



MONTHLY MEANDERS

PREZ SEZ

As popular as the fund drives on PBS, I want to focus this month's President's message on "Why Volunteer". I chose this topic because the Wheeling Wheelmen, YOUR club, has several positions that are currently available. For example the Banquet, which Kris Woodcock ran splendidly for many years, needs someone to help organize it. If that's not your cup of tea, there are a wide range of other positions that are also available, in fact, if someone wanted to take on a role already filled, I'm sure the person in that role would be happy to take on something else. So back to my "Why Volunteer" topic. I came across this article (<http://www.umsl.edu/services/volunteer/about/whyvolunteer.html>) and while it is targeted towards volunteering in a civic or community organization, I thought it had a few key points common to any club.

Volunteering is the perfect conduit to develop a new skill or to discover a new talent. It is never too late to realize new skills or accumulate knowledge.

Volunteering brings together a diverse range of

people with varied backgrounds. Both the recipients of your volunteer efforts and your fellow volunteers can be a valuable source of inspiration and an exceptional method to expand your interpersonal skills.

Volunteering around a personal interest or hobby can be enjoyable, relaxing, and revitalizing.

Volunteering offers opportunities to lead by persuasion, show innovation, and share your ideas and values.

If you thought the Wheeling Wheelmen was just about riding in a group, you haven't experienced the whole club. It's about biking, yes, but also making lasting friends that also share your passion for cycling. Let's face it, how well can you really get to know someone doing a pace line? Volunteering is one good way to deepen friendships and make new ones. You don't have to "be in charge" to volunteer, just offer to help. Take the Banquet for example, maybe offer to do the gag gifts. As a team, the members of the Wheelmen can make the club a more vibrant organization...don't delay, volunteer today!

I can be reached at ibagoalie@comcast.net

Ride Smart, Be Safe,

Meg Ewen

As you all know the cost of postage is continually going up. In order to save costs and as a side benefit, the Wheeling Wheelmen are going "green". This is the last paper copy that you will receive. Next issue of the newsletter will be mailed electronically to all paid members. For those without email accounts please contact Meg at (ibagoalie@comcast.net) and we will make alternate arrangements,

The newsletter will also be posted on our web site as well as archived past issues.

June, 2009

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Like dogs, bicycles are social catalysts that attract a superior category of people"
Chip Brown

Club Officials

Elected Officers

| | |
|--|--------------|
| President | |
| <i>Meg Ewen</i> | 630/540-1704 |
| V.P./Ride Chair | |
| <i>Brian Blome</i> | 847/358-4807 |
| <i>& Pat Calabrese</i> | |
| Treasurer | |
| <i>Johannes Smits</i> | 630/893-2835 |
| Secretary | |
| <i>Kevin Moore</i> | 847/577-8490 |
| Membership | |
| <i>Rich Drapeau</i> | 847/808-1476 |
| drapeau730@comcast.net | |
| Publicity Chair | |
| <i>Sheri Rosenbaum</i> | 847/368-1762 |
| luv2bike80@hotmail.com | |

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 Drapeau</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 |

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 Through May 5 36 ride by 66 members

| | | |
|-------|------------------|-----|
| Women | | |
| 1 | Reinhilde Geis | 578 |
| 2 | Sheri Rosenbaum | 388 |
| 3 | Virginia Savio | 278 |
| 4 | Betsy Burtelow | 243 |
| 5 | Pat Calabrese | 218 |
| 6 | Mary Kay Drapeau | 203 |
| 7 | Ella Shields | 184 |
| 8 | Peggy Reins | 166 |
| 9 | Debbie Wilson | 152 |
| 10 | Meg Ewen | 137 |
| 11 | Barbara Barr | 131 |
| 12 | Pam Burke | 131 |
| 13 | Donna Ponte | 112 |
| 14 | Cindy Schneider | 88 |
| 15 | Pam Kaloustian | 83 |
| 16 | Fran Green | 35 |
| 17 | Marianne Kron | 35 |
| Men | | |
| 1 | Kilian Emanuel | 903 |
| 2 | Art Cunningham | 705 |
| 3 | Leonard Geis | 583 |
| 4 | Alan Gibbs | 534 |
| 5 | Anthony Vercillo | 498 |
| 6 | Paul LeFevre | 490 |
| 7 | Kurt Schoenhoff | 489 |
| 8 | Frank Bing | 457 |
| 9 | Joe Irons | 416 |
| 10 | Earle Horwitz | 362 |
| 11 | David Waycie | 361 |
| 12 | Joe Beemster | 350 |
| 13 | Bruce Lloyd | 288 |
| 14 | Jim Flechsig | 284 |
| 15 | Jim Boyer | 271 |
| 16 | Louis H. Greene | 242 |
| 17 | Dennis Ellertson | 240 |
| 18 | Brian Blome | 235 |
| 19 | Dennis Creaney | 226 |
| 20 | Richard Drapeau | 221 |



