



# MONTHLY MEANDERS

## PREZ SEZ

I was going to write a newsletter article about my cycling trip across Ohio, but decided it would make a good topic for this month's "Prez's message". Most cyclists have heard of RAGBRAI and TOMRV, but I think to really experience a state, you need to think much smaller. Instead of fighting thousands of other cyclists for road space, sleeping space and even food, you should really check out rides such as XOBA (Ohio) and BAM (Minnesota). These state oriented rides are limited to just a couple hundred cyclists and the route/area changes every year. Most are geared towards camping, but will list nearby motels. For a small fee, they'll even sag your luggage to and from the motels. Both Ella and I just recently returned from XOBA, the Ohio ride. It's been held for about 12 years now and has covered completely different areas of the state, each year having a "theme".. This year's was

ice cream!

For those that think these smaller state trips are 1) too easy, 2) too boring or 3) filled with wimpy cyclists waiting their turn in the SAG, you could not be more wrong. Last year, I went to the SE part of Minnesota with a few other Wheelmen and even though it was flat as a pancake, it was windier than all get out. The mileage was in the 50-70/day range. The Ohio trip that I just mentioned was in the 50-70/day range with a few optional centuries thrown in. And it was NOT flat. Ohio is surprisingly hilly, especially as you get towards the eastern part of the state. The best thing about these "smaller" rides is that while you are spread out during the time on the bicycle, when you get to the small towns, they greet you with open arms and you can then meet up with many of the group and exchange road stories. You also get to see areas of the state missed by most "tourists". By the

time you read this, I will have returned from my second year doing the BAM tour. This year it is in SE part of Minnesota and it is apparently really, really hilly.

To check out some of these smaller state tours, go to [www.bikingbis.com/blog/\\_WebPages/statebicycletourindex.html](http://www.bikingbis.com/blog/_WebPages/statebicycletourindex.html)

Be adventurous, try something different next trip!

Be smart, ride safe.

Meg Ewen

Sept. 2009

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Thanks to Betsy Burtelow for hosting the "Girls Night Out" last month. It was a great evening and everyone had a wonderful time.

## Club Officials

### Elected Officers

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

### Appointed Officers

<b>Harmon Chairman</b> <b>Open</b>	
<b>Newsletter</b> <i>Ella Shields</i>	773/594-1755
<b>St. Pat's Ride</b> <i>Tom &amp; Deb Wilson</i>	847/632-1412
<b>Chairmen</b> <b>Banquet</b> <b>Open</b>	
<b>Harmon Data Base</b> <i>Mary Kay Drapeau</i>	847/808-1476
<b>Mileage Statistician</b> <i>Joe Irons</i>	847/359-0551
<b>Picnic</b> <i>Al &amp; Cindy Schneider</i>	847/696-2356
<b>Refreshments</b> <b>Open</b>	
<b>Ride Line</b> <i>Frank Bing</i>	847/634-1439
<b>Web Page</b> <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 your new e mail address at 847/808-1476 or e mail him at wheeling@wheelmen.com.

### TOP 20 MILES

Through August 12  
175 rides by 134 members

#### Women:

1	Reinhilde Geis	2110
2	Sheri Rosenbaum	1852
3	Pam Kaloustian	1791
4	Pat Calabrese	1674
5	Cindy Schneider	1458
6	Barbara Barr	1362
7	Virginia Savio	1337
8	Mary Kay Drapeau	1321
9	Emily Qualich	1188
10	Pam Burke	1172
11	Betsy Burtelow	1156
12	Pat Illy	1071
13	Ella Shields	1051
14	Debbie Wilson	1020
15	Meg Ewen	881
16	Mary Myslis	631
17	Marianne Kron	519
18	Peggy Reins	428
19	Laura Randazzo	428
20	Nancy Beck	419

#### Men:

1	Paul LeFevre	3586
2	Kilian Emanuel	3348
3	Anthony Vercillo	3034
4	Dennis Creaney	2319
5	Joe Beemster	2190
6	Leonard Geis	2132
7	David Waycie	1954
8	Richard Drapeau	1843
9	Alan Gibbs	1790
10	Frank Bing	1775
11	Peter Guzik	1742
12	Brian Blome	1648
13	Dennis Ellertson	1625
14	Jim Flechsig	1610
15	Jim Boyer	1608
16	Leo Rhee	1588
17	Al Schneider	1538
18	Frank Illy	1534
19	Kevin A. Moore	1429
20	C. Brian Hale	1429

## Board Meeting

The next board meeting is Monday, September 21, 7:00 p.m. at the home of Ella Shields.

