



MONTHLY MEANDERS

BOARD BANTER

The Harmon Hundred is coming Sunday, September 9th and your support is needed.

Everyone in the club is familiar with the Harmon. Of all the things we do as a club this is our touchstone event. It is the event outsiders most associate with the club, and it is the principal way we support the good things we do – bicycle advocacy and club events. The Harmon brings in more revenue for the club in one year than two years of dues. A successful Harmon is the single most important thing we can accomplish each year to help our club thrive.

This will be our 43rd Harmon. Our first was back in 1970, which makes the Harmon the oldest invitational bike ride in the northern Chicagoland area. Road biking then was a different sport, without the mainstream appeal we currently enjoy. The original ride started at Wheeling High School, back when Wheeling was the last outpost before the cornfields of southern Lake County. The population of Lake County for that Harmon was 350,000 people, half of what it is today. Traffic was light and

the roads were ours. No one gave a second thought to riding three abreast down Route 83. Try that today!

The intervening years have brought many changes to our sport. Cycling has grown in popularity. Carbon frames have replaced steel. Helmets have become mandatory. And the Harmon, too, has changed. The start has migrated from Wheeling High School, on to the Wauconda Apple Orchard, and finally to its current home in Wilmot. We have hosted more than 20,000 riders who have covered over 1 million miles on every scenic road in the area.

One thing hasn't changed, and that's our commitment to providing the best experience for our riders. Since that first Harmon we've developed a reputation for great routes, great marking, great food, great support, and a friendly attitude. It is our challenge as Wheeling Wheelmen to carry this on in 2012.

This year's Harmon will be Sunday, September 9th. Like last year's, the ride will start from Wilmot High School and will provide options for 25, 50, 62, 75

and 100 miles. There will be two rest stops – Eagle Lake Park and Bassett Park. We've targeted our promotional efforts to bring in more than last year's 600+. Everything is coming together for a great event.

For all this to work we need 90 volunteers. By late July so far 65 have committed. For those of you who have already committed, thank you. For those of you who have not yet signed up please see the sign up sheets that will be at all the rides, or contact Todd Berlin at todd.berlin@rrd.com.

There are a lot of ingredients in a successful Harmon. Some we can't control: the weather, or the competition. Some we can: give all of our riders the most outstanding service and experience. We do this by everyone participating any way you can, and delivering it all with a smile and friendly "thank you for coming".

Please help out and let's make this year's Harmon our best ever. Thank you for your support and see you on the road.

Todd Berlin

August, 2012

INSIDE THIS ISSUE:

TOP 20	2
BOARD MEETING	2
INVITATIONALS	2
RIDE SCHEDULE	3
WEEKDAY RIDES	4
VOLUNTEER	5
MINUTES	5
STOP LIGHTS	5
HYDRATION	7
YAHOO GROUP	7

WELCOME NEW MEMBERS

Jeffrey Forst

Gary Vicari

Lisa Albertson

Kurt Schmitt

Ralph Czekalinski

Club Officials

Elected Officers

President

Joe Beemster 847/215-2314

V.P./Ride Chair*

Pat Calabrese 847/358-4807

Treasurer

Johannes Smits 630/893-2835

Secretary

Dave Waycie 847/577-6307

Membership

Mitch Rosset 847/376-8152

Publicity Chair

Barb Barr 224-578-0624

Powerbarb53@gmail.com

Appointed Officers

Harmon Chairman

Todd Berlin todd.berlin@rrd.com

Newsletter

Ella Shields 773/407-4712

St. Pat's Ride

Janice Gries 847-275-7443

Anna Swietczak 312-969-1010

Chairmen

Banquet

Meg Ewen 630/540-1704

Harmon Data Base

Emily Qualich 847/ 821-1009

Mileage Statistician

Emily Qualich 847/ 821-1009

Newsletter Mailings

Joe Beemster 847/215-2314

Picnic

Al & Cindy Schneider 847/696-2356

Refreshments

Open

*Ride Coordinator

Sheri Rosenbaum 847-971-4573

luv2bike80@hotmail.com

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 Mitch Rosset with your new address or e mail address at 847/376-8152 or e-mail him at wheeling@wheelmen.com.

