



MONTHLY MEANDERS

PREZ SEZ

What a miserable winter this has been for outdoor riding. At least for me and my fellow “bike wienies”. Now as we relish the 50 degree wet spring days our thoughts turn to what lays ahead so I thought this would be a good time to revisit some cycling terminology.

Century- this is the word a lot of roadies use to describe a 100 mile ride aboard a carbon fiber frame with mountain pedals and triple crank sets, compact cranks if it’s a recent model. There are several rest stops involved to “carbo load”. Most normal cyclists simply refer to this as a long ride. There is a shorter version of this know as a “metric century”.

Training Ride- This can consist of riding really fast, followed by slow, then fast again etc called “intervals” or riding real slow the whole time called “recovery ride”.

These rides can be short or long and are called training rides so everyone knows that these riders are serious riders, usually racers. All rides for these roadies are either training or racing. Anything else is junk miles and a waste of time. Having fun on a ride is not an option unless you consider suffering fun.

Rollers- This is a cute name given to multiple small hills in succession.

Elevation gain- This is a term used to impress casual club cyclists and non cycling friends/co workers. It can be successfully employed both in terms of percentage and distance or if you really want to puff out your chest use both at the same time. I just returned from 5 day Colorado ride and climbed 36,000 feet at an average grade of 8% would be a good example.

Average MPH- This is the barometer used by all “serious cyclists” to determine the effectiveness of a given ride effort. In actuality it has little meaning since most of the riders are pack fill and couldn’t maintain that speed for more then 30 seconds on their own. It would be comparable to a realtors claim that a house in Antioch is only a half hour drive to the loop.

So there you have it. Let’s hope that the rider whose wheel we follow this year changed tires so we have a change in scenery.

See you on the road.

Rich Drapeau

April, 2008

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WELCOME NEW MEMBERS

Diane Warnaar, Lake in the Hills

John Qualich, Buffalo Grove

George Ostendorf, Chicago

Kate Hendrick, Barrington

Richard Hoffman, Barrington

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

Open

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

ARLINGTON HEIGHTS BIKE SWAP Saturday April 26

The Arlington Heights Bike Swap is an annual community event featuring hundreds of bicycles and bicycle related accessories. 2008 marks the 28th annual event. Bring a bike to sell or come purchase one. Spring is around the corner! www.cyclearlington.com

swap@cyclearlington.com

Looking for your 2008 bike vacation, visit these web sites.

Biking Bis—Bicycle Touring and More

It has a list of some of the top multi-day sponsored bicycle rides for 2008, listed by state. Most rides include mechanical support, medical support, meals, sag vehicles, and provisioned rest stops.

www.bikingbis.com/blog/ WebPages/statebicycletourindex.html

The National Bicycle Tour Directors Association is an organization of individuals and entities who operate recreational bicycle events. www.nbtnda.com

BIKE TIPS

Taste Test

Be sure to experiment in training or on rides that are not as important as your big event to make sure that your food and drink choices are right for you. What works for one person won't necessarily work for you. And, twenty miles into a century is no time to find out that the energy drink your training partner recommended upsets your stomach.

Lockjaw Lurks. Had a tetanus vaccination in the last few years? If not, it's smart to get one ahead of any spills you might take this season. You'll need a shot after suffering cuts or road rash, so safeguard yourself now. Tetanus bacteria are about as nasty as you can imagine. They produce the dreaded disease known as lockjaw marked by severe pain and, in many cases even in modern times, death. You don't want that by neglecting a simple shot

WEAR WOOL.



The original technical fabric wasn't made in a laboratory. It grows on sheep. Natural. Durable. Renewable. Merino wool is washable, wearable, odor-free. It wicks moisture better than any of your polyester, and it keeps you warm even when it's wet. Stay warm. Keep cool. Wear wool.



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Merino wool cycling apparel and activewear

custom sizing available!



check us out online@

www.joneswares.com

get (real) comfortable.

Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
April 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. 4/5	9:00	3 Options Ride	For River FP Barrington	NW on Rte. 14, R on Kelsey L on River, L on Roberts for one mile.	21/31/ 52	Betsy Burtelow (847)541-1325
Sun. 4/6	9:00	Loops of McHenry	McHenry County College	Rt. 14 one mile west past IL 176 in Crystal Lake. Meet in north parking lot	36/49	Kevin Moore (847)577-8490
	9:00	Kildeer Short Ride	Kildeer School	Old Mc Henry Road, just north of Long Grove shopping district	43	Len & Reinhilde Geis (847)679-0279
Sat. 4/12	9:00	Lou's Commute	Lakewood Forest Preserve Wauconda	West on Il 176 to Fairfield, left to Ivanhoe, right to park- ing on right.	42	Meg Ryan (630)542-1040
Sun. 4/13	9:00	Who Let the Dogs Out	Evergreen School, Union	I-90 west to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school	48	Brian Hale (847)426-3290
	9:00	Kildeer Short Ride	Kildeer School	See above	43	Bob Dominski (847)215-4840
Sat. 4/19	9:00	Honey Lake Loop	Willow Stream Park, Buffalo Grove	The park is on Old Checker Rd. west of the Deerfield Bakery.	40	Art Cunningham (847)963-8746
Sun. 4/20	9:00	Antioch Classic	Antioch Middle School	Il.59,turn right on Tiffany left at sign for school	58/80	Virginia Savio (847)438-8066
Sun. 4/20	9:00	Kildeer Short Ride	Kildeer School	See above	43	Pam Burke (630)872-9238
Sun. 4/27	Opens at 7:00	Spring Forward	American Legion Hall, Union	I-90 west to US 20, left on US20, right on S. Union ,right on W. Union, left onto Main St	18/31/ 62	Invitational
Sun. 4/27	9:00	Kildeer Short Ride	Kildeer School	See above	43	Peter Guzik (847)387-7714

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

RIDES OF A DIFFERENT FLAVOR

The seventh annual tour of local bike paths and touring trails kicks off on the first Wednesday of April. A unique ride features a different trail or combination of trails every week. All roadies are welcome to join in a Ride of a Different Flavor featuring scenery unmatched in our usual highway and byway rides. All April rides are on paved paths.

Phone Art Cunningham at 847-963-8746 for last more information on rides unless otherwise indicated on schedule. During the morning of the ride reach me on my cell phone at 630-329-4802.

Art Cunningham

APRIL WEDNESDAY TRAIL RIDES

Date	Time	Ride	Miles	Start/Directions	Ride Host
4/2	9:00	Green Bay / North Shore Canal to Lawrence Ave, Chicago	32	<i>Trumbull Wood Forest Preserve</i> Lake Cook Road east to Green Bay, turn right to parking on the left	Paved Path, short crushed stone segments, connecting streets
4/9	9:00	Fox River/ McHenry Prairie Trail to Ringwood	46	<i>East Dundee Depot</i> West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to	Paved path
4/16	10:30	Chicago Lake Front Path	42	<i>Foster Ave Beach</i> East on Peterson off Eden's, rt. on Ridge, bear rt. on Broadway to Foster , left. under Lake Shore to 1 st parking lot	Paved path lunch at Navy Pier
4/23	9:00	Tinley Creek F. P. District Paths	42	<i>Lake Katherine Park.</i> , Palos Hts So. I-294, to 95 th , go east to Harlem, go right at College (IL 83) to 75 th , go right to Katherine Dr. and park near the nature center	Paved path and connecting roads
4/30	9:00	Medley of Trails – Poplar Creek to Ned Brown	55 loop	<i>Ned Brown F. P.</i> , <i>Golf Road Parking Lot</i> South of Golf Rd. just East of I-290	Paved trail and connecting streets

Bring snacks and plenty of water to drink.

**VOLUNTEERS NEEDED FOR BIKE RODEO**

Every year the Wheelmen help the Buffalo Grove Police dept with their Bike Rodeo. This event is geared towards kids to teach them bike safety as well as to promote cycling. Once the

kids sign up at the registration desk, they come to our station where we make sure their helmets are fitted properly. Sometimes the parent's helmets need adjustments, too. From there the kids get their bikes checked out by a local bike shop and then on to a host of obstacle courses.

I need volunteers to help out with this event. It's great fun

interacting with the kids, parents and police. And you know how often I seem to interact with our men in blue.

The Bike Rodeo is Saturday May 10th (rain date May 17th). We need two shifts of two people each. First shift 11am-1pm and second shift 1pm-3pm (so you still can get a morning ride in). A pizza lunch is provided and usually served out of their SWAT van.

