



MONTHLY MEANDERS

PREZ SEZ

Greetings fellow club members.

Today is one of those deep freeze winter blasts we seem to get a few times each year. Temps are in the low single digits and the wind chill is deep into minus territory. I thought it would be a good time to hunker down, look through some old newsletters and share some club tidbits from prior years.

March 1994- Reid French was President of the club, Ralph Pedraja -ride chair, Lotti Dolce- Treasurer and Ron & Judy Hattendorf ran the Harmon. Results from a membership survey called for more rides between 30-74 miles, average speeds of 14-18mph, and rider development program for riders who want to improve their speed and handling skills. There was a 1992 Giant Cadex Carbon Fiber bike for sale for \$1,100. Windy City Sports voted the Wheeling Wheelmen the best recreational club in the Chicago area.

July 1994- There is a Tuesday and Thursday night ride out of Daniel Wright School in Lincolnshire at 6:00, no mention of distance. There are four Wednesday night

options, one from Lake Barrington Shores (rte 59 & Kelsey Road), and one from Schoenbeck & Lake Arlington in Prospects Heights and one from Wauconda Orchards on Gossell Road, and a trail ride on the North Branch Trail starting at Caldwell St. The club mileage leaders are Wayne Sege-die with 1,009 miles and Ella Shields with 1,068 miles. Wayne gave out broken helmet awards each month to riders who displayed less than stellar safety habits. This month four helmets were awarded; one to a member for running stop lights, pulling in front of cars etc. That member is still an active member of the club and is still running stop lights, pulling in front of cars etc. You'll have to guess who it is. The annual picnic was held in August and each attendee paid \$2.

We're only a few weeks away from kicking off our season at the St Pat's invitation. I'm sure Tom & Deb can use some more volunteers especially baking cookies for our guests.

The March meeting will be our last until the fall. It will be held at the Wheeling High School and we will

provide pizza and soft drinks for all who attend. Our guest speaker will be a representative from Javelin Bicycles. Javelin makes custom carbon fiber bikes and is located in Wauconda. Come and see some example of these awesome bikes and learn how they are made.

Dr Marc Sing spent about an hour with us at the February meeting explaining how our muscles and joints interact while we are cycling. Since 95% of our time is spent off the bicycle doing everyday tasks our muscles are not trained for 4-6 hour of pedaling. Over time we can develop pain in areas such as knees, back & hips. Dr Sing showed us several stretches that target specific muscles that we use. I have copies available to anyone who would like one.

See you on the road.

Rich Drapeau



March 9

March, 2008

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WELCOME NEW MEMBERS

Jeannie Ellertson, Mt. Prospect

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

Open

Newsletter

Ella Shields (773)594-1755

St. Pat's Ride

Tom & Deb Wilson (847)632-1412

Chairmen

Banquet

Kris Woodcock (847)520-6932

Mileage Statistician

Joe Irons (847)359-0551

Newsletter Mailing

Open

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.

Board Meeting

The next board meeting TBA

Dear Wheeling Wheelmen,

I have recently published a book on road bike climbing titled *The Complete Guide to Climbing By Bike* and thought it may be of interest to your membership. It contains multiple climbing resources along with the most difficult hill climbs in the US (most of which are in CA). You can also see a bit of the book at

www.usacyclingclimb.com.

Thanks

John Summerson, MS

Public Health Sciences

Wake Forest University Health Sciences

Medical Center Blvd

Winston-Salem, NC 27157

Phone: (336) 716-2125

Fax: (336) 713-4300



MARCH CLUB MEETING

The meeting will be on Thursday, March 6, 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

Everyone is invited to join us for our annual pizza party.

We will discuss the St. Patrick's Day Ride and recruit volunteers. Also, Dave Grundman of Javelin will talk about promoting local riding, racing, etc. He will bring along a few of their hand-made Italian carbon fiber frames and talk about their company.

www.javbike.com/Splash.html

MARCH ETHNIC DINNER

AY AY PICANTE

4569 N. Elston Ave. Chicago

773-427-4239

www.ayaypicante.com

Sunday March 30

5:00 P.M.