All Board members are requested to attend.



### SEPTEMBER CLUB MEETING

The September meeting will be on Thursday, September 10, 7:00 p.m. at Lou Malnati's Pizzeria, 85 South Buffalo Grove Road, Buffalo Grove (Corner of Buffalo Grove and Lake Cook. South-east corner. Entrance on Buffalo Grove, just south of Lake Cook).

This is an appreciation night for Harmon volunteers. Pizza is free to members that volunteered for the Harmon and \$5.00 for non volunteers and guests. It is a cash bar/soft drinks.

Please RSVP by September 7, to Meg Ewen at [ibagoalie@comcast.net](mailto:ibagoalie@comcast.net)



Dennis Ellertson

### Merlin Custom XL Titanium Frame

58" 18 speeds  
Shimano Wheels, Carbon Fork  
\$2,000.00  
Contact Bob Pletch  
@847/253-8633

<b>Date</b>	<b>Time</b>	<b>Ride Name</b>	<b>Starting Location</b>	<b>Directions</b>	<b>Miles</b>	<b>Ride Host</b>
Sept. 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. 9/5	9:00	Ella's Escapade	Glacier Hills Park, WI	I-94 W to 894 Bypass becomes US 45. Exit Wi.167 W to Fries Lake Rd. Left to park.	71/102	Cindy & Al Schneider 847/696-2356
Sun. 9/6	9:00	Wauconda/Twin Lakes	Lakewood F.P	West on Il 176 to Fairfield left to Ivanhoe, right to parking on right	61/78	Paul LeFevre 847/670-3501
	9:00	Heron Creek Short Ride	Heron Creek F.P	0.2 miles south of Il 22on Old Mc Henry Road, shelter B parking lot	32/47	Bob Dominski 847/215-4840
	9:00	Bill & Mike's Adventure	Glacier Hills Park, WI	See above	78	Cindy & Al Schneider 847/696-2356
Mon. 9/7	9:00	EFHOB	Rose School	I-90 to Rt.59 north, turn right on Penny Rd. to the school just past Bartlett Rd.	44	Meg Ewen 630/540-1704
	9:00	West Bend Pretzel Ride	Barton Elementary School West Bend, WI	I-94W, I-894 around Milw. N on 41/45 to West Bend; exit R onto Cty. D; E 0.9 mi. cont. on Main for 0.3mi.; L on Roosevelt/School 0.1 mi	51/73/ 100	Cindy & Al Schneider 847/696-2356
Sat 9/12	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
Sun 9/13	9:00	Heron Creek Short Ride	Heron Creek F.P	0.2 miles south of Il 22on Old Mc Henry Road, shelter B parking lot	32/47	Frank Bing 847/634-1439
	9:00	Other Side of the Tracks	Bode Forest Preserve	Take Barrington Rd. 1 mile N. of Schaumburg Rd. Turn W. 0.2 mile to Bode East Lot	41	Meg Ewen 630/540-1704
Sat. 9/19	9:00	Antioch Twisted	Antioch Middle School	I-94 to Il.173 west just past Il.59, turn right on Tiffany	63/84/ 100	Dave Waycie 847/577-6307
		Door County Excursion	Sevasatpool H.S	See page 4 for details	50/75/ 100	Tom & Deb Wilson 847/632-1412

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

Continued on page 4

Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
Sept. 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		
Sun. 9/20	9:00	Heron Creek Short Ride	Heron Creek F.P	0.2 miles south of Il 22on Old Mc Henry Road, shelter B parking lot	32/47	Johannes Smits 630/893-2835
	9:00	Door County Excursion	Sevasatpool H.S	See below for details	50/75/ 100	Tom & Deb Wilson 847/632-1412
Sat. 9/26	9:00	Fontana Ride	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal lake, Meet in north parking lot	71	Dave Waycie 847/577-6307
Sun. 9/27	9:00	Heron Creek Short Ride	Heron Creek F.P	0.2 miles south of Il 22on Old Mc Henry Road, shelter B parking lot	32/47	Su-Jen Leong 224/805-2851
	9:00	Nifty 50	Target Store, Elgin	Randall Rd. just south of US-20. Park on SE corner of lot.	51	Cindy & Al Schneider 847/696-2356
	9:00	Apple Cider Century	Three Oaks, MI	Invitational; applecidercentury.com	50/75/ 100	Ella Shields 773/594-1755

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



### DOOR COUNTY RIDE

**September 19 & 20**

This trip should provide an excellent opportunity to ride the rural roads of Door County after the summer rush. The routes will mirror many of the roads used on the Door County Century. Rides both days will leave from Sevastopol School just north of Sturgeon Bay. Routes will be 50, 75, or 100 on Saturday and shorter route options for Sunday.

