



*Joliet Bicycle Club  
Newsletter  
July 2022*



**Joliet Bicycle Club**

Volume 36, Issue 7, July 2022

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## Message from the President

### July 4th is just a couple days away...

First I want to thank all the JBC members who have stepped up to help with our Invitation-al. It is all of you that make our ride a SUCCESS. Conrad and I have been consumed with checking and double checking on the details; water truck, porta potties, rental trucks, dumpster... the list goes on! Here is hoping we don't have a major glitch! It looks like the rain will hold off until the evening on the 4th! That is a relief. Those of you who can ride the event; ENJOY! I'm excited to see so many JBCers on the same day.

Happy 4th...  
Janae



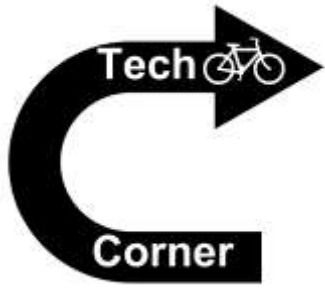
Still waiting for the story  
from Helmut!

## 2022 Invitationals

If you don't see the ride(s) on this list that you want to do and want them added, please email: [editor@jolietbicycleclub.com](mailto:editor@jolietbicycleclub.com)

Ride	Location	Date
JBC 4th of July Ride —	Plainfield, IL	July 4, 2022
RAIN — <a href="#">click here</a> Ride Across Indiana	West Terre Haute, IN to Richmond, IN	July 16, 2022
RAGBRAI — <a href="#">click here</a> Register's Annual Great Bicycle Ride Across Iowa	Begin in Sergeant Bluff , Iowa and end in Lansing. In between, riders will overnight in, Ida Grove, Poca-hontas, Emmetsburg, Mason City, Charles City, and West Union.	July 23-30, 2022
<a href="#">Palos Meltdown</a>	Pulaski Woods, Willow Springs, IL	August 7, 2022
Hammerfest 2022 Catch me if you can — <a href="#">click here</a>	Plainfield, IL	August 20, 2022
Bike the Drive— <a href="#">click here</a>	Lake Shore Drive, Chicago	September 4, 2022
Apple Cider Century — <a href="#">click here</a>	Three Oaks, MI	September 25, 2022
Pumpkin Pie Ride — <a href="#">click here</a>	Ottawa, IL	October 3, 2022
Hilly Hundred — <a href="#">click here</a>	Ellettsville, IN	October 21-23, 2022





# BikeCAD

By Steve Geary

No two riders are the same, and everyone wants their bike to fit perfect. All the major bike companies try their best to accommodate everyone, but many of us cyclists fall somewhere between the standard sizes. **There is no such thing as “One size fits all”.**

BikeCAD or Bike Computer Aided Drafting has a free demo version you can download. This software allows you to design and build a complete custom bike. [www.bikecad.ca](http://www.bikecad.ca)

You will often see bikes with a variety of seat positions and stems raised up or dropped down, all in an effort to get closer to that custom fit that is unique to you. However, you cannot change the fixed dimensions of the frame itself. Once you commit to purchasing a certain kind of bike, **there’s no going back. This is where being able to custom design your own bike can help.**

BikeCAD software allows you to adjust virtually every dimension of the frame, wheels, fork, handlebars, drivetrain, saddle, brakes, ...etc. You can even apply custom colors and graphics!

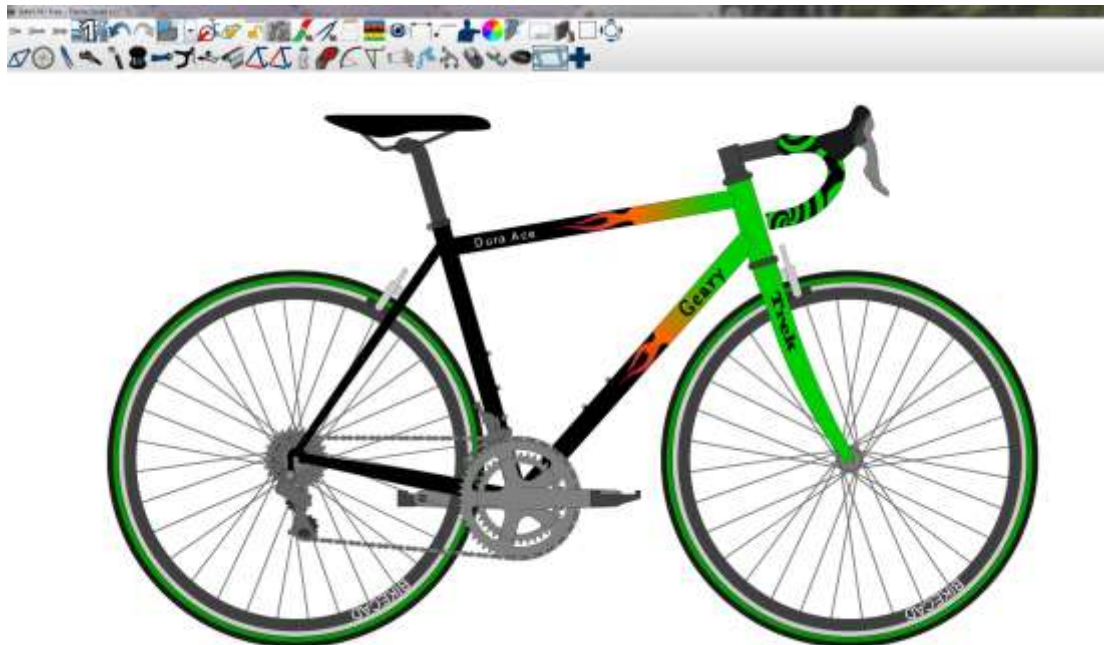
**The possibilities are almost endless. If you’re a very light person, you can design a bike with smaller/lighter tubes. If you’re a heavier person, then make the tubes larger for greater strength.** If you have shorter legs with a longer torso, then build accordingly. You can add length to the chainstays for a smoother riding bike or to accommodate larger tires. What the heck, get crazy and put a suspension fork on your road bike!