This authentic Peruvian **BYOB** restaurant on the north side of Chicago brings you a vast and diverse menu showcasing the delights of Peru. Jaime Bardales and Camucha Bardales ensure that their guests receive exceptional service and delicious cuisine including the house specialty: a variety of seafood dishes. You can also select from beef and chicken entrées, appetizers, soups and sweet scrumptious desserts.

Please RSVP by March 25 to Ella Shields at eshieldsbike@yahoo.com or 773/594-1755.



WEEKLY RIDES					
Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday thru 3/8	10:00 am	Show N Go Rides	25 +	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 on the right	n/a
Sunday thru 3/9	10:00 am	Cuba Marsh Show N Go Rides	25 +	Cuba Marsh is West on US12 to Ela Rd, south to Cuba Rd. West to parking lot on left	n/a
Tuesday & Thursday	10:00 am	Deerfield Bakery Rides Show N Go Rides	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 on the right	Art Cunningham 847/963-8746 Earle Horwitz 847/374-1129

The rides may or may not have cue sheets. The mileage, destination and speed are determined by the weather and riders.

SUNDAY SHOW N GO TRAIL RIDES					
Date	Time	Ride	Miles	Start/Directions	Comments
3/2	10:00 am	Des Plaines River Trail	20	Meet at parking lot behind Egg Harbor restaurant at RT 22 and RT 21/45	Not recommended for road bikes. Packed, crushed stone.
3/9	10:00 am	North Branch/ Botanic Garden	32	Lake Street Parking, Harms Woods Forest Preserve. East on lake Street, past I294 and Waukegan Road, to the Chicago River. Parking on the right just past the bike path overpass	Paved Path

Bring snacks and water to drink.

Are special biking shorts really necessary?

If you're just coasting around the neighborhood, any old pair of cut-offs might work just fine. But, once you hit the trail or road for an hour-long spin or more, cycling shorts can make a significant difference in comfort.

It's the construction of these pedaling pants that works the magic. Your everyday trousers and shorts - even ones designed for exercise, are held together by seams that usually come together in the crotch area forming a bump right where it can hurt you most when you're sitting on a bicycle seat. Also, the fabrics used are for all-round fashion and comfort. They can't provide the moisture transfer and relief from friction that's so important when you're spinning the pedals.

Inside cycling shorts you'll find a generous pad that, combined with the seam-free crotch construction, helps cushion shock and prevent friction that can cause chafing and discomfort. It's important to note that regular underwear is not worn beneath cycling shorts because the seams in the underwear cause the exact problem the shorts are designed to avoid. There is however, special seam-free cycling underwear available and it will add to the comfort of cycling shorts.

And don't worry about having to wear skin-tight shorts. There are loose-fitting cycling shorts that resemble the most stylish outdoor clothing. In these, you'll be super comfy while riding, and when you stop to shop or relax, you'll look and feel great.

From: wheelandsprocket.com



ST. PATRICK'S DAY RIDE

Sign Up to volunteer for the St. Patrick's Day Ride.

On Sunday, March 16, is the first invitational ride of the season! This year's St. Patrick's Day ride will leave from Wauconda High School at 555 N. Main St. in Wauconda. We will need your help to host this spectacular early season ride. Just think by signing up for one of the jobs below you can say that you worked the first invitational ride of the season in the greater Chicago land area!!

Road Marking: We are using signs again this year. The roads need to be marked the day before or the morning of the ride.

Registration: We need people to start setting up about 7:30 am, Second shift starts at 9:30

Parking: Attendants should be on duty at 7:30 am, Second shift starts at 9:30

Food: Service will be open from 7:30 am to 1:00 pm. We will have an early shift from 7:30 am to 11:00 am and a late shift from 11:00 am to 1:00 pm. Typically the heavy crowds are from 10:00 am to 12:00 pm.

