



MONTHLY MEANDERS

PREZ SEZ

I wish to, once again thank those members that attended this year's banquet. We had approximately 70 people and there was lots of food, laughter and fun had by all. Special thanks to Ella Shields, Joe Beemster, Dave Waycie, Tom Mulick, Pam Kaloustian and Buca Di Peppo, for their great food and service! For those of you here weren't able to make it, or weren't paying attention :) I also showed an organization chart of the Harmon positions that are available...virtually all! So reserve your choice now before all the good positions are gone.

Attention! Achtung!
(In deference our large German membership)

Now on to a little bit of *important* club news, so be sure to read this part carefully as it affects you for the upcoming year. After much feedback from members and careful consideration by the

'powers that be', it was decided to give you all the option to receive a newsletter in the mail. So the upcoming newsletter, which will be mailed via US Postal Office to all current members, will include a membership renewal form. On this form will be a "Yes for paper newsletter or No love the electronic version" checkbox. If you check Yes, you will get a newsletter mailed to your home. If you choose No, you will continue to get an electronic email with the newsletter link. The critical thing is, once you make your choice and send in your renewal form, you will *NOT* be able to change your mind until the next membership renewal cycle...so choose wisely.

Now, up on my soapbox for a moment. I understand those that do not have a computer are having difficulty getting access to the current

newsletter, however if you do have a high speed connection (i.e. that's pretty much anything that is not dialup), then I'd ask you to consider the environmental and cost impact to the club of receiving a paper copy. I know it's nice to have it handy, but if you are wavering on whether or not to get a hard copy, think GREEN!

Be Smart, Ride Safe

Meg Ewen

Dec. 2009/Jan. 2010

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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
Publicity Chair	
<i>Joe Beemster</i>	847/215-2314

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	
<i>Meg Ewen & Committee</i>	
Harmon Data Base	
<i>Mary Kay Drapaeu</i>	847/808-1476
Mileage Statistician	
<i>Cindy Schneider</i>	847/696-2356
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 your new e mail address at 847/808-1476 or e mail him at wheeling@wheelmen.com.

2009 FINAL TOP 20 MILES 267 rides by 140 members

Women:

1	Reinhilde	Geis	3450
2	Pam	Kaloustian	3405
3	Sheri	Rosenbaum	2722
4	Pat	Calabrese	2720
5	Cindy	Schneider	2383
6	Barbara	Barr	2276
7	Betsy	Burtelow	2201
8	Mary Kay	Drapeau	2198
9	Virginia	Savio	2057
10	Emily	Qualich	1891
11	Deb	Wilson	1841
12	Pam	Burke	1777
13	Ella	Shields	1772
14	Pat	Illy	1722
15	Meg	Ewen	1412
16	Laura	Randazzo	1132
17	Mary	Myslis	631
18	Peggy	Reins	580
19	Marianne	Kron	519
20	Nancy	Beck	491

Men:

1	Kilian	Emanuel	5972
2	Paul	LeFevre	5949
3	Anthony	Vercillo	4289
4	Dennis	Creaney	3611
5	Leonard	Geis	3465
6	Joe	Beemster	3439
7	David	Waycie	3186
8	Peter	Guzik	3035
9	Richard	Drapeau	2969
10	Frank	Bing	2962
11	Al	Gibbs	2915
12	Jim	Boyer	2743
13	Kevin A.	Moore	2715
14	Leo	Rhee	2618
15	Frank	Illy	2531
16	Brian	Blome	2514
17	Al	Schneider	2496
18	Jim	Flechsing	2443
19	C. Brian	Hale	2392
20	Alex	Halamaaj	2143

Board Meeting

The next board TBA

2010 MEMBERSHIP RENEWAL

It's time to renew your membership.

Please send back the enclosed renewal application. Also included is a handy Harmon volunteer wish list. Indicate which positions you are interested in helping the club continue its great support of bicycle advocacy efforts!

Please send your renewal form back as soon as possible so you won't miss a single issue of the Monthly Meanders or the 2010 Ride Schedule. Due date for renewals is February 1, 2010 (expiration will be March 2011).

New 2010 Membership cards will be mailed out in March.

If you have any questions contact Rich Drapeau at 847/808-1476 or e mail him at wheeling@wheelmen.com

Mark your calendars!