Contact Sheri Rosenbaum at Luv2Bike80@hotmail.com or 847-368-1762 to volunteer your time.

WEEKLY RIDES					
Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday	9:00 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	Brian Hale 847/426-3290
Tuesday & Thursday	10:00 am as of 4/15 9:00 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 on the right	Art Cunningham 847/ 963-8746 Earle Horwitz 847/374-1129
Tuesday Start April 1	6:00 pm	Working Stiff's Ride	18-27	NEW LOCATION Archer Parking Lot, behind Enzo & Lucia Ristorante, 343 Old McHenry Road, Long Grove	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Wednesday start April 2	6:00 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve See above	Brian Hale 847/426-3290
Thursday Start April 3	6:00 pm	Thursday Night Ride	30 with alter- nates as day- light permits	Kildeer School Old McHenry Road, just north of Long Grove Shopping District	Brian Blome 847/358-4807 Rich Drapeau 847/808-1476

HARMON 2008 STARTING TO TAKE SHAPE

On February 27th a small group of Wheelmen got together to start planning the Harmon. We've broken it up into manageable Chairmanships. It is not just Mary Kay managing everyone and everything. So far this is how it is starting to shape up:

Rest Stop Chairperson – Betsy Burtelow

Lyons – Dan Wiessner

Bassett – Pat Calabrese and Brian Bloom

Food – Joann Stewart

Registration, Pre-Registration and Parking Chairperson – Deb Wilson

SAG – Tom Wilson

Sign Pick up – Dennis Creaney and Dennis Ellertson

Parking – Jeff Biedka

Registration Database – Mary Kay Drapeau

Route Chairperson – Rich Drapeau

Signs/Route Markings Chairperson – Brian Hale

Harmon Brochures – Ella Shields

T-Shirts – Sheri Rosenbaum

Many thanks to those of you who filled out the volunteer form on the back of your membership renewal. You will be contacted later by the chairperson related to the job you signed up for. For those of you who did not volunteer on your renewal we definitely need more volunteers to step up and help out with key areas. If you are interested, please contact Mary Kay, Betsy or Deb. Remember, it takes the whole club to step up and help with the Harmon. Otherwise, we will no longer be able to have such a great event and fundraiser for the club.

DANGER ZONE, BIKE PARTS

For all you Top Guns out there, I want to pass along several mechanic's tips that can keep you out of the Danger Zone when it comes to part failures. Use this checklist to inspect your *bicicletta*:

---**Handlebar.** If you've crashed it and it's carbon, replace it. *Now!* You cannot see the damage a fall has caused because it's inside the bar. You'll notice most pros don't use carbon bars because they can't rely on them to stay in one piece after a fall. An alloy bar will generally bend before it breaks, and you can usually finish a ride safely.

---**Rims.** Look for small cracks around the holes where the spokes enter the rim. They won't usually result in a catastrophic failure, but they'll grow over time and your wheels will not stay true or round.

---**Hubs.** If a hub develops looseness for no apparent reason, the axle may be broken. It's rare for a front hub but not uncommon for a rear, due to the offset for the cassette. The quick-release skewer will hold the whole shebang together, so don't pull it out during a ride to investigate why the hub is wobbling, unless you have a lift home. Realize, though, that riding on a broken axle will ruin the hub's in-nards.

---**Saddle.** If your seat has titanium or aluminum rails and they are bent at all, they will fail sooner rather than later. Damaged carbon rails simply break without warning. Some failures are no big deal; others are gonna hurt like hell and it may be impossible to ride home (or have kids). Also check the underside of the saddle's shell. I've seen many a fractured saddle held together only by its cover and padding. A seat in this condition will be swayback, it might creak,

and it should feel awful.

---**Seat post.** Inspect the clamp at the top of the post. This is the most likely place for a failure. In most cases this top section is welded or bonded to the post. It's subject to heavy stress, especially if there is lots of setback and you're a big rider. Failure means the top of the post, with your seat, falls off. I can't paint a pretty picture of what comes next. "Wrecked him? Nearly killed him!"

If you have a carbon seat post and have distorted/cripped it by using too much clamp force where it enters the frame, replace the post ASAP. A break here is about as nasty as the clamp breaking off.

