



MONTHLY MEANDERS

PREZ SEZ

Well, do you suppose it was the cookies, the cheerful workers or the beautiful spring weather, that brought out 400+ riders out to the St. Pats ride (see full recap in adjacent article). Whatever the reason or reasons were, it was great to see such a huge turnout! Yours truly here was the rookie on the parking team and it was inspiring to see the parking lot fill up. So thanks to all who participated, both on and off the bike.

Now that the 2009 riding season is officially underway, you can almost feel the pent up energy as the biking hermits come out of their caves and bask in the warmth of the sun or endure the chilly air, depending on the whim of Mother Nature. I'm hoping that we will eventually start to see consistently "nice" weather and get out on a regular basis. I'm tired of wearing layer upon layer. I have new short sleeve jersey that I am anxious to show off!

Ride Smart, Be Safe

Meg Ewen

May, 2009

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St. Patrick's Day Ride Draws 402 riders

The sun was shining, the wind was calm and 402 individuals were all smiles as they came out to support the Wheeling Wheelmen's St. Patrick's Day ride. The crowd raved about the well-marked routes and the wonderful cookies as they shared their experiences about the ride. The riders consumed countless dozens of cookies, twenty gallons of Gatorade, one hundred twenty cups of coffee and an undetermined amount of hot chocolate. Kudos and much appreciation to all of you who volunteered, from the outstanding marking crew, to the folks who handled marking, parking, sag, or manned registration, to those who set up, cleaned up, or baked cookies. It takes everyone to have such a wonderful event and many hands make the load light. The many compliments from the riders confirm the caliber of the event and the quality of our members. Tom and I appreciate the service of everyone.

Sincerely,

Tom and Deb Wilson

"Life is like riding a bicycle.
To keep your balance you
must keep moving."

~Albert Einstein

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

Rich Drapeau 847/808-1476

Publicity Chair

Sheri Rosenbaum 847/368-1762

luv2bike80@hotmail.com

Appointed Officers

Harmon Chairman **Open**

Newsletter

Ella Shields 773/594-1755

St. Pat's Ride

Tom & Deb Wilson 847/632-1412

Chairmen

Banquet **Open**

Harmon Data Base

Mary Kay Drapeau 847/808-1476

Mileage Statistician

Joe Irons 847/359-0551

Newsletter Mailing

Tony Vercillo 847/691-7049

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

TOP 20 MILES

Reported through April 10

13 rides by 51 members

Men:

1	Kilian	Emanuel	457
2	Art	Cunningham	370
3	Leonard	Geis	346
4	Joe	Irons	289
5	Frank	Bing	276
6	Kurt	Schoenhoff	274
7	Paul	LeFevre	238
8	Alan	Gibbs	228
9	Anthony	Vercillo	204
10	Joe	Beemster	202
11	Earle	Horwitz	200
12	Bruce	Lloyd	157
13	Bob	Dominski	140
14	Dennis	Creaney	126
15	Richard	Drapeau	122
16	Thomas	Kress	122
17	Louis H.	Greene	120
18	Jim	Flechsigg	119
19	Jim	Boyer	79
20	Brian	Blome	76

Women:

1	Reinhilde	Geis	346
2	Virginia	Savio	171
3	Sheri	Rosenbaum	164
4	Mary Kay	Drapeau	112
5	Ella	Shields	82
6	Betsy	Burtelow	79
7	Meg	Ewen	78
8	Pat	Calabrese	76
9	Debbie	Wilson	76
10	Pam	Burke	62
11	Donna	Ponte	36
12	Peggy	Reins	36

Board Meeting

The next board meeting TBA



KNOW WHEN IT'S TIME TO REPLACE YOUR HELMET

Any time your helmet is involved in an accident, it's likely to get damaged. Since damage isn't always easy to spot visually, replace the helmet after any significant impact, even if everything "looks" okay. You should also replace your cycling helmet after 5 years, even if it hasn't been involved in a crash, since pollution, UV light and weathering can weaken its component parts over time.

