



MONTHLY MEANDERS

SHOW OFF the 45th HARMON HUNDRED!

August 2014

How honored I am to be the Chair of the 45th Harmon Hundred. I think about all of you who have contributed to this event for many years, and I am amazed at how your dedication made the Harmon Hundred a great event. So I thought “Why do we really do this?” “OK, we raise money for the club. Great. Is that what it’s all about? No, I believe it’s about “keeping the faith”, and by that I mean continuing what Phyllis Harmon started.

As I write this the Tour de France is again underway. I see cyclists averaging 30 + mph over 100 miles and finishing at speeds I can’t imagine. Is that really possible? Yes it is possible, and it is also true that a great lady, Phyllis Harmon, started the Wheelmen years ago, and that is why we prepare for her 100 mile namesake ride.

I return to the question. Why do we do this? Why do we host the Harmon Hundred? By continuing what Phyllis started we

return to the roots of the cycling movement in the U.S.A. There is still a long way to go to change the mindset of many people. We are on the forefront of the battle lines. WE DO NOT HAVE A CHOICE. If we want to create the environment that promotes rather than just accommodates cycling WE CAN DO IT in a positive way through the Harmon Hundred!

We can do this by ensuring the safest and best ride of the region’s cycling season – the 45th Harmon Hundred. When that happens we raise the money to support LIB, Active Trans, WBF, and LAB. Those are the organizations that have the best chance of carrying our message to those decision makers who control the maintenance and changes on the roadways. How else do we get those road edges cleaned or widened? How do we prevent future road improvements from including rumble strips where we need to ride to be

safe? It is up to us to see not only that communities plan and implement better cycling though bike paths and bike lanes. We have to improve their mindset.

I think about my recent entrance into the cycling community. I began to ride to work in 2009 with an old Fugi mountain bike I bought in the mid 1980’s but hardly ever used. When my office relocated only 6 miles from my home, I thought I would ride to work in the good weather. I learned about the challenges cyclists and bike commuters face in the suburbs. That was 2009 and now it’s 2014. I see few changes on the roads. The financial situation in Illinois makes this even tougher. It is true that some communities have plans, but they will be very slow to implement them unless we work at it.

I see cycling expanding now, and I see more folks commuting to work by (continued on page 2)

INSIDE THIS ISSUE:	
BOARD MEETING	2
TOP 20	2
RIDE SCHEDULE	3
INVITATIONALS	4
VOLUNTEER	5
NEW MEMBERS	5
WEEKLY RIDES	5
BIKE ORDINANCE	6
MINUTES	7
YAHOO GROUP	7

Thank You!

To Al & Cindy Schneider for hosting another wonderful club picnic.

Approximately 57 people enjoyed a beautiful day, a great ride good food, beverages and had a wonderful time socializing with old and new friends.

Club Officials

Elected Officers

President

Joe Beemster 847-215-2314

V.P.-Ride Chair

Sheri Rosenbaum 847-971-4573
luv2bike80@hotmail.com

Treasurer

Johannes Smits 630-893-2835

Secretary

Dave Waycie 847-577-6307

Membership

Mitch Rosset rrkite99@aol.com

Publicity Chair

Pam Kaloustian 847-707-0203
bubbath1@comcast.net

Appointed Officers

Harmon Chairman

Roland Cooper 847-732-0432
rscooper3@gmail.com

Newsletter

Ella Shields 773-407-4712

St. Pat's Ride

Anna & George Swietczak 312-969-1010

Chairmen

Banquet

Meg Ewen 630-540-1704
Terri Brei 630-606-4341

Harmon Data Base

Emily Qualich 847- 821-1009

Mileage Statistician

Emily Qualich 847- 821-1009
e.qualich@comcast.net

Newsletter Mailings

Joe Beemster 847-215-2314

Picnic

Al & Cindy Schneider 847-696-2356

Web Page

Jim Boyer 847-541-1325

Newsletter Policy

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!! Contact Mitch Rosset with your new address or e-mail address at rrkite99@aol.com

