



Joliet Bicycle Club
Newsletter
September 2022



Joliet Bicycle Club

Volume 36, Issue 9, September 2022

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Message from the President

Kids are back to school and football season is underway: it must be September!

HOWEVER; keep BI-CYCLE RIDING on your mind and get those CYCLING MILES turned in to Bill Cihon. September 30, 2022 is the deadline to get your 1,000 **miles for this year's club award. JBC "club miles" from Oct 1, 2021 - September 30, 2022** count towards the 1,000 miles needed for the yearly award.

Conrad Brouwer's Treasurer's report indicates a successful 4th of July Ride. We have seed money for the 2023 4th of July Ride and some funds that the Board will be looking to donate to

support the Plattville Volunteer Firefighters and a couple of cycling advocacy causes. Members please feel free to suggest to your Board a cycling advocacy organization for donation consideration.

Steve and Shirl are hosting the Breakfast Ride September 17th at the Silver Dollar Restaurant in Elwood, IL. I hope there is a good turn out for this annual club gathering. **I won't see you at this event but, do enjoy the feast.**

Instead of enjoying eggs and bacon with **the club; I'll send a few photos to Google Groups** from the 18 day PAC Tour, Eastern Mountains Tour, EMT adventure that four

JBC members are riding. Dominick, Conrad, Chris and I have signed up to cycle from Portland, ME to Stone Mountain, GA on a 1,700 mile challenge with 103,000 feet of total climb. When you break it down to 95 miles and 6,000 feet of climb daily average, this tour sounds a little more sane. Look to the October Newsletter for a short EMT ride summary.

Happy Trails...

Janae



The Joliet Bicycle Club is sponsoring the Annual Breakfast Ride. JBC members are free and non-members pay \$20 per person. We will only accept cash on the day of the event upon your arrival. Pay Shirl Boatman or Steve Geary.

Breakfast will be served buffet style beginning at 10:00 AM at [The Silver Dollars Restaurant, 422 Mississippi Ave, Elwood.](#)

An RSVP is mandatory via email to boopbabe@yahoo.com or trek.5900sl@gmail.com no later than Saturday, September 10, 2022.

We have multiple ride options as noted below. Each location is a Show and Go without a “designated” ride leader.

1. Frankfort – 43 miles – [Click here for route.](#) Meet at [Braidert Green Park, 10 S White St, Frankfort](#) at 8:00 AM.
2. Joliet Gravel – 32 miles – [Click here for route.](#) Meet at [Sugar Creek Administration Center, 17540 W Laraway Rd, Joliet](#) at 8:30 AM.
3. New Lenox – 29 miles – [Click here for route.](#) Meet at [Hickory Creek Brewing, 1005 W Laraway Rd, New Lenox](#) at 8:30 AM.
4. Manhattan – 17 miles – [Click here for route.](#) Meet at [Manhattan Police Station, 240 Market Pl, Manhattan](#) at 9:00 AM.



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

Ride	Location	Date
Bike the Drive— click here	Lake Shore Drive, Chicago	September 4, 2022
Apple Cider Century — click here	Three Oaks, MI	September 25, 2022
Pumpkin Pie Ride — click here	Ottawa, IL	October 3, 2022
Hilly Hundred — click here	Ellettsville, IN	October 21-23, 2022

Membership Corner

By Steve Geary

Please welcome new members:

Jayson Margalus

Brent Ardaugh



WHAT: The 2022 JBC Summer Picnic Ride

WHERE: Shorewood 4 Seasons Park, South Pavilion

WHEN: Saturday August 13, 2022

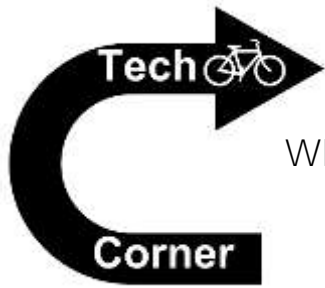




Thank you to Bob and Carolyn for Chairing the Annual JBC Picnic!



80 and going strong
JBC Super Heroes



TUBELESS TIRE SEALANT

What is tubeless tire sealant and how it does it work?