Cookies: We need about eight to ten people to supply 4 to 8 dozen cookies each.

Join the fun, sign up for a job! Contact Tom or Deb Wilson at 847-632-1412 or email us at tomwilson@wideopenwest.com

Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
March 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
Sat 3/15	10:00	St. Patrick's Day Pre Ride	Wauconda H.S.	RT 12/59 to Old Rand Road, then 2 mile N.W. to school	16/20/ 36	Tom & Deb Wilson (847) 632-1412
Sun 3/16	8:00 - 10:30	St. Patrick's Day Ride	EVERYONE WORKS	See above		Tom & Deb Wilson, Chairmen
Sat. 3/22	9:00	Let's Do It Honey (Reverse Honey - Do)	Grassy Meadow, Douglas Forest Preserve	On Central Rd. 1-1/2 mi. West of Roselle Rd. Just North of I-90	47	Brian Hale 847/426-3290
Sun. 3/23	9:00	Kildeer Short Ride	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	33/44	Peter Guzik 847/387-7714
Sat. 3/29	9:00	PITA Ride	Cuba Marsh Forest Preserve	Turn west from US-12 onto Cuba Rd. Parking lot is on the left, past Ela Rd.	39 /61	Meg Ewen 630/540-1704
Sun. 3/30	9:00	Kildeer Short Ride	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	33/44	Meg Ewen 630/540-1704

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

BOARD MEETING January 21, 2008

Present: Pat Calabrese, Brian Blome, Tom Wilson, Deb Wilson, Rich Drapeau, Mary Kay Drapeau, Kevin Moore, Ella Shields, Johannes Smits, and Jim Boyer

The meeting was called to order at 7:05 p.m.

Membership: Jim reported there were 130 renewals so far, and 130 people who had not yet renewed their memberships.

Publicity: In her absence, Sheri reported she had posted the St. Pat's and Harmon rides on all the sites we normally post; she had submitted both rides to be included in the printed version of the Chicago Athlete Events guide; she had written the press release for the club's 2007 donations and distributed them; and she was looking for Mary Kay to post the Harmon on Active.com.

President's Report: Rich reported the next general membership meeting would be Feb. 7, 2008, and the speaker for the evening would be a chiropractor; the March meeting would be the annual pizza party, and it would return to Giordano's again; approved the purchase of a one-half page ad in the Wisconsin Bicycle Federation ride guide for \$525.00 (up from \$495.00).

St. Pat's: Tom and Deb reported they have 16 volunteers for the ride so far, and they would bring the sign-up sheet to the February and March meetings; the school is reserved; and the required parade permit (which we have mistakenly not obtained during prior years) is applied for.

Rides: Brian reported that most of the rides have leaders already; discussed the Tuesday night "Working Stiffs" ride concerning a new starting place with the closing of Shamrock Cyclery and requiring the non-members to join if we keep the ride as a club ride; discussed the Wednesday night ride and the necessity of a new ride leader and possible new 6:00 p.m. start time, and the need for a new ride leader for the Saturday Honey-Do ride, both because of the Illy's move.

Treasurer's Report: Johannes presented 2007 Income and Expense reports, broken down into categories for each item.

The next Board meeting was scheduled TBD in March, after the St. Pat's ride.

The meeting was adjourned at 8:05 p.m.

