



MONTHLY MEANDERS

PREZ SEZ

Good news!!! The 2010 Harmon Hundred is moving back to Wilmot in Wisconsin. This should be welcome news for those riders that were unhappy with last year's traffic and rude drivers. The Wilmot High school, Bassett and Eagle Lake Parks are all confirmed as the starting point and rest stops, respectively. Joe Beemster is madly advertising the ride and we need members to start spreading the word. Tell all your biking buddies to hold Sept 12th for the Harmon Hundred. We are also very lucky to have a new Harmon Chair, Todd Berlin. So next time you see him, shake his hand, slap him on the back and be sure to ask him..."What can I do to help!"

Many of you have heard of the new Google maps - "biking edition". Interesting idea, but from my playing around with it, it

looks to have a ways to go yet. Still, it's a start and once they get the kinks worked out, I hope it proves to be a very beneficial tool. I encourage all members to try it out and make sure to provide feedback to Google (there is a link on the left hand page). Only by having actual cyclists give real world feedback, can Google make it a truly usable tool.

A quick member poll. At the board meeting we discussed club jerseys. There are many new members who wanted, but could not purchase a club jersey, since our supplies were depleted. We are debating whether to just order more of the current design or create a new jersey, with a very similar design, but minor alterations (maybe something to commemorate our 40th anniversary). Of those members who currently have a jersey, who

might be interested in "refreshing" their wardrobe with the latest and greatest? Let me or one of the board members know.

Lastly, riding season is now officially upon us and I know I said this before, but I ask that, no make that beg, all cyclists to please follow the rules of the road (especially in Barrington Hills) and ride in a safe manner. Now, say it with me "No broken Helmet Award in 2010!" And no tickets either! :)

Be safe, ride smart.

Meg

April, 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> & <i>Pat Calabrese</i>	847/358-4807
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 <i>Todd Berlin</i>	todd.berlin@rrd.com
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</i>	
Harmon Data Base <i>Mary Kay Drapaeu</i>	847/808-1476
Mileage Statistician <i>Cindy Schneider</i>	847/696-2356
Newsletter Mailings <i>Laura Randazzo</i>	
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.

BIKING DIRECTIONS ADDED TO GOOGLE MAPS

You're probably familiar with Google Maps for finding directions for routes to be driven in a car, but Google Maps now accommodates bicyclists, also, with special directions and customizable routes. Google spent years compiling information about bike lanes and paths, rails-to-trails routes, and determining bike-friendly street routes to offer its cycling directions service.

You may access turn-by-turn directions for cyclists simply by visiting Google Maps and then selecting "get directions," then selecting your mode of transportation from the menu directly below the address input boxes. Options include by car, by public transit, walking, and bicycling.

You will be presented with a map and a set of directions that avoid divided highways, and roads that do not permit bicyclists.

When you choose bicycling, the Google Map changes to show bike-friendly routes. Dark green lines represent bike trails that do not permit motor vehicles. Light green lines show streets with bike lanes. Dashed green lines show additional streets recommended for cyclists. Even if there are no special cycling lanes, paths, or recommended streets for cyclists, your route will still be as bike-friendly as possible and will be shown as a blue line. Google cautions that bike routes are "in beta" and provides a "report a problem" link for cyclists' feedback on the bike route utility.

You may often be able to choose from several suggested bike routes, or you may drag-and-drop the route line to avoid an area, or to include a more scenic or pleasant option, based on your experience.

Besides turn-by-turn routing, Google offers you the option of viewing all of the bike-friendly routes in your selected region. Simply select the "bicycling" layer from the "more" menu in the map and see bike trails and lanes in light and dark green.

edited article from about.com
googleblog.blogspot.com/2010/03/biking-directions-added-to-google-maps.html

BOARD MEETING

The next board meeting is Monday, April 19 at 7:00 p.m. at the home of Tom and Deb Wilson.

All Board members are requested to attend.

THE ARLINGTON BIKE SWAP Saturday April 24

The Arlington Heights Bike Swap is an annual community event featuring hundreds of bicycles.

The swap is held at Centennial Park, 1209 Burr Oak Drive, Arlington Heights. Centennial Park is located adjacent to Riley School.