TOP 20 MILES

thru 7/13

150 rides by 197 members

Max miles 5,432

Women:

1	Sheri	Rosenbaum	2533
2	Emily	Qualich	2279
3	Pam	Kaloustian	1546
4	Pat	Calabrese	1372
5	Betsy	Burtelow	1361
6	Eva	Larson	1234
7	Tricia	Croft	1176
8	Marianne	Kron	1163
9	Virginia	Savio	1120
10	Reinhilde	Geis	1092
11	Laura	Randazzo	1071
12	Cindy	Kessler	1068
13	Mary Kay	Drapeau	1052
14	Deb	Wilson	961
15	Anna	Swietczak	862
16	Cindy	Trent	830
17	Pam	Burke	689
18	Ella	Shields	651
19	Barbara	Barr	634
20	Ellen	Heineman	546

Men:

1	Paul	LeFevre	3550
2	Kilian	Emanuel	2963
3	Mitch	Rosset	2728
4	David	Waycie	2420
5	David	Naigles	2371
6	Tony	Vercillo	2261
7	Brian	Hale	1827
8	Peter	Guzik	1816
9	Kevin	Moore	1742
10	Jim	Boyer	1668
11	Joe	Beemster	1651
12	Leo	Rhee	1635
13	Frank	Bing	1551
14	Rich	Drapeau	1487
15	Tom	Wilson	1365
16	JV	Villadolid	1352
17	Alex	Halamaj	1341
18	Jim	Flechsing	1264
19	Jeff	Magnani	1233
20	Earle	Horwitz	1200

BOARD MEETING

The next board meeting is Monday, August 13, 7:00 p.m. at the home of Barb Barr.

All Board members are requested to attend.



BANQUET PICS

We will once again be doing a slide show at the annual club banquet

(November 11) and are asking for contributions this season. So be sure and take your camera out to rides and events this year and share your pictures with the club. Send your pics by October 31 to Dave Waycie at dwaycie@wowway.com.

INVITATIONALS

Aug 3-5, Amishland & Lakes, Howe, IN. 25- 100 miles
www.amishlandandlakes.com

Aug 11, Dairyland DARE, Dodgeville, WI 50/100/150/200K, 608-553-0144
dairylanddare.com

Aug. 18, Roun'da Manure Bicycle Ride, Goodland City Park, Sharon WI., 24/44/64 miles
www.sharonmainstreet.org/Sharon_Main/Rounda_Manure.html

Aug 25, No Baloney Ride, Chilli-cothe, IL; 25/50/75/100 Miles;
www.ivwnobaloney.com;
morganclaygrigsby@gmail.com

Aug 26, Bike Psycho's Century, Coal City H.S., 30/50/70/100/124 miles
bikepsychos.org

Aug 26, Four Star Bike Tour, Chicago 12/35/65 miles, 312-427-3325 x 251
btd10info@activetrans.org
fourstarbiketour.org/

Aug 26, Cream City Century, Waterford, WI. 30/56/78/100 miles
414-299-9398
creamcitycycleclub.com/century.htm

