

## NEWSLETTER OF THE WHEELING WHEELMEN



# MONTHLY MEANDERS

## BOARD BANTER

The Wheelmen have had a **St. Patty's Day** and distributing them. I felt fun and productive bicycling year. It's been great to serve as your president along with our highly involved board members. The highlights include, but are not limited to, legal issues being addressed, more rides being added, the club hosting two highly successful invitational rides and most importantly the work of our volunteers.

Some of the highlights:

### **Four member meetings:**

Al Gibbs did a great job in showing their bicycle river barge trip in France. Drs. Katie and Quentin Sleigh of the Sleigh Family Clinic, discussing the importance of back safety to help decrease injuries and speed recovery. Robbie Ventura presenting the best methods in achieving the most enjoyment in individual and group riding. Our Harmon volunteer pizza thank you party, and a special thanks to Deb Wilson for arranging for the school facilities for our meetings.

**Harmon Hundred in-vitational rides:** Anna & George Swietczak and Janice Gries, under the guidance of Tom and Deb Wilson, and Todd Berlin did an outstanding job in coordinating these rides. On a great sunny March Sunday, some 500 riders attended the St. Pat's ride and really enjoyed themselves. Some 650 riders signed up for the Harmon and with all our volunteer help, were highly complementary of everyone's efforts. A big thank you to all you Wheelmen Volunteers who gave your time to make these events so successful.

### **The member rides:**

Thanks to Pat Calabrese and Sheri Rosenbaum for pulling together this year's ride schedule. Many new rides were introduced which we all really enjoyed. Sheri did a wonderful job in communicating and selling the scheduled rides each week. All of the ride hosts appreciated the well written cue sheets and did a good job in signing up and

that we have good attendance at many of the weekly rides including the Honey do, Sunday short ride, Bakery and the three evening rides. The special out of town rides were also fun.

Also big thanks to Emily Qualich for documenting all of the attending riders and their mileage.

**Picnic:** Again Al & Cindy Schneider did their usual terrific job in providing the food and refreshments for our July picnic.

**Other Kudos:** Jim Boyer continues to update our Web Site which is used by numerous people in checking the rides, newsletters and other activities. Ella Shields puts in a lot of time in publishing our monthly newsletters and provides excellent assistance to the Board in keeping us on track to hopefully prevent anything from falling through the cracks..