TOP 20 MILES

Through July 14

132 rides by 142 members

4978 max miles

1	Emily	Qualich	2240
2	Sheri	Rosenbaum	2200
3	Betsy	Burtelow	1656
4	Pat	Calabrese	1499
5	Eva	Larson	1156
6	Pam	Kaloustian	1131
7	Ella	Shields	1101
8	Cindy	Kessler	938
9	Pam	Burke	904
10	Deb	Wilson	870
11	Terri	Brei	861
12	Anna	Swietczak	840
13	Cindy	Trent	698
14	Dani	Peterson	681
15	Laura	Randazzo	607
16	Barb	Barr	576
17	Ellen	Heineman	576
18	Reinhilde	Geis	568
19	Paula	Matzek	561
20	Virginia	Savio	529
1	Dennis	Ellertson	3602
2	Paul	LeFevre	2772
3	Mitch	Rosset	2140
4	Kilian	Emanuel	2097
5	Dave	Waycie	1967
6	Tony	Vercillo	1852
7	Joe	Beemster	1801
8	Brian	Hale	1719
9	Alex	Halamaj	1656
10	Jim	Boyer	1619
11	Kevin	Moore	1438
12	Brian	Blome	1425
13	Tom	Wilson	1361
14	Jim	Flechsig	1351
15	James	Chrestman	1317
16	Michael	Maylahn	1199
17	Daniel	Wiessner	1196
18	Johannes	Smits	1177
19	David	Naigles	1157
20	JV	Villadolid	1106

BOARD MEETING -TBA

(Continued from page 1)

bike, but we are such a small minority it seems that we are stuck in place. My ride to work was made possible because my company put a fitness center and showers into the new offices. Most companies could provide for this opportunity. They need to learn that it's a healthy outcome for their employees and it will reduce health care costs.

So what do I need from you? As Chairman I need you to support the 45th Harmon Hundred with all your might. I need you to be committed to making your shift the best. Bend over backwards for our participants and spread the word about the work that needs to be done to improve cycling everywhere. Convince people to jump on the bandwagon with us. I need you to ride a loop or two that day and quiz other riders. Be an ambassador for the club. Be a recruiter for the club. "How is it going", "Are you having a good ride?", "Do you know why we call this the Harmon Hundred?", "Do you know that a good portion of your payment will improve cycling though the organizations we support?", "We believe this ride is a great value, do you agree?" "We really appreciate your participation", and "How about joining the Wheelmen?"

That is what I am asking for the 45th Harmon Hundred. I am asking you to "Show Off the Harmon Hundred" Keep it great and make it better. *Roland Cooper*