We will be staying at the Super 8 in Sturgeon Bay, Hwy 42/57 at Sturgeon Bay Exit, 409 Green Bay Road, call for reservations at 920-743-9211.

If you have questions, please call Tom or Deb Wilson at (847)632-1412.

### **HOLIIDAY PARTY**

We need a to volunteer to run the holiday party this year. If you do not want to have it at your house, the restaurant that catered last year's party was open to hosting the party at their location. If you are interested in hosting the party or coordinating it with the restaurant, please contact a board member by October 15.

***If no one volunteers we will not have the party this year.***

## WEEKLY RIDES

Day	Time	Ride/Start	Miles	Directions	Ride Host
Saturday	8:00 am	Honey Do Ride Grassy Meadow Forest Preserve	30-58	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 Willow Stream Park	25-45	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	Earle Horwitz 847/444-0445
Tuesday	6:00 pm	Working Stiff's Ride Stempel Parking Lot	18-27	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	5:30 pm	Hill and Dale Ride Grassy Meadow Forest Preserve	25-35	The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Brian Hale 847/426-3290 Cindy Trent 847/392-6750
Wednesday	5:30pm	Elgin Twilight Rides Target Store <i>Flashing taillights recommended</i>	20-40	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 Heron Creek Forest Preserve	30 with alternates as daylight permits	Located on the SW Corner of RT 22 and Old McHenry Road.	Brian Blome 847/358-4807 Rich Drapeau 847/808-1476

## WEDNESDAY TRAIL RIDES

Date	Time	Ride	Miles	Start	Directions
9/2	9:00	Douglas, Cuba, Deer Grove Ride	40	Crabtree Nature Center	Go west on Palatine Rd. 1 mi past Barrington Road
9/9	9:00	Des Plaines/McClory Lake County Loop	50	Old School Forest Preserve Parking Lot D	IL 176 to St. Mary's Rd. south to Forest Preserve on the left. .Park in shelter D lot
9/16	9:00	Medley of Trails Poplar Creek to Ned Brown	55	Ned Brown F.P	South of Golf Rd. just East of I-290
9/23	9:00	North Branch to Botanic Gardens	32	Blue Star Memorial Woods	Go East on Lake Street park- ing lot is past Glenview Golf Course, Wagner Rd. and the trail overpass to the right
9/30	9:00	Fox River West or South	46	East Dundee Depot	West on Dundee (RT 68) bear right at Barrington Ave. just past Rte. 25 to River St. depot to left

**Wheeling Wheelmen Board Meeting****July 13, 2009**

**Present:** Meg Ewen, Ella Shields, Tom Wilson, Deb Wilson, Rich Drapeau, Mary Kay Drapeau, Sheri Rosenbaum, Jim Boyer, Betsy Burtelow, Kevin Moore, Brian Blome, Pat Calabrese

The meeting was called to order at 7:10 pm

**President's Report:** Meg reported that the Hoffman Estates library meeting room would be unavailable for the August meeting, planned to prepare for the upcoming Harmon- after discussion it was decided that since the Harmon is well organized and most volunteer positions were filled, we would be able to skip that meeting and replace it with an after-Harmon pizza party on September 10th at Lou Malnotti's- the pizza party would be free for volunteers, \$5.00 for non-volunteering members and non-members and guests.

-Deb Wilson indicated she would see about another site for the February, March and April meetings

**Banquet:** after discussion it was decided to hold the banquet at Buca di Beppo; cost would remain \$25.00; gag gifts, ride leader gifts and mileage leader gifts were being obtained

**Harmon:** Reported most all volunteer positions were filled at the club picnic- ride brochures have been left around at bike shops and related businesses; discussed the necessity of "parade permits" for Island Lake and Bull Valley, would check into these communities; received donated coupons from J.J. Twiggs for riders- agreed we need to put together a short route of about 25 miles for the ride

**Rides:** Discussed the current issue with non-members on the rides and the danger they pose with reckless riding and potential club liability for injuries; while it was felt we could not prevent non-members from riding, it was agreed we should make sure all riders sign-in on our sign-up sheets to receive cue sheets and ride leaders should try to encourage non-members (particularly those who have ridden a number of Wheelmen rides) to join the club, and to monitor the situation in the future

The next meeting was scheduled for August 10, 2009 at the Drapeau's house.