**The Board** meets regularly to discuss and review

*(Continued on page 2)*

November 2012

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Sunday, November 4

Club Officials		FINAL TOP 20 MILES	BOARD MEETING
<b>Elected Officers</b>		Come to the banquet and find out the top mileage.	The next board meeting TBA.
<b>President</b> Joe Beemster	847/215-2314		
<b>V.P./Ride Chair*</b> Pat Calabrese	847/358-4807		
<b>Treasurer</b> Johannes Smits	630/893-2835		
<b>Secretary</b> Dave Waycie	847/577-6307		
<b>Membership</b> Mitch Rosset	847/376-8152		
<b>Publicity Chair</b> Barb Barr	224/578-0624 Powerbarb53@gmail.com		
<b>Appointed Officers</b>			
<b>Harmon Chairman</b> Todd Berlin	todd.berlin@rrd.com		
<b>Newsletter</b> Ella Shields	773/407-4712		
<b>St. Pat's Ride</b> Anna & George Swietczak	312/969-1010		
<b>Chairmen</b>			
<b>Banquet</b> Meg Ewen	630/540-1704		
<b>Harmon Data Base</b> Emily Qualich	847/ 821-1009		
<b>Mileage Statistician</b> Emily Qualich	847/ 821-1009		
<b>Newsletter Mailings</b> Joe Beemster	847/215-2314		
<b>Picnic</b> Al & Cindy Schneider	847/696-2356		
<b>Refreshments</b>	<b>Open</b>		
<b>*Ride Coordinator</b> Sheri Rosenbaum	847/971-4573 luv2bike80@hotmail.com		
<b>Web Page</b> Jim Boyer	847/541-1325		
<b>Newsletter Policy</b>			
We can always use information for the newsletter. I'd love to hear from you. E-mail your ride notes, stories or articles for the newsletter to me by the 10th of the preceding month			
Ella Shields 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.			
		 <b>REMINDER</b> The annual banquet is Sunday November 11 at Chandlers at the Schaumburg Golf Club 12 pm- 4:30 pm	
		If you have not signed up there is still time. Please contact Meg Ewen, 630/540-1704 or e mail her at ibagoalie@comcast.net.	
			Barb Rosenthal Bob Breitling Lisa Mueller
		(Continued from page 1) various issues resulting in a smooth process.	
		Pat along with Sheri coordinated an excellent ride schedule. Mitch ran a terrific registration in signing up over 250 members, Dave keeps us on our toes offering good observations and ideas, and Johannes literally watches every dollar to insure the budget is on track. Barb does the publicity for our sponsored rides and other events which involves numerous organizations.	
		<b>Other items:</b> We prepared and submitted a comprehensive request to the IRS to designate the Wheelmen as a not for profit organization. Note: we have had this status with the State of Illinois for many years. The club Constitution and Bylaws have been updated to reflect our current practices. We expanded our club insurance program to include Directors & Officers Liability. A new ride cancellation procedure was issued to alert those members primarily doing out of town rides. Donations were again given to bicycle advocacy groups and others who help promote our sport and activities.	
		<b>Annual banquet and holiday party;</b> Don't forget this year's annual banquet on Sunday November 11. Meg Ewen and Ella Shields have pulled together another fun event which will be held again at Chandler's. Prizes and awards and, of course, the gag gifts will be given out. The Holiday party coordinated by Pam Burke is scheduled for December 9, please note new location. See notices in this newsletter.	
		Lastly, I'm confident that the Wheeling Wheelmen will continue to participate and enjoy our rides and promote bike riding with our two invitational's and most important we still have fun!	
		Joe Beemster	

**WEEKLY RIDES**

<b>Day</b>	<b>Time</b>	<b>Ride/Start</b>	<b>Miles</b>	<b>Directions</b>	<b>Ride Host</b>
Saturday & Sunday	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
Tuesday & Thursday	10:00	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	n/a

