



# Decatur Bicycle Club Newsletter

## July 2018

### Ask the Geezer



*Dear Geezer,*

I have a serious problem only solvable by your innate genius. This morning I was purchasing cycling supplies at the Farm and Fleet. I needed an item of a personal nature but could not recall if it was “Monkey Butter” or “Gorilla Glue.” Naturally I was reluctant to approach a staff member, so I come to you. I only remember that the last time, the mistaken product attached me to my Trek for two weeks. Luckily, after the first week I realized I could detach the saddle from the seat post so I could get more sleep while working myself free. *Geezer*, can you help me with product advice? Thank you!

*Signed: Confused in Soy City*

*Dear Confused in Soy City,*

As geezers, we recall vividly what Charles Darwin taught us in the 1870's. In his "Evolution of the Species" monkeys evolved into gorillas.

So too do novice cyclists evolve into Pro Riders. Monkey Butter is for aspiring novice cyclists to smear on their Century Ride pancakes, Belgian waffles, and ice cream as they train for the Pro ranks. As they become more and more accomplished, they must learn to keep their upper torso motionless and stick to their saddles for energy efficiency. Gorilla Glue was invented by the Pro rider Andre Greipel for this purpose, hence its name. It quite effectively keeps you in the saddle for rides that go beyond 161 kilometres (Pro parlance for 100 miles) and for extended steep climbs like the "Alpe d'huez". So when in Farm and Fleet and you consider yourself less than a Pro, it's Monkey Butter for you. Otherwise go for the Gorilla Glue.

BTW, geezers prefer the hard-to-find "Silverback" variant of the glue.

*Signed: Geezer*

*Dear Geezer:*

So it was Monkey Butter that made the Waffle Guy so popular on Ragbrai. Thanks for the tips. I'll be shopping more knowledgeably in the future. Thanks!

*Signed: Sore in Soy City*

*(As an aside: if chafing bothers you, you can get a listing of products if you Google search the key words "Chamois Cream")*

# Upcoming Events\*



## Decatur Bicycle Club : July 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	 Bike Shop Rides*	5 8:30 am Rock Springs Chuck Ramsey leads (about 30 miles)	6 Rock Springs Show and Go 6pm	7 Spin City Cycles* Decatur Bicycle Shoppe Morning Rides*
8	9 <a href="#">Whitmore Park</a> Call John Flick 876-1729 if you want to ride	10 <b>Meeting 6pm                      Pop's Place</b>	11 Sure & Steady Ride 6pm Pop's Place	12 Same as above.	13 Same as above.	14 Same as above

15 <a href="#">Biking with Beanzie Cycle for Kids</a>	16 Same as above <a href="#">RAINS TORM</a>	17	18 Same as above.	19 Same as above.	20 TGIF ride Jim Johns on <a href="#">4315 Hartung Rd.</a>	21 Same as above <a href="#">RAIN Z Tour Bike Ride Big Obstacle 3K</a>
22 <a href="#">RAGBR AI</a>	23 Same as above	24	25 Same as above	26 Same as above	27 Same as above	28 Same as above
29	30 Same as above	31				

*\*Editor's Note: For more information about local bicycle store events, visit their respective websites and facebook pages, from where the information below was taken.*



## Spin City Cycles

### July 2018 Calendar of Events

Mon	Tue	Wed	Thu	Fri	Sat	Sun
16	17	18	19	20	21	22
		6pm Group Ride - A and sometimes B groups	6pm Darin's Group Ride		7am Group Ride - A 8am Sam's Saturday Coffee Connection Ride	8am Clash at the Camp Mtn Bike Race 9am Springfield Challenge Ride
23	24	25	26	27	28	29
		6pm Time Trial - in Niantic	6pm Darin's Group Ride		7am Group Ride - A 8am Sam's Saturday Coffee Connection Ride	9am Sunday Gravel Series
30	31	Aug 1	2	3	4	5
		6pm Group Ride - A and sometimes B groups	6pm Darin's Group Ride		7am Group Ride - A 8am Sam's Saturday Coffee Connection Ride	



