



MONTHLY MEANDERS

April, 2009

PREZ SEZ

When I was driving down route 59 last week, I was surprised and dismayed to see a cyclist cross 4 lanes against the light. While he was lucky to get across safely, it's blatant disregard for traffic laws like this, that give ALL cyclists a bad name.

Unfortunately, this is not an unusual occurrence, so this month I'd like to address a serious topic, "obeying the rules of the road". Two reasons for this; first of all, many of you may have heard about a new ordinance that just passed in Barrington Hills <see

Rich's article on page 6 for details>. Since the Honey Do ride encompasses this Village, this ordinance directly affects us. Secondly, last year there seemed to be a dramatic increase in bike related accidents, both within our club and also in general. For those of you that did not attend our March club meeting, we had Jim Freeman, a Lawyer who specializes in cycling accident cases, typically between cyclists and cars, but there is a growing problem with cyclist against cyclist accidents. But that's a topic for another month. Anyway,

he talked about what to do if you get in an accident, what tactics drivers will use against cyclists and of course, the Barrington Hills ordinance. While the first part of the ordinance is straight forward, ride single file while in Barrington Hills, the other part is vaguer, "operating a bicycle in an unsafe manner". He feels that this will be used against cyclists when the police officer is annoyed at the cyclist and wants to charge them with something. He also says that he bets that the BH police will position themselves at the village borders to try to catch riders unaware.

Now I have to ask, how many of you have blatantly gone through a red light or stop sign? I would venture to guess, everyone has. So we need to be extra cautious and not run stop lights, stop signs (at least slow down), block traffic, etc, etc. I have a fear that the other "Barrington's" will be monitoring this situation and will possibly follow suit, making ALL of Barrington restrictive. If anyone gets wind of other Villages working to enact similar laws, we need to get the ATA (Active Transpor-

tation Alliance) involved as soon as possible. But in the meantime, let's try to set a good example for all cyclists and not have the police say "Oh it's the Wheeling Wheelmen again".

Ride smart, be safe.

Meg Ewen

[Accident Checklist.](#)

From Lawyer Jim Freeman's blog spot, for more detailed information visit: chicagobike-law.blogspot.com/2008/09/accident-checklist.html.

There are lots of things one could or should do in an accident, but I like to keep things simple so they are easy to remember in the heat of the moment. Here is my simple checklist:

First and foremost- Don't escalate the situation. Keep your cool at all times.

1. Call the police
2. Get witness and driver information- **do not depend on police to get witness info.**
3. Seek medical attention.
4. Preserve evidence and take pictures.

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She who succeeds in gaining the mastery of the bicycle will gain the mastery of life. Frances E. Willard, How I Learned To Ride The Bicycle, 1895

Club Officials

Elected Officers

President <i>Meg Ewen</i>	630/540-1704
V.P./Ride Chair <i>Brian Blome & Pat Calabrese</i>	847/358-4807
Treasurer <i>Johannes Smits</i>	630/893-2835
Secretary <i>Kevin Moore</i>	847/577-8490
Membership <i>Rich Drapeau</i>	847/808-1476
Publicity Chair <i>Sheri Rosenbaum</i> luv2bike80@hotmail.com	847/368-1762

Appointed Officers

Harmon Chairman	Open
Newsletter <i>Ella Shields</i>	773/594-1755
St. Pat's Ride <i>Tom & Deb Wilson</i>	847/632-1412
Chairmen	
Banquet	Open

Harmon Data Base

<i>Mary Kay Drapaau</i>	847/808-1476
Mileage Statistician <i>Joe Irons</i>	847/359-0551
Newsletter Mailing <i>Tony Vercillo</i>	847/691-7049
Picnic <i>Al & Cindy Schneider</i>	847/696-2356
Refreshments	Open

Ride Line

<i>Frank Bing</i>	847/634-1439
Web Page <i>Jim Boyer</i>	847/541-1325



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 9th (rain date May 16th). 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 847-971-4573 to volunteer your time.

Board Meeting

The next board meeting is Monday, April 20, 7:00 p.m. at the home of Brian Blome & Pat Calabrese.

All Board members are requested to attend.