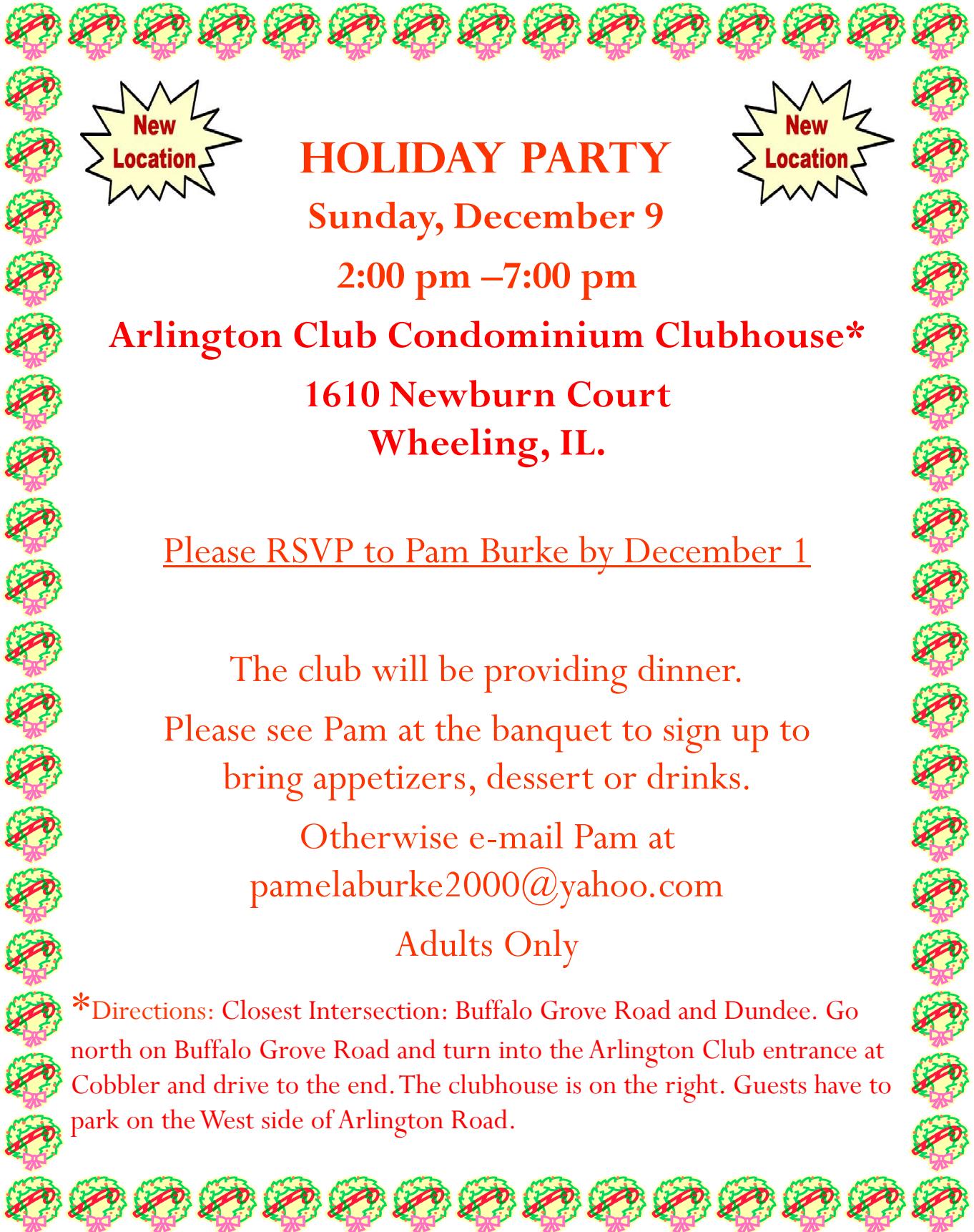
The November schedule of trail rides will be a mix of paved, crushed limestone and unimproved trails. This will be a great opportunity for club members to ride in some new areas and develop better bike handling skills. Any bike with a little tread pattern on the tires will be suitable and I do not feel a full out mountain bike is required. Last year there was a wild mix of bikes with all proven to be quite successful. All rides will start at 10:00 AM. The rides will be about two hours or 30 miles in length. These rides will be done at a pace comfortable for the group present and will be done in a no drop fashion. Anyone interested in attending should pay close attention to the clubs Yahoo website for updates.

Mitch

**TRAIL RIDES**

<b>Day</b>	<b>Time</b>	<b>Ride/Start</b>	<b>Trail</b>	<b>Directions</b>	<b>Ride Host</b>
Sun. Nov. 4	10:00 a.m.	Deer Grove	Unpaved	Start from the parking lot off of Dundee Road west of Hicks Rd.	Brian Blome 847/358-4807
Sat. Nov 10	10:00 a.m.	Waterfall Glen Lemont, IL	Crushed limestone	Start from the parking lot on Lemont Road about 3 miles South of I 55. The Forest Preserve is crushed limestone but we will also take the path out of the park and travel on the paved IM Canal path to Lockport.	Mitch Rosset 847/814-3107
Sat. Nov.17	10:00 a.m.	Independence Grove Des Plaines River Trail Northbound	Crushed limestone	The entrance is on 137/Buckley Road East of 21/Milwaukee Avenue. When you enter the park stay to the left at the fork in the road. There is a heated park restroom and that is where we will start	Dan Wiessner 847/736 3484
Sat. Nov. 24	10:00 a.m.	Des Plaines River Trail Southbound	Crushed limestone/ some unimproved sections	Start at the Dundee Road parking area. The lot is just East of Milwaukee Ave. on the South side of the road.	Mitch Rosset 847/814-3107

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



## DON'T WAIT FOR SPRING: GET TUNED-UP NOW

Last November I did something I've always wanted to do but have never made time for. I took my bike in for a spring tune-up. That's right—at the end of the cycling season, not the beginning. Hey, it's the easiest time to do it. I wasn't using my bike. I hadn't yet taken the bike rack off the car in preparation for winter. My bike mechanic wasn't being rushed off her feet, so she could give my bike the TLC it needed after a full season of riding. Not only did she tune it up, she cleaned and polished it til it looked as bright as a new penny. For the first time ever, come spring I'm ready to ride.