Oliver Kiesel of Specialized Bikes was interviewed about his brand's Rapid Air tire sealant. Kiesel explained that a sealant consists of three elements:

1. A natural or synthetic liquid rubber (a suspension of long chain polymers in liquid)
2. Some kind of anti-freeze
3. In most — not all — cases, a filament.

When a tire is punctured, pressure drops, and there is a rush of air out of the tire through the hole. This causes the liquid part of the liquid rubber (normally water or ammonia) to evaporate and leaves behind a rubber bung. The filament (particles suspended in the sealant) provides a surface around which the polymers can coagulate in between the two sides of the cut in the tire, making for a faster and better seal. The anti-freeze element lets you ride in the cold without your sealant freezing.

Road vs. MTB tubeless tire sealant

Riders who run a tubeless system on drop bar bikes with pressures much above 40psi might want to look at a special sealant designed for that application. In high-pressure road tires, Kiesel says, **"We have so little air volume that, if the hole is open for too long, the tire is flat and you can't keep riding."** Road bike tires are high-pressure, low volume, and they can lose pressure very fast and become not rideable. This means the hole has to be sealed much more quickly than in a high-volume low-pressure mountain bike system.

So what do you do for high-pressure tires? A lot of a sealant's capacity to seal comes down to the type of filament in the liquid. According to Kiesel, a sealant can be optimized for road use. A road specific sealant, like Specialized's Rapid Air sealant, should have **"more variable and sharper-edged filament particles, as opposed to the same shape and size filaments in mountain bike and gravel sealants. Road tires need a plug that is stronger and more solid and can't pass through the hole in the tire."**

Perhaps this is why mountain bikers have been adding glitter to their sealant for years, or perhaps they just want to look and feel fabulous even when they flat.

Specialized is not the only company offering a sealant with additional filaments of various shapes. Squirt SEAL uses Bead-Block granules and it even sells Bead-Block itself separately as an additive. Finish Line also makes a sealant with Kevlar fibers, which I have found to plug holes very quickly **and durably. Stan's makes a race day sealant**, which uses more filament, which does plug holes a little faster but also makes adding sealant through the valve next to impossible. Silca relies on carbon fiber particles for its Ultimate Tire Sealant. You can actually see the filaments in the photo.



For pressures much below 40psi, these considerations are less important. Mountain bikers have been running tubeless systems for a lot longer than the skinny tire crowd and most of the big name sealants work pretty well at these low pressures. In many cases, you might not even notice them working as they fight the never-ending battle against goat head thorns on your behalf.

How to choose your sealant

Although there is no disadvantage to running a road sealant in a low-pressure tire, **it will cost you a lot more. Rapid Air sealant is fantastic, but it isn't cheap. At 10 bucks for 2 oz it is nearly twice as expensive as Finish Line's sealant.** Finish Line seals tires fast and the plugs that it makes seem to last at least as long as the rubber. If you were racing and wanted to have the lightest bike and the least chance of a race ruining puncture, you would spring for the Rapid Air even if you were racing off-road.

With a more traditional sealant like **Orange Seal's Original formula, a road tire went from 80 to 40psi before it sealed. It wasn't flat, but unless you could see the finish line in a race, you would still need stop and add air.** By comparison, the Specialized and Finish Line sealants resulted in a drop of less than 10psi.

While most sealants these days will be ammonia-free, it is worth checking before

Can you mix different brands of tubeless tire sealant?

Mixing two brands is generally a bad idea. Two different solvents, when combined, can result in all your sealant coagulating in your rim and creating a mess. The sealant can become a piece of solid rubber inside your tire.

So don't waste your new sealant or your time — clean out your old sealant first if you're changing brands.

On the topic of solidified sealant, be sure to check yours every month or two to **make sure it hasn't dried out. If you rim wobbles and rattles, it's time for you to recharge the sealant as it has gone solid inside. If you have Squirt's BeadBlock,** maybe add some more for safe measure or even dump some glitter in there.

Cleaning off tubeless bike tire sealant

One thing to bear in mind with sealant is that it can really make a mess of your **bike. If you aren't careful, a puncture that takes 30 seconds to seal might forever** encrust your seat tube, calves, saddlebag and riding partners with white, sticky goop. A credit card, or better yet a dough scraper is much more effective at removing the coagulated goop than any form of degreaser or a pressure washer.