Dave Naigles
Randy Kettering
Kurt Schoenhoff

RENTABIKENOW.COM is a new North American rental service that offers bikes, accessories and tours through a network of bike shops. By selecting a destination, dates and type of bike, travelers to the U.S. or Canada can search among various styles of bikes -- road, recumbent, MTB and even kids' -- and then reserve the one that suits their needs. Bikes are presented online with specs and rental prices, along with shop information. The U.S.-based company says it plans to expand its network worldwide.
www.rentabikenow.com

PRODUCT RECALLS:

Specialized is recalling about 3,000 **Roubaix Comp** and **Roubaix Pro** road bikes from the 2004 model year. The problem is a faulty cable stop on the down tube. It can loosen and cause loss of bike control. Two crashes have been reported, resulting in bone fractures and surgery. Only bikes with a single rivet fastening the cable stop are being recalled; those with a double rivet are not. The problem bikes were made in Taiwan and sold in the U.S. from September 2003 through August 2004 for between \$1,600 and \$4,000. If you have one, stop riding it and take it to a Specialized dealer for a free repair. More info when available will be at tinyurl.com/dkz736

Rack maker Thule is recalling **Fit Kit numbers 3068 and 3069** used in conjunction with its 460 and 460R **Podium Foot Packs**. Bolts provided may be brittle and break with or without a load, allowing the rack to detach from the vehicle. Not good when cruising down the highway. The Fit Kits were sold at bicycle, sporting goods, and automobile supply stores between January 2008 and March 2009. If you have an affected rack, stop using it until the bolts are replaced. Recall details are at tinyurl.com/crs7dc

| Date | Time | Ride Name | Starting Location | Directions | Miles | Ride Host |
|--------------------|--------------------|---|--|---|------------------|--|
| June 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 | | |
| Sun. 6/7 | 8:00 | Udder Century | Union, IL | See www.mchenrybicycleclub.org . | 31/50/ 62/100 | Invitational Look for sign up sheet at registration |
| | 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 | Len & Reinhilde Geis (847)679-0279 |
| | 9:00 | Big Rock | Rutland F.P. | I-90 W, exit Rt. 47, left to Big Timber, left to forest preserve, entrance on left. | 55/70/ 93/100 | Cindy &Al Schneider 847/696-2356 |
| Sat. 6/13 | 9:00 | Loops of Lyons | Fellows Park, WI. | Rt.12 N to County H east veer left into Genoa City, left on Fellows Rd and to the park. | 50/71/ 100 | Cindy &Al Schneider 847/696-2356 |
| | 8:00 | TOMRV | Bettendorf /Preston Iowa | See www.qcbc.org | 109/68 | Excursion |
| Sun. 6/14 | 8:00 | TOMRV | Dubuque, Iowa | See above | 41/86 | Excursion |
| | 9:00 | Root Beer Social | McHenry County College | Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot. | 58/82 | Dave Waycie 847/577-6307 |
| | 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 | Kilian Emanuel 847/296-7874 |
| Sat. 6/20 | 9:00 | Triple Deerpas | Evergreen School. Union | I-90 west to US 20 to Coral. Turn R to Northrop. Turn L to Washington. Turn R to school | 66 | Art Cunningham 847/963-8746 |
| Sun. 6/21 | 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 |
| | 9:00 | Fontana Ride | McHenry County College | Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot. | 71 | Barb Barr 630/628-6267 |
| Sat. 6/27 | 9:00 | City of the O's | LaGrange General Store, WI. | US 12 west past Elkhorn to County H | 50/88 | Cindy &Al Schneider 847/696-2356 |
| Sun. 6/28 | 9:00 | Wall to Wall | Fellows Park, WI | Rt.12 N to County H east veer left into Genoa City, left on Fellows Rd.and to the park. | 68/104 | Cindy &Al Schneider 847/696-2356 |
| | 9:00 | (Strawberry 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 | Pam Burke 630/872-9238 |

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

WEEKLY RIDES

| | | | | | |
|--------------------|---------|--|--|---|--|
| Saturday | 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 day-light 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 |