QUICK TIP: Play It Safe. If a **spoke** breaks during a ride you'll probably hear the snap, and maybe you'll hear it tap the frame or fork on every wheel revolution. Stop your cus-sin' and stop your bike. You need to make sure this problem doesn't lead to something worse. If the spoke broke at the hub end, unscrew it from the nipple and remove it from the wheel. If you can't, at least twist it around an adjacent spoke so it can't flop around and snag something. This is particularly important when a spoke breaks on the cassette side of the rear wheel. Left dangling, it could snag the derailleur the next time you shift to low gear. We've seen it happen and damage the derailleur, dropout and wheel. After securing the spoke, open the brake's quick release to give the rim room to wobble and gingerly ride home (or to the bike shop).
From roadbikerider.com

HORSEY HUNDRED

The 32nd annual Horsey Hundred will be held the weekend of May 22-25, in Georgetown, Kentucky

For information visit www.bgcycling.net

Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
May 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. 5/2	9:00	Walworth Flats	McHenry County College	Rt. 14 one mile past Il 176in Crystal Lake. Meet in north parking lot.	58	Dave Waycie 847/577-6307
Sun. 5/3	9:00	Wauconda Bull Valley	Lakewood F.P	West on Il 176 to Fairfield, left to Ivanhoe, right to parking on right	37/49	Paul LeFevre 847/670-3501
	9:00	(Chocolate Fest) 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	Tony Vercillo 847/691-7049
Sat. 5/9	9:00	Nifty Fifty	Target Store, Elgin	Randall Rd. just south of US-20. Park on SE corner of lot.	51	Cindy & Al Schneider 847/696-2356
Sun. 5/10	9:00	(Mother's Day) 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	Kilian Emanuel 847/296-7874
Sat. 5/16	9:00	Antioch Classic	Antioch School	I-94 to Il. 173 west just past Il. 59, turn right on Tiffany left at sign for school	58/80	Art Cunningham 847/963-8746
Sun. 5/17	9:00	Arlington 500	Barrington H.S.	On Main St. (Lake Cook Rd) West of Rt. 59. North on Hart Road. Use west lot.	44/55/ 68	Invitational
	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	Frank Bing 847/634-1439
Sat. 5/23	9:00	LaGrange/ Concord	LaGrange General Store	US 12 west past Elkhorn to County H	65/102	Cindy & Al Schneider 847/696-2356
Sun. 5/24	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	Reinhilde & Len Geis 847/679-0279

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

Continued on page 4

May Schedule cont'd	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		
Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
Sun. 5/24	9:00	Rural Wisconsin	Eagle, WI	US 12 west past Elkhorn to WI 67 north to Eagle. Park on street.	67/93	Cindy & Al Schneider 847/696-2356
Mon. 5/25	9:00	Hills & Horses	Rose School	I-90 to Rt.59 north, turn right on Penny Rd. to the school just past Bartlett Rd	39	Meg Ewen 630/540-1704
	9:00	Triple L	Lyons, WI	I-94 north, Exit Hwy 50 west, go north on South Rd. to Lyons	77	Cindy & Al Schneider 847/696-2356
Sat. 5/30	9:00	Binnie Woods Ride	Binnie Woods F.P	I-90 west to Randall Rd., north to Binnie Rd west to Forest Preserve	67/109	Paul LeFevre 847/670-3501
Sun. 5/31	9:00	Heron Creek Short Ride	Heron Creek Forest Preserve	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	32-47	Louis Greene 847/925-0629

WEEKLY RIDES

Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturdays through Oct	8:00 am	Honey Do Ride	30-58	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Brian Hale 847/426-3290
Tuesday & Thursday	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 847/444-0445
Tuesday	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	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	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	6:00 pm	Thursday Night Ride	30 with alternates as daylight permits	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

RIDES OF A DIFFERENT FLAVOR

The bike paths/trails on the May Schedule include some with packed crushed limestone surfaces. I generally use my hybrid bike on these trails but many are smooth, hard and well maintained and suitable for narrow tired road or touring bikes. At worst one may have to dismount and walk across an area where there has been water erosion or the surface isn't packed because of fresh repairs. These are rated ***, **approved for narrow tires** although narrow tires lose the advantage that they have on

smooth pavement. Other trails where rougher, less packed surfaces are more likely to be encountered are rated **, **wide tires recommended**. The less developed trails or those where the condition is not known are rated *, **wide tires required**. Let me emphasize that all trails are well developed, no off road conditions. Of course road bikes are well suited for paved trails.

Phone Art Cunningham at 847-963-8746 for more information or on my cell phone, 630-329-4802 on the morning of the ride.

