



NBC Newsletter – July 2017

Greetings NBC members and fellow riders!

This is the second edition of our semi-regular ☺ newsletter. Well, yes, it was supposed to be a monthly affair, but sometimes life gets in the way and other priorities take precedence. Also, don't forget that *everyone* is invited to submit material to be published in our newsletter. Thus in this newsletter we have contributions from two of our club members, Scott Abderhalden and Jeff Wagoner.

Testosterone Poisoning

SCOTT ABDERHALDEN

We're a month into summer and the weather has been largely favorable. On weekends it's great to see all the activity on Naperville's DuPage River Trail. Plenty of people strolling, running and pedaling throughout the day. It's fun to see families and the groups of runners (would that be considered a peloton?).

The groups of runners are an early Saturday phenomenon. I think these are the marathon training groups and the packs might be twenty or more. It's a hoot when I overtake these groups while on my bike. "Bike left" and "bike back" are their equivalent of our "car back" and it follows me as I pass the group. Even without the "bike left", there's a constant chatter within these groups. The runners seem to be enjoying the camaraderie.

I am perplexed by those cyclists on the trail who feel "the need for speed". For me there's too much traffic both for safety and general courtesy. They, and without exception, they're male, all have this steely, determined grimace on their face. I see the same thing on the expressways each workday. Wonder if they're the same people? But I do confess that there has been a time or two when I've been toodling along at 12mph on my knobby tired 29er and had a "jersey pro" whiz by and felt the need to redress this personal affront. I've cranked it up and overtaken the jersey pro and left him behind. Satisfaction? Yes. Why? I have no

idea. Arriving back home and my wife is wondering why I'm so tired after going out for an easy spin along the River Trail. Sigh.

Your First Century

JEFF WAGONER

I was talked into my first century ride over ten years ago. I had never ridden over fifty miles in a day and immediately wondered if I had committed to something that was beyond my reach. The Pumpkin Pie Century was two months away. I found a training plan on-line and kept to it as well as work and travel permitted.

I viewed the ride as a challenge that I would grind out over the course of the day and be able to check it off as an accomplishment, then limp home. I was wrong. It turned out to be an enjoyable day of cycling with a great group of people.

We weren't in any hurry. Our goal was not to finish in under five hours but to finish, then get cleaned-up and go out for dinner. We started early and kept a comfortable pace, usually around 15 mph. It turned into five moderate rides between well-stocked rest stops. It took the better part of eight hours and we finished with time to spare. I admit being disappointed to learn, after the last rest stop, that the actual distance was 106 miles. I discovered that it wasn't about finishing, it was about the ride. Our discussion at dinner; next year's ride.

Bill Webb and I will be riding the [North Shore Century](#) on Sunday, 17 September. We'd love to have you join us. As centuries go, the North Shore is one of the best with a scenic route, five rest stops, and lots of support.

A sample training plan is [here](#).

Items from the May Club Meeting

- **Club Activity**

We have gained a number of additional club members at the beginning of this summer. On behalf of all of us I would like to extend a warm "Welcome!" to our new members. Beyond that, however, we have discussed assembling a welcome package for our new members containing a number of essential bits of information about our club and what we are offering, as well as hints and tips about the surrounding cycling scene and infrastructure in Naperville. Ruth Buffalo has agreed to spearhead this effort. Thanks, Ruth!

- **Club Events**

We are in the process of scheduling a number of exciting new club events this summer. Separate announcements for these will be forthcoming soon, so stay tuned for these, but here are our plans:

- A set of rides starting from our sponsors, Oswego Cyclery, with dinner afterwards. There will be a choice of rides for different abilities, and of course you can choose to skip the ride and have dinner right away. This event is scheduled for **Sunday July 23rd**.
- We are also thinking of having a second installment of the popular ride+lunch from the Two Brothers Tap House in Warrenville. Tentative date for this is **Saturday, August 19th**.
- All new and sponsored by the club we will offer a Pancake Breakfast Ride, most likely centered at one of the Whalon Lake shelters. This is scheduled for **Saturday, July 29th**.
- Finally, we will of course again have our club picnic at the same location (Whalon Lake, Will County shelter), on **Saturday, September 9th**.

As you can see, there's a lot going on in the next few weeks; we look forward to see many of our new and old club members there!

That's all for now, and I look forward to seeing you on the road or trail. – Dietmar