JUNE TRAIL RIDES

| Date/Time | Ride | Miles | Start/Directions | Ride Host |
|--------------|--|-------|---|--|
| 6/3 9:00 | North Branch/ Botanic Garden | 32 | TBA | Paved Path – Len & Reinhilda Geis 697-0279 |
| 6/10 9:00 | North Sore/Green Bay to Lake Bluff | 45 | TBA | Paved Path – Len & Reinhilda Geis 697-0279 |
| 6/17 9:00 | Old School Forest Preserve to Kenosha | 63 | <i>Parking Lot D, Old School Forest Preserve</i> IL 176 to St. Mary's Rd.; south to Forest Preserve on the left. Park in shelter D lot. | Packed crushed stone, paved *** |
| 6/24 9:00 | Senior Day at Independence Woods | 39 | <i>Half Day Forest Preserve</i> Go north on Milwaukee Rd. to Half Day; continue str. .7 mi. to F. P. entrance on rt.; park in first lot to rt. | Packed stone. Free lunch & entertainment |

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

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JOIN US FOR THE ANNUAL WHEELING WHEELMEN PICNIC ON SUNDAY, JULY 12

Rides will start @ 9:00
and 10:00 am

Food will be served afterward,
about noon

New this year: BYOB

*(We will have a communal ice chest if you want
to share your beverages)*

*Fox River Preserve & Marina
Small Shelter
(Shelter to the left as you enter)*

Located on Roberts Road, south of
Rt. 176 and west of Rt. 59.

Please RSVP to Al & Cindy Schneider
at 847/696-2356



A big thank you to Linda Heeter, Joe Beemster, Mariann Kron and Barb Barr for volunteering to help me with the Bike Rodeo. The weather wasn't the greatest but those riders that came out were

sure to have a great fitting helmet. Also the Wheeling Wheelmen received lots of positive exposure prior to the event. We got mentioned in the Buffalo Grove printed Newsletter that goes out to every BG address, the BG eNewsletter, the Police email Blotter and the BG web site. --Sheri Rosenbaum

WE ARE "SPECIAL"

Remember the Church Lady from Saturday Night Live. This was a character played by Dana Carvey. One of the famous lines from that character was "Well isn't *that* special". Yes Dana, belonging to the Wheeling Wheelmen is special. Our club has a long history of community involvement, supporting local and national bicycling related causes.

Foe example, we have been supporting the Village of Buffalo Grove by attending the annual bike rodeo. At the rodeo we promote safety by making sure each child's helmet is fitted properly. Kudos to all the members who have volunteered. We have also donated a bicycle to the BG police department. Last year we offered our service to assist the Village in their quest to become recognized as one of the League of American Bicyclist

Bike Friendly Communities. BG recently received an Honorable Mention Award form LAB which is the first giant step to achieving higher levels. I expect the WW will have an opportunity to join a citizen committee which will assist the Village with future bike planning.

Perhaps one of our Long Grove members could reach out to that Village. I'd be happy to show you how. My contact information is in the newsletter.

Congratulations, you are a member of a "special" club. It's time for you to take a pull into the wind. It doesn't have to be a long pull, just enough to help move the club a little bit forward.

Adios for now.
Rich Drapeau

BIKE PATH SCOOP APRIL, 2009

Du Page Salt Creek Bikeway

The Salt Creek watershed covers much of the area we bike. My home is next to the West (Hoffman Estates) Fork of the Salt Creek in Inverness and one of our Rides of a Different Flavor bike trail tours follows the paths around the South Ridge Lake Park's retention ponds in Hoffman Estates, the source for the West Fork. Other ROADF rides follow the source of the North Fork in Deer Grove Forest Preserve, one of Cook County's oldest, for miles on the Palatine Path. The Rolling Meadows Salt Creek Path continues for more miles to where the North & West Forks join near Rolling Meadows High School before flowing into the reservoirs in Busse Woods Forest Preserve. I was therefore interested in reports of progress reported on the Du Page County Salt Creek Bikeway which goes from Busse Woods to the Cook County Salt Creek Path to Brookfield near the Zoo.

After several exploratory rides last year and some browsing on the internet I set off with two biking companions, Donna Ponte' and Marilyn Wilkerson to explore the route. I had decided on one that would best follow the planned and existing bikeway. The first sited sign marking the Salt Creek Bikeway is on the northwest corner of the Busse Woods loop path. Here a spur goes to Elk Grove Blvd. The bikeway requires the cooperation of each community through which it passes and unfortunately this was lacking with Elk Grove. No big problem, passage through Elk Grove is mainly on lightly travelled residential streets. Proceeding down Elk Grove Blvd. to Kennedy Blvd we went right to Cyprus Ln. We turned left and followed Cyprus Ln. to the end and turned right on Walnut Ln. to Ridge Ave. and right to Devon Ave.