Tubeless Tire Installation tip

Even with a brand new tire, you must wash the tire inside & out with soap & water. Also wash the inner rim surfaces. When a tire is manufactured, they use **mold release agents that can inhibit the coagulation of the sealant. It's also im-**portant to thoroughly rinse and allow the tire and rim to fully dry, as the soap or water can inhibit the sealant.

Some sealants can be added through the valve stem after the valve insert has **been remove. However, sealants with long filaments won't easily pass through the** stem, so they must be added before seating the tire onto the rim.

Many new bikes are being sold with tubeless ready rims, but many of them can also be used with tubes. Going tubeless is thankfully not a requirement.

Steve Geary

Skinny Wheels, Skinny Tires, Skinny Tubes, Skinny Arms



[Click here to be directed to the website.](#)



JBC West

JBC West's Colorado Two-Mile-High cycling adventure—Please consider joining us next year for The Copper Triangle on August 5, 2023: 80 miles, over three mountain passes, 6,500 feet of elevation gain climbing. We have several lodging and camping options to recommend.

There is also hiking, kayaking, and numerous bike trails and road opportunities. Charter JBC members Brenda and Steve are great guides and have a wealth of information to offer!

They also need JBC miles, so what are you waiting for?

There are also some interesting rides in the Grand Junction area to consider next year. We keep learning about new adventures and are happy to share!

Enjoy the rest of the summer. See you in Illinois for a short time; then back to JBC South!

Brian & Diane (815-531-9997)



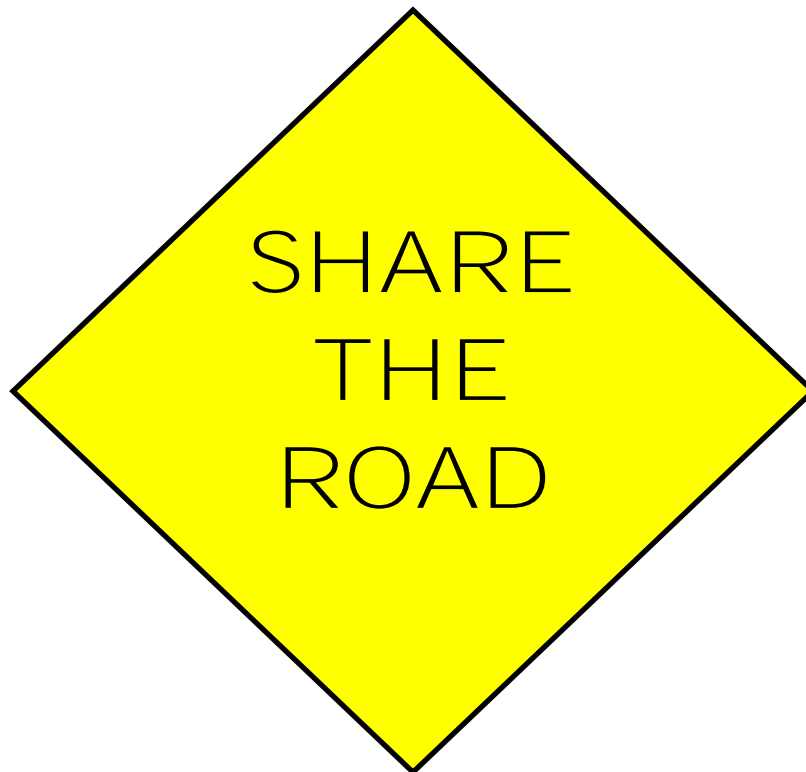














JBC Ride Definitions / Rules / Etiquette

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

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, Janae Hunziker
Phone: 708.638.5262

president@jolietbicycleclub.com

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manski

Phone: 708.305.7565

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Secretary, Al Rooker

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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

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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 will be announced in the Newsletter. JBC holds meetings in Feb, March, April, May, June, Aug, Sept, Oct, Nov. Meeting locations and dates may change. General meeting for September on September 1 @ 7:00 PM at Pizza 4 U, 116 S Larkin Ave, Joliet.



Joliet Bicycle Club

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