the outside of the chain that's doing the damage. It's the gunk that gets wedged on the inside of the pins & rollers and between the plates that causes premature chain wear.

After trying many different methods of cleaning over the years, I find that a good solvent, a small brush and compressed air is the most effective way to reach the dirt behind the chain plates. The solvent breaks down the dirt and old lubricant, and the compressed air evacuates the unwanted particles. This can be done on the bike, but is easier and more effective off the bike. If you're using a wax based lubricant you may want to use soap instead of a solvent. The solvent may not be compatible with your wax solution.



Removing the chain from the bike has been made easy with a removable chain link. Quick Link® or Missing Link® are some of the brand names commonly used. As the name implies, these links allow you to remove, clean, lubricate and re-install the chain easily.

- 3) Lubrication: There are hundreds of lubricant companies out there all telling you their product is the best. A good quality lube will reduce friction and deliver more wattage to the wheel. The truth is, there are some lubricants that are better suited for your kind of bike than others, but the most important thing to do is lubricate thoroughly and often.

Many road cyclists like to use “dry” lubricant. As the name implies, it’s not an oil but rather synthetic ingredients and waxes. These types of dry formulas don’t attract dirt to the chain, thus keeping the chain cleaner longer. However, it’s a known fact that dry lubricants need to be replenished more often. Wet lubricants specifically designed for bike chains are good in wet or dry conditions. Let’s say you’re on a long trip away from home, and the weather report calls for rain all day. The wet lubricant sheds water and keeps the areas behind the chain plates lubricated and displaces the water. Many mountain bikers like the wet lube when their having fun in the mud. This bears repeating; even if you’re not in a position to do a good cleaning, you should still lubricate thoroughly and often.



Make sure each and every roller receives a drop of lubricant. Spin the crank around for about a minute, then wipe off the excess lube from the outside of the chain. Dry lubricant goes on wet, but the carrier solution will soon evaporate leaving the chain dry. A wet lubricant can be oil based or synthetic, and will remain wet.

Eventually you’re going to need a new chain, and when that day comes you’ll want a high quality chain. Spending a few extra dollars here is well worth it. You’ll need to make sure you’re installing the proper chain. If your bike has a 10 speed cassette then you’ll need a 10 speed chain of course. A chain from a 6, 7, 8 or 9 speed system will not work with your 10 speed. However, you can put a 10 speed chain on a system with less speeds. Most bike chains are not forward compatible, but they are backward compatible. This is largely due to the width of the chain. As we add more speeds to a cassette, the sprockets get closer together and the chain needs to be narrowed. The pitch of the chain (the distance between each roller) has **n’t changed for a hundred years. In fact, the chain is one of the last remaining parts of the bike that is still measured in inches!**

New bike chain technology has been improved over the years. Many new chains come with polished pins and rollers, chamfered plates, slotted plates to reduce weight, and special coatings to combat wear and make the plate surfaces smooth.

One of my favorites is the Titanium Nitride Coating (TiN). It's a micro thin coating that fills in the microscopic imperfections in the steel surface. It leaves a very smooth and hard surface finish that repels dirt, adds wear resistance and promotes longevity. Titanium Nitride has been used in the metal working industry for many years and has proven itself under extreme wear conditions. Because the TiN has superior wear resistance over just plain steel, they continue to work well even after the lubrication has worn off. The Titanium Nitride Coating give the chain its gold color.



A new chain usually comes in a longer length than you'll need. Therefore you'll need to determine the correct length for your bike, then "break" the chain. Don't worry, we're not actually going to break the chain. That's just a term used to describe the action of shortening a chain by way of removing links.

The chains length is changed by pushing one of the pins out. For this you'll need a special tool seen here. It should be noted that the pins of a chain are riveted onto the chain plates. Once removed, you can never use that pin again. The best way to determine the length of your new chain is to make it the same length as the old chain! Don't forget to install a Quick Link®.