The 2010 Chicago Winter Bike Swap is set for January 16 from 9:30 to 3:30 at Harper College

\$5 admission for adults-Kids 12 and under free

FREE PARKING

Gather with the Chicagoland cycling community for HUGE SAVINGS on everything for the bike

Whatever your velo needs, there is something for everyone in the 30,000 sq ft of the Chicago Winter Bike Swap!

Don't pass up the one chance in the year to find a huge selection of great post-holiday closeout bargains

Browse the BIKE CORRAL for a selection of hundreds of new and used complete bikes at discount prices
www.chicagowinterbikeswap.com/

WEEKLY RIDES					
Day	Time	Ride/Start	Miles	Directions	Ride Host
Tuesday Thursday & Saturday	10:00	Show N Go Rides	25 +	Willow Stream Park - The park is on Old Checker Rd. a few tenths of a mile west of the bakery. Turn west on old Checker Rd. to parking on the right	n/a
Sunday	10:00	Cuba Marsh Show N Go Rides	25 +	Cuba Marsh is West on US12 to Ela Rd, south to Cuba Rd. West to parking lot on left	n/a
ALWAYS CALL THE RIDE LINE 847/520-5010 FOR ANY LAST MINUTE CHANGES					

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

Club Appreciation Night

12/03/09

5-8pm

Mikes Bike Shop is welcoming all bike club members to come out and help us conclude our 50th anniversary celebration. We will be opening the shop to bike clubs on December 3rd from 5:00-8:00pm. Everything in the shop will be discounted 20% (sorry does not include sale items or bikes). Selected Items will be deeply discounted. Also, one-time offering of select Christmas gifts. Don't forget about off-season training; we have a selection of trainers, rollers, and spinners to keep you active year round. To keep your toes warm with the cold, bitter months upon us, everyone in attendance will receive a pair of toe warmers as our thanks for supporting the shop. We will have a selection of refreshments, which includes wine and cheese as well as soda.

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



Holiday Party

Sunday December 6

3:00 pm -7:00 pm

L'Olivo Pizzeria & Cafe

1602 E Algonquin Rd,
Schaumburg, IL

The club will be providing dinner.
Please contact Pam Burke to sign up to bring
appetizers, dessert or drinks.

E-mail Pam at pamelaburke2000@yahoo.com,
or leave a message at 630-872-9238.

L'Olivo is BYOB.

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



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

Those wishing to join the ride need to pre-register (on line @ amlingscycle.com/index.cfm), or stop in at the shop. There is no cost to ride other than bringing a new, unwrapped toy for a child.

If you would like to help out, but don't want to ride your bike, you can drop off a new unwrapped toy at Amlings Cycle.

BIKE*TOWN BASH

Featuring THE POLKAHOLICS!

6-11 P.M. DEC 5

DANK HAUS

4740 N. Western Ave., Chicago

Mix and mingle with the best-looking crowd this side of Düsseldorf Active Trans invites you to its annual party and fundraiser Dec. 5 at the Dank Haus. Featuring the Polkaholics, Goose Island bier and plenty of fun raffles and giveaways.

When: 6-11 p.m. Dec. 5
Where: Dank Haus (4740 N. Western Ave., Chicago)

Cost: \$30! or \$50 for two. That gets you two free drinks, appetizers, entry into the raffle and an evening of fun entertainment.

The first 100 people to buy tickets will be entered into a raffle to win a free Patagonia messenger bag! (\$120 value)
Featuring the Polkaholics, a high-speed collision of polka and rock. All proceeds benefit the Active Transportation Alliance's work to improve walking, biking and transit.
www.activetrans.org/bash

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



Grand Illinois Trail And Parks bicycle tour – Sunday, June 13 to Friday, June 18, 2010

The ride begins and ends at Freeport's Highland Community College, then makes an extended circular tour through northern Illinois' country roads and some trails. The route is flat to hilly. The week's basic mileage is about 260 miles, but

extra-mileage options allow up to 465 miles. We overnight at three state parks and stay two nights at Galena. Included are dinners, breakfasts, camping sites, sags, bike repair, T-shirts, and door prizes. The ride is limited to 160 riders.

