

South Bend Bike Garage

October 2024 Newsletter



This month's issue *at a glance*

Meet the team

September by
the numbers

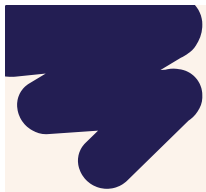
Work stand
highlight

Volunteer of the
month

Program
spotlight



September in Photos



Connor (above), an IU alumnus and 2015 Little 500 participant, stopped by the bike garage with his grandfather and a commemorative Schwinn frame to build up.



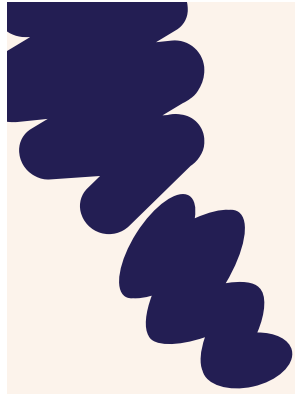
A scene from a typical Wednesday night in September at the Bike Garage (left). There's never a dull moment with multiple bikes in stands and tons of smiles to be had.



Bike Garage's Dustin New at the Near Northwest Neighborhood Arts Cafe. Participants could stop by for a quick bike tune-up and learn how to properly size their helmet.

Meet our Team

The South Bend Bike Garage is fortunate to have the support of dedicated volunteers. United by a common love for bicycles and a passion for helping their community, they guide our organization and ensure we are empowered to carry out our mission. Over the coming months, we'll be introducing some of them in recurring 'meet the team' columns.



Steve joined the bike garage as our president this past March. He works as an Investment Officer at Lake City Bank and loves riding his gravel bike. You may be familiar with the Rollout, a seasonal event featuring various group rides, which was enabled by the Bike Garage and largely orchestrated by Steve.

Steve
President - Board of Directors



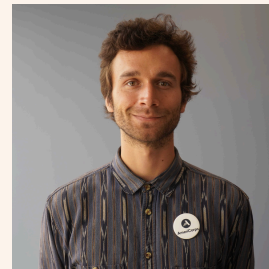
Ethan
Member at Large

Ethan is an organic chemistry PhD student at Notre Dame. He fell in love with bikes in college at Michigan Tech, spending his weekends riding and camping in Copper Harbor.



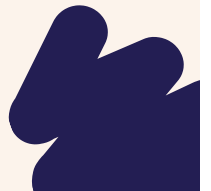
Eric
Member at Large

Married to his wife of 13 years, Tessa, and a father to four children, Eric is a daily bicycle commuter. He assists in managing the IT department at a local college.



Anton
Member at Large

Anton's goal is to help people see the bicycle as a means of transportation, achieved by providing access to bikes, maintenance, and creating more cycling infrastructure. He loves to tune bikes as perfectly as possible and rebuild bicycle components.



September by the numbers

MORE THAN 100

People Served Last Month

SERVICE

more than **50**
tubes changed

Ten chains
replaced

over **One
Dozen**
wheels
trued



VOLUNTEERS

>200
hours donated

by over **25**
volunteers



SALES



30

bikes refurbished
and put back in
the South Bend
community!

Work stand highlight

September remained a busy month at the garage, filled with no shortage of beautiful bikes and smiling cyclists. Among the donations we received was this stunning Peugeot Canyon Express.



The year was 1984! 'When Doves Cry' and 'What's Love Got to Do with It' topped the Billboard charts. Ghostbusters, Gremlins, and Footloose hit the box offices. And... this lovely Peugeot rolled out the factory doors in the French countryside.

One of the first of its kind, this bike belonged to a new breed of bicycle... the mountain bike. Built to go where never dreamed before, this bike will surely bring its new owner plenty of smiles for miles to come.

We extend a warm thank you from our volunteers & patrons to the kind individual who donated this bike.



CANYON EXPRESS

Frame and Fork: Cro-Moly double butted main tubes, fully lugged, forged drop-outs, brazed-on cable guides, stops, seat stay carrier fittings and Double downtube bottle cage fittings. Mangalloy fork with forged crown and drop-outs.

Handlebar: NITTO Cro-Moly chromed with integral stem.

Headset: TANGE O-Ring sealed.

Brakes: DIA-COMPE Cantilever.

Chainwheel: SUGINO IAT 46 x 36 x 28T, 175 mm. crankarm.

Pedals: SHIMANO PD-15, alloy.

Chain: DID 3/32" silver and black.

Freewheel: SUNTOUR 6 speed, 14, 15, 17, 20, 24, 28 T, silver.

Hubs: SUNTOUR sealed alloy small flange, nutted.

Rims: ARAYA 7X alloy, 26 x 1.75"

Tires: "CANYON EXPRESS" Grippa skinside, 26 x 2.125"

Derailleurs: SUNTOUR "Mountech" front and rear with ratchet thumb shifters.

Saddle: KASHIMAX "F1" anatomic, padded.

Seat Post: SR "MTE 110" alloy micro adjust, 220 mm.

Accessories: Wide angle reflectors, alloy spoke protector.

OGK soft grips, Seat post quick release clamp.

Weight: 29.9 lbs (size 19 1/2")

Sizes: 19 1/2" (150 cm), 21" (154 cm), 23" (158 cm).

Color: Cobalt Blue (CB).

www.bikebarnpe.com

Volunteer of the Month: *Jim Lewandowski*

The South Bend Bike Garage relies on the generous donation of our volunteers' time. Each volunteer brings a unique set of skills to the Garage, making contributions ranging from mechanic work to organizational skills. This month, we'd like to recognize the contributions of a long-time volunteer mechanic, Jim Lewandowski.