The meeting was adjourned at 8:20 pm.

**BETTER ROAD CYCLING CLIMBING TECHNIQUE**

**Gearing:** Choose a gear that will allow you to spin at a minimum of 90 RPM. On a sprinter's hill where a maximum of power is required, up to 120 RPM is a better bet. Choose your pace, then exert whatever force is required to keep spinning at that rate, downshifting if you really must. Shift before you need to, both to avoid changing gears when there are huge loads on the drive train, and to avoid being caught in too high a gear.

If you over gear and let your cadence drop even a bit, you will end up at the bottom of a spiral of inefficiency with you out of the saddle, push-push riding the bike up at a crawl.

**Choose Your Pace:** On a climb that's long, the most common mistake is to choose an unsustainable pace. If you run out of gas halfway up, simply downshift and continue up at the same cadence but 15% slower. If you're already in your lowest, grit your teeth and bully your way up, maintaining your cadence to the dot. Your lowest gear is chosen so that you can do this successfully.

If the hill is short, it's a perfect opportunity to make up some time; hammer your way up. Your effort has the maximum opportunity to reduce your time, instead of feeding aerodynamic drag if you made the same effort on the other side of the hill. The moderately long hills are what oxygen deficits were made for! Do weight training to beef up your leg muscles, and hammer your way up, switching muscle groups as they expire. Continue the sprint over the crest of the hill with a few solid power strokes to enter the straight or descent at high speed.

If the hill is really short but steep, a good strategy is to store up energy by pedaling hard on the approach. Let your momentum boost you up the hill as you downshift and continue to pedal as you glide up. Concentrate on breathing out.

**Balance:** Climbing should be a balancing act. Keep tuning the distribution of weight between your wheels; if your rear wheel loses traction, slide back, and if your front wheel lifts up or needs steering traction, lean on your arms or slide forward. Especially when climbing

*(Continued on page 9)*

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## LOOK THROUGH CORNERS

Where do you look when entering a turn? If you're like most riders, you focus on the apex (the heart of the bend), checking for gravel or a pothole.

But a bike is more apt to lose adhesion when it's first laid over. That is, entering the turn rather than at the apex. And further danger lurks as you're exiting, especially if you make the bike less stable by getting out of the saddle.

With these things in mind, here are the best places to look. We've listed them in order. Sweep your eyes through this sequence as you approach each turn:

- **Check the apron.** This is the section of pavement where you enter the turn and lean the bike. Look for gravel, oil, potholes, slippery leaves, sand, manhole covers, painted lines. In other words, anything that could lessen your tires' grip.
- **Check the apex.** Cracked pavement where the concrete curb meets the blacktop is a common danger. So is water seepage from sprinklers or puddles on the roadside. In winter, this area could harbor ice.
- **Check the exit.** Sweep your eyes ahead, through the turn and up the road on the line you're riding. Don't do everything right during the turn and find yourself in a fix coming out of it.

The trick is to keep your eyes moving. It's common to fixate on the apex or focus on one small obstruction (a stone, for instance).

Remember, once your eyes freeze on something, you're likely to ride right into it. And even if you're lucky enough to miss it, you still haven't looked ahead to scan your line through the rest of the turn. Keep your eyes moving. From roadbikerider.com

## Boulevard Lakefront Tour features new fourth route!

Register now for Sept. 13 ride

By Cynthia Spreadbury

Come out and bike this year's Boulevard Lakefront Tour Sept. 13 where you can experience Chicago's living history with the city's longest-running bike ride that offers stunning architectural views, charming parks, beautiful lakefront scenery, and a chance to experience Chicago's more intimate neighborhoods.

