



MONTHLY MEANDERS

Dec 2008/Jan 2009

PREZ SEZ

WOW, what a banquet! For those of you who did not attend, it was a lot of fun. Good food, great "entertainment" and the chance to mingle and regale each other with stories of the riding season. Kris Woodcock really outdid herself this time and deserves many accolades. I don't know how she manages to outdo herself year after year, but somehow she does. Many, many thanks to her and the other folks, Tom Mulick, Ella Shields, etc that helped.

Now, in case you have not been keeping up with the latest WW news, we have a slight change in the board. Barb Barr is taking over membership and I am taking over the Presidency. I'd like to thank Rich for all the hard work he has put in over the years as your club president. He leaves some pretty big shoes to fill!

So, who is this new Prez? Well, let me take a moment to introduce myself. My name is Meg Ewen. I was born in a log cabin...oops,

sorry wrong speech. Ahem, ok, now I'm ready. I've been a member of the Wheelmen for about five years. Prior to joining, I had been doing mainly Sunday invitationals on a hybrid. Never could get beyond 50 miles at a time. Time for a REAL road bike! A trip to Village, where Louis Greene helped me pick out a blue Trek 2200. Suddenly, 50 miles seemed so easy (assuming no headwind, of course). Belonging to the Wheelmen has been a great experience, helping me push myself beyond my perceived limitations. Who knew I could actually do a Century and live to tell about it!! I recently upgraded to a Trek Madone WSD, for those guys who are keeping track. It has forced me to wear more pink than I would have liked, but it is a sweet ride.

Ok, now down to business. Planning for 09 is already underway. We know from the survey what was popular and what was not, so we will hopefully be implementing some of those changes into the upcoming riding season. And even though the colder weather

is now upon us, don't think for a second that the Wheelmen have hung up their bikes. Oh, no...just take a look at the "show and go" ride schedule on the website. You'll see plenty of rides available. You just have to layer a bit more.

For all those new members, volunteering is a great way to meet folks, so don't be shy. I would also like to encourage people to suggest meeting topics. If left to my own devices, it could be topics such as "fifty ways to prepare Tofu", with free samples. So please, feel free to send me an email (ibagoalie@comcast.net) if you have any questions or suggestions.

See you on the road...if I can recognize you with all the layers on :)

Meg

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Club Officials

Elected Officers

President
Meg Ewen 630/540-1704

V.P./Ride Chair
Brian Blome 847/358-4807
& Pat Calabrese

Treasurer
Johannes Smits 630/893-2835

Secretary
Kevin Moore 847/577-8490

Membership
Barb Barr 630/628-6267

Publicity Chair
Sheri Rosenbaum 847/368-1762
luv2bike80@hotmail.com

Appointed Officers

Co Harmon Chairman
Rich Drapeau 847/808-1476

Newsletter
Ella Shields 773/594-1755

St. Pat's Ride
Tom & Deb Wilson 847/632-1412

Chairmen

Banquet
Kris Woodcock 847/833-8127

Harmon Data Base
Mary Kay Drapeau 847/808-1476

Mileage Statistician
Joe Irons 847/359-0551

Newsletter Mailing
Jeff Biedka 847/534-9003

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 Barb Barr with all name, address and phone number changes at 630/628-6267

FINAL 2008 TOP 20 MILES

Reported through Oct. 31

274 rides by 144 Members totaling 157,925
8587 maximum miles possible per rider

Women:

1	Kris	Woodcock	4366
2	Reinhilde	Geis	3338
3	Cindy	Schneider	3085
4	Mary Kay	Drapeau	2631
5	Pat	Calabrese	2571
6	Sheri	Rosenbaum	2436
7	Barbara	Barr	2427
8	Pat	Illy	2422
9	Pam	Burke	2309
10	Betsy	Burtelow	2163
11	Virginia	Savio	2142
12	Ella	Shields	2033
13	Deb	Wilson	2001
14	Meg	Ewen	1928
15	Marianne	Kron	1831
16	Pam	Kaloustian	1396
17	Cindy	Trent	1390
18	Peggy	Reins	955
19	Chris	Wager	809
20	Donna	Ponte	647

Men:

1	Paul	LeFevre	6271
2	Anthony	Vercillo	5176
3	Dennis	Creaney	4416
4	Joe	Irons	3561
5	Art	Cunningham	3463
6	Leonard	Geis	3266
7	Richard	Drapeau	3213
8	Al	Schneider	3192
9	Kevin A.	Moore	3038
10	Jim	Boyer	2939
11	David	Waycie	2822
12	Brian	Blome	2764
13	Kilian	Emanuel	2692
14	Frank	Illy	2675
15	Frank	Bing	2604
16	Dennis	Ellertson	2602
17	Alan	Gibbs	2580
18	C. Brian	Hale	2442
19	Tom	Wilson	2440
20	Joe	Beemster	2255

Board Meeting

The next board meeting is Wednesday, January 7, 2009, 7:00 p.m. at the home of Sheri Rosenbaum.

