



MONTHLY MEANDERS

PREZ SEZ

Greetings fellow club members.

Last year we had 320 riders pre-register for the Harmon Hundred. It started raining during the night and didn't stop for most of the day. About 100 people in addition to the pre-registered riders came out and rode. A little more than half of the pre-registered riders came out as well. What a difference this year. Pre-registration was down from last year but great weather brought a total of 720 bicyclists to our ride.

I can't say enough good things about Wilmot High School. They had the school open and ready for us at 5:00 am. Large parking signs were made up for us and positioned around the parking lot. Like most schools parking is at a premium but we were able to get all but about 35 cars parked in the main lot. The rest were directed to a remote lot about a mile away where we set up an additional registration station. The girls' volleyball team had Brats, Taco's, and turkey sandwiches for sale after the ride and did a

steady business most of the afternoon. Thanks to all for supporting them.

Due to construction on several roads we elected to go with one rest stop at Riverside Park in Lyons and another at Bassett Park in Bassett. This turned out to be a winning move. We added a second 25 mile loop out of Lyons which gave the riders the option of doing one loop for a total of 75 miles or both for 100 miles. They could also skip the loops and make it a 50 mile ride from Wilmot to Lyons and back. All the feedback I heard was very positive. The riders seemed to appreciate the choice of deciding how many miles to ride without having to commit to early in the ride. The route was also widely praised. Lots of rolling hills and sparsely traveled roads made for a scenic ride no matter what mileage was chosen.

The rest stops were busy most of the day with a steady crowd. All the volunteers did a great job of keeping the cyclists fueled. The roads were well marked and we only had to

fix a couple of signs that were run over by some 4 wheeling cowboy. Kudos to the registration and parking crews.

So it is with regret that we say adios to our Harmon Chair, Mary Kay. After an eight year run a break is needed and well deserved. I'm sure we all agree that she is leaving us a well oiled machine. Just about all the pieces are in place to continue the Harmon without one person doing the bulk of the work. We do need someone to step in and take charge. The venue, rest stops, routes, food sources, maps & cue sheets, t-shirts, etc are all in place and ready to go. The next chair's biggest responsibility will be to complete a check list and hope for nice weather.

We have a lot more riding to do before our season ends so be careful out there.

See you on the road.

Rich Drapeau

October, 2007

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Welcome New Members

Bo & Leona Kaburov,
Arlington Heights

John Lukowski, Rolling
Meadows

Club Officials

Elected Officers

President

Rich Drapeau (847)808-1476

V.P./Ride Chair

Brian Blome (847)358-4807

& Pat Calabrese

Treasurer

Johannes Smits (630)893-2835

Secretary

Kevin Moore (847)577-8490

Membership

Betsy Burtelow & (847)541-1325

Jim Boyer

Publicity Chair

Sheri Rosenbaum (847)368-1762

luv2bike80@hotmail.com

Appointed Officers

Harmon

Mary Kay Drapeau (847)808-1476

Newsletter

Ella Shields (773)594-1755

St. Pat's Ride

Tom & Deb Wilson (847)632-1412

Chairmen

Banquet

Kris Woodcock (847)520-6932

Harmon Data Base

Jennie Pfeifer (847)342-8823

Mileage Statistician

Joe Irons (847)359-0551

Newsletter Mailing

Jennie Pfeifer (847)342-8823

Picnic

Al & Cindy Schneider (847)696-2356

Refreshments

Frank & Pat Illy (847)923-5910

Ride Line

Frank Bing (847)634-1439

Web Page

Jim Boyer (847)541-1325

Newsletter Policy

We can always use information for the newsletter. I'd love to hear from you. Send or e-mail your ride notes, stories or articles for the newsletter to me by the 10th of the preceding month

Ella Shields
7516 W. Devon Ave.
Chicago, IL. 60631
eshieldsbike@yahoo.com

(Please include your name and phone number in case I have any questions)



Don't miss an issue of Monthly Meanders!! Call Betsy or Jim with all name, address and phone number changes at (847)541-1325.

