

MCBC

MAPLE CITY BICYCLING CLUB



Promoting Bicycling, Bicycling Safety

and Friendships

2024



JUNE'S A BUSTING . . & BIKES A HUSLING

The arrival of **June** means O.C.T. is history for another year. Again we had 120 riders for our May event. We enjoyed a beautiful day with plenty of sunshine and some wind to keep us honest. Our riders had nothing but complements, and enjoyed their piece of cake at the end of their ride.

Since we had anticipated cake for our 40th year, and things were not looking up; Vincent Kuta offered to supply our cake for us. So, Vincent did just that, and we Thank him for supplying our 40th anniversary cake.

This years O.C.T. would not have been a success without everyone's help. Yes, a lot of Club members jumped in to help with SAG's, marking routes, packing supplies, distributing flyers, and gathering products for each SAG. This, while appearing somewhat small in task was a BIG Help. We (Club) **thank** each and everyone for all of their help! It was truly appreciated!!

We have started listing "Members' Mileage Chart" for those wishing to participate. (It is found elsewhere in this newsletter.) You do not need to list your mileage if you do not choose to do so, but we like to show that every small amount counts when riding a bike.

Our next meeting will be June 17, 2024 at 7:00 PM at the La Porte Church of the Brethren Fellowship Hall. Our meeting will include a brief review of this year O.C.T.; some

planning for this year's pot-luck at Mill Pond; a plan for ideas on 2025 T-Shirts; leadership for this summers rides for Wednesdays and weekends; and any other action we may need/like to discuss.

Let us be sure to remember Father's Day -12th, Flag Day -14th, and Juneteenth -19th (Freedom Day). And as we ride, we know we are getting exercise; but, be sure to enjoy the sites and sounds around you. Enjoy the beauty that nature shows us each and every day.

Happy **Father's** Day
Honor our **Flag**
And Ride Safely

- Dave Wolfe

P.S. This month's Food Pantry items are non-perishable - such as: toilet paper, Kleenex, paper towels, diapers, dish soap, detergent, etc. Thank You!

Kindness -Pass It On

A Carnation for You

A carnation for your buttonhole
On Father's Day, my dear,
When the children have all grown,
We'll celebrate with cheer.
An understanding husband,
A most dear and loving Dad,
You are the very best
A lucky family ever has had.

Hilda M. Krohn
Accord, New York

Father's Day

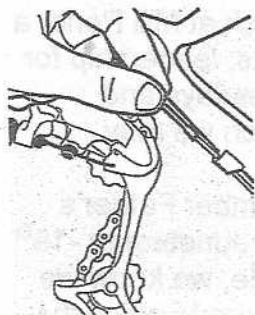


THE GREAT MECHANIC WITHIN

[SUMMER]

CABLES AND HOUSING

If shifting or braking feels sluggish, the problem is often gummed-up housings or dirty cables. You can restore spry action with a simple cleaning. Create slack in the brake cables by opening the quick-release buttons (on the calipers for Shimano and SRAM, on the lever for Campagnolo). To slacken the rear derailleur cable: Shift to the largest cog while turning the pedals; stop the pedals and rear wheel, then push the shifter as if to return to the smallest cog; because the derailleur won't move, the cable slackens. (The front shifter cable is exposed along most of its length already.) With the tension gone, you can easily slip the housings out of the stops, then slide them along the cables to expose dirt and grit. Wipe the newly exposed sections of the cables clean, then spray degreaser into one end of each housing until it drips cleanly out of the other end. Most modern cables don't