All Board members are requested to attend.

CHICAGO WINTER BIKE SWAP

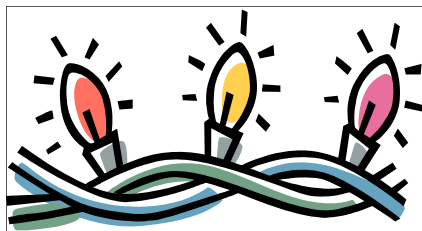
Saturday, January 17, 2009
9:30 AM - 3:30 PM

Harper College
1200 West Algonquin Rd, Palatine

Whatever your cycling needs, there is something for everyone at the 2009 Chicago Winter Bike Swap! \$5 admission for adults, kids 12 and under free. Free parking. All paid admissions receive a raffle entry for a new pair of Bontrager Race X Lite wheels - an \$850 value! The CWBS will also be collecting all types of used bicycle tires and tubes for recycling. Just bring your tires and tubes to the bike swap and leave them in the designated area. Browse the bike corral for a selection of hundreds of new and used complete bikes at discount prices. Don't pass up the one chance in the year to find a huge selection of post-holiday closeout bargains for everything cycling related.

Sponsor: Chicago Winter Bike Swap
Contact: Kevin Stephens
promoter@chicagowinterbikeswap.com
847-877-1189

www.chicagowinterbikeswap.com



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 money for lunch/snacks

WEEKLY RIDES

Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday	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	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 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 (there will be walks/hikes when you can't ride)	Art Cunningham 847/ 963-8746 Earle Horwitz 847/374-1129

SUNDAY SHOW & GO HIKES

Date	Time	Location	Directions	Distance
Dec 21	10:00	Des Plaines River Trail	Enter from Milwaukee Ave., 1/4 mile north of Route 22. Go into 1st parking lot	3-6 miles
Dec 28	10:00	Deer Grove	Enter from Dundee Road, 1/4 mile west of Hicks Road	3-6 miles
Jan. 11	10:00	North Branch Lake Street parking, Harms Woods Forest	East on Lake St., past I-294 and Waukegan Rd. to the Chicago River. Parking on the right just past the bike path overpass	3-6 miles
Jan. 18	10:00	Grassy Lake Forest Preserve—Located in southwest Lake County near	Park at the Lake Barrington Village Hall, located on Old Barrington Road just west of Miller Road in Lake Barrington	3-6 miles
Jan. 25	10:00	Crabtree Nature Center Meet at Nature Center building	Crabtree is on Palatine Road, 1 mile west of Barrington Rd., or one half mile east of Algonquin Rd (RT 62) in Barrington	3-6 miles

◆ Hikes are usually 3-5 miles Lunch to follow after hikes.....If there is snow we can also x-c ski or snowshoe

If you would like to put on an activity (rides, hiking, ethnic dinner, x-c skiing, etc) this fall or winter call a board member and they will have it put on the ride line. Or send it to me for the newsletter. **Call the ride line for Winter activities 847/520-5010**

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2009 MEMBERSHIP RENEWAL

It's time to renew your membership. Please send back the enclosed renewal application. Also included on the back of the form is a handy volunteer wish list. Indicate which positions you are interested in helping the club continue its great support of bicycle advocacy efforts!

Please send your renewal form back as soon as possible so you won't miss a single issue of the Monthly Meanders or the 2009 Ride Schedule. Due date for renewals is February 1, 2009 (expiration will be March 2010).

New 2009 Membership cards will be mailed out with the March newsletter.

If you have any questions contact Barb Barr at 630/628-6267.

Bike Town Bash

Put your coat and boots in the closet and get your party shoes out for a night of fun and excitement on December 6, 2008, 6-10 p.m.! Join us at one of Chicago's near west side neighborhood landmarks for a party filled with entertainment, camaraderie, live and silent auctions and more.

Epiphany Episcopal Church, 201 S. Ashland Ave., Chicago

Who: All friends of the Chicagoland Bicycle Federation

Tickets: \$25

RSVP: www.biketraffic.org/bash

Festivities: Raffle, silent auction, live auction and great entertainment. As the event nears, we will post silent auction items and more information.

Holiday Party

Sunday, December 7

3:00 - 7:00 p.m.

Wildberry Club House

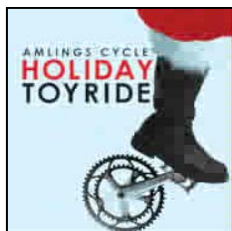
220 Green Knoll Lane, Streamwood

(intersection of Quaker Hollow Lane and Green Knoll Lane)

Call Pam Burke at 630-872-9238 or e-mail pamelaburke2000@yahoo.com to let her know what you will be bringing; appetizer, dessert or beverage. The club will be providing dinner.