This year we have added a new fourth route – a 27-mile cruise through Beverly introducing Beverly's Longwood Drive, the Major Taylor Trail, historic Pullman and much more. This new route accompanies the three existing routes: the 15-mile South Side Ramble, which highlights architecture and history through Hyde Park, Kenwood, Bronzeville and Chinatown; the 35-mile Boulevard Tour, which explores city boulevards and parks while paying tribute to Chicago's famous architects and urban planners, such as Daniel Burnham; and the 62-mile Ultimate Neighborhood Tour, which combines the Boulevard Tour and the Beverly Cruise.

Along with the amazing scenery, registration for the Boulevard Lakefront Tour includes a ride guide and cue sheet, historical information and an event T-shirt. Plus, your registration benefits the Active Transportation Alliance, Chicagoland's voice for better biking, walking and transit.

Start times range from 7 to 9 a.m. depending on which route you choose. Feel free to enjoy the Hyde Park scenery along the famous Midway Plaisance at the post-ride festival, which lasts until 3 p.m. The festival will feature live music and a chance to buy some lunch and enjoy fun give-aways. Registration is \$25 for Active Transportation Alliance members, \$30 for adult non-members, and \$12 for people aged 17 and under. Register online at [www.boulevardtour.org](http://www.boulevardtour.org). Questions? Email us at [blt09info@activetrans.org](mailto:blt09info@activetrans.org).

If you are interested in volunteering for this event or becoming an Active Transportation Alliance volunteer please contact email us at [blt09info@activetrans.org](mailto:blt09info@activetrans.org). or call 312.427.3325 x223.

## RAGBRAI 2009

This year RAGBRAI was just as much fun and excitement as you could have ever imagined or hoped for. The planning, endless E-mails and worrying about camping supplies almost wore me out!!!

For any of you that do not know, RAGBRAI is considered the biggest, organized week long ride "OF ALL". It is the greatest moving "PARTY" you could partake in. before you "DIE AND GO TO HEAVEN" do RAGBRAI!!! AMEN!!!

The ride begins with the traditional "WHEEL DIPPING" in the Missouri river and continues until finally dipping your wheels in the GREAT OLE MISSISSIPPI!!!

This year we started in Council Bluffs and ended up in Burlington, Getting there was interesting. Not ten (10) miles out our bike rack broke and Don and I were playing "DODGE THE VEHICLES" at 60MPH, trying to retrieve the stupid hitch pin from the middle of the I-90 Toll way!! We made it to Burlington and so the party began!! Live bands, food, entertainment and bicycles. So many bicycles that you cannot believe it. Off to church for a rousing sermon to which we all cheered the pastor, and back to get ready for tomorrows "QUEST".

SUNDAY: Up at 5:30am, pack up totally soaked tents and gear, & headed out into a fabulous day of an easy 52miles and endless food, smoothies, pie, turkey, pork chops, fruit, pasta, breakfast, or whatever suited your fancy. Unicycles, tandems, recumbent, bikes with sails, kitchen sinks, boom boxes, young and old we all rode as friends, and together.

We called ourselves "team FLASH". Our first day was a great journey. Every intersection we came to we were flagged thru by IOWA troopers without any delays!!! It was great; sign's meant nothing, just keep on riding. What a dream. People cheering from the sidewalks, waving "HELLO" we felt like "CHAMPIONS". Every town provides more fun than the last. Great food, entertainment, and the endless rows of "KYBO's" Finish up, grab our gear, shower, grad the shuttle into town, eat like kings and enjoy the great city entertainment. When we had enough, get back to camp and hit the sack by 8:30 or 9:00.

MONDAY: up at 5:30 again. Today is 72 miles. Same drill. Wet again, miserable but "OH WELL", lets ride!! Breakfast and again enjoying the great Iowa greenery and endless fields of corn, soy, and farms. Emily ended up having terrible pains and Frank helped her but she could not take it and ended up in the Hospital. We were all shook but it ended up just gas and she made it back like a "TROOPER". Rain again. Nobody complained. Our "MOTTO" "NO WHINERS". We were all having a great time. Every day we find organizations and conservation groups. The IOWA conservancy provided FREE BANANNAS and also allowed us to send postcards home for free. This is the norm all throughout the ride, companionship, and love for our country. Cycling with 10,000 others has a calming effect on all involved. It is hard to explain but we all "FEEL" that freedom and relaxation of cycling together in the fresh air, and this great country of freedom.