August Ride Schedule					
Cue sheets will be provided and there's no sweep. Riders break up into their own groups usually based on speed (riders may be dropped). All riders must wear a helmet, have a bike in good working condition, ride safely and obey all traffic laws. We suggest you arrive 15-30 minutes early and carry a spare tube/patch kit, water, ID, cell phone, \$\$ and nutrition.					
Date	Time	Ride Name	Starting Location/Directions	Miles	Ride Host
Sat. 8/2	8:00	Honey-Do	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90	30-55	Terri Brei 608-843-3914
	~~	Amishland & Lakes Invitational	www.amishlandandlakes.com Howe, IN	25-100	Invitational Sheri Rosenbaum 847-971-4573
Sun. 8/3	9:00	Sunday Short Ride	Long Grove Commons Long Grove Commons Shopping Center at Rt 22 and Old McHenry Rd. Park in lot north of the PNC Bank.	~31/55	Emily Qualich 630-569-6910
	~~	Amishland & Lakes Invitational	www.amishlandandlakes.com Howe, IN	22-62	Invitational Sheri Rosenbaum 847-971-4573
Sat. 8/9	8:00	Honey-Do/ Extended Do	Grassy Meadow Forest Preserve See Above	30-72	Patty & Brian Blome 847-738-4446
Sun. 8/10	9:00	Sunday Short Ride	Long Grove Commons See Above	~31/55	Joe Beemster 847-215-2314
	9:00	Another Day/ Another Way	Evergreen School I-90 west to US 20. Turn right on S. Union Rd. Turn right on E. Coral Rd. Turn left on Northrup. Turn right on Washington to school.	70/100	NEED RIDE HOST OR WILL CANCEL
Sat. 8/16	8:00	Honey-Do	Grassy Meadow Forest Preserve See above	30-55	Eva Larson 847-602-3025
	9:00	Bastille Day Ride	Paris School, Paris, WI I-94 north, Exit 142 west to County D, turn left to the school.	59/74/95	Dave Waycie 847-845-9663
Sun, 8/17	8:00	Paul's NE IL Century	Euclid Elementary School Euclid and Wheeling Rd, school is on the corner. Mt Prospect IL	100	Paul LeFevre 224-234-0615
	9:00	Sunday Short Ride	Long Grove Commons Long Grove Commons Shopping Center at Rt 22 and Old McHenry Rd. Park in lot north of the PNC Bank.	~31/55	Emily Qualich 630-569-6910

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

August Ride Schedule - continued

Date	Time	Ride Name	Starting Location/Directions	Miles	Ride Host
Sat. 8/23	8:00 Tour	Waterford - Schwinn Factory Tour	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. The 4th building on the right	27/41/68	Kevin Moore 847-373-7378
	8:45 Ride				
	8:00	Honey-Do	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90	30-55	Jim Flechsig 847-584-4517
Sun 8/24	7:00-9:00	Club Members Harmon Pre-Ride	Wilmot High School I-94 west to Wisconsin. Exit 345. West on Hwy C to Wilmot. Right on Hwy W. Left into the school entrance	25/50/ 75/100	Roland Cooper 847-732-0432
Sat. 8/30	8:00	Honey-Do	Grassy Meadow Forest Preserve See Above	30-55	Anna Swietczak 312-969-1010
	9:00	Fontana Ride	McHenry County College Rt 14, two miles north of Rt 176, Crys- tal Lake, IL. Meet in north parking lot.	72	Dave Waycie 847-845-9663
Sun. 8/31	9:00	Sunday Short Ride	Long Grove Commons Long Grove Commons Shopping Center at Rt 22 and Old McHenry Rd. Park in lot north of the PNC Bank.	~31/55	Todd Berlin 847-910-5356

INVITATIONAL'S

Aug 1-3, Amishland & Lakes, Howe, IN.
25-100 miles, www.amishlandandlakes.com

Aug 9, Venus de Miles, Lake Forest.
Illinois only all women's ride, 13/28/64 miles
illinois.venusdemiles.com

Aug. 17, Honor Ride & Run, Barrington,
20,30, 45 miles www.honorridebarrington.com

Aug 17, Wright Ride, Oak Park, 10/25/50/
62 miles, oakparkcycleclub@yahoo.com
oakparkcycleclub.org/wright_ride

Aug 17, Bike Psycho's Century, Coal City H.S.,
30/50/70/100/124 miles bikepsychos.org

Aug 23, No Baloney Ride, Morton, IL.
25/50/75/100 Miles; www.ivwnobaloney.com;
NoBaloneyBicycleRide@gmail.com

Aug 24, Cream City Century, Waterford, WI.
30/56/78/100 miles 414-299-9398
creamcitycycleclub.com/century.htm

Aug. 31 Wright Stuff Century, Tyrol Basin,
Mt. Horeb, WI. 30/64/100 miles
wrightstuffcentury.com