If you're someone who starts thinking spring tune-up in January, and then you wait until April to call the bike shop, listen up. There are a lot of good reasons to make haste and get your bike tuned up now. Here are a few:

- 1) **Beat the rush.** When spring comes and it's time to ride outside again you're going to want that tune-up done yesterday. But bike shops will be fully booked. You'll have to join the queue, and perhaps wait weeks for an appointment. Beat the rush and get your bike tuned up now.
- 2) **Better service.** This isn't true of all bike shops, but some let their service slide during the spring rush. Find out in detail what you're getting for your tune-up and make sure you get it. A basic tune-up should include: cleaning and lubrication, a safety check, checking and adjusting derailleurs, checking and adjusting brakes, and checking tires and inflating them to the proper pressure.
- 3) **Ready, set, GO.** When the weather warms up, you'll climb on your shiny steed and ride off in the sunshine knowing that your bike is clean, properly lubricated, and mechanically sound. And that you're ready to go, go, go.
- 4) **Gratitude.** Your bike shop will shower you with gratitude. They can use the business this time of year.

*By Laurel-Lea Shannon from [womenscycling.ca](http://womenscycling.ca)*



### "SHARE THE ROAD" LICENSE PLATES HAVE YOU SEEN THE NEW "SHARE THE ROAD" LICENSE PLATES ON CARS AND ARE WONDERING HOW TO GET YOUR OWN?

Illinois' newest year-round specialty license plates have hit the road on cars, vans and light trucks. The blue plates with a bicyclist outline deliver a "Share the Road, Same Rights – Same Rules" message while raising funds for the League of Illinois Bicyclists' motorist and bicyclist education efforts. LIB receives \$17 of the first year's incremental cost and \$20 in renewing years to use for statewide educational campaigns. These campaigns fill an important gap: teaching both bicyclists and motorists on how to more respectfully, lawfully and safely share our roads. For example, we are developing online quiz-based "certifications" meant to more broadly deliver bike safety knowledge in schools, drivers' education and the general population. Other examples are seen on LIB's website under the "Safety Education" tab.

Plates can be ordered by filling out the Secretary of State's "Share the Road License Plates" brochure's order form or online at <https://www.ilsos.gov/PickAPlateWeb/index1.html>. Personalized plates, with three letters and one number, and vanity plates, with up to four letters or up to three numbers, are available as well.

For more information on the plates and on our new "Share the Road with Bicycles – Same Rights, Same Rules" license plate frame, visit [LIB's website](#).



## HOW DO I STAY MOTIVATED TO CYCLE IN THE FALL?

By Diane Stibbard

**Q:** As the days get shorter, and the temperatures drop, how do I stay motivated to ride?

**A:** Motivation levels are always high during the summer months. The warm sunny weather beckons us outside, and with long daylight hours we can get time on the bike after we finish work. This summer's riding season has been long and hot, close to perfect for getting the miles in. But as we move into fall daylight hours dwindle, temperatures fall off, and days of rain reduce our riding opportunities. These factors add up not just to a lack of motivation but an actual lack of time to cycle. Here are six suggestions to fend off the fall riding blahs and help you transition into winter indoor riding.

**1. Cool weather riding gear is a must if you want to extend your outdoor riding season.** Invest in the following items to help stay warm and dry.

- **Booties:** These go over your cycling shoes to keep your feet warm.
- **Long tights to wear over your cycling shorts:** There are varying thicknesses to choose from depending on what temperatures you're riding in.
- **Base layers:** There are many options ranging from short-sleeved to long-sleeved moisture-wicking undershirts.
- **Wind- and waterproof cycling jacket:** A cycling jacket will not only keep you warm and dry but has pockets for your extra clothing if you get too warm and want to shed a layer.
- **Cycling vest:** This is a good option for cool but not cold cycling days. Vests keep your core warm, which is where you are the most likely to feel the cold.
- **Gloves:** Long-fingered cycling gloves, and for very cold days, lobster gloves—will keep your hands warm. Lobster gloves keep your fingers together generating more warmth.