Bicycle Swap Meet, Sun. Oct 14, Allstate Arena, - \$1. 6 am—3 pm

Working Bikes will be attending and having a Bicycle drive so bring your unwanted bikes to donate to them

For more info wolffs.com

TOP 20 MILES

Reported through Sept. 8

219 rides by 144 Members

Totaling 134,894 miles

6995 maximum miles possible per rider

Men:

1	Kilian	Emanuel	5646
2	Paul	LeFevre	5349
3	Dennis	Creaney	4087
4	Al	Schneider	3302
5	Joe	Irons	3186
6	Richard	Drapeau	3132
7	Kevin A.	Moore	2914
8	Art	Cunningham	2913
9	Leonard	Geis	2873
10	Frank	Illy	2534
11	Frank	Bing	2506
12	Peter	Guzik	2327
13	Jim	Boyer	2316
14	Daniel	Wiessner	2309
15	C. Brian	Hale	2190
16	Brian	Blome	2101
17	Tom	Wilson	2045
18	David	Naigles	1821
19	Dennis	Ellertson	1760
20	Bob	Dominski	1746

Women:

1	Cindy	Schneider	3196
2	Reinhilde	Geis	2896
3	Pat	Illy	1992
4	Pam	Burke	1989
5	Ella	Shields	1868
6	Mary Kay	Drapeau	1845
7	Betsy	Burtelow	1809
8	Sheri	Rosenbaum	1777
9	Debbie	Wilson	1676
10	Kris	Woodcock	1622
11	Meg	Ewen	1589
12	Barbara	Barr	1485
13	Pat	Calabrese	1425
14	Marianne	Kron	1385
15	Virginia	Savio	1336
16	Chris	Wager	1110
17	Cindy	Trent	987
18	Lynn	Rivier	777
19	Mary	Myslis	685
20	Donna	Ponte	641



OCTOBER CLUB MEETING

The meeting will be on Thursday, October 4, 7:00 p.m. at Wheeling High School in

room 102. The high school is located on the north side of Hintz Road just west of Elmhurst Road (83) in Wheeling

Fans of H. Potter know Hogwarts Castle, but that's nothing compared to Meg and Ella's Castle Tour in the Czech Republic, cycling through Vienna, Moravia, Bohemia and Prague.

Don't miss out on this great program (rescheduled from August meeting)

WHERE DID THAT RIDE GET ITS NAME?

Ever wonder where a Wheelmen ride got its name? This month we uncover the truth about a ride called Apple Cider Ride. As part of this ride the group would stop for cider at the Wauconda Apple Orchards. What were once the Orchards are now several subdivisions. Guess we have to chalk it up to progress.

BICYCLE RECALL: Raleigh America and the U.S. Consumer Product Safety Commission are recalling 1,200 Chinese-made **Raleigh Cadent bikes with Carbon age Technology carbon fiber forks**. The forks can break during normal use, causing the rider to lose control and fall. Raleigh has received three reports of fork failures, resulting in a dislocated shoulder, a concussion and a broken jaw. The recall involves the 2007 Raleigh Cadent 1.0, Cadent 2.0 and Cadent Carbon bicycle models with carbon forks. They were sold at Raleigh dealers nationwide from January through June 2007 for \$660-\$1,930. If you own one of these bikes, stop riding it and take it to the place of purchase for a free fork replacement. For more information, call Raleigh America toll-free at 888-805-6396 during 9-5 PT weekdays, or visit www.raleighusa.com