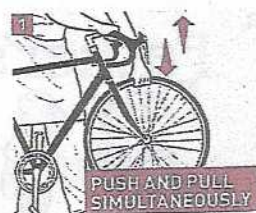
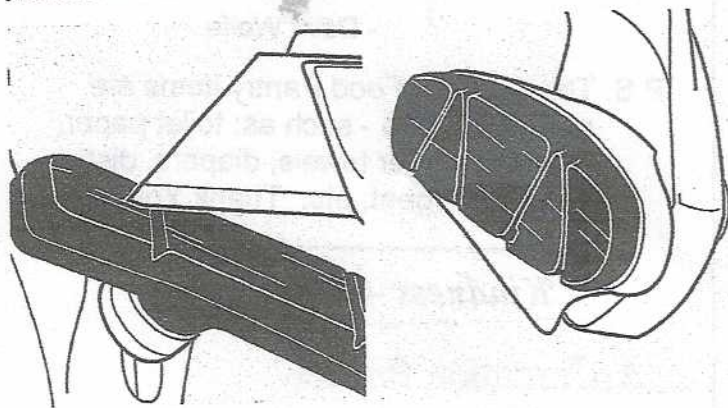
need lube for smooth operation, but you might want to try it to see if friction is reduced; place a drop or two of lube on your thumb and forefinger, then pinch the cable between them and wipe any exposable sections. Replace the housings in the stops, tighten the quick-releases, and gently pedal the rear derailleur into the proper gear. If the shifting is still sluggish or the cables appeared frayed, rusted or bent, take your bike to the shop for a replacement.

from now on REPLACE BOTH AT THE END OR BEGINNING OF EVERY SEASON, OR WHEN YOU NOTICE ANY CUT OR CRACK IN THE HOUSING, OR FRAYING OR RUST ON THE CABLE

BRAKE PADS

Examine the pads and remove embedded grit or metal shards (which come from your rim) with an awl, tweezers or other sharp implement. Then roughen the surface with sandpaper or a file to improve braking. Finally, replace the set if either pad is too hard to let you press in with your thumbnail, or if the grooves etched into the pad are so worn they're almost nonexistent.

from now on EXAMINE ONCE A WEEK, OR AFTER EVERY WET RIDE



PUSH AND PULL SIMULTANEOUSLY

HEADSET

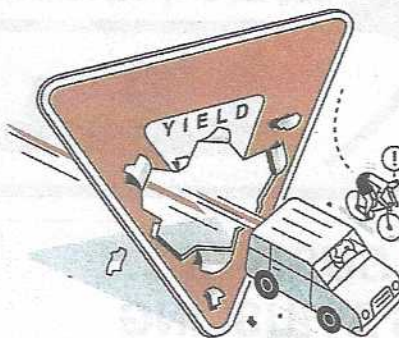
Left unaddressed, a loose headset could cause you to lose control, impair steering and eventually damage your head tube and fork. 1 With your bike in a stand or sitting on the ground, grab the handlebar with one hand and the front wheel with the other, then push and pull in opposition while feeling for play. To tighten: 2 Loosen the two bolts that clamp the stem to the steerer tube, then turn the bolt in the top cap of the stem clockwise and retighten the clamping bolts to the manufacturer's recommended torque. The headset is just right when there is no slop when you perform the check, but the front wheel freely flops from side to side when you pick up the front of the bike. You might need several attempts to find the precise adjustment. Make sure you always loosen the clamp bolts before tightening the cap.

from now on CHECK EVERY TWO WEEKS



Road Rights

Legal insights from a cycling attorney by Bob Mionske



The rider crashed, and wonders if his insurance company will pay.

Although neither vehicle touched the cyclists, the drivers operated in a way that caused a crash. In fact, the only reason there was no contact was because the cyclists took evasive action. Here's how to avoid this kind of situation, and how to handle it if you do hit the pavement.

The No-Contact Crash

WHAT TO DO IF YOU'RE FORCED TO EVADE A CARELESS OR AGGRESSIVE DRIVER

RIDE DEFENSIVELY Be extra vigilant near intersections and driveways,

A reader recently asked an interesting question. If a car causes a cyclist to crash, but doesn't actually collide with the rider, is the driver still at fault?

