



# MONTHLY MEANDERS

## PREZ SEZ

### Belonging...what's in a membership?

People have often asked me, why should I join the Wheeling Wheelmen (or renew) and pay dues? What's in it for me? Well some of the benefits are very visible, such as organized rides, complete with cue sheets. Social events like the picnic and holiday party, even the Banquet which is partially subsidized by the club. Other benefits are less visible or you don't really consider them as directly benefiting you. Take the Harmon Hundred, for example. While the entry fee pays a great deal of the expense, it is the membership that provides the manpower to run the Harmon. No membership means no volunteers...ultimately, no Harmon! Finally, being a member of the Wheelmen means sharing knowledge, making friends and having a positive impact on cycling avocation, through our club donations to ATA, LIB and LAB. None of these things could happen without your participation, both finan-

cially and through volunteering. So dig out that green renewal form that came with your last PAPER newsletter and mail it in, the Wheeling Wheelmen need you!

Now, changing the subject a tad, we will be having a club meeting on Feb 4th, 7pm and as a special treat, the Pearl Izumi store in South Barrington will be hosting our club! They will be discussing winter to spring clothing transitions, highlighting neat new products and providing refreshments. As an added incentive, the entire week February 1st-5th has been designated "Wheeling Wheelmen Week", with EVERYTHING in the store 15% off!!! So come during the week to shop or wait till the meeting on Thursday, enjoy a great talk on clothing and then afterwards there will be plenty of time to SHOP!

Ride Smart, Be Safe

Meg

February, 2010

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It's never too early to plan and sign up for your 2010 trips. Listed are a few club member favorites and some others that look like great rides.

**TOMRV:** Tour of the Mississippi River Valley June 12-13, Enjoy a challenging ride on scenic roads, through Midwest farmland, and along the Mississippi River, Registration opens early February. [qbc.org/tomrv](http://qbc.org/tomrv)

**Ride the Rockies,** The 25th Anniversary Tour is tentatively scheduled for June 12 - 19. The route will be announced and lottery applications will be accepted beginning Sunday, February 7. [www.ridetherockies.com](http://www.ridetherockies.com)

**GRABAAWR:** June 19 - 26. Ride starts at the

head-waters of the magnificent Wisconsin River near the border of Upper Michigan, 427-miles. Starts and end in Prairie du Chien, [grabaawr.com/Grabaawr/index.html](http://grabaawr.com/Grabaawr/index.html)

**Sierra to the Sea:** June 19-26, 8-day, 420 mile bicycle tour through Northern California. Starting in the Sierra Nevada Mountains, the tour traverses the Sacramento and Napa Valleys, passes down the Pacific Coast, crosses the Golden Gate Bridge and concludes at Golden Gate Park in San Francisco. [sierratothesea.org/index.php](http://sierratothesea.org/index.php)

**MOOSA:** June 26-July 2, 339 miles, 6 fun filled days, in the foothills of Western Mainer, New Hampshire, Vermont and Quebec. [www.inmotionevents.net/moosa/index.html](http://www.inmotionevents.net/moosa/index.html)



To Pam Burke for hosting the holiday party. It was a great time with good friends, yummy food and a wonderful new venue.

(Continued on page 6)

## 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

*Joe Beemster* 847/215-2314

### Appointed Officers

#### Harmon Chairman

#### Open

#### Newsletter

*Ella Shields* 773/594-1755

#### St. Pat's Ride

*Tom & Deb Wilson* 847/632-1412

#### Chairmen

#### Banquet

*Meg Ewen*

#### Harmon Data Base

*Mary Kay Drapaeu* 847/808-1476

#### Mileage Statistician

*Cindy Schneider* 847/696-2356

#### Newsletter Mailings

*Laura Randazzo*

#### 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 your new e mail address at 847/808-1476 or e mail him at [wheeling@wheelmen.com](mailto:wheeling@wheelmen.com).

## 2010 MEMBERSHIP RENEWALS

### Renewal date is February 1.

If you have not renewed this is your **last newsletter**. If you misplaced your renewal form please use the renewal form on page 7.

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](mailto:wheeling@wheelmen.com).