---**Crank arms.** If your shoe rubs either arm to the point where it's removing material from the crank arm, whether aluminum or carbon, replace the arm(s) without delay. Crank arms don't break in the garage, they break when you're putting lots of watts into them, as when climbing or sprinting. It happens without warning and usually results in a spectacular tumble when your foot, wearing the pedal and a piece of the crank arm, slams into the pavement.

Look at it this way: You live to ride (and I hope you love your bike as well). If you pay attention to the condition of each part on your machine and replace anything that's questionable, you minimize some of cycling's risk. It's a small price to pay for having the confidence that your bike is in tip-top shape.

(from roadbikerider.com)

HOW TO TACKLE TENDONITIS

Tendonitis is one of the most common overuse injuries in the endurance athlete. For cyclists, it often shows up as pain just below the kneecap, in the ankle or at the front of the shoulder. Tendonitis is simply an inflammation (an *-itis*) of the connective tissue between muscle and bone.

It most often strikes in the early season as your body adapts to the ramp-up in mileage. But you can suffer from it any time you push volume or intensity faster than your body can tolerate. The injured area will often loosen up a bit 10-15 minutes into a ride. But that doesn't mean it's better.

Tendonitis is painful, it stinks, and it's discouraging. But it's also treatable. Here's how:

---**Take your meds.** Your doctor will probably prescribe an anti-inflammatory medication. Follow the dosing instructions faithfully. This is not a "pain pill." It's to reduce inflammation. If you take it only when you're hurting, you won't get the true benefit -- and you'll take longer to heal.

---**Ice it.** A few sessions of therapy will heal you quicker. If you want to treat tendonitis yourself, start with ice massage. I recommend

freezing water in paper cups. Then peel down the top portion so you have a big ice cube but enough cup left to keep your fingers from freezing. Use it to massage the painful area for 8-10 minutes several times a day. Do it over a towel to catch the drips.

---**Protect it.** This may mean taking several days off while you let the meds and ice do their job. It may mean spending a couple of days "riding in the water" at your local pool where your feet won't be clipped into the pedals. Choose activities that produce only stress-free movement so the tendon's micro-tears can heal.

---**Study your training diary.** It's rare when a cyclist can't pinpoint the cause of tendonitis. It could be a change in equipment, position, riding terrain, mileage or effort. It could be something as innocent as a business trip or family obligation that keeps you off your bike for several days. Then you try to make up the missed training in one ride, and your body says "No!" Record key factors so you can avoid making the same mistake next time.

If caught and treated early, tendonitis will be little more than a speed bump to your cycling. If you try to ignore it and ride through it, that speed bump is likely to become a wall that stops you altogether. Remedy tendonitis -- now!

(edited article from *from RoadBikeRider.com*)

INVITATIONAL'S

April 20, Folks on Spokes Easter Ride, University Park 16/50/68, \$15 by 4/8 \$20 after. David Majkowski 312-320-8275
davidmajk@ameritech.net www.folksonspokes.com/easter.html

April 27, Spring Forward, 18/31/62 miles, \$12 by 4/14, \$15 after. American Legion Hall, Union , IL www.winkwebdesign.com/sbc

May 3, Tour de Stooges, Highland, IL 15-64 miles \$30, Roger Kramer 618/236-2793 tourdestooges@rogerkramercycling.org
www.stooges.rogerkramercycling.org/

May 3, Ride the Ups and Downs, Elizabeth, Il. 25/31/52/61 \$15 by 4/30 \$20 day of. Annette Bausman 815/275-0041
bausmana@juno.com www.elizabeth-il.com/Ride.html

May 14, 7:00 PM. Ride of Silence – Arlington Heights 10 miles. An international event to honor those who have been injured or killed while bicycling on public roadways. www.cyclearlington.com
rideofsilence@cyclearlington.com

May 18, Arlington 500, Barrington, 30, 44, 54, or 68 miles, \$10 by 5/10, \$15 after www.cyclearlington.com 500@cyclearlington.com

May 25, Bike the Drive, Chicago, Ride on Lake Shore Drive, 15/30 miles, \$40. 312-427-3325 www.bikethedrive.org/
btd07registration@biketraffic.org

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
August 7



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
CAMPBELL ST. BIKES
13 W. Campbell St. Arlington Hts. 847/222-7887

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

MIKES BIKES GURNEE
4129 Old Grand Avenue Gurnee, 847/662-8482

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
- *Thunderhead Alliance
- *Trips for Kids-Fox Valley Chapter

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 \$35 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