

THE SCHAUMBURG QUICK RELEASE



Welcome to the Schaumburg Bike Club newsletter. One source available for what's going on with our cycling members, tips, suggestions and off the cuff news to keep you informed.

WELCOME TO THE MID -SUMMER EDITION!

THE EDITOR AND STAFF REMIND ALL MEMBERS, THE NEWSLETTER IS YOUR OPPORTUNITY TO PUBLISH YOUR INTERESTING AND NEWSWORTHY ITEMS. SEND TO:BEERSSC@WOWWAY.COM. NOTHING IS TOO MINISCULE OR MEANINGLESS FOR INCLUSION TO THE NEWSLETTER



Schaumburg Bike Club Picnic

Come join us for a great Summer party to celebrate and mingle with friends and members or non-members. We encourage you to bring new friends. Don't forget your pet too.

When: Sunday July 25, 2010 12:30 pm – 4 pm

Where: Busse Woods (A Cook County Forest Preserve generally located in Arlington Heights) It extends from the WEST at RT. 53 to the EAST Arlington Hts. Rd. & from the NORTH from Golf Rd. to the SOUTH to Biesterfield Rd.) **Specifically Located at: Grove 27**

What: Bring a dish to pass!

How Much: \$5 per person over 16.

RSVP: By Sat. 7/16 and sign up for food send to Char Ceci

And ... Schaumburg Bicycle Club will provide Fried Chicken!

Upcoming Organized Ride Events

Ozaukee Interurban Trail - Wisconsin Bike Ride Saturday 10 JULY 2010 at 10:00 AM

Join us for a bike ride from Mequon/Thiensville to Port Washington, Wisconsin on the Ozaukee Interurban Bicycle Trail. We will be stopping at the Dockside Deli on the very scenic shore-line of Lake Michigan in Port Washington for lunch. This is an easy to cycle, scenic, well marked paved bike trail/route over an old-rail-road line. Check our website for further details.

As always check the Website for local rides, dates and times.



The Schaumburg Bike Club welcomes New Members!

.....Under Construction.....

Watch for the end of Summer edition for our newest names!

As the Rim Rolls

Your Bike Club Monthly tip for bike maintenance—**Bike Cleaning and Chain cleaning**



- Old clothing discards with hemmed edges make great cleaning rags. Especially good for those cassettes/cogs and other unusually tight places on the bike drive-train assembly. Use a quality car wax for the frame. Of course special frame materials check your bike warranty and care owner's manual for information.
- **NEVER**, shoot your garden hose directly to the wheel hubs, headset (top & bottom), crank and bottom bracket area (the main area the crank is attached to) & seat post area when cleaning the bike over-all. Use gentle spray setting on your hose when washing the bike. Hand washing is best extremely dirty bikes, caring for the frame and all parts.
- Old toothbrushes make great tools for cleaning intricate places like derailleur parts such as the pulleys & chains too. Dip the brush in degreaser using minimal amounts. Carefully clean the parts which comprise the movement of the parts together. If you disassemble the parts, make sure you know how those same parts go BACK TOGETHER!
- **NEVER**, soak your chain in degreaser! Use a commercial grade chain cleaning tool & chain cleaner and follow the recommended directions. Remember the lubricants which come on new chains need to remain intact. The chains pins and links which have to freely move need that factory installed lubricant to remain. Sparse is the key, using only enough cleaner to remove the grit & grime accumulated on the chain.***P.S.: Don't forget to re-lubricate the chain after cleaning!***
- *Special Tip: use Blue Loctite on the pulley screws, if disassembling the derailleur pulleys on the rear derailleur. This provides that extra attention when reassembling. Watch the torque when tightening.*



Special Membership Benefit

Your Schaumburg Bicycle Club membership gets you 10% off discount at the local bike shops. Carry your membership card with you!



Monthly Saddle Sores:
*July is Tour De France Month
Begins July 3-25.*

*You can watch the action on VFRSUS Network
(formerly the Outdoor Life Network). Check your local
listings for times!*

For the rest of us...

USCIRE LA BICICLETTA E RIDERE!



July 2010

Editor
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