QUICK TIP: Hard / Easy. Most training plans call for separating hard days with 1 or 2 easy ones. Makes sense. Stress followed by rest is the key to greater strength and fitness without risk of over-training and chronic fatigue. The same thinking works for training weeks. After 2 or 3 weeks of increasing your training time or distance, cut back for a week to consolidate and recover. This is extra helpful during the off-season when you're locked in on making progress but confined inside by weather -- not the most exciting environment. An easy week provides mental relief as well as a physical break.

Edited from roadbikerider.com

CHICAGO BIKE SHOW:

The 2009 Chicago Bike Show has been postponed until the Fall of 2009. New details on date and location to be posted in the Spring, visit www.chicagobikeshow.com for more information.

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 Rich Drapeau with all name, address and phone number changes at 847/808-1476

THE ARLINGTON BIKE SWAP is scheduled for Saturday April 25, 2009. The Arlington Heights Bike Swap is an annual community event featuring hundreds of bicycles.

The swap is held at Centennial Park, 1209 Burr Oak Drive, Arlington Heights, IL. Centennial Park is located adjacent to Riley School.

The Arlington Heights Bike Swap allows everyone to sell or purchase bicycles and bicycle related items. The Arlington Heights Bicycle Club runs the event like a garage sale. Sellers set their own prices. The swap is ideal for anyone who has outgrown their bicycle; has bicycles they no longer use; or want to upgrade their bicycle. In past years, bicycles of all sizes and vintage have been available --- from child sizes to adult sizes and aging from decades old to brand new.

For info see www.cyclearlington.com or email swap@cyclearlington.com

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 *bring money for lunch/snacks		
Sat. 4/4	9:00	3 Options Ride	Fox Grove Forest Preserve Barrington	NW on Rte. 14, R on Kelsey, L on River, L on Roberts for 1 mile.	21/31/ 52	Dave Waycie 847/577-6307
Sun. 4/5	9:00	Loops of McHenry	McHenry County College	Rt. 14 one mile past Il 176in Crystal Lake. Meet in north parking lot.	36/49	Lou Lambros 815/455-9428
	9:00	Heron Creek Short Ride	Heron Creek Forest Preserve	0.2 miles south of Il 22on Old Mc Henry Road, shelter B parking lot	32-47	Dennis Ellertson 847/255-9323
Sat. 4/11	9:00	Lou's Commute	Lakewood Forest Preserve	West on Il 176 to Fairfield, left to Ivanhoe, right to parking on right.	42	Earle Horwitz 847/444-0445
Sun. 4/12	9:00	(Easter) Heron Creek Short Ride	See above		32-47	Betsy & Jim Boyer 847/541-1325
Sat. 4/18	9:00	Honey Lake Loop	Willow Stream Park Buffalo Grove	The park is on Old Checker Rd. west of the Deerfield Bakery.	40	Virginia Savio 847/438-8066
Sun. 4/19	9:00	Harmon Half Century	Wilmot High School	Take I-94 West into Wis. To Exit 345. West on HWY C into Wilmot. Rt. On HWY W. Left into the school entrance.	51	Dave Waycie 847/577-6307
	9:00	Heron Creek Short Ride	See above		32-47	Pat Calabrese 847/358-4807
Sat. 4/25	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	Joe Irons 847/359-0551
Sun. 4/26	Opens 7:00	Spring Forward	American Legion Hall 6517 Main St Union, Il 60180	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
	9:00	Heron Creek Short Ride	See above		32-47	Reinhilde & Len Geis 847/679-0279

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

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	9:00 am as of 4/2	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 847/444-0445
Tuesday Start April 7	6:00 pm	Working Stiff's Ride	18-27	Stempel Parking Lot On the west side of Old McHenry Road, behind the old Shamrock Cyclery West of IL53, Long Grove, IL	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Wednesday Start April 8	6:00 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve See above	Brian Hale 847/426-3290 Cindy Trent 847/392-6750
Wednesday Start April 29	5:30pm	Elgin Twilight Rides <i>Flashing taillights recommended</i>	20-40	Target Store On Randall Road just south of US 20. Park in SE corner of lot.	Al & Cindy Schneider 847/696-2356
Thursday Start April 16	6:00 pm	Thursday Night Ride	30 with alternates as day-light permits	NEW START LOCATION: Heron Creek Forest Preserve. Located on the SW Corner of RT 22 and Old McHenry Road.	Brian Blome 847/358-4807 Rich Drapeau 847/808-1476