## FEBRUARY CLUB MEETING

The meeting will be on Thursday, February 4, 7:00 p.m. at the Pearl Izumi Store in The Arboretum of South Barrington, 100 West Higgins Road, South Barrington.

They will discuss winter to spring clothing transitions and also some new products from 7:00-8:00. After that you will have the opportunity for some great shopping.

We will also discuss the St. Patrick's Day Ride and recruit volunteers.

## Wheeling Wheelmen Week

February 1-5

at the Pearl Izumi Store in  
The Arboretum of South Barrington  
(next to LL Bean)

**EVERYTHING in the store 15% off!!!**

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](mailto:wheelingwheelmen-subscribe@yahoogroups.com)**

To Unsubscribe send an email message to:

**[wheelingwheelmen-unsubscribe@yahoogroups.com](mailto:wheelingwheelmen-unsubscribe@yahoogroups.com)**

To post a message send your message in an email to:

**[wheelingwheelmen@yahoogroups.com](mailto:wheelingwheelmen@yahoogroups.com)**

The group name is: **wheelingwheelmen** and is available at:

[pgroups.yahoo.com/group/wheelingwheelmen](http://pgroups.yahoo.com/group/wheelingwheelmen)

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

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



### Sign Up to Work the St. Patrick's Day Ride

Join us for the first invitational ride of the season on March 21! The St. Patrick's Day ride will leave from Wauconda High School at 555 N. Main St. in Wauconda. We will need your help to host this spectacular early season ride. Just think by signing up for one of the jobs below you can say that you worked the first invitational ride of the season in the greater Chicago land area!

A special thank you to all of you who signed up early at the Christmas party. Your help is greatly appreciated. We will start sending confirmations to individuals in mid February and reminders in early March.

We will need volunteers to staff the following areas.

**Road Marking:** We are using signs again this year. The roads need to be marked the day before or the morning of the ride.

**Registration:** We need people to start setting up about 7:30 AM, Second shift starts at 9:30 AM

**Parking:** Attendants should be on duty at 7:30 AM. Second shift starts at 9:30 AM

**Food:** Service will be open from 7:30 AM to 1:00 PM. We will have an early shift from 7:30 AM to 11:00 AM and a late shift from 11:00 AM to 1:00 PM. Typically the heavy crowds are from 10:00 AM to 12:00 PM.

**Cookies:** We need about eight to ten people to supply 8 dozen cookies each. Homemade cookies or nut breads are appreciated, If you are crunched for time, bakery type cookies and brownie bites have gone well in the past. If the weather looks good for the day, we may need to tap a few extra people at the last minute.

Join the fun, sign up for a job! Contact Tom or Deb Wilson at 847-632-1412 or email us at [tomwilson@wideopenwest.com](mailto:tomwilson@wideopenwest.com)

## WHEELING WHEELMEN BOARD MEETING

October 19, 2009

**Present:** Meg Ewen, Tom Wilson, Deb Wilson, Rich Drapeau, Mary Kay Drapeau, Jim Boyer, Kevin Moore

The meeting was called to order at 7:07 pm

President's Report: Meg reported she was talking to club members to find a volunteer to keep track of ride mileage since Joe Irons was retiring after long service, several suggestions were given to her to speak with;

Meg reported the switch to the electronic newsletter was going very smoothly, she had not received any significant complaints from members, the rest of the board agreed it was going well;

Meg reported she was using E-vite to gauge attendance at the banquet and major events; she was also using the Yahoo member's list for general information;

Meg reported there were 38 confirmed for the banquet at present;

The Harmon Hundred dates were discussed as there were inquiries from other sources about when it would take place, decided to look into the traditional weekend, the first Sunday after Labor Day- and we would try to get the Wilmot site for the ride, also discussed getting sub-chairs for the various functions at the Harmon-decided to use the banquet as a forum to recruit volunteers.

Next Board meeting TBD.

The meeting was adjourned at 7:50 pm

### DAVIS PHINNEY'S TIPS FOR WINTER RIDING

---**Ride with a friend or group.** Sharing conversation as well as a draft helps the miles go by. But group rides must be cohesive. Don't let them degenerate into hammer fests. You shouldn't do any hard, fast riding when the temperature is below 50F degrees (10C). Instead, use winter to accumulate base miles.