In a recent incident, a husband-and-wife tandem team ran into an abutment after a driver violated their right-of-way. Police officers told them, incorrectly, that it was "not legally an accident because there was no collision between bike and car." The officers refused to take contact information from a witness even though the driver admitted fault at the scene. They also informed the couple that it was their responsibility to control the bike. In another incident, a driver failed to yield before making a right turn and nearly struck a cyclist.

where drivers are more likely to violate your right-of-way.

PLAY DETECTIVE While you may be able to file a successful claim after a no-contact crash, you will find it harder if you don't have evidence of the driver's negligence. Witnesses can provide valuable proof, so make every effort to get contact information from any bystanders who saw what happened.

RECORD YOUR RIDE You may have seen the YouTube clip of the Colorado driver who harassed two cyclists by following them and honking. He was eventually ticketed, thanks in part to that video.

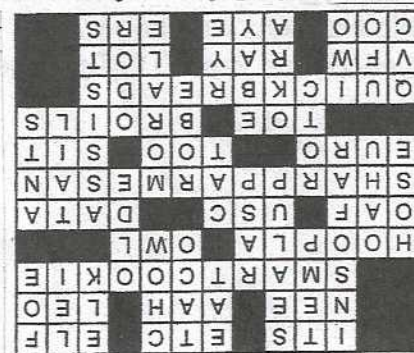
Research and assistance by Rick Bernardi, J.D.

Must I signal turns if it is dangerous to take my hand off the bar?

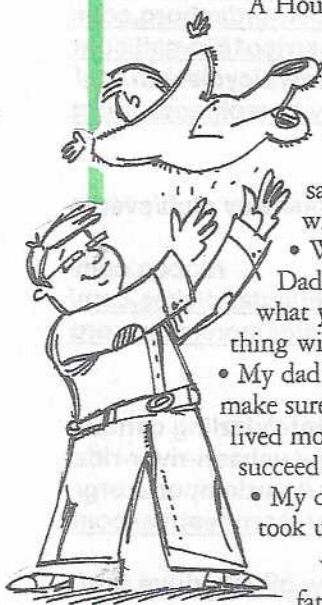


No. While you should always signal turns if you are able, you are not required to do so if it could cause you to lose control of your bike.

Mionske is a former Olympic cyclist and the author of *Bicycling and the Law*.



Hooray for fathers



A Houston newspaper asked readers to send in thoughts about their fathers. Letters flooded in, and what people wrote about their fathers is most inspiring.

A few comments:

- Dad was always there for me. He sacrificed to make sure that we had what we needed.
- When disappointment came my way, Dad said, "Son, real life ain't about getting what you want but more about doing something with what you get."
- My dad was disabled, but he worked hard to make sure we children had a good education and lived moral lives. He would say, "I want you to succeed more than I did."
- My dad wanted us to be Christians and took us regularly to church.

What would you write about your father?

A day in June

And what is so rare as a day in June?

Then, if ever, come perfect days;

Then Heaven tries the earth if it be in tune

And over it softly her warm ear lays.

—James Russell Lowell in
The Vision of Sir Launfal

A Day To Remember

Honoring Juneteenth

June 19 commemorates the date in 1865 when the last enslaved people in the United States were officially freed. It took two and a half years after the signing of the Emancipation Proclamation for freedom from slavery to be officially enforced in Texas. While Juneteenth is considered the longest running African-American holiday, it only became an official federal holiday last year.

Juneteenth celebrations are as unique as the individuals who commemorate the day, but there are some common themes. Events often include red punch, as well as soul food classics like crispy chicken and smoky collard greens. Barbecue has a special connection to Texas in particular, and to the South in general.

God made the country, and man made the town.
What wonder, then, that health and virtue should
most abound and least be threatened in the fields
and groves.

William Cowper

Birthdays - JUNE

- 1 - Vincent Kuta
- 4 - Amy Pearson
- 7 - Jonah Belzowski
- 9 - Kevin Stone
- 14 - Byron Fitzgerald
- 15 - Kate Hilbish
- 15 - Kathy Mack
- 22 - Bill Yoder

This
Month's
Birthdays



If I missed someone - Please let me know!