Board Meeting Minutes

February 18, 2009

Present: Meg Ewen, Ella Shields, Rich Drapeau, Mary Kay Drapeau, Brian Blome, Pat Calabrese, Kevin Moore and Jim Boyer

The meeting was called to order at 7:15 pm

President's Report: President Ewen reported she had problems with the current practice of meetings on Wednesday nights. After a discussion it was decided to hold the meetings on the 3rd Monday of the month.

-Reported the St. Pat's ride was in good shape, we were ready to hold it, and the insurance company was notified of the event.

-Reported Jim Boyer had obtained the permit for the picnic, which will be held at the same location as last year.

- Reported the feedback she received from the February meeting at the Hoffman Estates library was basically positive; de-

cidied to stay there until further notice; reported she made arrangements with a cycling attorney to speak at the March meeting; discussed the April pizza party, was not sure if the library would allow pizza, and would check on it, discussed having it at Giordano's in Buffalo Grove as in the past, and Meg would check into that.

-Looking for a new Banquet organizer since Kris Woodcock would not be able to do it, will need someone for publicity; decided on holding the banquet at the same location; decided to look into having medals or ribbons for mileage awards in lieu of the trophies; decided to contact local bike shops, gym, other sports facilities for donations for the banquet prizes.

-Discussed the newsletter and other costs, decided to convert into an electronic newsletter, Jim Boyer would check into the process of converting, decided to use a two month transition period where paper newsletters would be mailed as well as a parallel electronic version to ease the transition, decided to

(Continued on page 6)

RIDES OF A DIFFERENT FLAVOR

The ninth 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.

Phone Art Cunningham at 847-963-8746 for 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 TRAIL RIDES				
Date/Time	Ride	Miles	Start/Directions	Ride Host
4/1 9:00	Green Bay / North Shore Canal to Lawrence Ave, Chicago	32	Trumbull Wood Forest Preserve Lake Cook Road east to Green Bay, turn right to parking on the left	Paved Path, short crushed stone segments, connecting streets
4/8 9:00	Douglas, Cuba, Deer Grove Ride	40	Crabtree Nature Center Go west on Palatine Rd. 1 mi. past Barrington Rd.	Paved and some crushed stone and connecting roads
4/15 9:00	Elgin-Geneva Prairie Path Loop	45	East Dundee Depot—Dundee Rd. past IL-25 to Dundee, bear right to E River St., park on the street by depot	Paved and well packed crushed stone
4/22 9:00	Tinley Creek F. P. District Paths	42	Lake Katherine Park., 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
4/29 9:00	Chicago Lake Front Path	32	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 parking lot on left.	Paved path, lunch at Navy Pier

ROLL RAPIDLY OVER SHORT HILLS

Cycling coach **John Teaford** has an energy-saving technique for climbing short hills fast. He calls it the "miracle shift."

Teaford will tell you that roadies who excel on rolling hills know how to apportion their energy. They don't sprint like mad at the bottom and then blow to the moon before the top.

To do it right, you need to take a careful reading of your energy on the given ride. You also need to accurately size up the climb's length and grade.

As you approach a hill that'll take 15-60 seconds to get over, shift to a gear that's a bit lower than you'd normally use.

Stay seated and spin briskly for about two-thirds of the climb. If you're with others, they'll probably be standing and pedaling slower in a bigger gear. Maybe they'll pull ahead. Don't worry,

because in the last third of the climb you'll have more left than they will.

You've saved your legs, now cash in!

In the final third of the hill, shift to the next smaller cog or two (higher gear), stand, and apply the pressure. Your legs will have some snap, thanks to the low-resistance spinning that got you to this point.

You'll roll right by your companions, who are bogging down in the relatively big gears they've used for the whole hill. It'll cost them plenty to accelerate and match your speed.

Time this shift right and you'll be amazed at how much you improve your short-hill climbing. You'll be calling it a miracle too!