Contact: Chuck Oestreich, chuckace2@gmail.com, 309-788-1845, www.bikelib.org/gitap/

Cross Training to Enhance Your Cycling

Different Workouts Can Help You on the Bike

By [David Fiedler](#), About.com

Riding a bike using proper techniques usually works just the lower half of your body. And even those muscle groups getting all the action are developed in some pretty specific ways. I love riding my bike; chances are that you love riding your bike, too, just by virtue of the fact that you're reading this article. But the truth is, if you really want to help yourself and your body, cross-training is not only a good idea, it's almost mandatory.

Cross-training means using other activities and exercises to enhance aspects of your physiology that your main workout doesn't hit. Cross-training offers a number of benefits including injury prevention, burning calories, increasing endurance and simple rejuvenation from the joy you may experience in taking part in something new. To take advantage of the positives and maximize yourself as a cyclist, consider taking part in any or all of the following options:

[Running](#) is a lower-body exercise that works many of the same muscle groups as cycling, so it is a great enhancement to existing leg strength. However, at the same time, running also develops to some degree the upper-body muscle groups that get ignored for the most part when you're busy pushing pedals on the bike, such as the upper back, upper arm and shoulder muscle groups.

For me, running is a much more physically demanding exercise in terms of cardiovascular output. Because of this, you can use running to enhance your endurance and ability to keep your wind on the bike. Last year I ran a half-marathon in the spring and another in the fall. It was amazing to me how much stronger I became on the bike as my training mileage increased, and vice-versa.

[Ice skating](#) or [inline skating](#) are good choices for cyclists as a cross-training exercise because the striding motion used in skating closely mimics the smooth up-and-down motion of the cyclist's pedals. That means you'll be working the some of the same major muscle groups but with variations that will strengthen some associated muscle groups.

Skating in particular works your quadriceps (thigh muscles) and gluteals (buttocks) which are major sources of power in your legs.

Plus, skating offers many of the same benefits as running without the impact that running can put on knees, ankles and hips.

[Swimming](#) is good as an overall workout, and especially as a cross-training exercise for the cardio-vascular fitness it develops. This means it is good for helping your strengthen your body's ability to process oxygen through the lungs and move blood to muscles to give them fuel and air by making the heart pump stronger.

In swimming, much of the work is done by your arms. And while your legs do work in conjunction with them, kicking to help propel you through the water, they just don't get pushed as hard as when you run or skate. But this makes it a good exercise to work your whole body, and the fact that it is a low-impact exercise makes it an especially good choice if you can't ride a bike due to injury or pregnancy.

[Cross-country skiing](#) or [Elliptical Trainer](#)

Close your eyes and picture a cross-country skier. Think of how the forward shuffling motion of the skis mimics the cyclist's circular pedaling motion. Same with an [elliptical machine](#). That's why the two exercises are grouped in this discussion: they both work the same major muscle groups through similar motions and the level of cardio-vascular exertion they offer are about the same.

It's also for this reason that I recommend you

try [cross-country skiing](#), if you're in the right climate, or else head indoors to get on the elliptical trainer, which looks like a stair-climber machine with a more circular than up-and-down motion.

These exercises are good because your heart and lungs will get a workout, helping your endurance on the bike. You'll also enhance strength in your hips, quads and abdomen -- the key sources of power you use to drive the pedals.

A [rowing machine](#) (also known as an ergometer) provides a great work-out to the major muscle groups in your thighs, hips, buttocks, lower and upper back and shoulders. It also can be a very vigorous exercise, good for increasing the capacity of your cardio-vascular system.

It's worth talking to a fitness professional if you haven't used an ergometer extensively before you just jump on and just start rowing. There are some specific techniques that you should be using to both maximize your workout on the machine and to avoid strain on your lower back.

[Weightlifting](#)

There are [many exercises that can be done in the weight room](#) that will be beneficial to you on your bike, making you stronger and faster.

Some that are particularly effective include:

[The Leg Press](#) [Calf Raises](#)

[Hamstring Curl](#) [Leg Extensions](#)

[Squats](#)

Rain, Rain, Go Away

Note that many of the exercises here are ideal for off-season/indoor workouts, when the weather is keeping you off the bike. This will allow you to maintain some semblance of your usual your muscle form and level of fitness, even when you're not riding as much as normal



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
Feb. 2010



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, Arling-
ton 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