Many an excellent man is tempted to
forget that the best offering he can make
his children is himself.

Flag Day is June 14th

One of the great heroes of the early days of our country was John Paul Jones. He was a naval officer and to him went the honor of displaying on his ship, for the first time, the national flag of the United States.

Some people may not realize that Francis Scott Key, the author of "The Star-Spangled Banner," composed four stanzas for what became our national anthem. The last stanza is as follows:

O, thus be it ever when freemen shall stand,
Between their loved home and the war's desolation,
Blest with victory and peace, may the heaven-
rescued land,
Praise the Power that hath made and preserved us a
nation.

Then conquer we must, when our cause it is just,
And this be our motto, — "In God is our trust."
And the star-spangled banner in triumph shall wave,
O'er the land of the free, and the home of the brave.

—The national anthem in totality may be found
in Hugh Graham,

Great American Stories, Poems and Essays



•He who forgives ends the quarrel.

2024 - UPCOMING RIDES of INTEREST

June	1	B & O Bicycle Tour	Brownsburg, IN	www.botrail.org
June	7	Moonlight Over Tippy	Winamac, IN	www.pathhandlepathway.org/events
June	14	Le Tour de Shore	Chicago, IL	www.letourdeshore.com/
June	15	Pumpkinvine Bike Ride	Goshen, IN	ricarrico1@gmail.com
June	22	Flat 50 Bike Tour	Decatur, IN	adamscountybicycleclub.org/
June	29	Tree City Rolling Tour	Greensburg, IN	www.treerollingtour.org
June	29	N.I.T.E. Ride	Indianapolis, IN	
July	4	Sunstroke 74	Kokomo, IN	breakway.club/events
July	20	RAIN Ride	Terra Haute, IN	
July	20-27	RAGBRAI	Sergeant Bluff, Iowa	ragbag.com/
July	27	Amishland And Lakes	La Grange, IN	www.amishlandandlakes.com/
July	27	Cardinal Greenway Ride	Muncie, IN 765-287-0399	www.cardinalgreenways.org
Aug.	17	Ride Across Wisconsin	LaCrosse, Wis	
Aug.	17	Sizzling Century	Kokomo, IN	breakaway.club/events/sizzling-century
Aug.	24	Wabash River Ride 2024	West Lafayette, IN	wrcc.in.org/page/wabash-river-ride
Aug.	25	Tour de LaPorte	La Porte, IN	tourdolaporte.org/
Aug.	31	Blueberry Cruise	Plymouth, IN	www.blueberryfestival.com
Sept.	1	Bike the Drive	Chicago, IL	www.bikethedrive.org/
Sept.	8	Dam to Dam Ride	Wabash, IN	www.visitwabashcounty.com/dam-to-dam/
Sept.	14	Lakeshore Harvest Ride	South Haven, MI	
Sept.	29	Apple Cider Century	Three Oaks, MI	www.applecidercentury.com/
Oct.	4-6	Hilly Hundred 2022	Ellettsville, IN	www.hillyhundred.org/
Oct.	12	Crane Cruise	Medaryville, IN	



Check out: [Bike Rides in Indiana.com](http://BikeRidesinIndiana.com)

7 Surprising Asthma Triggers

If you have asthma, you already know that things like cigarette smoke, animal dander, and dust can trigger a dangerous attack. But there are many other - often unexpected - triggers of asthma flares.

1. Thunderstorms
2. Food Additives
3. Volcanoes
4. Nsaids
5. House Plants
6. Cleaning Products
7. Living Near A Major Road

Warming Cities

Heat, ozone, pollen, and carbon dioxide levels are all higher in cities - and that has real effects on people with asthma and allergies.