**There’s even an option for creating a tandem, triple, quad, ...etc.** You can design Road bikes, Mountain bikes, Cargo bikes, and bikes for people with special needs.

I designed this bike with BikeCAD. Does it look familiar?

## Steve Geary

Skinny Wheels,  
Skinny Tires,  
Skinny Arms



## Membership Corner

*By Steve Geary*

Please welcome new members:

Monica Moose

Fred Nobrega

Curtis Thames

Raul Avalos

David Spangler

James Brady

Jon Bailey

Mark Carlson

Jarek Swiech

Richard Tabale

Sheri Hey

Ann Engelmann

Lori Brady

Brian Bottomley

David Carr

Mary Jones





## **WHAT: The 2022 JBC Summer Picnic Ride**

**WHERE:** Shorewood 4 Seasons Park, South Pavilion

**WHEN:** Saturday August 13, 2022

Ride starts at 8am  
Picnic starts at 10:30am thru 2:30pm

**WHO:** All JBC members

**WHY:** It's time for a JBC gathering!

It is time to get together and enjoy each other's company. So come on out and ride, then enjoy the time together to tell stories and catch up with each other. If you prefer to skip the ride, you can still enjoy the company at the picnic.

The ride starts at 8am, and the riders will decide on the routes and the mileage that morning. In the past, there have been enough riders to support several routes with a mileage and pace for almost everyone to enjoy. So come on out!

The club will provide a box style lunch for each guest AS LONG AS YOU TELL US THAT YOU PLAN TO ATTEND. Also, all members are welcome to bring a dish to share. Individually wrapped portions/treats, if possible, would be appreciated.

Shorewood prohibits 'adult beverages' in the park, so please, please be discreet.

**Please RSVP by August 7, 2022** so that we can order sufficient food for all attendees.

Come on out and enjoy spending time with fellow club members.

Let's make this picnic a blast!

Bob and Carolyn Jacobs  
Email: [skiandbiker@gmail.com](mailto:skiandbiker@gmail.com)

## Riding safely in extreme heat

### STAYING HYDRATED

Just like riding in subzero temps, riding in hot and humid weather takes preparation to be safely done. Also everyone has different tolerances to cold and heat. Please know your own body and consult your physician if you have any underlying health issues or any concerns about your fitness to ride in the heat. There are a few things that have worked well for Pussanee and I when we have to do Bike Medic riding all day in the heat and also while treating athletes racing in the heat. First, pre-hydrate 2 hours before the ride with an electrolyte infused drink. We don't care for Gatorade and other sports drinks as they are low in electrolytes and many have a lot of sugar. We use products like Liquid IV or Hi-Lyte drops to pre-hydrate and also on the ride, we also give these to dehydrated racers while on medical patrol at races. Info here: [Liquid IV](#) [Hi-Lyte](#)

We see a lot of racers with a condition known as hyponatremia which occurs when someone drinks too much water, thereby diluting electrolytes (namely sodium). This is a serious and potentially deadly condition that needs immediate medical attention. The body needs more than water when

exercising in the heat. I drink a quart slowly over 2 hours while Pussanee drinks a pint. Body weight matters.

### DEALING WITH CRAMPS

Sometimes you get cramps while riding in the heat. The Bike Medics on the Medical Patrol use plain yellow mustard packets to relieve racer cramps fast. The immediate relief is believed to be turmeric, which is used to give mustard its yellow color and the electrolytes in plain yellow mustard, specifically magnesium, sodium and potassium help with mineral depletion.