---**Don't overdress.** If you're not chilly in the first few minutes, you have probably worn too much and will overheat.

---**Start with hot drinks** in freezing temperatures and use insulated bottles or covers to increase the time before liquids turn to slush.

---**Be wary of shaded corners**, which may hide ice.

---**Wear light, bright colors** to help motorists see you on dim days.

---**Install rear reflectors** or carry reflective ankle bands for times when dusk catches you a few minutes from home.

---**Carry two tubes.** Patching a tube with freezing fingers isn't easy, should a second flat occur.

---**Don't stop for long**, if at all. Resumption of the wind-chill will make you cold, and you may be unable to shake the shivers for the rest of the ride.

---**Ride short on frigid days.** As a rule, you can be fairly comfortable for 90 minutes in subfreezing temperatures. But things may deteriorate quickly after that, particularly if you have raised a sweat.

---**Take time to recover after riding.** Winter takes more out of you. Because of the elements and your lower fitness level, a 50-mile (90-km) winter ride feels like 80 miles (128 km).

---**Be extra careful when you've been sick.** Don't try to make up a week of lost training by riding before you're completely well. There is plenty of time to get back on track when spring arrives.

---**Even if you live where winters are mild, you still need to go easy.** Use winter for recovery. Don't get caught in the flying-in-January, dead-by-June trap.

From roadbikerider.com

Photocopy as needed for additional applications  
**National Bicycle Month 2010**



Plate Background Color is Silver  
 Image is Black and Green

- Celebrate National Bicycle Month with your own personal Bike Month License Plates.
- Plates are approved and shipped by the Secretary of State directly to you.
- Plates may be displayed during April and May 2010. The cost for the Bike Month Plates is \$28.00.
- A copy of this years plate is shown above. A color image can be seen at [www.bikelib.org](http://www.bikelib.org).
- Plates are numbered from 1 to 350 with number preference given to last years plate holders.

**IMPORTANT:** The Secretary of State mails all plates. We must send a COMPLETE, CURRENT, LEGIBLE photocopy of your regular license plate registration card. If your plates expire in APRIL or before you can not use your 2009 registration card. You can renew up to two months early at a Secretary of State office near you.

PLEASE PRINT LEGIBLY OR TYPE

Name \_\_\_\_\_ Signature \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State IL Zip \_\_\_\_\_ Phone \_\_\_\_\_

E-Mail \_\_\_\_\_ Driver's License Number \_\_\_\_\_  
 (This will only be used to contact you about your plate order)

Current Plate Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

Car Make \_\_\_\_\_ Year \_\_\_\_\_ VIN# \_\_\_\_\_

Please make your \$28 check or money order payable to League of Illinois Bicyclists. Mail it with this form and a photocopy of your car's current plate registration to: LIB, c/o Laura Kuhlman, 1s110 Normandy Woods Drive, Winfield, IL 60190. Phone: 630-462-5427

**Order A Matching Share the Road T-shirt** (Shirts shipped separately from Plates)  
**\$22 each (\$24 2XL)** (Includes Shipping and Sales Tax)



**MENS (Natural color)** (enter quantity)

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_

**WOMEN'S (White color)** (enter quantity)

S \_\_\_\_\_ M \_\_\_\_\_ L \_\_\_\_\_ XL \_\_\_\_\_ 2XL \_\_\_\_\_

(Back has small logo below collar)

100% Heavy Preshrunk Cotton



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203 West Northwest Hwy. - Barrington, IL 60010 - 847-382-9200

(Continued from page 1)

**The Great Ohio Bicycle Adventure**, June 19-26, 400 miles, GOBA visits the foothills of Appalachia in southeastern Ohio. This will be one of the most challenging bike tours in GOBA's 22-year history. [www.goba.com](http://www.goba.com)

**RAGBRAI**, The Register's Annual Great Bicycle Ride Across Iowa, July 25 - July 31, is an annual seven-day bicycle ride across the state. RAGBRAI is the oldest, largest and longest bicycle touring event in the world. [ragbrai.com/](http://ragbrai.com/)