Date	Time	Ride Name	Starting	Directions	Miles	Ride Host
Oct. Ride Schedule	All Riders Should:	*wear a helmet *bring water *bring a pump	*have a bike in good condition *bring a spare tube and patch kit *arrive early...15-30 minutes	*bring an ID card *carry a cell phone * bring \$ for rest stops		
Sat. 10/6	9:00	Antioch Twisted 60	Antioch Middle School	I-94 north, Exit Route 173 west, 1/4 mile past Route 59, Turn right on Tiffany, Left on High-view at sign for school parking lot	63/100	Al & Cindy Schneider 847/696-2356
Sun. 10/7	9:00	Apple Cider Ride	Kildeer School (Apple Fest)	Old McHenry Road, north of Long Grove Shopping District	36	Ella Shields 773/594-1755
Sat. 10/13 & Sun. 10/14	8:00	Fall Foliage Weekend Excursion	Military Ridge State Trail parking lot in Mt. Horeb, WI	About 150 mi. from Buffalo Grove. Take I-90 west to exit 142A in Madison onto 18 west for 25 miles then 151 business into Mt Horeb. Hotel accommodations at Karakahl Inn- 888-621	65 mi. (hilly); 45 mi Sun.	Rich Drapeau 847/808-1476
Sat. 10/13	9:00	Triple Deerpass	Evergreen School Union, IL	I-90 West to US20 to Coral. Turn right to Northrup. Turn left to Washington. Turn right to school.	66	Al & Cindy Schneider 847/696-2356
Sun. 10/14	9:00	Another Way to Broken Oar	Kildeer School	Old McHenry Road, north of Long Grove Shopping District	44	Dennis Creaney 847/202-6154
Sat. 10/20	9:00	Kettle Moraine Mtn. Bike Trails	John Muir Trail Parking Lot (Fee is required)	US 12 W. past Elkhorn to County H. North on H to parking lot on west side.	10-24	Brian Blome 847/358-4807
Sun. 10/21	9:00	Other Side Of The Tracks	Bode Forest Preserve	Take Barrington Rd. one mile N. of Schaumburg Rd; turn W 0.2	41	Pam Burke 630/872-9238
Sun. 10/28	10:00	Lou's Commute (Chili ride—join us for chili after the ride. We will have chili rain or shine, if it rains chili will be @ 11:30 a.m.)	Meg Ryan's house @ 1255 Wentworth, Volo, IL	Take US 12 north through Volo; Turn right on Molidor for about ½ mile; turn left on Wentworth: it is 4 th house on right. <u>Please RSVP to Mary Kay Drapeau at (847)808-1476 if you plan to stay for chili and find out what to bring — everyone is asked to bring something).</u>	42	Meg Ryan 630/542-1040

INVITATIONALS

Oct. 6, Tyranena Octoberfest Bike Ride, Lake Mills, WI, 25/47/65 \$35/\$45 920/648-8699 info@tyranena.com

Oct. 6, Leef Peepers Tour, Elizabeth, IL, 22/31/46/60 815/845-2306 joyce.mccready@gmail.com

Oct. 7, Pumpkin Pedal, Maple Park, IL, 7/25/45/62 miles

630/377-7250 shutchins@soill.org

Oct. 12-14, Hilly Hundred, 50/50, Ellettsville, IN
www.hillyhundred.org skiphiggins@comcast.net

Oct. 14, Associated Firefighters Fall Fifty, Richmond IL
15 mile family, 20/30/50 815/370-4894 info@affbikeride.org
www.affbikeride.org/home.htm

WEEKLY RIDES					
Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday	8:00 am	Honey Do Ride	30-58	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Frank Illy 847/923-5910 Brian Hale 847/804-1561
Tuesday & Thursday	9:00 am <i>as of</i> 10/23 10:00 am	Deerfield Bakery Ride	25-45	Willow Stream Park - The park is on Old Checker Rd. a few tenths of a mile west of the bakery. Turn west on old Checker Rd. to parking	Art Cunningham 847/963-8746 Earle Horwitz 847/374-1129
Wednesday	5:30 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve See above	Frank & Pat Illy 847/923-5910 Brian Hale 847/804-1561