**Moisture-wicking head cover:** You wear this underneath your helmet. There are many options. Some

cover your head and ears. Others, like balaclavas, cover your head ears and neck.

**2. Decrease your regular rides to accommodate the shorter days, and mix up the intensity to keep your fitness levels up.** Shorter, more intense, rides will burn off the same calories as longer slower rides and will keep your fitness levels high. For example:

- Alternate periods of high-intensity riding with lower -intensity riding.
- Ride the hills on your route harder, spin downhill and then maintain a moderate pace on the flats.
- Throw in some intervals of high-intensity riding. Do 10 to 15 sets of higher-intensity spurts of riding in between lampposts, and then recovery, using the same length of time with easy spinning.

After a warm-up, ride a 20/20/20 ride – 20 minutes steady-state riding, 20 minutes at a slightly harder intensity, then 20 minutes of steady-state riding. Finish with a nice easy cool down.

**3. Include an indoor spin class on top of your weekly riding schedule.** This adds variety and motivation to your schedule.

**4. Look ahead to the following year.** Decide on an event you would like to do and mark it on your calendar. This will help keep you motivated to stay fit and in shape over the winter.

**5. Get social.** If you live in an area that sees changing fall leaves, plan a different ride route to view the colors and then a lunch afterwards as a reward.

**6. Substitute one ride per week with another activity.** Outdoor activities could include hiking, and indoor ones could include a fitness class, a weight or core stability workout or a yoga class designed for cyclists. The stronger your body and core, the better cyclist you'll be.

These are just a few ideas to help keep you motivated. Get out there, stay warm and dry and enjoy all that fall has to offer.

From [www.womenscycling.ca](http://www.womenscycling.ca)

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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

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.

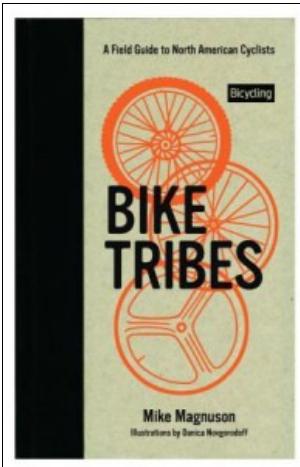
**NOTE:** Due to spam and email address hijacking concerns, subscription to the Yahoo Group is limited to current members of the Wheeling Wheelmen Bicycle Club only. If you have questions about club membership, rides or events, please send an email to: [wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)

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)



## BIKE TRIBES: A FIELD GUIDE TO NORTH AMERICAN CYCLISTS

A hilarious and essential illustrated field guide that breaks down the tribes of the bicycling community: from the spandex-clad weekend warriors to the hipsters on street bikes who love to laugh at each other (and themselves).

Anyone who rides a bike knows the bicycling world is made up of tribes. From tattooed messengers to pretty urban hipsters to grouchy shop owners, they may look like they live on different planets, but they are united by their abiding love of bikes—and often their total disdain of other members of this insular world.

*Bike Tribes* is the *Preppy Handbook* of bicycling, replete with one-of-a-kind illustrations that taxonomize the special habits, clothing, preferences, and predilections of cyclists. Mike Magnuson, an avid rider, bicycling expert, and longtime contributor to *Bicycling* magazine, covers the basics of racing, etiquette, and apparel and gear, including running commentary on cycling culture, poking holes in practically every pretension in the cycling world. *Bike Tribes* is a fun romp through the various subcultures in the bike community—bound to appeal to newcomers and grizzled cyclists alike



P. O. Box 7304  
Buffalo Grove, Il.  
60089-7304  
[wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)

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

Join us on

**facebook.**

### SAVE THE DATE

Banquet - Sunday, November 11  
Holiday Party –Sunday, December 9  
Club meeting - Thursday, Feb. 7, 2013



### 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  
[trekhp.com](http://trekhp.com)  
847-433-8735

**THE CYCLERY**

575 Ela Road,  
Lake Zurich  
847/438-9600

**TEN27CYCLES**

1027 Davis Street  
Evanston  
847/864-7660

**VILLAGE CYCLES**

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](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