Directions: From the intersection of Barrington Rd & Bode Rd. Turn east on Bode Rd to the 1st street [right behind the 7-11] turn Right on Green Knoll Lane. Stay on Green Knoll Lane - The clubhouse/pool will be on your right hand side. Parking is available at the clubhouse as well as the streets.

[Bode Rd is South of Golf Rd & North of Schaumburg Rd].



6TH ANNUAL AMLINGS CYCLE HOLIDAY TOY RIDE

Friday, December 19, 6:30 a.m.

Participants will ride their bicycles from Amlings Cycle (8140 Milwaukee Ave in Niles, 847/692-4240) to Mystic Celt (3443 N. Southport in Chicago, about 12 miles one way) to meet a waiting truck from the Marine Corps. Eamonn Vaughan, owner of Mystic Celt will be serving breakfast for the riders.

Those wishing to join the ride need to pre-register (on line @ amlingscycle.com/index.cfm), or stop in at the shop. There is no cost to ride other than bringing a new, unwrapped toy for a child. If you would like to help out, but don't want to ride your bike, you can drop off a new unwrapped toy at Amlings Cycle.

GITAP 2009

Registration is now open

2009's week on the Grand Illinois Trail promises to be a cornucopia of great riding through the beautiful landscape of northern Illinois, wonderful stopovers amid the woods and stars of scenic state parks, and many enhancements that all lead to a memorable vacation on a bike. The tour begins on Sunday, June 14 and wraps up on Saturday, June 20. Registration is first-come, first-served with a limit of 160 riders

The focus for this year's route is the southern wing of the GIT, including the I & M Canal Trail and the Hennepin Canal Trail (with road routes paralleling soft trail mileage). We will also visit two outstanding parks off the trail – Shabbona and White Pines. The minimum distance this year is 310 miles for the week, but by taking extra loops, it will be possible to do 585 miles.

www.bikelib.org/gitap/2009/index.htm

LIB EXTRA – FROM THE LEAGUE OF ILLINOIS BICYCLISTS

Advocacy, rides, and more – for further details, check out LIB's website, www.bikelib.org

Hennepin and I&M Canal Trails Threatened

Budget cuts by Gov. Blagojevich and the IDNR threaten the Hennepin Canal Trail and parts of the I&M Canal Trail. The public outcry from these and other planned state park closings led to unanimous votes in the Illinois Legislature to restore funding – unfortunately, from other IDNR funds. As of this writing (see www.bikelib.org for updates), the Governor has not signed the bill actually applying the restored funds to keep the trails and parks open.

LIB has found that the closings would violate federal law requiring that projects completed with federal funding (such as the Hennepin and I&M) be maintained. The penalty is loss of future dollars, far outweighing any savings from closing or not maintaining the trails. LIB has been raising this consequence with relevant state agencies, the media, and federal and state legislators.

Seminars Start for Adults Teaching Bike Safety to Kids

LIB has launched a series of 42 seminars around the state to help adults teach kids bike safety at bike rodeos or scout meetings, in school classrooms or assemblies, or at home. The 90-minute "Train the Trainer" seminars (www.bikelib.org/srts/training), funded by the IDOT Safe Routes to School program and REI, will be conducted from February through April 2009. To host or attend a session, contact Donnie Miller at 309-737-8270 or bicycleracr@mchsi.com.

National Bike Summit – March 10-12

Come to Washington with LIB for the experience of a life-time. Speak up for bicycling on Capitol Hill as part of the National Bike Summit! With a new administration and a new federal transportation bill looming, this will be our most important Summit in some time. Contact Ed (630-978-0583) if you are considering being a part of it.

Learn About Bike Advocacy Issues – From Home

LIB will be hosting conference calls on the topics below. E-mail lib@bikelib.org with the topics that interest you, plus your general availability (weekdays, weekday evenings). We'll then develop a schedule for each, with handouts to be sent in advance.