Aug 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	
Date	Time	Ride Name	Starting Location/Directions	Miles	Ride Host
Sat. Aug 4	9:00	Loops of Lyons	Fellows Park, WI Rt 12 west to WI, thru Richmond to Hwy H north to Genoa City. Right on Freeman (still Hwy H). Left on Fellows. Park at the first empty lot on right	50/71/ 100	Dave Waycie 847-845-9663
		Amishland & Lakes Weekend	Howe Military Academy Howe, IN Direction go to amishlandandlakes.com	25-100	Excursion Ride Sheri Rosenbaum 847-971-4573
Sun. Aug 5	9:00	Sunday Short Ride	Long Grove Commons Shopping Center Rt22 and Old McHenry Road. Park in lot north of the PNC Bank.	31/47	Jim Boyer 847-508-6375
		Amishland & Lakes Weekend	Howe Military Academy Howe, IN Direction go to amishlandandlakes.com	25-100	Excursion Ride Sheri Rosenbaum 847-971-4573
Sat. Aug 11	9:00	Paris School Ride	Paris School, Paris, WI I-94 north, Exit 142 west to County D, turn left to the school	37/55	Dave Waycie 847-845-9663
Sun. Aug 12	9:00	Fontana Ride	McHenry Co. College Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot.	71	Bill Bergeron 847-624-7932
	9:00	Sunday Short Ride	See above	31/47	Frank Bing 847-814-9925
Sat. Aug 18	8:00 Tour 8:30 Ride	Waterford-Schwinn Factory Tour/Ride	Waterford Precision Cycles 816 W. Bakke, Waterford, WI 262-534-4190 I-94 to Hwy 20 West, take Hwy 20 for 14 miles. Turn Left on Hwy D for 1.5 miles to Hwy W. Turn right (north) on Hwy W then 1 mile and left (west) on to Bakke Ave. They're the 4th building on the right.	27/41/ 68	Kevin Moore 847-373-7378
Sun. Aug 19	9:00	Sunday Short Ride	See above	31/47	Kilian Emanuel 847-296-7874
	8:00	Paul's NE IL Century	Euclid Elementary School Euclid and Wheeling Road, school is on the corner.	100	Paul LeFevre 847-234-0615
Sun. Aug 26	7:00 - 9:00	Club Members Harmon Pre-Ride Contact your riding buddies and pick your miles and start time	Wilmot High School, Wilmot, WI Take I-94 West into Wisconsin to Exit 345. West on Hwy C into Wilmot. Right on Hwy W. Left into the school entrance. Food for pre-ride: Near Wilmot - in Silver Lake on Route B Near Basset - in Twin Lakes after Basset, R instead of L on F, at Bar, follow EM into Twin Lakes 1 mile south. Near Eagle Lake - in Rochester at Gale and Main, R instead of L on Main ~1 mile west Near 77.6 miles mark - food in Lyons, WI. Go straight instead of R on Mill into Lyons	25/50/ 75/100	Todd Berlin 847-910-5336

WEEKLY RIDES					
Day	Time	Ride	Start/Directions	Miles	Ride Host
Saturday	8:00 am	Honey Do Ride	Grassy Meadow Forest Preserve - The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	30-58	Brian Hale 847/804-1561
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	Willow Stream Park - 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	25-40	Kilian Emanuel 847/296-7874 Len & Reinhilde Geis 847/679-0279
Tuesday	6:00 pm	Working Stiff's Ride	Stempel Parking Lot On the west side of Old McHenry Road, behind the Read Oaks Store. West of IL 53, Long Grove, IL	18-27	Jim Boyer 847/541-1325 Tom Wilson 847-632-1412
Wednesday	10:00 am	North Branch/ Botanic Gardens Trail Rides Paved Path Lunch stop: Botanic Garden or Super Dawg	Blue Star Memorial Woods. East Lake Avenue, Glenview. East of Waukegan Road, between Wagner and Harms near overhead trail bridge. Parking lot on South Side of East Lake Avenue	16/32	Kilian Emanuel 847/296-7874
Wednesday	5:30 pm	Hill and Dale Ride	Grassy Meadow Forest Preserve See above	25-35	Rotation: Anna Swietczak Joe Beemster Nancy Beck
Thursday	6:00 pm	Thursday Night Ride	Heron Creek Forest Preserve. Located on the SW Corner of RT 22 and Old McHenry Road, park at shelter B.	30	Paul Lefevre 847/670-3501
Friday through August 17	10:00 a.m.	Friday Picnic Ride Food & music in the park	Willow Stream Park See above	30	Frank Bing 847/814-9925

Be sure to be on the Yahoo group and/or Facebook for last minute changes

Due to lack of participation, the Monday evening ride at Busse Woods will be canceled effective August 3. The Board would like to thank Virginia Savio and Kathi Smits for coordinating and leading this ride



Sunday, September 9

Wilmot High School
Wilmot, WI.