## The Decatur Bicycle Shoppe is offering weekly group rides

Day	Start Time	Description	Location	Phone
Sundays	1:30 pm	Road ride starting from the store at 1:30. This ride is 30+ miles. The store will be open at 1:00 for all your needs before the ride starts. Helmets are required.	Decatur Bicycle Shoppe	217-875-3271
Every Monday (weather permitting)	6:15 pm	Weekly mountain bike ride. We will be riding the single track trails at Garman Park as long as the trail is dry. Make sure you bring your helmet and some form of hydration.	Horace B. Garman Park	217-875-3271
Every Monday (weather permitting)	6:30 pm	New for 2018! This is a leisurely hybrid/comfort bike ride that mostly rides on the bike trail, possibly stopping for coffee or a treat. This ride is great if you are brand new to riding or just looking for a fun thing to do with your family.	Fairview Dog Park	217-875-3271
Every Thursday	6:00 pm	Weekly mixed terrain ride starting and ending at the shop. You'll see a mix of pavement and gravel on this one. So bring a bike that can handle some gravel! Please meet at the store at 6:00 with your bike and helmet. Pace and distance is set by the riders (usually about 20 miles).	Decatur Bicycle Shoppe	217-875-3271
Every Saturday (in season)	8:00 am	We meet at the north end of the Rock Springs Trail (off of Green Oak Dr by Greendell Park) and ride to Rock Springs and back. The average speed depends on who shows up (usually there are two groups, one faster than the other), so do not be scared you will hold everyone up!	Rock Springs Trail off of Green Oak Dr.	217-875-3271

# Mileage Stats

This is the last month received and total received for this year. Please notify Laura Bickers for your updates and corrections. Her email address is *thefarm56@att.net* or phone and leave a message at *217-877-7586*. Try to submit your mileage by the 5th of the month. Another email option is *decaturbicycleclub.org/mileage.*, but Laura's personal email is simplest.

	<b>Most Recent</b>	<b>Total Year (2018)</b>
Kevin Brobst	366	2236
Jessica Disbrow	420	938
Bob Disbrow	372	897
Jim Bickers	352	788
Laura Bickers	352	996
Terry Hogg	466	1309
Dorothy Miller	545	1171
Norma Back	66	838
Keith Back	683	2313
Arthur Gross	405	

# Summary of DBS Participation in Grand Illinois (Bike Illinois!) Tour in June 2018

*Jessica Stricklin-Disbrow* reports:

Laura and Jim, Bob and I RV'd to Clinton on Sunday, June 10 to join 221 other riders for *Bike Illinois* (formerly known as GITAP.) Our trusty bikes strapped to the carrier, (mine having been rehabbed after falling off said carrier a week before), our water bottles full and our stomachs empty (we anticipated snacks at registration but there were none), Laura, Jim and I headed off toward Lincoln while Bob drove to our destination park to set up the RV.

*Bike Illinois* occurs annually the 2d full week of June every year. In all prior years the routes have been laid in northern Illinois. This, as far as we know, is the first year it has been mapped in what Chicagoans think of as "southern" Illinois. Our routes were from Clinton to Lincoln, on to Springfield for two nights, then Decatur for two nights, and final ride back to the POB. Breakfast and dinner are catered each day, and a truck hauls camping gear to each location for the campers. Riders can also choose a hotel option. We took Shamu, the killer RV.