Before installing the chain on the bike you'll need to degrease and lubricate the chain as described early in this article. New chains are coated in a thick and sticky rust inhibitor that needs to be removed and replaced with your lubricant of choice.

One of the easiest ways to replace a chain is to bring your bike to the bike shop! Tell them you want a [KMC X11SL Ti-N](#). Better yet, purchase the chain you want and bring it with you to the bike shop. This way you'll know exactly what's being installed on your bike.

It's your chains job to deliver wattage from the pedal cranks to the wheel, but if your chain is full of dirt & gravel dust, is lacking lubricant and is stretched, then you're being robbed.

Thoroughly Clean & Lubricate Often



Fat Wheels - Fat Tires
Skinny Chain - Skinny
Arms
Steve Geary



Folks on Spokes Spring Fling—June 6, 2021

Folks on Spokes is hosting their invitational ride, [Spring Fling](#) (formerly the Easter Ride) on Sunday June 6, 2021. Routes start and end at Monee Reservoir. Cloverleaf routes (18,19,44 miles) can be combined for a metric century. All routes SAG supported with a rest stop at 20 miles on the 44 mile ride. Registration (\$30 cash/check only) is at Monee Reservoir from 7AM to 10AM. Full details at folksonspokes.com.



40 years sponsoring one of Chicagoland's premier invitationals

NEW START LOCATION--Monee Reservoir, Catfish Shelter
27341 S Ridgeland Ave, Monee, IL 60449

Early Registration Discounts Thru 5-23-2021

Mail in registrations must be received by June 1

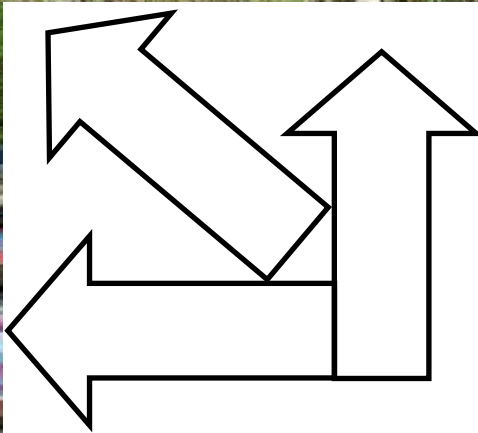
Online registration ends June 1.

Day of registration allowed: Cash and check only.

2021 Cycling Invitationals and Pro Races

1. [Folks on Spokes Spring Fling](#)— June 6, 2021 — Monee Reservoir, Monee, Illinois
2. [2021 Grand Illinois Bike Tour](#) — June 13-18, 2021 — Litchfield, Illinois
3. [2021 Tour de France](#)—June 26—July 18, 2021
4. [4th of July Century Ride](#)— July 4, 2021 — Plainfield, Illinois
5. [Z-Tour](#) — July 17, 2021 — Princeton, Illinois
6. [Dust Bowl 100](#) — July 24, 2021 — Eminence, Indiana
7. [2021 Busse Woods Night Ride](#) — August 28, 2021 — Elk Grove Village, Illinois
8. [Horribly Hilly Hundreds](#) — August 28, 2021 — Blue Mounds, Wisconsin
9. [Annual Blackhawk Country Roads Invitational Ride](#)—The 44th Annual ride - DATE: Saturday, Sept. 4 & Sunday, Sept. 5, 2021; Rockton, Illinois

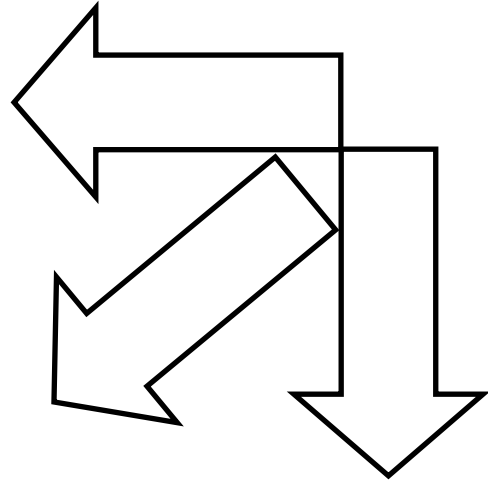




Who can identify
the location?