EVERYONE WORKS

Contact Sheri Rosenbaum @
luv2bike80@hotmail.com
to volunteer



ALEXIAN BROTHERS
TOUR OF ELK GROVE



Celebrating its 7th year, the Tour of Elk Grove will be held from Friday-Sunday, August 3-5

Over the weekend, the Tour of Elk Grove features more than 15 professional and amateur races for both men and women. Total prize money is expected to be nearly \$150,000. Of this amount, the total prize purse for the men's pro 3-stage race is expected to top \$100,000.

The weekend also includes a sports/food/merchant expo, community races, and community "block parties" with music, food and fireworks on Friday and Saturday nights.

For more information please visit www.tourofelkgrove.com

WHEELING WHEELMEN BOARD MEETING JULY 9, 2012

Present: Barb Barr, Joe Beemster, Todd Berlin, Pat Calabrese, Ella Shields, Johannes Smits, Dave Waycie

The meeting was called to order at 7:10 pm.

Treasurer's report: Income ahead of last year at this time. Due primarily to the high turnout for St. Patty's day ride.

IRS Application: The IRS has received our submittal for not for profit status but are behind in reviewing the numerous applications. Waiting for their determination

Harmon: Reviewed progress. Volunteer signup going well, but we still need volunteers for many tasks – primarily rest stops.

Club Picnic: Another successful picnic. 45 riders did the rides. A big thank you again to Al and Cindy Schneider.

Constitution and Bylaws: Several minor corrections have

been made over the past year. Ready for posting on Wheelmen Web Site

Ride Cancellation Procedures: The Yahoo group seems to be working well to handle cancellations and changes. We have had several positive comments about the weekly ride update emails.

Newsletter Articles: August – Todd Berlin

Monday night ride: will be discontinued on Monday August 6th due to lack of participation. Thanks to Virginia for heading this up the past two years.

Next Board Meeting: Monday, August 13, 7:00 pm. Barb Barr will host.

The meeting was adjourned at 8:10.

Dave Waycie
Secretary



WHAT NOT TO DO AT A STOP LIGHT

We've all seen it. (And let's be honest, we've all done it!) Waiting at a stop light, the light turns green and the group takes off while we're left waiting, trying to get our food back in our pockets or our bottles back in the cages. This article is for new riders who may not have had that experience yet and for the more experienced among us that still occasionally forget. It's one part safety and one part practical advice. So without further ado, here is what **NOT** to do at a stop light:

- **Don't roll through a red light.** Not only is it illegal, but it's a great way to turn yourself into a hood ornament. If it's yellow, you should already be thinking RED.
- **Don't be anywhere to the left of the centerline of the road.** The only time you have any reason to cross the centerline is if you're in the middle of executing a left turn. (Or your legs are feeling great and you're passing cars in legal passing zones!)
- **Don't pass and stop in front of stopped cars.** It only puts you in the way when the light turns green. Keep your place in line and everything will flow smoothly.
- **Don't mass up to the line and unnecessarily spill into turn lanes.** Again, it just slows traffic that could otherwise keep moving.

- **Don't have your bike pointed any direction other than forward.**
- **Don't unclip from both pedals.** You'll want to be ready to move right away.
- **Don't start eating or drinking when the light is about to turn green.** If you do, you've now got one foot and one or both hands off the bike.
- **Don't start checking messages on your phone.** This is the same idea as not eating and drinking. Hopefully by now this one is self-explanatory!
- **Don't find yourself in too big a gear when the light turns green.** Think ahead and shift to a smaller gear that will be easier to pedal the first few strokes.
- **Don't spend a quarter-mile looking down trying to get your feet into your pedals.** Practice with your pedal system so that you can quickly and confidently engage your cleat and start moving. If all else fails, learn to just put a foot on the pedal and start pedaling, then work on seating the cleat once you're safely in the group.