HARMON 100
Sunday, September 7
Wilmot High School
Wilmot, WI

EVERYONE WORKS

Contact Sheri Rosenbaum @
luv2bike80@hotmail.com to volunteer

Welcome New Members

Elizabeth	Lutman	Lake Zurich
Megan	Lutman	Lake Zurich
Paul	Ghuman	Palatine
Tina	Vandenbroucke	Algonquin
Matthew	Swasas	Des Plaines
Amy	DalBello	San Antonio
Wojtek	Hil	Hoffman Estates
Anna	Hil- Andrzejewska	Hoffman Estates
Angelica	Hil	Hoffman Estates
Jerry	Fortier	Crystal Lake
Richy	Cohen	Vernon Hills
Ari	Epstein	Long Grove
Patric	Donahue	Long Grove

WEEKLY RIDES

Day	Time	Ride	Start/Directions	Miles	Ride Host
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
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	Tom Wilson 847-632-1412
Trail /Road ride Wednesday	10:00 a.m.	Blue Star Memorial Woods	East Lake Ave., Glenview. East of Waukegan Rd, between Wagner and Harms near overhead trail bridge. Parking lot on the south side of E. Lake Ave.	33	Dennis Ellertson 847-255-9323
Wednesday	5:30 pm	Hill and Dale Ride	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1 1/2 mi. west of Roselle Rd, just north of I-90	25-35	Anna Swietczak 312- 969-1010
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	10:00 a.m.	Lunch Ride to Taste of Libertyville	Willow Stream Park See above	33	Frank Bing 847-814-9925



VILLAGE OF BARRINGTON HILLS BICYCLING ORDINANCES INFORMATION

As a fellow bicyclist and with the bicycling season upon us, I would like to take a few moments of your time to share with you and your club members some information about bicycling in the Village of Barrington Hills. Each and every time we take to the roads on our bicycles we are acting as ambassadors of the bicycling community to the public. Our actions can, and do, influence public opinion of bicyclists as a whole so it is imperative that we do everything in our power to ensure that these interactions are positive.

Speaking as a police officer, there are two primary complaints that I hear about bicyclists riding on roadways. The first, and most common complaint, is bicyclists obstructing traffic by riding in large groups or more than two abreast. Illinois state law permits bicyclists to ride two abreast as long as the normal and reasonable movement of traffic is not impeded. Many of the roads in Barrington Hills are narrow and several also contain blind hills and curves. On January 26, 2009, the Village of Barrington Hills adopted “The Mandate of Single File Bicycle Riding” ordinance out of concern for the safety of bicyclists and motorists. The ordinance states that, “Persons riding bicycles upon a roadway within the Village shall only ride single file. Persons riding bicycles

on a roadway are hereby prohibited from riding side by side.” This ordinance only applies to Village maintained roads within the Village of Barrington Hills. The Village has posted signs on its roads to advise bicyclists of the ordinance.

The second most common complaint that I hear involves bicyclists ignoring traffic laws, especially when it comes to stopping for stop signs. I understand that it can be tempting to ignore stop signs when you’re on a ride but this is both unsafe and illegal. Illinois state traffic laws apply to bicyclists when they are on the roadway. In addition to the state laws, Barrington Hills has an ordinance called “Negligent Operation of Bicycles”. The ordinance states that, “It shall be unlawful for any person to operate a bicycle upon a roadway within the Village in a manner which is negligent or creates a risk of bodily injury or damage or loss of property”. This ordinance applies to all Village, State, and County roadways within the Village of Barrington Hills.

We ask that all riders remember their responsibility to obey all traffic laws and Village ordinances so that everyone can share, and enjoy, the roads safely. Please ride safely and feel free to contact me with any questions that you might have. Thank you for your time.

Officer Sabas Parada #825,
Bicycle Safety Unit
Village of Barrington Hills Police Department

HOW TO PACK YOUR POCKETS

By Sarah Bonner

How you pack your pockets comes down to a combination of balance, necessity, and riding conditions. It’s not rocket science but how you “stuff your stuff” is a habit perfected over time. Fast forward a few thousand kilometers and here’s what I’ve learned.