A GRADUATE'S PRAYER

Father, I have knowledge, so will You
show me now

How to use it wisely, and find a way
somehow

To make the world I live in a little
better place,

And make life with its problems a bit
easier to face --

Grant me faith and courage and put
purpose in my days --

And show me how to serve Thee in the
most effective ways

So all my education, my knowledge and
my skill

May find their true fulfillment, as I
learn to do Thy Will.

And may I ever be aware in everything
I do

That knowledge comes from learning
and wisdom comes from You.

-Helen S. Rice

"Members' Mileage Chart"

2023

2024

	<u>Jan/May</u>	<u>June</u>	<u>July</u>	<u>Aug.</u>	<u>Sept.</u>	<u>Oct.</u>	<u>Total</u>
Matt Amor	120						546
Tim Bates	1604						3276
Garry Bowers	80						144
Annette Clark	100						592
Pam Creed	784						4012
Byron Fitzgerald	1928						4264
Richard Galloy	0						0
David Heinold	1300						4100
Tom Hilbish	793						2528
Tom Hughes	0						0
Jerry Jackson	730						2316
Vinnie Kuta	1545						5353
Lisa Marek	324						1168
Shelly McGinty	0						127
Luis Miramontes	318						817
Tina Miramontes	376						779
Mark Nagel	200						777
Lisa Novak	59						
Amy Pearson	16						729
Steve Pearson	375						3280
John Phelan	1500						492
Cole Sandin	0						583
Mike Sebella	35						184
Diane Szynal	154						1928
Joe Szynal	637						165
Dan Tannas	0						290
Dean Woodson	0						401
Bill Yoder	81						38,851
	<u>13,059</u>						

All Miles Count ! Take Pride YOU Are Riding !!!

Pets and heart health. Having a pet might lower your heart disease risk, according to a scientific statement published in May by the American Heart Association. Researchers reviewed studies that looked at pet ownership and cardiovascular risk markers. Compared with non-pet owners, people with pets tended to have lower blood pressure and cholesterol, better responses to stress, and, with dog owners in particular, higher levels of physical activity and less obesity.



DOG GRAB FUNKY

MARILYN NOORDAM ADOPTED A SCOTTISH TERRIER, MURPHY. THEY LIVED UNDER THE FLIGHT PATH FOR A LARGE USAF JET THAT ALWAYS APPROACHED FROM THE WEST. MURPHY WOULD HEAR IT BEFORE ANYONE ELSE, RACE OUTSIDE TO THE WESTERN EDGE OF THE FENCE, THEN RACE ACROSS THE YARD TO THE OTHER SIDE AS IT PASSED OVER. MURPHY WAS GOING TO CATCH THAT JET!

There are wood ships,
and there are good ships,
and there ships that sail the seas,
But the very best ships are friendships,
that includes you and me.

Pick purple produce. There's some truth to the saying, "the darker the berry, the healthier the fruit." Purple fruit such as blueberries and blackberries and vegetables such as eggplant and purple cauliflower are packed with anthocyanins, a type of antioxidant, and other substances that may help fight heart disease, diabetes, and some cancers and

help prevent age-related memory loss. They add beautiful color to your plate, too.



MCBC CALENDAR RIDES - 2024

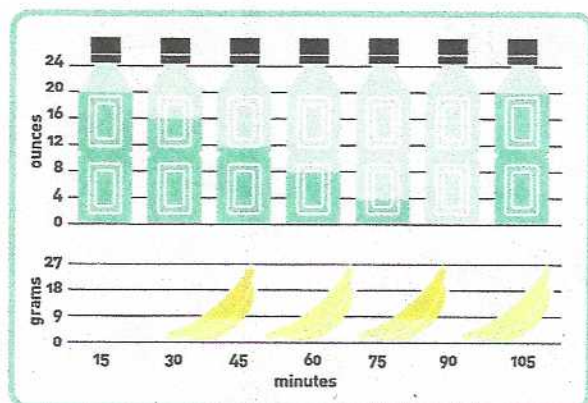


Club rides happen because riders show up !