From roadbikerider.com

Dear WW members:

We recently learned that the Village of Barrington Hills has passed a new law regarding riding bicycles on Village maintained roads.

BICYCLE SEASON
NEW SAFETY ORDINANCES

Effective January 26, 2009, the Village Board of Trustees passed two bicycle ordinances for the village roads. The Ordinances are in part due to comments and safety concerns from residents during the 2008 Police Survey.

Signs will be posted before the Ordinances go into effect as official Code on Village maintained roads. Go to www.barringtonhills-il.gov. See the Code Button on the left. Search for the Bicycle Ordinances which are in the process of being codified. This will take you to: <http://sterling.webiness.com/codebook/index.php> for full details of the two Ordinances.

Mandate of Single File Bicycle Riding.

(a) Persons riding bicycles upon a roadway within the Village shall only ride single file. Persons riding bicycles on a roadway are hereby prohibited from riding side by side.

Negligent Operation of Bicycles.

(a) It shall be unlawful for any person to operate a bicycle upon a roadway within the Village in a manner which is negligent or creates a risk of bodily injury or damage or loss of property.

(b) Any violation of this Section, by any person, shall constitute a minor violation under Section 9-9-3 of the Village Code.


After receiving confirmation from Jim Freeman, the attorney who spoke at the club meeting that Barrington Hills can legally set bike rules for the roads that they maintain, I checked the boundaries for BH. Essentially the entire Honey-Do ride and Wed night ride are on their roads. The village starts at Penny Rd & Sutton in the SE to Penney Rd Bateman SW to Haegers Bend & Algonquin Rd NW and Plumb Tree & NW Hwy NE. It follows NW Hwy all the way to Old Hart and then again Dundee & Otis.

According to Jim, this does not mean that we cannot ride in paelines or pass slower cyclists. It does mean that riding in the middle of the road and impeding traffic could result in a ticket and fine.


Remember "share the road" is not just a slogan.

Rich Drapeau

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1313 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650
203 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200

(Continued from page 4)

shoot for a transition this summer.

Membership: Rich reported we have 137 members signed up at this time , and other renewals are trickling in, and he would create email groupings for use with the electronic newsletter.

The next Board Meeting was scheduled for April 20, 2009 at 7:00 at Brian and Pat's house.

The meeting was adjourned at 8:25 pm

TOMRV JUNE 13 & 14

Tour of the Mississippi River Valley, enjoy a challenging ride on scenic roads, through Midwest farmland, and along the Mississippi River

Leave on Saturday from Bettendorf, Iowa (106 miles) or from Preston, Iowa (67 miles) and travel to Clarke College in Dubuque, Iowa. The next day return using a different route to Bettendorf (88 miles) or to Preston (44 miles). The route is varied and scenic, using lightly traveled paved roads.

www.qcbc.org/tomrv

INVITATIONALS

April 19, Folks on Spokes Easter Ride,
University Park 16/50/68, \$15 by 4/5 \$20 after.
www.folksonspokes.com/easter.html

April 26, Spring Forward, 18/31/62 miles, \$15
by 4/10, \$20 after. American Legion Hall, Union , IL
schaumburgbicycleclub.org/spring_forward/

May 2, Tour de Stooges, Highland, IL. 15-64 miles \$30,
314-644-4660 www.stooges.rogerkramercycling.org
tourdestooges@rogerkramercycling.org

**WHEEL & SPROCKET BIKE EXPO
APRIL 2-5**

Thursday, April 2 : 4PM - 9PM

Friday, April 3 : 4PM - 9PM

Saturday, April 4 : 9AM - 6PM

Sunday, April 5 : 10AM - 5PM

Wisconsin Exposition Center Bike show and bike sale featuring
over 1500 bikes fully assembled and ready to ride!

Visit with factory representatives and experts, clinics, seminars
and more! Shop for 1000's of bike parts, accessories and clothing.
Location: 8200 W Greenfield, Milwaukee, WI.

Admission Information: Free

www.wheelandsprocket.com Contact: 414 529.6600

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 every-one'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
August 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
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,
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
205 W. Northwest Hwy
Barrington,
847/382-9200

We support:

- *The League of American Bicyclists
- *The League of Illinois Bicyclists
- *Active Transportation Alliance
- *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