Balance: Unbalanced pockets slide off to one side leaving your jersey twisted, uncomfortable and prone to bouncing around. Pack to balance the weight you are carrying, putting your heaviest articles in the middle pocket, like your puncture tools, and spreading the rest evenly between the other two pockets. Work from the middle out.

Necessity: Pack with necessity in mind. Food should be in the pocket that is the most easily accessible, while your puncture repair kit can be nestled in the middle pocket. If you have layers on, keep food on the outside.

Riding Conditions: Different conditions mean different necessities. During a race, ditch any extras to make food accessible and your jersey light. In the winter, any extra clothing is best rolled, not folded or stuffed. On long base rides, a saddle bag can give you extra food room but keep it small and limited to your puncture repair kit—it’s not a purse!

From: www.womenscycling.ca/blog/road-rider-tips/pack-pockets/

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 <p>Arlington Heights • Elk Grove Village • Barrington</p>	
	<p>THE BEST WAY TO TRAIN ◆ Computrainer Training Center</p>
<p>Areas largest Selection of Tandems, Recumbents and Folding Bikes</p>	
<p>www.villagecyclesport.com 45 Arlington Hts. Rd. • Elk Grove Village, IL 60007 • 847-439-3340 1326 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650 203 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200</p>	<p>Get the right fit with the Slow Twitch Certified Fit Specialists</p> <p>Ask for your <i>Wheeling Wheelmen Discount</i></p>

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

Wheeling Wheelmen Board Meeting
June 23, 2014

Present: Joe Beemster, Pam Kaloustian, Sheri Rosenbaum, Ella Shields, Johannes Smits, Roland Cooper, Dave Waycie

Treasurer's Report: A few Harmon expenses have been prepaid. Checking balance \$15,683.

Membership: Renewals and new memberships continue as normal. Membership is 231 as of 6/19.

Ride Schedule: Libertyville With a Twist was well-accepted, though the unfamiliar roads at the beginning led to quite a bit of bunching up. The picnic ride will be Ride of Many Lakes.

Harmon Update: T-shirts are on order. Now planning the schedule of email blasts. Plan to offer downloadable files for Garmin and Strava to pre-registered riders. Will work on improved signage for Eagle Lake, and a way to avoid confusion between Century and Metric Century cue sheets. Volunteer sign up at picnic.

Publicity: The Lake Arlington event was good for community relations, but will probably not repeat.

Picnic Ride: The Schneider's will again do the picnic. This year – one start time for the ride: 9:00.

Banquet: Same location as last year. Terri Brei will coordinate. We are dropping the slide show. Members are encouraged to post pictures on the Facebook page

instead.

Phyllis Harmon: The University of Massachusetts has expressed interest in archiving Phyllis' records and mementos.

Mass Ride Starts: The Sunday Short ride attracts many riders, resulting in a large number of bikes which can block traffic. Ride hosts are encouraged to suggest that small groups stagger their start, with faster riders going out first.

Newsletter: July is done. August – Harmon article by Roland. September – Colorado trip story.

Next Board Meeting: Monday, July 28, 7:00. Sheri will host.

Dave Waycie, Secretary



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

We are on the web
wheelmen.com



SAVE THE DATES

Aug. 24 - Members Pre Harmon
 Sept . 7 - Harmon
 Nov. 9 - Banquet



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

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
 847-433-8735

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

VILLAGE CYCLESPORT
 45 Arlington Hts Rd
 Elk Grove Village
 847-439-3340
 1326 N. Rand Rd.
 Arlington Hts.
 847-398-1650
 203 W. Northwest Hwy
 Barrington
 847-382-9200

WHEEL & SPROCKET
 1027 Davis Street
 Evanston
 847-864-7660
wheelandsprocket.com

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