ALWAYS CALL THE RIDE LINE FOR LAST MINUTE CHANGES 847/520-5010

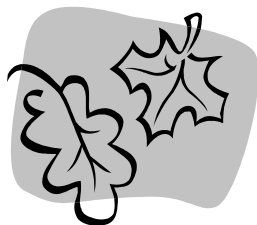
RIDES OF A DIFFERENT FLAVOR Wednesday Chicago Area Bike Path/Trail Rides						
Date	Time	Miles	Path/Trail	Start	Directions	Comments
10/3	9:00	50	Des Plaines/ McClory Trail Loop	Parking Lot D, Old School Forest Preserve	IL 176 to St. Mary's Rd.; south to Forest Preserve on the left. Park in shelter D	Packed crushed stone, paved ***
10/10	9:00	60	Old School Forest Preserve to Kenosha	Parking Lot D, Old School Forest Preserve	IL 176 to St. Mary's Rd.; south to Forest Preserve on the left. Park in shelter D	Packed crushed stone, paved ***
10/17	9:00	50	Prairie/Fox Triangle ride	Kline Farm, Winfield	From North Ave, left. (s) at Country Farm Rd., ¾ mi., lot on right	Packed crushed stone, some paved
10/24	10:30	42	Chicago Lake Front Path	Foster Ave Beach	East on Peterson off Eden's, rt. on Ridge, bear rt. on Broadway to Foster, left. under Lake Shore to 1 st	Paved path lunch at Navy Pier
10/31	9:00	50/30 loops	Medley of Trails – Deer Grove Woods to Arling- ton Lake	Nichols Hill Golf Course	From Dundee Rd. turn north on Kennecott to end, 1 st lot on left, bottom of hill.	Packed crushed stone and paved paths, short unim- proved trail / roads **

*** approved for narrow tires ** wide tires recommended * wide tires required.
Bring snacks and plenty of water to drink. Check with Art Cunningham – 847/963-8746 for details

CLUB JERSEY'S

The latest order of jersey's has arrived. Tom & Deb will have the jersey's at the October 4 club meeting for pick up.

If you can not pick it up at the meeting , please give the Wilson's a call at (847)632-1412 to make other arrangements.



FALL FOLIAGE RIDE OCTOBER 13 & 14

This ride is done in conjunction with the Quad Cities Bicycle Club. The rides start and end in Mt Horeb, WI which is about 20 miles

west of Madison. Cue sheets are provided both days. These are challenging rides of 50-60 miles with over 4,000 feet of climbing each day. There are also several alternative flatter options. The rides count for club mileage.

We will be staying at the beautiful Karakahl Country Inn with indoor pool. Call 608/437-5545 to reserve your room.

A scrumptious Italian buffet dinner will again be arranged for the combined bike clubs on Saturday night for a very reasonable price! Call Rich or Mary Kay Drapeau 847/808-1476 to be included in the reservation or for more information.

Directions: Take I-90 West to exit 142A in Madison on to 18 West for 25 miles, then 151 Business into Mt. Horeb. Karakahl is on the left



BIKE TIP

Because your hands do a lot of the work while you're riding, they're prone to fatigue, even damage. **Most problems can be prevented by frequently changing hand positions.**

One of the great advantages of the drop-style handlebar that's found on many road and touring bicycles is that it provides many different grips. It's possible to grab on the drops, on the tops, on the brake lever hoods and elsewhere. Every ten minutes in fact, you should take another hand position. This will alleviate pressure on the nerves in the palms that can cause numbness and tingling, while helping to keep your upper body relaxed.

www.jimlangley.net

THREE FOOT PASSING RULE BECOMES LAW

[Illinois Senate Bill 80](#) was signed into law on August 16! Proposed by LIB, the new law:

- require motorists to leave a minimum of 3 feet when passing a bike
- allow cyclists to "take the lane" where right turns are authorized
- allow the option of a right arm hand signal when turning right

Thanks to our primary bill sponsors, Sen. Ed Maloney and Rep. Elaine Nekritz, and to all cyclists who contacted their legislators! LIB will now begin the process of educating the public about the new law.

Meanwhile, [Senate Bill 314](#), requiring IDOT to build "bicycle and pedestrian ways" with major urban road projects, awaits the Governor's signature.

Ice can be a cyclist's best friend for minimizing the effects of injury so you can get back on the road quickly. Here's how to use cold therapy on sore tendons or painful muscle strains.

---**Don't wait.** Ice is almost always the best choice for an acute injury. Use it for the first 48-72 hours after getting hurt.

---**Take breaks.** Apply ice for 8-20 minutes at a time. Then let the area warm up before icing again. Three or four sessions a day should do it, including right after your ride (*if you can ride*).