TUESDAY: up at 5:30 again. We are tired, stiff, cranky, but slog on!! Today Frank is on a "quest" of his own. "PIE". He is really getting into this RAGBRAI thing. Endless pie stands. Cherry, Apple, Rhubarb, Blueberry, or whatever, it is available all along the road. We began looking for Frank at all of the pie stops just for fun. Hills and endless rollers kept us pushing constantly to keep moving. The rains and overcast finally let up and rolling into St. Charles, we ran into the FIRE DEPARTMENT 'BIKE WASH". This is what RAGBRAI is all about. Fun, camaraderie, and enjoyment. Don, Dan, Emily, Frank, Tony and I kept up our vigil for a "CINDY" sighting with LiveStrong, but only rumors of them so far. Every day the quiet discussion was "LANCE". I cannot believe that guy. I frankly am humbled. Seven times, and he is still out there kicking serious A\_\_\_\_. We kept trying to get to televisions and get snippets as to what was happening in the "TDF". It was all about Contador & Lance. Today Tony got aggravated by some young "upstarts" and "rode them into the ground" Such is RAGBRAI. You can ride hard, or just take your time enjoying the great views.

WEDNESDAY: up at 5:30 again. Today is the first day we are beginning to feel great, and looking forward to a quick 44mile ride. The route is mercifully flat, and today we "RIDE TOGETHER AS TEAM FLASH"!! We took off and kept up a steady "PACE LINE" with great fun. Tony was a great point man leading us out. At Lacona, Emily stopped for a "SMOOTHIE". When we got back on the road, wow, she took off and had us all "IN TOW" at 21MPH. We were all having a great time. Tony took off, but I said "NO WAY" and we paced all the way into Chariton. Like a winner, Tony slingshot on in and we all had a wonderful ride. In Chariton we saw Hot Air balloons, bands, great food, parties, and more parties, and we took part in a Guinness world record attempt. (More on that later). Back to camp and to bed. Tomorrow is the "CENTURY"

THURSDAY: up at 5:30 again. I think they all hate me for getting them up. But is necessary. Will we or can we do the century loop today??? The mood is somewhat serious but we trudge on. Today is HOT, WINDY, and we are not looking forward to another long day. Nine stops along the way provide welcome relief, to keep us hydrated and nourished. Emily got us hooked on

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(Continued from page 8)

Breakfast at Momma Raphael's. And we all began stopping for an absolutely great morning breakfast. Dan spotted air airport, and we stopped to see the airplanes. I ended up riding in a 1929 BI-PLANE. (I HAVE THE VIDEO). It used a WHRIGHT J-5 CYCLONE just like Lindberg's Spirit. We ended up only doing the 77miles and were all beat. Dinner tonight is going to be a feast, and we all cannot wait to shower, and relax. We finally saw Cindy and LiveStrong and got "ALL THE SCOOP" as to Lance, and the Tour. Every day we run into the "IOWA AIR NATIONAL GUARD", providing free water and support to all of us riders. It was now becoming obvious to all of us that we were only two (2) days from the end of this great fun, and we began trying to relax a bit and enjoy rather than concern about anything other than cycling. Ottumwa was great. It was warm, dry, and we were all feeling on top of the world. Dinner and then head back to camp. We are all reluctant to let the time drift away.

FRIDAY: up at 5:30 again. Another 76Mile day. OH WELL! We had coffee in our camp that was great. Again several stops for food, pie, turkey, pork chops, and whatever you felt like. Dan pointed out to us "WHEN WAS THE LAST TIME YOU HEARD AC/DC BLASTING FROM THE TROOPERS PA SYSTEM?". It had not occurred to us that almost "ALL" of the police vehicles had been blasting "ROCK & ROLL" for our pleasure!!! Thank you Iowa highway patrol. You guys ROCK! Mt. Pleasant turned out to be an interesting town. We could see the LOOMING THUNDERCLOUDS and eventually got kicked out of the campground with severe weather warnings and saw the wonderful "THREASHER MUSEUM" for free!!! We all had to push the "HUGH" Ryder truck from the mud, deal with rain again but all was well. Tomorrow is the great ride into Burlington and our final run.