**SAGBRAW**: July 31 - Aug. 6, 50 to 60 miles per day. The grand loop starts in Columbus with overnights in Waupun, Plymouth, Mishicot, Appleton and Green Lake. [grabaawr.com/Sagbraw/index.html](http://grabaawr.com/Sagbraw/index.html)

**Ride Idaho**: August 8-14, Northern Idaho & Montana, 448 miles, 7 days, fully-supported ride, 300 cyclists, \$625 [www.rideidaho.org](http://www.rideidaho.org)

**BAM, Bicycle around Minnesota**, Aug 18-21, Northeastern region of MN. Discover the ethnic heritage of the area and explore it's rich mining and logging history, you will experience the natural beauty of the forests and the lakes including Lake Superior. Registration opens 2/15. [bambiketour.org](http://bambiketour.org)

**Cycle North Carolina Fall Ride: Mountains to the C** Sept. 25 - Oct. 02, 1200 riders. Check the website for registration dates and event updates [cyclenc@ncsports.org](mailto:cyclenc@ncsports.org)  
[www.cyclenorthcarolina.org](http://www.cyclenorthcarolina.org)

For more state rides visit: [www.bikingbis.com](http://www.bikingbis.com)

## Old Story

I'm a victim of elder abuse.

It happens every time I ride with younger, stronger cyclists. (I'm also a victim of, uh, younger abuse, but that's another story.)

Do you suffer from this silent scourge? There's one way to find out.

Fortunately, I work for a company that publishes pamphlets on a wide range of critical health topics, including Body Hair Removal, the ever-popular Irritable Bowel Syndrome and, yes, Elder Abuse.

"Is someone hurting you?" begins the Elder Abuse pamphlet. "Yes," I reply, "the 22-year-old with 3% body fat and no job whose chain gets stuck on the 13 cog whenever he takes a pull."

Clearly, this pamphlet is onto something. Let's read on:

Pamphlet: There are many ways someone can hurt you. Let me count them -- hills, crosswinds, attacks, refusing to stop for nature breaks every 30 minutes.

Pamphlet: Does someone you know control what you do, who you see, or where you go?

Check -- I have to ride in the back, in the gutter or in the wind. I'm not able to see anybody but the butts of the slowest riders. I'm forced to go on the same route Saturday after Saturday.

Pamphlet: Does someone you know treat you like a child and make major decisions for you?

Yup -- "We're leaving now . . . Better eat while you can . . . No, we're not stopping to pee again."

Pamphlet: Does someone you know make fun of you, insult you or call you names?

All the time -- "Are you ever going to take a pull? . . . Can't you boot your tire with your AARP card? . . . Nice shift, Methuselah, did they even have derailleur when you started riding?"

Pamphlet: Does someone you know break or destroy your things?

Yes -- if by "things" you mean legs or spirit.

From Roadbikerider.com -Scott Martin's eBook Spin again



**RENEW YOUR MEMBERSHIP FOR FITNESS AND FUN!**

Name \_\_\_\_\_

Address \_\_\_\_\_

City, State Zip \_\_\_\_\_

Phone: (\_\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_  OK to share with bicycling organizationsMembership type:  Single \$20.00  Family \$25.00

Please consider an e-mail of our monthly newsletter to help keep club dues low and help the environment by reducing paper consumption

Please indicate your choice:  Please send via e-mail  I prefer a paper copy

**Membership Agreement:**

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 complementary 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.

\_\_\_\_\_ Age: \_\_\_\_\_ Date: \_\_\_\_\_  
Applicant's Signature

**Signatures of other riders, if Family Membership:**

\_\_\_\_\_ Age: \_\_\_\_\_ \_\_\_\_\_ Age: \_\_\_\_\_

\_\_\_\_\_ Age: \_\_\_\_\_ \_\_\_\_\_ Age: \_\_\_\_\_

Please complete, **SIGN** and return application with check to Wheeling Wheelmen. P.O. Box 7304, Buffalo Grove, IL 60089-7304

**Due date for renewal is February 1, 2010.** New 2010 membership cards will be sent out in March. If you would like to receive a roster, contact Rich Drapeau at [wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)



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  
Feb.4, 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](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