



DBC Newsletter June 2018

A Perfectly Cool April DGAD Ride (aka Nifty Fifty)



John Flick recounts the past DGAD Ride:

The twenty-second annual *Flickster Nifty Fifty Ride* has morphed into the *Don't Give A Damn Ride*. Saturday, April 28, 2018, was a perfect day for it. With a starting temperature of 46 degrees and a stiff North wind, my riding partners, Jerry Morrison, Rich Scholl, Chuck Ramsey, and Steve Watt, had the right spirit. They just didn't give a damn. Besides we got to visit beautiful downtown Elwin, as we rolled along the Macon County countryside.

When we got back to the house, we fired up the grill for heat (did I mention 46 degrees?) and some cooking. Helene had a nice lunch prepared and several other DBC'ers joined us for drinks and food, including angel food cake with ice cream. Even though I didn't give a damn, it turned out to be a nice event.

Reminder Upcoming DBC Presentation

Everything you need to know about latest GPS Technology:



Tuesday, June 12, 2018 7:00 pm (*The Presentation is part of DBS meeting for all members*)
**at the First Congregational Church
in Decatur located at:**

3465 N. MacArthur Road Decatur, IL

Aron Heathcock from *Spin City* will be presenting a program on computer GPS systems *They can even sense when a car is behind you!*

Local Bicycle Store Sponsored Rides Where All are Welcome*

*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 Events for June 2018



Sun	Mon	Tue	Wed	Thu	Fri	Sat
					Jun 1	2
						7am Group Ride - A 8am Sam's Saturday Coffee Connection Ride
3	4	5	6	7	8	9
Ride United			6pm Group Ride - A and sometimes B groups	6pm Darin's Group Ride		7am Group Ride - A 8am Sam's Saturday Coffee Connection Ride

10	11	12	13	14	15	16
9am Springfield Challenge Ride			6pm Time Trial - in Niantic	6pm Darin's Group Ride		7am Group Ride - A 8am Sam's Saturday Coffee Connection Ride
17	18	19	20	21	22	23
			6pm Group Ride - A and sometimes B groups	6pm Darin's Group Ride		7am Group Ride - A 8am Sam's Saturday Coffee Connection Ride
24	25	26	27	28	29	30
9am Sunday Gravel Series			6pm Time Trial - in Niantic	6pm Darin's Group Ride		7am Group Ride - A 8am Sam's Saturday Coffee Connection Ride

Events shown in time zone: Central Time

Calendar

The Decatur Bicycle Shoppe is offering weekly group rides

DBS staff states that: if you are interested in participating in a ride, let us know! If there is a certain day that works best for you, we would love to hear it. We want to organize rides that the most people can take part in.



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.

	Most Recent	Total Year (2018)
Jan Hoerbert	231	636
Kevin Brobst	297	1793
Jessica Disbrow	135	489
Bob Disbrow	164	525
Jim Bickers	323	436
Laura Bickers	323	644
Dorothy Miller	233	649
Norma Back	139	772
Keith Back	349	1600
Terry Hogg	443	843
Jan Hoerbert	231	636
Ralph Czerwinski	452	923
Jim Johnson	277	682

Dear Geezer,

I just bought a new bike helmet. Inside there is a little yellow tag that says, “Mips”. What is that all about?

New Cycle Hat



Dear Hatter,

Congratulations on a new helmet. Your brain will love you for it. MIPS is a new technology. It stands for Multi-directional Impact Protection System. It is the result of a lot of science.

What the researchers are figuring out is that there are a lot of different ways that you can bang your noggin on the road, gravel, or whatever surface you happen to be riding on. Depending on how you fall, the rotational forces of the fall can do a number on your brain. To minimize this, the MIPS helmet has a slip plane, which is a piece of plastic, installed inside. This allows the helmet to rotate on the slip plane and minimizing rotational forces to your head.

Science is improving our lives in many ways. Regardless, try to avoid MIPS-required situations and stay vertical.

Geezer



DBC Group Ride Reminder

On June 9, 2018, Saturday at 10:30am, all are invited to meet at Jim Johnson's house at 4315 Hartung Road, Decatur. We will bike out to the Lincoln Trails State Park, where the Friends of the Lincoln Trails State Park are welcoming the DBC to stop by for lunch, and to help celebrate the Third Annual Lincoln Trail Homestead Homecoming on June 9, 2018. There will be a free cookout and music, starting at noon. We will do a group ride from Jim's house to the Park!

Please email me so I can give one of the organizers an estimate on how many plan to attend: Arthur at argross@gmail.com. Here is the announcement below:



Programs

At
Lincoln Trail Homestead State Park

April, 22, 2pm - Wildflower Discovery Walk - We will explore the floodplain of the Sangamon River, looking for the type of lovely spring wildflowers Lincoln would have known.

May 5, 1 p.m. - Illinois State Bird Census - Assist with the Illinois State Bird Count while enjoying the beautiful area where the Lincolns first lived in Illinois

June 9 - 3rd Annual Lincoln Trail Homestead Homecoming
- *Celebration on the Sangamon*

9am - Canoe/Kayak Float Trip - This adventurous group will put in at Wyckles Road and float to the park. You must have your own boat.

12 p.m.— 2 p.m. - Cookout and Music - Join us for a cookout and music for a relaxing afternoon.



Check out our Facebook page for more information and list of programs for July through October.

Grand Illinois Bike Tour*

[Laura Bickers](#) provides an update on the Decatur portion of the Tour which was described in a *May 2018 Decatur Bicycle Club Newsletter*

The Grand Illinois Bicycle Tour will be coming to Decatur Wednesday, June 13, 2018 from Springfield. They will camp at Scovill Golf course and/or stay at the Conference Center or the motel west of there. The group will take rides from Decatur to surrounding areas all day Thursday or just rest and visit the swimming pool, etc. They will leave Decatur on Friday for their last day to ride back to Clinton High School. The Decatur group is going to do their Decatur-Clinton leg for their first day, June 9. Therefore they will be done on June 14.

*More information about the tour can be found on:

<http://rideillinois.org/events/2018-grand-illinois-bike-tour/>

Final Note

Please submit comments, suggestions, and any advice on how this newsletter can be improved or modified to: argross@gmail.com

— *Arthur Gross*