- Bike-friendly and "Complete Streets" road designs, including on-road and off-road bikeway types and LIB's Complete Streets road project audits
- LIB's Share the Road driver education video and curriculum
- Bikeway (and roadway) dollars – bikeway funding sources and strategies, also tracing the flow of federal road dollars
- How to start, do, and implement a bike plan in your town
- Bicycle Safety and Sharing the Road - Riding Safely and Confidently

Bike club members: LIB's efforts to improve bicycling are supported by over 1000 members – many belonging to clubs that donate. Become an individual member at www.bikelib.org/join



CLUB APPRECIATION NIGHT

Mikes Bike Shop is once again welcoming all bike club members to come out and help us celebrate our 50th anniversary. We will be opening the shop to bike clubs on December 4th from 5:00-8:00pm, with

twenty percent off everything including special orders, sorry no bikes. One time offering of select Christmas Gifts. We are also offering special pricing on Continental tires and tubes of all sizes so remember to stock up for the upcoming season. Don't forget about off-season training we have a selection of trainers,

rollers, and spinners to keep your fitness all year long. We will be conducting bike fittings and offering tech tips throughout the evening. To keep your toes warm with these bitter months upon us everyone in attendance will receive a pair of toe warmers as our thanks for supporting the shop. Throughout the year we will be having weekly items discounted fifty-percent for our golden anniversary. Refreshments will include select wine and cheeses as well as sodas.

Wayne Mikes
Mikes Bike Shop
155 N. Northwest Hwy
Palatine, Illinois 60067
847-358-0948

TIS THE SEASON TO BE ...

Jolly? Well how about jolly and fit.

We are in a season that is so very different than any other of the year. With it, come all the joys, or stress, of getting together with friends and family, holiday parties and homemade goodies. To be honest, there is some kind of increased stress level that comes with all the routine changes in our work and family schedules as well as nutritional indulgences that affect us in some very significant ways. For us as athletes, this can spell disaster with our training regimen and lean body mass index, or in Santa's terms, jelly belly. However, it doesn't have to be that way. I believe you can enter the New Year being able to build upon your December fitness instead of dealing with your fitness carnage.

Here's a few things to keep in mind for December's training and dealing with the "homemade goodies":

- **Change your mindset.** Realize that December is different and some training changes will have to occur to accommodate all the ingredients of the holidays. That's OK! Realize that less is better than none and even three days of training in a week will help maintain a certain fitness level.
- **Plan ahead.** As your day timer fills in with evening activities, start planning ahead as to when you can fit your training in. You might have to get up a little earlier or do a lunch workout. It just won't happen without a bit of forethought and it certainly won't happen at the end of a long day or evening.
- **Go into a "maintenance mode" when things are busy and chaotic.** If you can't get your planned training time in, don't beat yourself up. Make use of the time that is available, even if it's 30-45 minutes, hop on the trainer, go for a run or do a core workout with the fitness ball. You want to guard against one missed day moving into 2-3 days. We want to save a missed day for

the unexpected, "you can't make a workout happen" situation. Consistency, consistency, consistency is the absolute key for the season.

- **Plan an additional day off during your training week.** This allows for a guilt-free day to get some extra activities in that are pulling on you. There is a different mental outlook on a "planned" day off which doesn't have guilt or laziness attached to it.
- Enjoy the holiday goodies but in moderation. Put a limit on "empty" calories you consume, those food items with little nutritional value and excessive calories (refined sugar/processed foods...).
- Stay away from foods that "control" you i.e.) "I just can't have one."
- Don't eat after 8:00pm or for those on shift work, after your last meal before you sleep.
- Eat slower and enjoy each bite.
- Don't skip meals.
- Enjoy smaller portions.
- Overeating means overweight.
- Brush your teeth after meals, it helps finish a meal.
- It never tastes as good as thin feels.
- Feed your brain first and then your stomach... this is the key to losing and keeping the weight off.
- Overeating is not a response to hunger.
- Calories do count and the reduction of them is what really matters not necessarily the proportion of fats, carbohydrates and proteins.

"Good health starts with good choices." How bad do you want it?

by [Marilyn Trout \(http://bicyclecoach.com/profile.php?id=358\)](http://bicyclecoach.com/profile.php?id=358)

January Ethnic Dinner



Sunday, January 25

5:00 p.m.

Viet Bistro

1346 W. Devon Ave., Chicago

The family who owned Pasteur are behind this wonderful Rogers Park Vietnamese-Asian spot. The menu includes choices like a lobster roll with jicama, avocado and tamarind sauce; spicy shrimp curry soup; udon noodles with shrimp and crab meat; whole red snapper with a sweet garlic chili sauce; and more. The cocktails are fantastic! Fresh fruit juices are highlighted, like lychee, jackfruit, cantaloupe, mango or guava martinis.

Please RSVP no later than January 18 to Ella Shields at 773/594-1755 or eshieldsbike@yahoo.com

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: pgroups.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

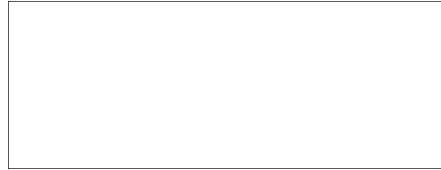


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

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

We are on the web
wheelmen.com

Next Club Meeting
February 5, 2009



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

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, Na-
perville, 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
205 W. Northwest Hwy
Barrington, 847/382-9200

We support:

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

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