---**Veg out.** Commercial ice packs are available, but for a general area it's tough to beat a nice big bag of frozen corn kernels. Place the bag over the involved site for 20 minutes and then pop it back in the freezer (after you mark "DO NOT EAT" on the package).

---**Massage with ice.** For a smaller area (e.g., an Achilles tendon), this is the best option. Take several small paper cups (bathroom size), fill them 80% full of water, and store them in the freezer. Then when you need one, peel down the paper to about 1 cm from the bottom. Hold that part to keep your fingers from freezing and rub the ice on the sore spot for 8 minutes. You might need a magazine or TV show to distract you because the first couple of applications will be pretty intense. After that your body begins to adapt.

From:RoadBikeRider.com

A FLAT, FLAT, FLAT, FLAT RIDE

On June 30th with light winds, seventy degree temperatures and a beautiful blue sky we set out on the City of the O's ride. The City of the O's starts in LaGrange, Wisconsin, and travels north through the south Kettle Moraine region.

After visiting Brian at the trail head for his off road ride and after being passed by Dan, Pat and her friend, Cindy and I totally enjoyed the lightly rolling hills and tree-lined roads.

As we were ready to enter Delafield, the dreaded psst, thump, thump sound came from my rear tire. After the minor inconvenience of changing the tube, we entered the town and visited a convenience store and the local bike shop for a new tube as well as the use of a floor pump.

We then biked west past an old water mill, between numerous lakes and the Pabst hops farm before flat #2 occurred. It's usually not a good sign when you test pump a tube and it doesn't hold air, alas, flat #3. Oh well, there is also the replacement tube. The tire was changed and we set off to the pretty vacation homes and views of Lake LaBelle. After entering Oconomowoc, we discovered that the County roads department was rebuilding a shore line road, with no viable alternative route except for the Oconomowoc highway bi-pass. This added about a mile of off road terrain to the route, as well as flat #4. I was riding with Cindy but she has 650 tires. The area has no weekend cab service and the lunch break is about five miles away.

Cindy went on a rescue mission to get the car, which is about forty miles away. I started walking to the convenience store in Lake LaBelle. After about two miles I saw a man, about my age, wearing a White Sox cap. We talked about my situation; the fact he really is a Cub fan; that he grew up in Oak Lawn, as did Cindy, and that he really didn't understand why the highway department is creating bi-passes and interchanges in rural Wisconsin.

Bob gave me a ten mile boost to Dousman, the site of another bike shop on the route. He refused gas money, saying that he tries to do a good deed every day and went back to enjoying the rest of his day from his beach. He really is a nice guy.

Frustrated, but invigorated by Bob's charity and Cindy's continuing rescue attempt, I had the bike shop change out the tire and buy additional tubes. The mechanic couldn't find the cause of the flats either.

Still a pretty day, I was back on the route through more tree lined roads north of Palmyra and into the Kettle Moraine hills. I thought I would find Cindy back tracking in the car by now, but discovered the car still sitting in the lot. I then started back tracking the route in the car, thinking of Cindy having multiple flats north of Dousman. I found her climbing the hill on Tamara. She had stopped at the c-stores in Lake LaBelle and in Dousman to get their phone numbers so that she call and find out where I would be.

We think that she was at the Bullfrog c-store in Dousman when I was leaving the Bike Doctor.

Always carry a patch kit, even though you think you have enough tubes. Always carry a cell phone, even if you intend to ride the entire route with someone. Exchange phone numbers and hope that your call can be connected in rural areas. You don't know how many flats one member of your group will have. If you are going on a rescue mission, try to arrange a specific place where you can pick up the rider who is having difficulties. Always be thankful that there still are good people, willing to go out of their way to help others.

Al Schneider



Go where no bicycle has gone before

Sunday, Nov. 11, 2007

8:00 to 11:30 a.m.*

(time subject to change)

Roll the Tollway offers a one-time, car-free bicycle ride on the new South Extension of I-355 before it opens to car traffic. Join thousands of cyclists for more than three hours of car-free bicycling on a 20-mile loop fully supported with rest stops and plenty of volunteers.