Art Cunningham

MAY TRAIL RIDES				
Date/Time	Ride	Miles	Start/Directions	Ride Host
5/6 9:00	Long Prairie Trail Ride	60	County Rd. Trail Access Take US-14 to Harvard, go left on IL-173 to County Line Rd, right 0.2 miles to parking on the left.	Mostly paved, crushed stone sections ***
5/13 9:00	Medley of Trails – Deer Grove Woods to Prospect Heights	40	Nichols Hill Golf Course From Dundee Rd. turn north on Kennicott to end, 1 st lot on left, bottom of hill.	Packed crushed stone and paved paths, short unimproved trail / roads **
5/20 9:00	E. Great Western Tr./E. Prairie Path	42	Kline Farm, Winfield From North Ave, left. (s) at Country Farm Rd., ¼ mi., lot on right	Packed crushed stone, some paved ***
5/27 9:00	Fox River/ McHenry Prairie Trail to Ringwood	46	East Dundee Depot West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved path

GET OUT OF A RUT

Grooves in the road running parallel to your direction of travel can catch your wheels and snatch bike control.

Concrete roads are notorious for wheel-eating seams. Ruts, crevices, fractures and furrows carved by machinery can appear on any paved surface and too often when you least expect them.

Keep your eyes up to spot these dangerous fissures. They're harder to see in shady sections or on roads with patches. Anticipate the possibilities so you can ride a smooth line that keeps your wheels away from risky sections.

What if a crack does catch your wheels?

If it's short and straight, don't panic. Coast, crouch like a jockey with good balance, and ride it out. Pull up on the handlebar at the exit to lighten the front wheel and reduce any impact.

There are 2 dangers when you respond the wrong way:

If you try to turn your front wheel out of a rut, the wheel can catch on the edge and wash out, taking you down.

If you slam on the brakes, that'll leave your wheels trapped, upset your balance, and you could fall over.

However, you might need to get out quickly if the rut leads to something worse. If it's not too deep, the trick is to lighten the bike by rising off the saddle and pulling up slightly on the handlebar and pedals at the same time, then steer to the side. After your front wheel glides out, the rear will follow because you've taken your weight off it as well.

Some ruts are really nasty, though. They're deep with nearly vertical sides. Steering out won't work. In this case, you have to jump the bike up and to the side. This is a technique you need to practice on a soft surface (a large grassy field) before you try it on pavement.

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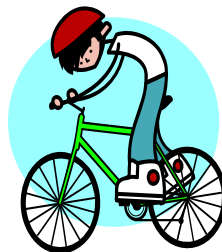
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VOLUNTEERS NEEDED FOR BIKE RODEO

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.

GOING DOWNHILL FAST

Brakes

Make sure that your brake pads have at least ¼" of wear left on them

Brake pads should hit only the rim; pads rubbing the tire can cause a blowout

There should be 1" or more between the lever and bars with brakes depressed

Speed control

If you do not know the road or traffic volume, ride with extra caution

Hazards are harder to avoid at high speed, especially while turning

Do not overtake motorists unless the road allows it

Ride predictably

Remain in the same portion of the roadway down a curvy descent

Take the lane if you are traveling the same speed as motorists

Take the lane if the road is narrow and curvy regardless of speed

Braking technique

Long descents require uniform pressure on front and rear brakes

Constant braking can overheat the rims resulting in loss of braking response

Brake before a curve

Safety

Riding upright will increase wind resistance and help slow you down

Always keep both hands on the bars; slow down if the bike shakes at high speed

Slow down for wet rides; ask ride leaders about general road conditions

From: www.bikeleague.org

INVITATIONALS

May 2, Ride the Ups & Downs, Elizabeth, IL 25/31/52/61 \$15 by 4/30 \$20 after 815-275-0041 bausmana@juno.com
www.elizabeth-il.com

May 3, QuadruPedal Spring Century, Dodgeville, WI. 35/55/85/100 \$25 youth \$45 adult 608-935-6383 ichs@mhtc.net
www.ichs.net/quadrupedal.html

May 16, KR Bike Club Annual Ride, Waterford, WI. 10, 25, 44, 63, 100 miles, \$25 by 5/3, \$30 after, 262/939-4577
krbikeclub@hotmail.com

May 17, Arlington 500, Barrington High School, 30, 44, 54, or 68 miles. \$10/\$15.00. www.cyclearlington.com
500@cyclearlington.com

May 20, 7:00 PM. Ride of Silence – Arlington Heights 10 mile loop, starting and ending at Recreation Park, 500 E Miner St, An international event to honor those who have been injured or killed while bicycling on public roadways. www.cyclearlington.com
rideofsilence@cyclearlington.com

May 23 & 24, Blackhawk Country Roads, Rockton, IL, 10,30,45,60 miles, \$16.00 by 5/16, 815/988-6943, rplantz@aol.com, blackhawkbicycleclub.org

May 24, Bike the Drive, Chicago, Ride on Lake Shore Drive, 15/30 miles, \$40. 312-427-3325 www.bikethedrive.org/

The **Wheeling Wheelmen Bicycle Club** 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
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