Who can identify the location?



Steve Santolin's ride in Princeton, Illinois on May 23, 2021 prepping us for the Horsey Hundred.



After a year off due to Covid-19, the Horsey Hundred was back on for 2021 in Georgetown, Kentucky. JBC was well represented with 30+ members attending this year. The following pages are a collage of photos taken during the Invitational. Thank you for all the submissions.







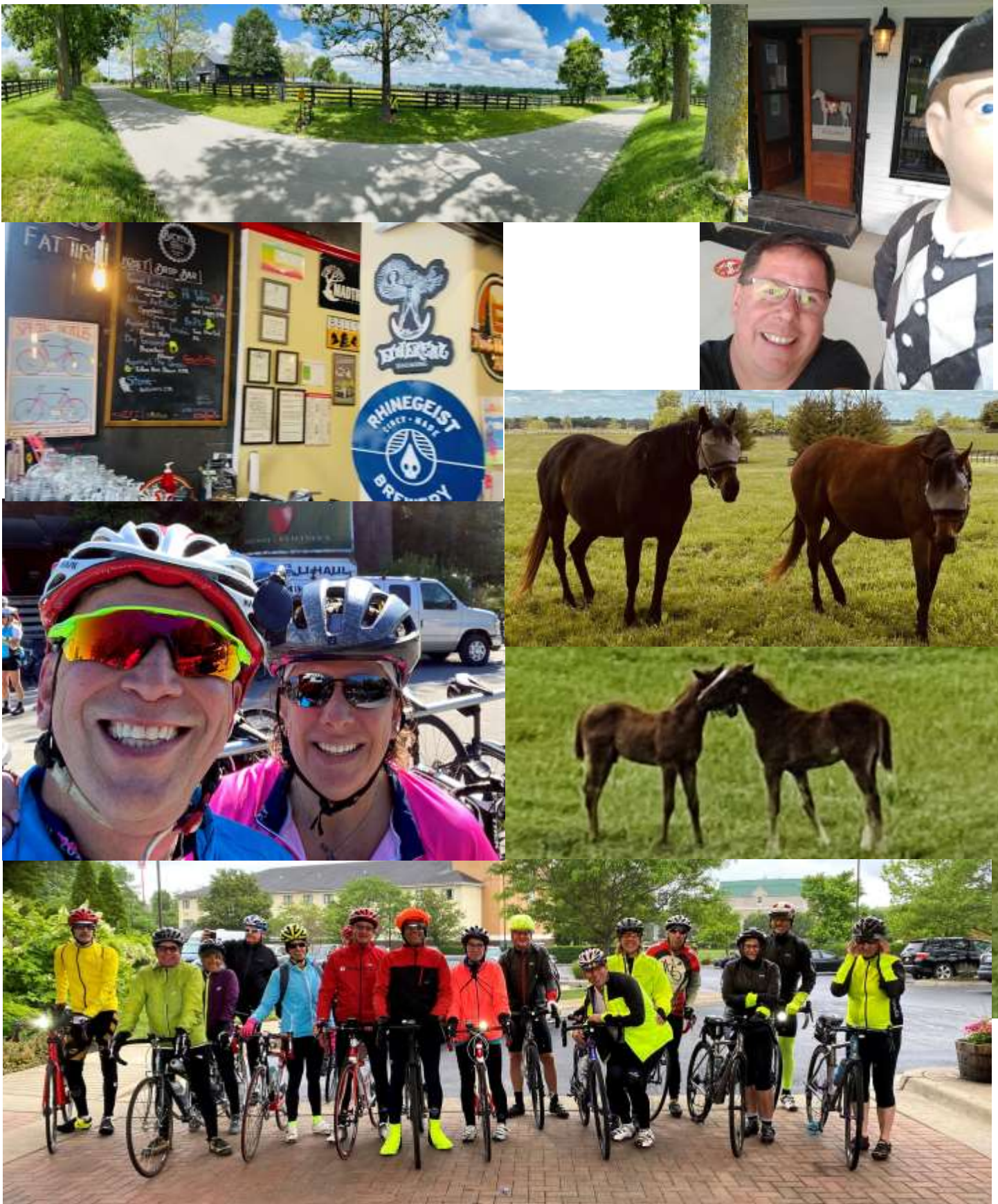




















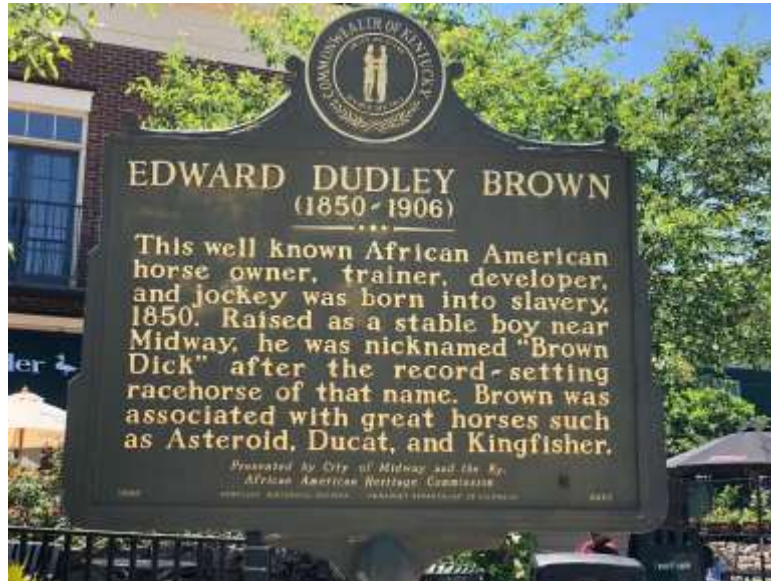
FINISH















Thank you everyone for your picture submissions!



Is that Mary Poppins?



Rockville Indiana



JBC Door County Trip July 2021

HI Everyone, It's that time of the year to think about next year's Door County Trip. The trip will run from Saturday July 17th through Saturday July 24th .

Now is the time to start making plans/reservations for this year's trip. We will all be staying in or near Fish Creek. Each individual is responsible for their own lodging arrangements during the JBC Door County Trip.

We will be riding Sunday the 18th through Friday the 23rd. Saturday July 17th and Saturday July 24th will be travel days.

This event is open to members and guests. Guests will be charged \$20 for the event. Each day there are two or three ride options ranging in miles from 30 to 60.



We will be sharing more information about the trip once the date gets closer.

We do hope that everyone that plans on attending makes their reservations really soon. July is a very busy time of the year in Door County. So book as soon as you can. I

If you have any questions please give Jim Lambert a call at 331 330 6119 or send Jim email at jalambert1950@gmail.com.

Happy Biking everyone! Jim Lambert

JBC Ride Definitions / Rules / Etiquette

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

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

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

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 Com-

President, Rob Weiss

Phone: 630.910.5200

president@jolietbicycleclub.com

Vice-President, Janae Hunziker

Phone: 708.638.5262

[vice-](mailto:vice-president@jolietbicycleclub.com)

president@jolietbicycleclub.com

Treasurer, Conrad Brouwer

Phone: 630.918.1552

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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, Paul Tomasik

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. No meeting for June.

Joliet Bicycle Club

PO Box 2758

Joliet, IL 60434

Email: President@jolietbicycleclub.com