After a few weeks of drought, our partly cloudy, not so hot, threat of rain day was pretty nice. All was proceeding well. Our first stop, not to be missed, was Mt. Pulaski and the courthouse where Lincoln practiced. Bob drove to Lincoln, set up the RV and rode the route "backwards," meeting us in Atlanta (yes, Virginia, there

is an Atlanta, IL.) As we left town, Laura's rear tire went flat. The tire committee managed to install a new tube, and off we went toward Lincoln, facing lowering skies. At some point, I heard a sound like the ricochet of a rock off a chain and my rear tire began to wobble. After fighting drag, wobble and noise for several miles I took a look and saw that a rear spoke had broken. The committee had no spare spokes, but a fellow rider suggested clipping the spoke and removing the rear brake pads so that I could wobble on into Lincoln. On the outskirts of town, the rain came with a blast of wind that nearly leveled the pack. I found myself peddling as fast as I could to reach the campground before there was a downpour in addition to the wobble and lack of a rear brake. I headed immediately for Randy the fix it guy and left my sweet ride in his capable hands. Bob, Laura and Jim made it in, we had dinner at excellent facility in the park and then spent the evening in Shamu's belly as the rain intensified.

It poured all night, broke long enough for breakfast, and it monsooned again. The four of us remained safe and dry as the tent campers broke camp and loaded their gear into the truck. In solidarity with our fellow travelers, I left a window open in the bedroom area, soaking at least 5% of the bedding on that side. Bike Power!

Rain stopped mid-morning, and we headed for Springfield. Our route took us in a southerly direction and connected with old route 36. There is a pizza place in Dawson where nearly everyone stopped for lunch. Unfortunately, the organizers of the ride failed to warn the joint that all of us would be there, so two waitresses tried to serve the starving crowd. Lunch was a long affair, but it was really good when it arrived. Ask Laura what a cheeseburger without the burger is. We arrived at the State Fair Grounds fairly late in the afternoon. This turned out to be a great

venue for a group this size. Breakfast and dinner were catered in a large, roofed area that provided shade and shelter.

In Springfield the campers had a chance to dry their tents as it was not raining during the day, though it continued to rain each night. On our full day in Springfield (Tuesday), Bob and I rode an out and back to New Salem Park. Laura and Jim enjoyed a day of sightseeing in the city. My bike began acting up again (the chain pretty much traveled all over the front and back derailleurs at will), so Randy got her again for another adjustment.

On Wednesday, we headed toward Decatur along the Lost Bridge bike trail heading south out of Springfield. That day, one of Jim's spokes decided to break. Of the four of us, only Bob made it through the ride without a visit to Randy. The Lost Bridge trail is wonderful. The route left the trail at Rochester, and we headed in a northerly direction toward Illiopolis, where there is a restaurant. This time the organizers gave the owners a heads up, and they had staff to accommodate the entire group for lunch.



(Above, the rain swollen Sangamon)

Wednesday was the first day we had a headwind. Bob had taken Shamu to Laura and Jim's house from Springfield, and he rode back toward Illiopolis to meet me. It was early enough that we decided not to eat there but continued to Decatur. We met up

with Laura and Jim that evening at Scoville, where the group was camping, and dinner was being served. We all think that Decatur would be well-served by installing an RV park at Scoville, or possibly Nelson.

All the *Bike Illinois* riders left Decatur on Friday to complete their rides back to their vehicles in Clinton. Bob and I were finished on Wednesday. Laura and Jim rode with their kids to Lincoln Homestead on Thursday.

This event will take place in central Illinois again next year, going to exotic locations like Effingham and Tuscola. We highly recommend this as an organized ride. Basic routes are about 50 miles per day, and a long ride option is offered each day. The food is very good, the routes are well marked, a lot of information is given to the participants about each destination, and the organizers are friendly and responsive.



On the route to New Salem Park.



Jim's spoke brok

# Summary of GYMRAT Tour in June 2018

*Ralph Czerwinski* reports on GYMRAT VI, which covered the distance from Boonville, New York to Bar Harbor, Maine:

Seven DBC riders (Arthur Gross, Chuck Ramsey, Dorothy Miller, Jerry Morrison, Ralph Czerwinski, Rick Scholl, & Terry Hogg) left Decatur early on June 14, 2018. We were driving the club van pulling our trailer loaded with biking and camping gear for the fifth leg of GYMRAT ( *Get Your Mind Right America Traverse*).