New research suggests that mustard may help with leg cramps by activating sensors in the back of the throat. Molecules called isothiocyanates in mustard are thought to cause this activation which then sends a signal out in your body that prevents the nerves in your muscles from becoming overly excited and causing muscles to cramp. Another reason it is suggested that this yellow mustard remedy is helpful is because the condiment contains acetic acid which prompts the body to produce more acetylcholine which is a neurotransmitter that prompts muscles to work properly. We find plain yellow

mustard to work better than pickle juice, apple cider vinegar and other remedies.

### LISTEN TO YOUR BODY

Always listen to your body as it is rarely wrong. If you are not feeling well on a hot ride, stop and get into a cool air conditioned place. Loosen your clothing and elevate your legs if possible. Here is the Mayo Clinic's view on heat exhaustion and how to treat it: [Heat exhaustion: First aid](#) **don't just push through it, it can lead to heat stroke which can be fatal.**

### FINAL NOTE

Remember, it is always ok to skip or cancel a ride if you feel the heat will be too much. There is always another day to ride. These are some things that have worked for Pussanee and I, but while we do see and treat a lot of dehydrated and heat exhausted riders, we are not physicians. Please consult yours before exercising in high heat and humidity.

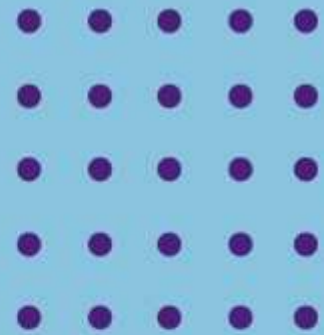
Thanks and be safe out there.

George Pastorino  
Certified Bike Medic

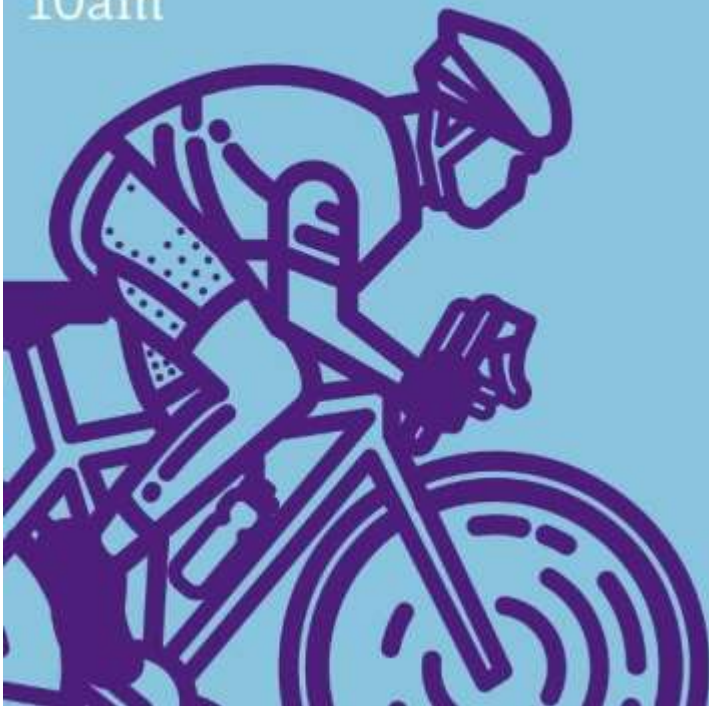
# Memorial Ride for Barb Barnes

July 24th at 10am

## **BARB BARNES'S MEMORIAL BIKE RIDE**



Location: Buedingen Park  
16612 Cherry Hill Ave  
Tinley Park, IL  
Ride kicks off promptly at  
10am



**NO INTEREST IN  
CYCLING BUT LOVE  
FOOD?**

Join us afterwards for a BBQ  
and share a memory of Barb!

Same location

See next page for details..



## Ride details:

Be ready to ride at 10am sharp.

Distance: 20 miles

Average time: 2 hours

Starts and ends in same location.

## BBQ Details:

Start time: Noon'sh as riders trickle in.

Pulled Pork and Cole Slaw will be served.

Beer, Wine and Water will also be provided.

# R.S.V.P

Natalie Bedell-Stoub

via Messenger

by July 15th

Or: [rogerstoub@gmail.com](mailto:rogerstoub@gmail.com)



Ask AI about the Road Hog he encountered!



# GIBT 2022





# Z-Tour - June 18















## 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 in-state and out of state rides

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

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

Send invitational miles with Invitational Mileage Report in the subject line to Bill Cihon at: [miles@jolietbicycleclub.com](mailto: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, Janae Hunziker  
Phone: 708.638.5262

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

Vice-President, Michelle Fur-  
manski

Phone: 708.305.7565

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

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

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Phone: 815.436.7701

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Ride Mileage Recorder, &  
Invitational Rides—Bill  
Cihon

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

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

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

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## 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](mailto: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 1st Thursday of the month. JBC holds meetings in Feb, March, April, May, June, Aug, Sept, Oct, Nov. Meeting locations and dates may change. There is no July meeting.



**Joliet Bicycle Club**

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