Crossing Devon Ave. we entered Du Page County and Wood Dale. The Salt Creek Bikeway through Wood Dale is well marked following on-road bike lanes through a lightly traveled, industrial & office area and miles of paved off-road paths along an opened greenway. A short stretch of the path along Prospect Ave. (an extension of Arlington Heights Rd,) where a number of small industrial firms are clustered demands extra caution. Just beyond this is an impressive bridge over Irving Park Rd. About a mile down the path where the path makes an abrupt right turn there is a path on the left. We turned here and then to the right on Forest Preserve Drive to Addison Rd. We crossed Addison Road and followed a crushed stone path and F. P. road through Salt Creek Forest Preserve. The road exits on Elizabeth Dr. We took this to Wood Dale Rd. We turned right at Wood Dale Rd. which becomes Villa Park Rd. at Lake St. We went just under 4-miles before crossing rail tracks. Just after crossing the tracks we saw a bikeway sign pointing left to Thomas St., a short residential street where the off-road path begins. The stretch down Villa Park Rd. was semi-busy and was the largest remaining gap in the bike-way. There is a 2 ft. shoulder in the Wood Dale section, but the majority of the Addison section has no shoulder and the pavement is in poor condition. This is the most serious gap remaining in the bikeway.

An off-road paved path at the end of Thomas St. follows along Salt Creek and ends on a local street. Following the signs, the street intersects the Prairie Path on which we headed east over Salt Creek and IL-83. We turned right onto Prairie Path Lane which runs parallel to the path immediately after crossing the bridge and then right on Fairview, a lightly traveled residential street. There were no route signs. An off-road paved path that follows along Salt Creek starts at the end of the street. The remainder of the bike-way route is well marked. The majority of the route to the 7-mile Cook County Salt Creek Path is on paved off-road paths or less traveled streets with bike lanes. These took us across Butterfield Rd. and under Roosevelt Rd. and east on a bike lane on a service road to York Woods Forest Preserve. A long bike bridge over I-88 the took us to an off-road path following along York Rd. A segment of the path fronting the Oak Brook Golf Course is the only crushed stone path outside of the Du Page Co. forest preserves we had traversed. After crossing 31st St. a bikeway sign on the path directed us to take a left turn on Canterbury Ln., a short side street, at the end of which is an off-road trail. This leads to an I-294 underpass to the beginning of the 7-mile Salt Creek Path ending at a forest preserve parking lot adjacent to the Brookfield Zoo parking lot. The path traverses a wooded greenway closely following the creek. From this point, Salt Creek flows through the western edge of the Zoo and turns east to join the Des Plaines River in Riverview, Chicago's first planned community. A short way down the river in Chicago Portage Woods is the site of the Indian portage which became the Michigan and Illinois Canal.

We stopped short of riding to the end of the Salt Creek Path and stopped at Westchester for lunch at the only place where restaurants were close to the bikeway. We returned via the same route quite satisfied with the ride. I hope to schedule this ride to the Wednesday ROADF tour series in July.

Art Cunningham

CYCLE ZYDECO 2009

Laissez les bon temps rouler!

(Let the Good Times Roll)

About 350 fun-filled bicyclists from 37 states converged on Louisiana Cajun Country April 15, beginning a four-day ride through the towns of Lafayette, St Martinsville, Breaux Bridge, Arnaudville, Washington, Mamou, Eunice and Grand Coteau. This event was not about scenery like the Buttes of Utah or the snow-capped Rockies of Colorado, but rather about history, culture, music, cuisine and genuinely friendly people in a very unique region of our country.

The Ride

The ride itself meandered through the countryside on quiet roads showcasing crawfish farms with red bobbers as well as sugar cane, wheat, and rice fields. The tour finished in a grove of 100-150 year-old statuesque live oak trees, covered with Spanish moss, at the Academy of the Sacred Heart.

The terrain was very flat with some rough roads, but companionship en route and anticipation of music, dancing, drink, and food in the towns softened the rough experience.