The Arlington Heights Bike Swap allows everyone to sell or purchase bicycles and bicycle related items. The Arlington Heights Bicycle Club runs the event like a garage sale. Sellers set their own prices. The swap is ideal for anyone who has out grown their bicycle; has bicycles they no longer use; or want to upgrade their bicycle.

For info see www.cyclearlington.com or email swap@cyclearlington.com

INVITATIONAL'S

April 18, Folks on Spokes Easter Ride, University Park, IL, 16/25/38/50/68 \$15 by 4/4, \$20 after David Majkowski 312-320-8275
davidmajk@ameritech.net

May 2, QuadruPedal Century, 30/50/75/100, Dodgeville, WI. 608-935-6424, ichs.quadru pedal.html

May 2, Ride the Ups and Downs, Elizabeth, IL. 25/31/52/61 \$15 by 4/30 \$20 after, Anette Bausman, 815-275-0041
bausmana@gmail.com

May 30, Bike the Drive, Chicago, 15/30 miles. \$42 members \$37, 312-427-3325 x 251,
btd10info@activetrans.org

MONTHLY MEANDERS

April 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
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Date	Time	Ride Name	Starting Location	Directions	Miles	Host Phone #
Sat. 4/3.	9:00	3 Options Ride	Fox Grove Forest Preserve, Barrington	NW on Rte. 14, R on Kelsey, L on River, L on Roberts for 1 mile.	21 31 52	Rich Drapeau (847)358-4807
Sun. 4/4.	9:00	Loops of McHenry	McHenry County College	Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot.	36 49	Dave Waycie (847)577-6307
	9:00	(EASTER) Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Reinhilde & Len Geis (847)679-0279
Sun. 4/11.	9:00	Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Betsy Burtelow & Jim Boyer (847)541-1325
Sat. 4/17.	9:00	Honey Lake Loop	Willow Stream Park, Buffalo Grove	The park is on Old Checker Rd. west of the Deerfield Bakery.	40	Earle Horwitz (847)444-0445
Sun. 4/18.	9:00	Harmon Half Century	Wilmot High School	Take I-94 West into Wis. To Exit 345. West on HWY C into Wilmot. Rt. On HWY W. Left into the school entrance.	51	Dave Waycie (847)577-6307
	9:00	Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Dennis Ellerston (847)255-9323
Sat. 4/24.	9:00	Who Let the Dogs Out	Evergreen School, Union	I-90 west to US 20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school	48	Pam Burke (630)872-9238
Sun. 4/25.	9:00	Heron Creek Short Ride	Heron Creek F.P.	0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot	Approx. 32 to 47 miles	Joe Beemster (847)215-2314

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

WEEKLY RIDES

Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday	9:00 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
Monday Starts April 19	6:00 p.m.	Casual Monday Ride	10-15	Bussee North Woods Parking Lot. Located on Golf Road just east of Rte 53. Turn on Ring Road into the preserve. (across from the Atrium Complex). Turn left at the first parking lot	Joe Beemster (847) 867-6724
Tuesday & Thursday	9:00 am as of 4/6	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	Earle Horwitz 847/444-0445 Len & Reinilde Geis 847/679-0279
Tuesday Starts April 6	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 Starts April 7	5:30 pm	Hill and Dale Ride	25-35	Grassy Meadow Forest Preserve See above	Brian Hale 847/426-3290 Cindy Trent 847/392-6750
Thursday Starts April 8	6:00 pm	Thursday Night Ride	30 with alter- nates 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

NEW RIDE—CASUAL MONDAY

We are proposing a new weekly ride for those folks who are looking for a casual ride. For those of you who may be interested, this will initially consist of riding on the Busse Woods trail. The first ride is scheduled for Monday, April 19 at 6:00pm.

Details:

Meet prior to 6:00 pm at the Busse Woods north parking lot. It is located on Golf Road just east of Rte 53. Turn on Ring Road into the preserve. (across from the Atrium Complex). Turn left at the first parking lot.

Note, future start times may be determined based the group's preference, but let's start at 6:00pm to catch any interested folks after work.