BICYCLE TOUR OF COLORADO

Well, we've done it. So far there are 12 hearty souls who have signed up for BTC, club members as well as friends. It is not too late to register! The tour starts June 22 in Durango, CO and travels to Ouray, Montrose, Telluride (with a rest day there), Naturita, Cortez and back to Durango. The route encompasses 403+ miles (depending on daily options) of riding over six days. More information is available on the tour website: www.bicycletourcolorado.com. We are expecting a great ride through some of the most beautiful scenery in the land. Anyone interested can contact me at RivendellRiderX@sbcglobal.net or on the road.
Kevin Moore

QUICK TIP: Brighten Up! We see too many cyclists riding in dark, drab clothing. Black, gray and navy blue are like wearing camouflage when you're on the road with inattentive drivers (most qualify). Much safer is anything day-glo, of course, or red, orange or yellow. At least most of the time. In the midst of autumn's colorful foliage even those colors can blend in. Yellow is also risky in the spring because it doesn't stand out against fresh green vegetation. A safe choice anytime is medium or light blue -- hues not natural to anything on the road or growing beside it. Think pink, too. Be color smart whenever you buy a jersey or jacket.
www.roadbikerider.com

GAUGE THE SLICKNESS OF A WET ROAD

Wet roads can be tricky. Even the best rain tires can lose adhesion in a painful instant if you make a mistake.

Let's use a checklist to get a grip on this challenge.

---**When did it start raining?** Pavement is usually slickest just after becoming wet. Traction improves as soon as it has rained enough to wash away the oily and dusty topcoat.

---**What's the pavement type?** Well-aged blacktop or concrete generally means reliable traction. Chip and seal should be no problem because tires can grip the rough surface. Smooth, new asphalt poses a risk because it releases oil when wet.

On any surface, beware of sandy corners, spilled oil, sealing tar, metal plates, railroad tracks, leaves and painted lines. When wet, these can be like ice patches.

---**What's your tire pressure?** Generally, reducing inflation by 10-15 psi adds traction by increasing the size of each tire's contact patch. The rule for a rainy ride: Run the lowest pressure you can without causing squirmy handling or pinch flats.

---**Is there slipping when you stand?** Climbing out of the saddle or standing to accelerate are relatively safe ways to test traction. If the rear wheel slips, ride gingerly thereafter.



wheelandsprocket.com/index.cfm



GROUP-RIDE ETIQUETTE

Communicate

Communication is the key to safe group rides. Because roads are full of traffic and hazards, and because visibility is limited when riding in a group, it's important to warn others about hazards and to remain alert at all times to the warnings shouted and pointed out.

Warnings you're likely to hear include:

Car back: there's a car approaching the group from the rear

Car up: car approaching from the front

Car right (or left): a car's approaching on a cross street

Stopping: the group is stopping for a stop sign or light

Walker up: there's a pedestrian on the road ahead

Gravel, Sand, Glass or Hole: there's a road hazard ahead

Ride Smart To Stay Safe

Group-ride dynamics are interesting and ever-changing. As the pace and terrain changes, the pack stretches and compresses. The latter can cause some very tight quarters and even an occasional crash. In order to ride safely it's important to ride smoothly and avoid hard braking as much as possible. In fact, even light braking or swerving by someone in front can have a ripple effect and cause problems at the rear of the pack. Inexperienced riders who panic and touch a wheel may crash. Never fear! You can avoid problems by practicing these simple rules:

1. Stay alert at all times. Never assume that it's safe. Keep "reading" the dynamics of the group and always leave yourself an out by keeping on opening to one side that you can escape through if there's a crash or obstacle you have to avoid.

2. Hold your line. This means swerving as little as possible. If you need to move left or right, do so gradually after checking the area for other riders and pointing out your move to make your fellow riders aware of your intentions. If you notice that someone is swerving, he's probably tired or inexperienced. Stay away from him!

3. Don't overlap wheels. Overlapping is putting your front

wheel next to someone's rear wheel. This is asking for trouble, because if they move, they'll bump your front wheel knocking you down. Try to always be behind the bike(s) in front unless you're passing.

4. Don't look back! Looking back causes even skilled riders to swerve, which can cause a crash. If you must look back, ask the person next to you if you can put your hand on their shoulder. That will keep you riding straight so that when you look back, you won't swerve.