We picked up John Finegan in New York and Jim Johnson, Keith Back & Mark Hansen met us at the Barn (our take off camping spot) in Boonville, NY. Jan Hoebert & Norma Back drove along the route providing support and, later, Debbie Slayton caught up with us in a RV (which provided Ralph with a memory foam mattress for the last nights of the ride!) as we were riding into Brunswick, Maine.

Jan stoked us with lots of flapjacks topped with loads of fruit that Dorothy bought at a Farmers' Market the day before. We took off ready and eager to tackle the Adirondacks of New York. After a few steep hills, some of us lost our initial eagerness, but 61 miles later we all pulled into a B&B run by a young lady with cerebral palsy. The facilities were somewhat lacking (most of us pitched our tents on the lawn), but this amazing young lady captured our hearts with her cheerful, good hearted efforts. We started off the

next day with a great breakfast and a 1.5 mile long, 7-8% grade hill. We now knew this was going to be a challenging ride! Some of us toured Fort Ticonderoga before we took the ferry across Lake St. George into Vermont. Vermont revealed to us her picturesque dairy farms and beautiful green mountains. Next came New Hampshire and the White Mountains! Here the big challenge was the long, steep climb up and over Kancamagus Pass (a 2000 ft climb over about 13 miles.) John's brother, Bill, and his wife, Margaret, rolled into our camp that evening with a complete meal of lasagna, meat balls, salad, rolls, brownies, cookies and wine! Bill and Margaret live in Alabama but have a summer home in New Hampshire. The meal was fantastic! John will definitely be urged to be on all future rides – hopefully he has brothers posted all around the country! That night it dropped to 42 degrees in the mountains making it a bit chilly for sleeping in our tents.





We entered Maine expecting fewer mountains to climb, but instead found lots of short, but steep, hills. We actually reached the Atlantic Ocean near Brunswick, but we followed the Northern Tier route another 150 miles up the coast to Bar Harbor. At our campground near Brunswick, Jim's sister-in-law, Lynne, her husband, Wayne, and their daughter, Robin joined us for dinner. They brought delicious pies and wine - all made from their own berries! The next night our campground host agreed to bring her autoharp to our campsite and play songs. We sang along and knew most of the words! Other highlights in Maine included the Farnsworth Art Museum, the Verona bridge and tower, Fort Knox on the Penobscot River (the first fort so named), and the port towns along the Atlantic coast. To cap off our ride Mark, his wife Brenda, and their granddaughters treated us to a wonderful

dinner at their cabin. Then we took a late evening boat cruise along the coast of Bar Harbor and Acadia National Park.

At the camps we told stories (mostly true) about the previous years' rides. We took turns cooking and cleaning up. Dorothy kept our food supply organized and we enjoyed delicious dinners.

We ate most mid-morning coffee & doughnut snacks and lunches on the tailgate of the trailer.

There were no significant injuries; only one flat tire on the ride; and no one got lost for an appreciable amount of time! We did have a lady run into and scrape our van (she was getting mail from her mailbox on the wrong side of the road). As luck would have it her son owned a body repair shop and he fixed it (free of course) that evening.

We had lots of hills with 4-6% grades, quite a few with 7-8% grades, and a few with 12-15% grades. The ride ended with an intense sense of accomplishment, comraderie, memories of scenes and happenings during the five years of the ride, many stories (some true) with which to tease one other for years to come, and a close bond of appreciation formed among the riders because we met this significant challenge together.



*Final note from the Editor and Chuck Ramsey's on GYMRAT:*

Finally, after five years, team GYMRAT of the Decatur Bicycle Club has completed the bike ride across the northern tier of America (over 4200 miles). We left Anacortis, Washington five years ago and each year went back and picked up where we left off. This year we started in Boonville, New York and rode to Bar Harbor, Maine.

Many mountains to climb in the west and this year in the east. We were able to meet many nice folks along the way and share our story. We camped and cooked most every night with each team mate sharing the cooking, lots of good meals.

*More GYMRAT articles and pictures will appear in subsequent Newsletters.*