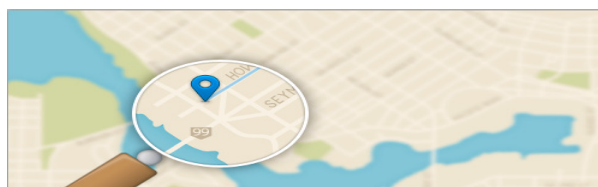
Keeping these ideas in mind as you ride, especially with a group, will help to keep you flowing smoothly with traffic. More importantly, you can avoid the extended chase and sometimes long ride home when you're caught unawares and the group rides away before you get back on. Good riding! by [Jason Schisler](#) from vision quest newsletter



A big thanks to Al & Cindy Schneider for hosting another great picnic.

Approximately 50 people enjoyed terrific food, good friends, and great camaraderie.

A good time was had by all.



Maps for WW Routes Available on MapMyRide.com

Just a reminder, if you want to have access to maps for many of the Wheelmen routes we are using MapMyRide.com to create them. We are slowly building a library of maps that you can use if you "friend" our account. Just go to MapMyRide.com, create your own account for free, and request to "friend" Sheri Rosenbaum. Once I receive your request and accept it, you'll have access to our library. Simple and free. Remember, only active Wheeling Wheelmen members will have access to the maps

BICYCLE QUOTE

After your first day of cycling, one dream is inevitable. A memory of motion lingers in the muscles of your legs, and round and round they seem to go. You ride through Dreamland on wonderful dream bicycles that change and grow. ~H.G. Wells, *The Wheels of Chance*

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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@yahogroups.com

To Unsubscribe send an email message to:
wheelingwheelmen-unsubscribe@yahogroups.com

To post a message send your message in an email to:
wheelingwheelmen@yahogroups.com

The group name is: **wheelingwheelmen** and is available at: pgroups.yahoo.com/group/wheelingwheelmen



HYDRATION TIPS

- **Hydrate before, during, and after the ride** - force yourself to drink as thirst alone will not reflect complete rehydration, so learn to drink *before you are thirsty*. Using a CamelBak or similar device on long rides will eliminate worries about stopping and possibly losing your group. Watch the color of your urine, if you are doing a good job on replacement it should be colorless.
- **Don't skimp when using a sports drink** - don't assume that because they contain electrolytes and carbohydrates you don't need to drink as much. As the sweet taste often keeps you from drinking, dilute it or take an extra bottle of plain water to alternate.
- **Keeping liquids cool has been shown to increase intake on a ride** - either add ice the day of the ride or freeze half a water bottle of fluid the night before and top it off with water from the tap or extra sports drink just before the ride.
- **Weigh yourself before and after the ride** - most of your weight loss will be fluid (2 pounds equals 1 quart or "a pint's a pound"). A drop of a pound or two won't impair performance, but any more and you need to reassess your personal hydration program. A gain of more than 1 or 2 pounds suggests you are over compensating. This is an especially important strategy in hot weather where fluid losses can easily exceed several quarts an hour.
- **Wear the right clothing** - light colored to reflect heat and a loose weave jersey to help keep you cool and lessen sweat losses.

From: www.cptips.com/fluids.htm



**Wheeling
Wheelmen**

P. O. Box 7304
Buffalo Grove, Il.
60089-7304
wheeling@wheelmen.com

We are on the web
wheelmen.com



SAVE THE DATES

Harmon Hundred - Sunday, Sept. 9
Banquet - Sunday, November 11

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
661 Central,
Highland Park
(847) 432-0015

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

GEORGE GARNER CYCLERY
1111 Waukegan Rd.
Northbrook
847/272-2100

LIBERTYVILLE CYCLERY
740 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 E,
Wheaton 630/690-2050
1807 S. Washington, #112
Naperville, 630/961-8222

Trek Bicycle Store – Highland Park
1925 Skokie Hwy
Highland Park, IL
trekhp.com 847-433-8735

THE CYCLERY
575 Ela Road,
Lake Zurich
847/438-9600

TURIN BICYCLE
1027 Davis Street
Evanston
847/864-7660

VILLAGE CYCLESPORT
45 Arlington Hts Rd
Elk Grove Village
847/439-3340
1313 N. Rand Rd.
Arlington Hts.
847/398-1650
203 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