This fund-raising event will help fund the construction of a multi-use trail alongside the new extension. Help us build the trail, visit www.rollthetollway.org
No onsite registration will be available



Annual Banquet

Fun, Food, Games, Prizes

Join us for a wonderful time, a delicious meal,
great camaraderie and celebrate a great
season of cycling.

Sunday, November 11
1:00 - 4:30 p.m.

Gridley's Grill of Long Grove
Rt.83 & Gilmer Road
Long Grove, IL 60047

\$25.00 per person

Questions?
Call Kris Woodcock
847/253-9288

Banquet RSVP

Name _____

Name _____

(spouse/guest)

Number attending: _____

Amount Enclosed: _____

Make check payable to

WHEELING WHEELMEN

Please RSVP (and send check) by October 31 to:

Kris Woodcock
103 E Olive Street
Prospect Heights, IL. 60070

Wheeling Wheelmen Membership Application

Name: _____

Spouse's Name: _____

Address: _____

Children's Names: _____ Age: _____

City, State, Zip: _____

_____ Age: _____

Phone #: _____

E-mail: _____

New Member? _____ Renewal? _____ L.A.B. Member? _____

Family dues: \$25 Individual dues: \$20

Membership Pledge: I hereby agree to operate my bicycle in a manner that is safe to me and those around me, to observe all the rules of the road, and conduct myself in a manner that will be complimentary to the sport. I release and waive all claims for negligence against the WHEELING WHEELMEN, its officers and members for all damages incurred at or associated with any WHEELING WHEELMEN activity for myself, my heirs and executors.

Applicant's Signature (parent's signature if a minor)

Spouse's Signature

Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



P. O. Box 7304
Buffalo Grove, Il. 60089-7304

Phone: 847-520-5010
Email: wheeling@wheelmen.com



We are on the web
wheelmen.com

Club Meeting
October 4

CLUB DISCOUNTS

The following local shops offer a 10% discount on parts and accessories to all Wheeling Wheelmen with a valid membership card shown at time of purchase.

ALBERTO'S CYCLES
1770 First St. Highland Park
847/446-2042

AMLINGS CYCLE & FITNESS
8140 N Milwaukee Ave., Niles
847/692-4240

BICYCLE CONNECTION OF SCHAUMBURG 1226 N Roselle Rd. Schaumburg, 847/882-7728

GEORGE GARNER CYCLERY
111 Waukegan Rd., Northbrook
847/272-2100

LIBERTYVILLE CYCLERY
800 N. Milwaukee Ave, Libertyville
847/362-6030

MIKES BIKES
155 N Northwest Hwy, Palatine,
847/358-0948

RUNNER'S HIGH & TRI
121 W. Campbell , Arlington Hts.
847/670-9255

SHAMROCK CYCLERY
344 Old McHenry Rd, Long Grove
847/913-9767

SPOKES
223 Rice Square at Danada
Wheaton 630/690-2050
1807 S. Washington, Naperville
630/961-8222

THE CYCLERY
575 Ela Road, Lake Zurich,
847/438-9600

TURIN BICYCLE
1027 Davis Street, Evanston
847/864-7660

VILLAGE CYCLESPORT
63 Park & Shop, Elk Grove Village
847/439-3340
1313 N. Rand Rd, Arlington Hts.
847/398-1650

We support:

- *The League of American Bicyclists
- *The League of Illinois Bicyclists
- *The Chicagoland Bicycle Federation
- *Buffalo Grove Bike Rodeo
- *Bicycle Federation of Wisconsin
- * Adventure Cycling

JOIN THE LEAGUE!

The League of American Bicyclists promotes cycling through safety and represents us in the decision making process in Washington D.C. A yearly membership is \$30 for individuals, \$35 for families and should be sent to:

League of American Bicyclists,
1612 K Street, NW, Suite #401
Washington, DC 20006
Tel: (202)822-1333 Fax: (202)822-1334
E-mail: BikeLeague@aol.com
Web Site: www.bikeleague.org

In addition to government relations, they also organize many great cycling rides and rallies around the country. For information on these events call (800) 288-BIKE