Call Joe Beemster (847) 867-6724 for any questions.

**VOLUNTEERS NEEDED FOR BIKE RODEO**

Every year the Wheelmen help the Buffalo Grove Police dept with their Bike Rodeo. This event is geared towards kids to teach them bike safety as well as to promote cycling. Once the kids sign up at the registration desk, they come to our station where we make sure their helmets are fitted properly

The event is in May, however at this time we do not have the specific date. Please check our website for updated information

Joe Beemster needs volunteers for to help out with the Rodeo. He needs two shift of two people each. First shift is 11 a.m.—1 pm and 2nd shift is 1pm-3 pm. A pizza lunch is provided.

Please contact Joe at 847/215-2314 if you'd like to volunteer and to get more details

WEDNESDAY TRAIL RIDES

Date	Time	Ride	Miles	Start/Trail	Directions
4/7	10:00	North Branch Botanic Garden	32	Blue Star Memorial Woods Glenview Paved path	Go East on Lake Street parking lot is past Glenview Golf Course, Wagner Rd. and the trail overpass to the right
4/21	9:00	<i>Chicago Lake Front Path</i>	35	Foster Ave Beach Paved path	East on Peterson off Eden's, rt. on Ridge, bear rt. on Broadway to Foster, left. under Lake Shore to 1 st parking lot on left

Call Kilian Emanuel at 847/296-7874 with any questions or for more information

Wheeling Wheelmen Board Meeting

January 11, 2010

Present: Meg Ewen, Ella Shields, Deb Wilson, Tom Wilson, Johannes Smits, Jim Boyer, Joe Beemster, Rich Drapeau, Kevin Moore

The Meeting was called to order at 7:20 p.m.

President's Report: Meg reported she has not heard from possible new Harmon Chair people;

-Meg has not yet heard back from the High School or Lyons for the reservations, but that is par for the course at this time of year;

-Need to contact the Township of Randall to reserve the Basset Park facility

- Founder Phyllis Harmon was recently inducted into the National Bicycling Hall of Fame in Davis, California- Jim said he would put some information on the web site;

-Discussed February and March club meetings:

February meeting will be at the Pearl Izumi store in South Barrington, the store offered to host the February meeting to present their new cycling wear and offer club members a 15% discount the week of the meeting

March meeting will be at the MacArthur Middle School cafeteria on March 4th, the topic will be either Al Schneider's trip report, or a discussion of bike fit by the proprietor of Wheelworks;

-The picnic is scheduled for July 11, Jim will try to get

the permit again;

-Meg reported she has received positive feedback about the Banquet, Holiday Party, Picnic and rides offered.

Publicity: Reviewed advertising rates and policies, decided on an ad rate of \$60 per year'

Joe reported he has been in contact with many cycling sites and publications about the upcoming St. Pat's Ride.

Treasurer: Reviewed the reports from 2009, and compared them to the prior year's experiences;

Discussed this year's charitable donations, decided on:

\$ 1000 Active Transportation Alliance

2000 League of Illinois Bicyclists

500 League of American Bicyclists.

St. Pat's Ride: Tom and Deb reported the volunteers were mainly ready, many had been signed up at the Holiday Party, but we might need some more baked good contributions, decided since we have 92 T-shirts left, we don't need to order more this year.

Membership: Rich reported as of 1/9/10, we had 94 membership renewals (in 2009 there were 234 members), of the renewals 18 requested paper copies of the newsletter since Meg decided to offer it, decided to mail paper copies of the February newsletter to all members to encourage renewals.

The meeting was adjourned at 8:35p.m.

Next Board Meeting TBD

Practice Perfect Pedaling

Quality riders have a fast, supple pedal stroke. You can spot them way down the road because they're so silky smooth. They handle wind or hills without any noticeable effort.

All of us can get closer to a pro stroke. As we return to the road for the new season it's a great time to work on the skill. It comes from practicing these simple techniques:

---**Pedal slower.** The ultimate goal is to pedal fluidly and comfortably at 90-100 rpm in most circumstances. But it's hard to apply good form while spinning a high cadence. Your feet get going faster than your brain. You can't remedy faults that way.