Swing by the Garage on a Wednesday evening and you're likely to see Jim turning wrenches and telling stories from one of his many cyclo-touring trips. Last month, we sat down with Jim to learn a little more about what makes him tick – what ignited his passion for bikes and what keeps him coming back to the Garage.



Jim, pictured at the Ludington lighthouse alongside his trusty Rivendell cycles Hillborne

Q: How did you get into biking and cyclo-touring?

Jim: “Of course I enjoyed riding bikes as a child... and we had plenty of wooded trails to tear around near the neighborhood I grew up in. As an adult, I didn't start riding again until 2008 for the first SB Urban Adventure Race. That was a ton of fun and I stuck with it. (As for cyclo-touring) I started commuting by bicycle to work daily, rode for trips around town, and eventually started doing multiple-day trips around the midwest.”

Q: When did you start building and working on bikes?

Jim: “After a few years, I realized that I couldn't afford the kind of bikes I wanted to ride while having others build them for me. I studied the Park Tool Big Blue Book of Bicycle Repair, constantly referenced Sheldon Brown's database on the now defunct Harris Cyclery website, and bent in the ears of several friendly and infinitely patient local mechanics. Eventually, I was building my own machines, and the satisfaction of riding them to their full potential was tremendous.”

Q: When did you become involved with SB Bike Garage?

Jim: “When I first heard about the SB Bike Garage in 2020, I sent a message to the founder, Zach. Although he was no longer directly involved, he invited me out to see the operation. It was very modest by our current standards, but there was a core of welcoming volunteers, most of whom are still active. They were doing the same thing we are doing today: helping people to get on bikes and teach those who want to learn. I'm privileged and grateful to be part of this operation. Other cities larger than ours have been doing what we do for a while, and it's wonderful to see our community embracing the concept as well.”



Jim at 'the big rock' in Beaver Island, MI

Over the past month, the search for the Bike Garage's next location came into full swing. Jim has played an increasingly pivotal role in this search and has truly been an asset to our organization. Here's to you, Jim, from your friends at the South Bend Bike Garage.

Program Spotlight: SB Bike Garage *Junior Mechanic Program*



Having operated for a few years now, the Bike Garage has seen many enthusiastic kids come thru our doors, eager to learn about bike maintenance. It has long been a desire of ours to create youth-specific programming with the goal of encouraging kids to gain bike related skills, exercise those skills, and give back to their community. In 2023, South Bend Bike Garage's Colleen New set out on a mission to develop one such program and get it rolling with participants.



The inaugural JMP class

With support from the Outride Foundation, the Bike Garage rolled out a pilot Junior Mechanic Program (JMP) in June of 2024. Our eager participants were split into cohorts of six middle school students, at least half of whom were female.

What the JMP offers

These studious youngsters received twelve hours of basic bike repair instruction and participated in a supervised apprenticeship under the direction of Spin Zone's Mike Shapiola and other supportive Bike Garage mentors.

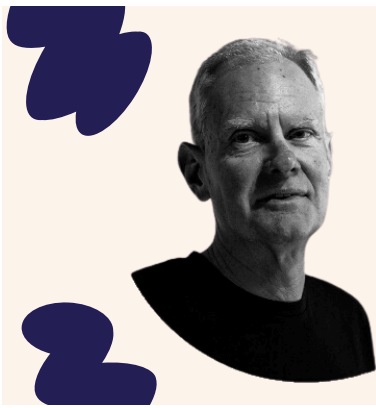
The program's inaugural graduating class 'learned and earned', each taking home a bike, a lock, a light, and a helmet - everything they'll need to exercise their newly acquired skills. Graduates were offered the chance to use these skills by serving their community - an additional six hours of service would allow them to earn a one-hundred dollar gift card. Nearly two thirds of participants completed this service and continue to remain involved with our organization.



Planning is underway for the JMP to return next summer. Please contact the Bike Garage if you, your family, your business, or your organization is interested in learning more about supporting future Junior Mechanic cohorts. Help us help young people learn to use tools, connect with positive role models, and develop a sense of community connection and service...all through a shared interest in bikes!

The *Outride* Organization and History

In 1974, an avid cyclist named Mike Sinyard decided to start a company. He had just returned from a cycle tour trip around Europe, funded by selling his beloved Volkswagen bus. His company, Specialized Bicycle, would grow to become a giant in the bicycle industry over the 48 years he served as its CEO. In 2012, a Bicycling Magazine issue came across his desk with the headline "Riding is my Ritalin", which caught his attention. Sinyard and his son both have ADHD and had both seen improvements in their focus after returning from a ride. Inspired by this shared connection, he started the Outride program.



Having stepped down from his role as CEO of Specialized bicycle in 2022, Sinyard (pictured left) now directs his full attention to Outride and its initiatives. The organization hones its efforts on three fronts. Primary scientific research, school-based cycling programs, creating & Supporting cycling communities.

Next time you find yourself in the hills of southern California, be sure to swing by and thank Mike for Outride's support of our Junior Mechanic Program.

That's all, folks! Keep an eye out for our November newsletter.

Contact

Looking to get in touch with us? Please reach out to us at info@sbikegarage.com

South Bend Bike Garage

Connect with us on social media - *Instagram:* @sbbikegarage *Facebook:* South Bend Bike Garage

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