One unique stop along the way was a boat tour of the Atchafalaya Basin, which is the nation's largest swamp wilderness. With over 600,000 acres measuring 20 miles wide by over 150 miles in length, this basin houses nationally significant expanses of bottomland, backwater lakes, swampland, bayous, and hardwoods such as the bald cypress. It supports over one-half of America's migratory waterfowl and contains over 200 species of birds. It also contains the fifth largest fish crop in the U.S. and yields over 23 million pounds of crawfish annually.

This ride was not a race, leisurely averaging between 43-56 miles each day with ample rest stops and towns to stop and soak up the history and culture.

History and Culture of the Area

Following the start of the French Indian War in 1754, the British deported the French from Nova Scotia for refusing to swear allegiance to the English king and to forsake Catholicism to become Episcopalians. Known as Acadians, they have a well-documented rich history, visible in both towns and countryside en route.

Riders had the opportunity to visit museums and historical sites that shared the Acadian pilgrimage to southwest Louisiana. For example, St. Martinsville is not only the home of the Acadian Museum, but also of Edward Simon, who met Henry Wadsworth Longfellow while attending Harvard Law School, and after sharing the story of the Acadian exile with him, Longfellow wrote "Evangeline" which immortalized the exile.

Regional Characteristics

Music – Zydeco was the music of choice morning, noon, and evening with dancing shoes a must for riders. **Zydeco**, for those unfamiliar with it, has its roots in folk music that evolved in southwest Louisiana in the early 20th century. Usually characterized by a polka tempo and dominated by the button accordion and a form of a washboard known as a "rub-board"; it is really a unique and fun-filled experience easily enjoyed while toasting a local beverage.

In Eunice on Saturday evening at the Liberty Theater, we saw "Rendezvous des Cajuns," a live NPR and TV broadcast including the Jambalaya Cajun Band. The broadcast was in French and English with a dance floor in front of the stage for the audience of 500 to show their dancing talent.

For legs not easily exhausted by bicycling 50 miles, there were many opportunities for additional exercise on dance floors multiple times throughout the day.

Cuisine – With several of the meals included, we had many opportunities to taste the local flavors throughout the ride. Crawfish etoufee, jambalaya, dirty rice, broiled prawns, Jalapeno cheese bread, rabbit with a rich brown gravy, and bread pudding with white chocolate sauce were just some of the dishes. Boudin, a Cajun sausage mixed with meat, rice and spices in a casing similar to what is used for bratwursts, was complimentary at locations along the route. Saturday evening, the organizers hosted an appetizer gathering where over 1200 pounds of seasoned crawfish were served for the 350 bikers.

The People - The opportunities to meet and to talk to the descendents of the Acadians, Cajuns, the "locals," and to sense the pride in their heritage was truly rewarding. The support staff had to be rated 10 on a 10-point scale, and the bikers were unbelievably friendly when it came to rubbing shoulders. No one hesitated to have a great time, not only riding, but also at every opportunity along the way.

Accommodations for the ride were motel rooms, inside a school gym, outside camping with your own tent, or an organized tent service at additional expense. My selection was my own tent. Although it did not rain during the ride, five inches of rain Friday evening and six more inches on Saturday night, and this could have easily soured some bikers. HOWEVER, putting the whole experience together, the rain did not dampen my spirit.

As the French say "*Laissez les bon temps rouler!*" And that is exactly what took place on **Zydeco 2009**.

Bruce E. Johnson

(editor's note: Kris Woodcock, Pam Burke and I did CZ this year and met Bruce who shared his article with us).

DESCEND SWIFTLY BUT SANELY

You've probably seen photos and videos of pros careening down European passes. Their butts are on the top tube in front of the saddle. Their hands are grasping the bar next to the stem. Their chins are nearly touching the front wheel.

Don't try it! This position may be aero but it's also extremely unstable. Pros can usually get away with it, but they can do lots of things we can't.

You'll go almost as fast -- assuming you want to go fast -- and be much steadier if you use a saner technique. Here's what we're talking about:

- **Hold the crank arms horizontal.** Some riders like the right foot forward, others the left. It doesn't matter, so do what feels natural.
- **Scoot back.** Slide to the rear of the saddle and rise slightly so your weight is supported mainly by your feet and hands. But don't get totally off the saddle. Keep it touching your thighs for control and stability.