So change to a bigger gear and slow your cadence to 75-80 rpm. Now you can feel each pedal all the way around the stroke. You can concentrate on the segments and improve them.

When you're smooth at 80 rpm, advance to 85, then 90 and upwards.

---**Aim for the bar.** You've probably heard to pull through at the bottom of the stroke like you're scraping mud off the sole of your shoe. And that's still the right image.

But equally important is what happens on the other side of the pedal circle. As your foot comes up the back, push your knee toward the handlebar. This helps you overcome the "dead spot" that results as your foot transitions across the top, from up to down.

Also helpful is to think "round" instead of "up and down." It's another way to ingrain a circular stroke. Testing has shown that even pro riders aren't able to pull their pedals up the backside with significant force, but it helps to lighten the load for the leg pushing down.

---**Descend like a whirlwind.** After using the first 2 techniques and getting the feel for a circular stroke, head for the hills. Descents help you practice at high rpm.

Leave your bike in a relatively low gear as you start down. Build your cadence steadily until it's well over 100. See how fast you can

spin before your stoke gets choppy and you start bouncing on the saddle.

The key to a smooth blur is relaxation. Don't tense your upper body, strangle the handlebar and *force* your legs to turn faster. *Let* them turn faster. When you can succeed at 120+ rpm, it'll help you be silky at a mere 100.

---**Get feedback.** Ask a cycling coach or veteran rider to observe you during group rides. Don't be self-conscious and try to do everything perfectly. Be yourself so natural flaws will come to light. Once you know them you can work on fixing them.

---**See yourself.** Likewise, it helps to watch yourself pedaling. Have a friend videotape you from a moving car (not in traffic). Study your shadow on rides when the sun is low. Put a large mirror next to your indoor trainer.

And keep at it. Improvement comes quickly, but even veteran roadies can refine their stroke. Give it some thought each time you ride.

from roadbikerider.com



Here are 11 tips for a better ride on the next windy day:

---**Get low.** Reduce your frontal area in a headwind by moving your hands to the drops and keeping your elbows bent and in line with your body.

---**Gear down.** Shift to a lower gear (larger cassette cog) so you can maintain a normal cadence against the wind. Yes, you'll go slower. But spinning is better for your head and knees than grinding with a slow rpm.

---**Gather a group.** It's a huge help on a windy day to ride with friends. You'll only need to bore into the headwind briefly before getting shelter in the pace line. Keep pulls short for maximum advantage.

---**Change course.** When the gale is blow-

ing, choose a route that includes natural wind breaks such as woods, hedges, cornfields, houses, walls and so on. Make it a course with numerous turns so you're never straight into a headwind for long. If you're limited to an out-and-back route, start into the wind so it can blow you home during the second half.

---**Change clothes.** A blousy jacket will catch the air like a drogue chute and sound like a baseball card in the spokes. Wear form-fitting clothing on windy days, perhaps dressing in layers so you can leave your flappy jacket home.

---**Change the time.** When windy days are predicted, riding early or late may mean only battling breezes.

---**Stay loose.** Keep your shoulders and elbows relaxed to help your bike stay on course in a gusty wind.

---**Stay ready.** Anticipate places where the wind is likely to hit you harder. Example: when passing something that serves as a wind-break, or when vehicles pass you. A momen-

tary lull in the crosswind could be followed by a strong blast that catches you off guard and pushes you off line.

---**Keep pedaling.** A bike is more stable if the rear wheel is receiving power. You don't need to pedal hard on a windy descent, but if you shift to a bigger gear and keep some force on the chain you'll feel the benefit.

---**Be wary of wheels.** Windy days are not the time for aero wheels with tall rims and bladed spokes. They present a larger surface for crosswinds to push against, making the bike unstable, especially on fast descents. Standard wheels with low, box-section rims and conventional spokes are much less susceptible.

---**Chant.** *The wind is my friend, the wind is my friend . . .* Like riding hills, riding in wind can make you stronger -- if you know the tricks to turn it into a training advantage. Next week we'll have some tips for doing that

From roadbikerider.com

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

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

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: Send via e-mail I prefer a paper copy

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
TBA

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 847/825-4438

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