			Time	Leader	Place
June	5 (Wed)	Club Ride	5:30 PM	Steve P.	Lighthouse Place - MC
June	9 th (Sun)	Westville Loop	1:00 PM	Tim	Bluhm Parking Lot
June	12 (Wed)	Club Ride	5:30 PM	Tina	Cummings Lodge
June	17 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
June	19 (Wed)	Club Ride	5:30 PM	?	Church Parking Lot
June	21 (Fri)	Nite Ride	9:00 PM		Park Office, Pine Lake Ave.
June	22 nd (Sat)	Fish Lake Loop	10:00 AM	Byron	Conservation Club
June	26 (Wed)	Club Ride	5:30 PM		Luhr Park
June	30 th (Sun)	Pumpklinvine Trail	11:00 AM	Group	Ashire Park in Goshen
July	3 (Wed)	Club Ride	5:30 PM		
July	10 (Wed)	Club Ride	5:30 PM		
July	13 th (Sat)	Michigan City Loop	9:00 AM		Lighthouse Mall
July	17 (Wed)	Club Ride	5:30 PM		
July	19 (Fri)	Nite Ride	9:00 PM		?
July	21 st (Sun)	D.Q. Ride to Westville	3:00 PM		Luhr Park
July	22 (Mon)	Club Meeting	7:00 PM		Church of the Brethren
July	24 (Wed)	Club Ride	5:30 PM		
July	31 (Wed)	Club Ride	5:30 PM		
Aug.	16 (Fri)	Nite Ride	9:00 PM		?
Aug.	17 th (Sat)	Mill Pond Picnic & Ride	1:00 PM		Mill Pond, Union Mills
Aug.	25 th (Sun)	Wildlife Loop	1:00 PM		Kingsbury Fish & Game Shooting Range Parking Lot
Sept.	7 th (Sat)	Michigan City to New Buffalo	10:00 AM	Pam	DNR Parking Lot Mich, City
Sept.	15 th (Sun)	Rolling Prairie Loop	1:00 PM	Annette	School Parking Lot

Look these Rides over! Mark your calendars!
(Interested in leading One or More of these rides, let Dave know. Thank You!)
(More Information - call 219-369-3978)

Check Facebook for any scheduled rides !



NEVER BONK

On long rides, it's easy to lose track of how much time has passed since you last ate or drank. One easy solution: Set a timer on your watch, smart phone or bike computer to go off at regular intervals. This can remind you to hydrate and fuel up as well as help train you to reach for your bottle or snack more regularly. Set your timer based on the following guidelines:

- ➔ On average, you should steadily drink four to six ounces of water or sports drink (which can also help replenish carbohydrates) every 10 to 15 minutes.
- ➔ Eat seven to 10 grams of carbs every 15 to 20 minutes after you've ridden 45 minutes. Choose high-carb, low-fat snacks: a date (7 grams of carbs), half a banana (14g) or half of a Hammer Gel packet or Clif Shot Blok (6g each).

MCBC Meeting



**Monday, June 17, 2024
7:00 PM**

at
La Porte Church of the Brethren
414 Hawthorne St. - La Porte

Refreshments & Fellowship

E-Mail

maplecitybicyclingclub@gmail.com

Affiliated with:



MCBC has Facebook
Maple City Bicycling Club
Maple Leaf Logo

Website

www.maplecitybicyclingclub.com



SMILE POWER

Smiling can do more than just increase your face value. New studies from the University of Michigan and the University of California Medical School at San Francisco have found that simply lifting the corners of the mouth can cause positive changes in heart rate, breath rate, and even blood temperature. The reason is partly physiological. Exercising "smile" muscles triggers a cool-down in blood temperature. This, in turn, signals a release of endorphins, chemicals that act as the body's natural painkillers. Frown, and the mood will change.

- The most important thing a father can do for his children is to love their mother.

—Theodore M. Hesburgh



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