SATURDAY: up at 5:30 again: We are excited, anxious, nervous, and ready to make our final run back to "REALITY". A quick 44miles and we end this great journey of relaxation, fun, and camaraderie. We are all now experts at the endless tent folding, stake pulling, duffle bag packing, and this "CAMPING" thing. But it is our last time!! Wow no more of this CAMPING STUFF!! HALLELUAH!! Lunch in Burlington, see the TEAM AIR FORCE, LIVESTRONG, and the hundreds of others roll into the finality of this great ride. BUT WAIT!! What is this SNAKE ALLEY??? Well, think of cobble stoned street, 10%grade, endless switchbacks, about 1/4mile and all blind turns. YES WE ALL DID IT!! YAHOOOO! What a great way to finish this journey. Down to the river, photos, music, high fives, and a big dose of reality that we must hit the road and it is over. Nobody really wanted to go home. Reality is that work, families and home, is our final goal today. Final feasts for lunch laugh at all of our feasts, follies and achievements, and pack the cars and head home.

**MOTTO:**

DRINK BEFORE YOU ARE THIRSTY!

EAT BEFORE YOU ARE HUNGRY!

SHIFT BEFORE YOU HAVE TO!

NO WHINERS!!

EMILY QUALICH, DAN WIESSNER, DON HALL, TONY VERCILLO, FRANK BING & CINDY TRENT, I salute you guys. You are all troopers and I am proud to say I spent RAGBRAI 2009 with you. C. BRIAN HALE #1007

(Continued from page 6)

out of the saddle, it is all too easy to lean forward and take the weight off the rear wheel just when it needs it, resulting in spinout and bogging down -- bend at your waist when standing to avoid this. Maintain constant traction and ground contact with both wheels.

Pedaling Technique: Steve Bauer, a pro racer and a Canadian silver medalist in the 1984 Olympics says on the topic of climbing technique: "You may want to stand at first to rest the muscles you were using on the flat," says Bauer. "The last thing you want to do is get into trouble early on a long climb."

Bauer suggests doing most of your work in the saddle, as you don't waste energy suspending your body and you have a longer power cycle available. "At the bottom of the stroke, pull back with your hamstrings," he explains. "Then use your hip flexors to lift up through the top of the stroke." Resting various muscle groups by alternating between pedaling styles, such as sitting and standing, is effective only if your alternate techniques are sound. Many spin their underweighted rear wheel, put their whole bodies in the wind, and either don't bend their hips, or crunch up their chest when pedaling out of the saddle.

Bauer finds that rocking his bike helps his rhythm, in addition to the fact that it keeps your pedals at the right distance when out of the saddle. He is quick to point out, however, that "how much you rock is a very personal From BicycleSource

**INVITATIONAL'S**

**Sept 13, Boulevard Lake Front Tour**, Chicago, 15/27/35/62 \$25 for Active Transportation Alliance members, \$30 for non-members. [www.boulevardtour.org](http://www.boulevardtour.org). [blt09info@activetrans.org](mailto:blt09info@activetrans.org)

**Sept 13, North Shore Century**, Evanston, 25/50/62/100 [martin\\_horn@ameritech.net](mailto:martin_horn@ameritech.net) [evanstonbikeclub.org/nsc/](http://evanstonbikeclub.org/nsc/)

**Sept 19 Lena Fall Tour** Lena Il, 10/30/62, \$20 by 9/12 \$25 after 815-990-0146 [lenapark@aeroinc.net](mailto:lenapark@aeroinc.net) [www.lenaparks.org/](http://www.lenaparks.org/)

**Sept 19 Beer 'N' Brat Century** Millstadt, Il. 100 miles 314-406-2359 [davereiter@sbcglobal.net](mailto:davereiter@sbcglobal.net) [www.moonlightramble.org/events/5star.aspx](http://www.moonlightramble.org/events/5star.aspx)

**Sept 20 Pedal the Kettle**, Waukesha, WI, 30/64/100 \$20 by 9/1 \$25 after 414-297-9135 [ptk@springcityspinners.org](mailto:ptk@springcityspinners.org) [www.springcityspinners.org/ptk.html](http://www.springcityspinners.org/ptk.html)

**Sept 20, Cranberry Century Bike Tour**, Marshfield, WI. 20,40,64 100-mile [www.rmhmarshfield.org](http://www.rmhmarshfield.org)

**Sept 27 Apple Cider Century**, Three Oaks, Mi 15/25/37/62/75/100, \$45 888-877-2068 [www.applecidercentury.com/](http://www.applecidercentury.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](mailto: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](http://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](mailto:wheeling@wheelmen.com)

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**We are on the web**  
**wheelmen.com**

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Club Meeting  
Sept. 10

#### 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](mailto:BikeLeague@aol.com)  
Web Site: [www.bikeleague.org](http://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