- **Grip the drops.** Have your hands far enough forward so it's easy to reach the brake levers with an extended finger or 2.
- **Alternate the brakes.** To keep speed under control, apply the front brake for a moment, then the rear. Don't risk a blowout from overheated rims by dragging the pads down the hill. Still too fast? Sit higher so your body catches more air.
- **Squeeze your knees.** If your bike has a tendency to shake on fast descents, let one knee (or shin, in the case of compact frames) rest against the top tube. If shimmy does start, clamp the tube between your legs.
- **Keep your head up.** You need to be low to reduce wind resistance, but don't overdo it. Comfort and safety are more important than another mph or two.
- **Think fast.** Look up the road and anticipate dangers. Is there gravel on that corner? A deer lurking beside that tree? An intersection? Enjoy the thrill, but always remember: The faster you descend, the more margin you need for the unexpected.

(from roadbikerider.com)

LIB Extra – from the League of Illinois Bicyclists

Advocacy, rides, and more – for further stories, see www.bikelib.org and our current newsletter

“Route 66 Trail” Publicity Ride – Aug. 29 to Sept. 3

Join LIB for the "2009 Route 66 Trail Ride", a loosely-organized, (generally) self-supported bicycle tour meant to publicize and promote development of Illinois' Route 66 Trail bicycle route from near St. Louis to Chicago. Ride organizers will conduct media interviews and visit local officials in towns along the way. To share the adventure and magnify the ride's impact, others are invited to join, for whatever portion they choose – from the whole 6 days (300-375 miles) down to a few miles. One-way transportation (including bike) is available via Amtrak, with many stations along the route. Most of the route is on quiet rural roads, with some trails.

Further information, logistics, and registration are at www.bikelib.org/route66/2009ride. There is no cost to LIB members, \$25 (includes membership) for others.

New Governor Brings Hope

LIB welcomes Gov. Pat Quinn to his new role heading the state after having a good relationship with him over the past six years. During his time as Lieutenant Governor, Quinn has been a big supporter of bicycle issues, including:

Advocating for bikes on Metra, calling for a state bill which led to Metra's policy change

Championing Safe Routes to School in Illinois, lending much staff

time and meeting space

Facilitating LIB and Active Transportation Alliance's meetings with, and requests to IDOT on their bike/pedestrian design policies

Assisting with a bill to improve the efficiency and transparency of the state's handling of federal bikeway grants

Serving as "pass-through" government sponsor for our successful Bike-to-Metra guide project application

Quinn's record matches his response to one of our 2002 candidate survey questions: "I firmly believe that communities should offer a wide range of transportation options to residents. Federal, state, and local government, in partnership, have the responsibility to establish the appropriate infrastructure, safety and accessibility to allow residents to utilize these options, including bicycling, walking, carpooling, and public transportation." In his role of Governor, we hope to continue to work with Quinn on positive changes.

LIB Seeking New Webmaster

LIB is seeking a new web designer/webmaster for our www.bikelib.org website, preferably someone who is passionate about bicycling and willing to volunteer or work at a discount. The role includes new design of the site, timely updates, and occasional special project requests. If interested, please contact jessica@bikelib.org and ed@bikelib.org for further details.

Bike club members: LIB's efforts to improve bicycling are supported by over 1100 members – many belonging to clubs that donate. Become an individual member at www.bikelib.org/join

INVITATIONALS

June 7, Udder Century, Union, 31/50/62/75/100 \$20 by 5/28, \$27 after UdderCentury@Comcast.net
mchenrybicycleclub.info/index.htm

June 14, BCLC R Ramble, Wilmot, WI.
 12/30/50/70/100 Adults \$15-\$22 Terry Ferguson 847-566-8523 ramble@bikebclc.com

June 20, Pie Ride, Janesville, WI. 20K, 50K, 100K, \$25/\$30. Sponsored by Janesville Morning Rotary, All finishers will receive a pie! janesvillemorningrotary.org/index.php?page=events_pie_ride.html

June 27, Lake Country Classic, Oconomowoc, WI., 15/25/ 45/65/100 7:00 a.m. \$20/\$25, bayviewbikeclub.org/classic.htm

June 28, Swedish Days Ride, Burlington ,Il, 25/45/62/75/100/124 \$15 by 6/14 Jane Hankison 630-587-2570 jhankison@sbcglobal.net

June 28 Interplanetary Bicycle Ride, Peoria, 12-100 miles \$22 by 6/19 \$27 after Sheldon Schafer 309-686-7000 sschafer@lakeview-museum.org

June 28, Menominee River Century, Menominee, WI. 15K, 40K, 80K, 120K, \$25. www.mrcride.com/

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

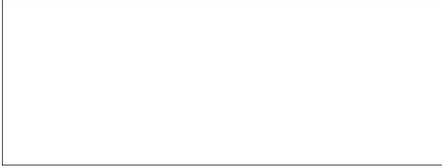


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

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