5. Relax! Use a relaxed grip on the handlebars, keep your shoulders down (not up against your neck) and bring your elbows down and in so that they're slightly bent. These steps will help you stay relaxed, which allows quicker reaction time and prevents tension in the neck and shoulders that can lead to fatigue and sloppy riding.

6. Focus on the rider(s) ahead. Don't make the common mistake of focusing on the back wheel in front of you. Look up at the shoulders of the riders ahead and occasionally look at the road ahead and the riders up front so you can see what's going on and be prepared for sudden changes.

7. Don't brake unless absolutely necessary. If you must brake, do so lightly to scrub off a little speed. You can also slow down by sitting upright and catching more wind in your chest.

8. Warn others of hazards. Keep on the lookout for things that could cause problems and shout out a warning or point out the hazard.

9. Pass carefully. Sometimes you'll see the riders ahead starting to accelerate and you'll want to jump up to them. Be careful! Make sure you're not going to get cut off or cut someone else off. Usually, a moment's hesitation is all it takes to make the move safely. Do not pass on the right.

10. If you get tired, move to the rear. Fatigue causes dangerous riding, so it's safer to go to the back of the group than to be in the middle of the action. Don't just swerve and slow, though! Tell those around you that you're dropping back so it's a safe move.

(edited article from wheellandsprocket.com)

TRACK YOUR MILES IN 2008

Keep track of your 2008 miles on-line at

<http://ent.groundspring.org/EmailNow/pub.php?module=URLTracker&cmd=track&j=188414609&u=1897562>.

Use the site to count miles biked for transportation or recreation, to track progress towards your 2008 goal, or to "compete" with other cyclists around the state.



The 17th Annual Chicago Bike Show & Family Fitness Expo will be changing venues this year to the Donald E. Stephens Convention Center in Rosemont. The show will be held Saturday, March 29, and Sunday, March 30.

As in previous years, the weekend will offer something for every level of cyclist. The extreme stunt shows will run all weekend long, along with daily seminars hosted by some of the top industry professionals. Arrive early on Saturday morning and be one of the first attendees to browse the popular closeout center, featuring a large variety of cycling merchandise for sale from area vendors.

The show is expected to welcome over 10,000 attendees. The show hours are Saturday, 9 a.m. to 7p.m. and Sunday, from 10 a.m. to 5 p.m. Admission is \$12 for adults, \$4 for children 6-12 and free for children under 6.

For more information on the Chicago Bike Show & Family Fitness Expo, visit www.chicagobikeshow.com. Discount coupons available on line at www.chicagobikeshow.com/COUPON.html

The **Wheeling Wheelmen Bicycle Club** now has an active Yahoo Group available on the Internet. The group works like a bulletin board and allows us to exchange email with other club members without having to know everyone's individual email address. You must subscribe to the group before you can send a message. Follow the instructions required by Yahoo to complete your registration.

NOTE: Due to spam and email address hijacking concerns, subscription to the Yahoo Group is limited to current members of the Wheeling Wheelmen Bicycle Club only. If you have questions about club membership, rides or events, please send an email to: wheeling@wheelmen.com

To Subscribe send an email message to:
wheelingwheelmen-subscribe@yahoogroups.com

To Unsubscribe send an email message to:
wheelingwheelmen-unsubscribe@yahoogroups.com

To post a message send your message in an email to:
wheelingwheelmen@yahoogroups.com

The group name is: **wheelingwheelmen** and is available at:
<http://groups.yahoo.com/group/wheelingwheelmen>

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

Next Club Meeting
Pizza Party
March 6



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

B&G CYCLERY 131 E. Rollins Rd,
Round Lake Beach, 847/740-0007

BICYCLE CONNECTION OF

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

BOB'S BIKE SHOP 141 S. Vine St. Park
Ridge, 874/825-4438

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

OAK PARK CYCLERY 1113 Chicago Ave.
Oak Park, 708/524-2453

RUNNER'S HIGH & TRI

121 W. Campbell, Arlington Hts. 847/670-
9255

SPOKES

69 Danada Square, 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