



MONTHLY MEANDERS

Nov. 2015

What Should I Do To Get Ready For The Indoor Riding Season?

By Diane Stibbard—
Coach, Personal Trainer, and Two-Time Canadian Duathlete of the Year

Q: What should I do to get ready for the indoor riding season?

A: As you move towards the remaining few weeks of fall, you start thinking about winter and the indoor riding season. Every year at this time we all grapple with the thought of endless days of indoor riding in the basement. So what can you do to get yourself ready? Below I've made a list of suggestions for both the mental and logistical steps you can take to help you through the fall to winter transition.

MENTAL:

1. Break the indoor season up into time segments, and set goals for each segment. Here's an example:

First segment – November 1st – Jan 1st Goals:

1. Do two 60-minute indoor rides per week.
2. Do one cross-training

- activity each week (running, elliptical, cross-country skiing etc.).
3. Look ahead to events/ races for 2016, and choose an early-season event to focus on.
 4. Sign up for one weekly spin class.



Second segment – Jan 1st – Feb 1st Goals:

1. Take one week off from riding, and replace with cross-training.
2. Do one 60-minute indoor ride per week.
3. Do one 90-minute indoor ride per week.
4. Add two strength workouts per week.

Third segment – Feb 1st – April 1st Goals:

1. Do three 60-minute indoor rides per week.

2. Do one cross-training activity in per week (cross-country skiing, snow shoeing etc.).
3. Do one strength workout in per week.

Fourth segment – April 1st – May 1st Goals:

1. Do two 90-minute rides per week.
2. Do one 60-minute ride per week
3. Do one cross-training activity per week.
2. For motivation and support, ask friends if they're interested in attending a spinning class, or if you can ride together on trainers for one of your weekly rides.
3. Replace all but one ride per week with spinning classes. Make your longer 90-minute trainer ride the last indoor ride of the week.
4. Hire a cycling coach to customize an indoor riding program, which will help you stay motivated and keep you accountable.
5. Schedule workouts to make them a priority. Mark them in your calen-

INSIDE THIS ISSUE:

CLUB OFFICIALS	2
TOP 20	2
BOARD MEETING	2
HOLIDAY PARTY	2
WEEKLY RIDES	3
TRAIL RIDES	3
PAYPAL	3
MINUTES	4
YAHOO GROUP	5
RIDE HOSTS	5



November 1

(Continued on page 4)

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
annaswiet@yahoo.com

Chairmen

Banquet

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

Johannes Smits 630-893-2835

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

Come to the Banquet to find out the final mileage.

BOARD MEETING

The next board meeting will be in January, details TBA.



Sunday, December 6

2:00 pm –7:00 pm

**Arlington Club
Condominium
Clubhouse***

**1610 Newburn Court
Wheeling, IL**

**Please RSVP to Pam Burke
by November 29**

The club will be providing dinner.

Please see Pam at the banquet to sign up to bring appetizers, desserts or drinks.

Otherwise e-mail at
pamelaburke2000@yahoo.com

Adults Only

*Directions: Closest Intersection: Buffalo Grove Road and Dundee. Go north on Buffalo Grove Rd and turn into the Arlington Club entrance on Cobbler Ln. At the T turn left onto Arlington Dr. The clubhouse is on the right. Guests must park on the WEST side of Arlington Dr.

WEEKLY RIDES

Day	Time	Ride	Miles	Start/Directions	Ride Host
Tuesday & Thursday	10:00 am	Deerfield Bakery Ride	25-45	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	n/a
Saturday & Sunday	10:00 am	Show N Go Rides	25 +	Willow Stream Park See above	n/a

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

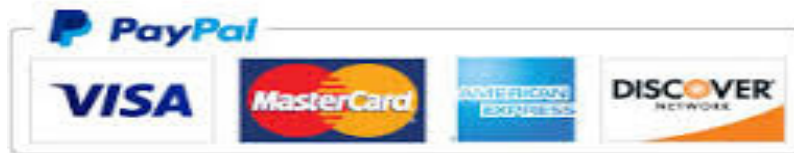
TRAIL RIDES

Day	Time	Ride/Start	Trail/Distance	Directions
Sat. Nov 7	10:00 am	Des Plaines River Trail - Northbound	Crushed limestone approx. 35 miles	Start at the Potawatomi Woods parking area. The lot is just east of Milwaukee Ave on the north side of Dundee Rd.
Fri. Nov 27	10:00 am	Deer Grove	Crushed limestone Miles TBA	Start at Deer Grove - East parking lot off Dundee Rd just west of Hicks Rd.

Contact Mitch Rosset with any questions rrkite99@aol.com

Membership Registration Using PayPal Now Available

Membership Registration or Renewal is now available using either your PayPal account, or by using the following Credit Cards:



Go to our web site wheeling.com to sign up

Wheeling Wheelmen Board Meeting October 5, 2015

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

Treasurer's Report: Checking account balance \$18,165.

Harmon revenues down about \$2000 from last year, mainly due to lower attendance.

New and renewal memberships can now be done on line, through the website, using PayPal for payment.

Ride Schedule: Signups for the Chili Ride are going well. Next year's schedule is in the works.

Publicity: Harmon information was posted to many websites at no cost. Now planning for next year's activities.

Harmon: Water at Kaskin park turned out to be unreliable. A reliable source has been found for next year.

We have many T-shirts left over, and will adjust purchase quantities next year. Also considering reusable volunteer shirts for members who work the Harmon. A suggestion was made that members riding the Harmon be asked to wear their club kits, and be provided with emergency contact information.

Overall, the ride was again received well by participants, with only a few minor glitches, and no serious injuries.

2015 Member Meetings: 45 attended the Harmon Appreciation meeting, which was quickly rescheduled due to the school being unavailable.

Important Dates:

Banquet: November 8

Holiday Party: December 6

Picnic: July 10, 2016

Newsletter:

Nov – Winter Bike Fitness

Next Board Meeting: To be announced.
Dave Waycie, Secretary

(Continued from page 1)

dar/day timer, just as you would schedule an important meeting.

LOGISTICAL:

1. Set up your indoor trainer in front of the TV and watch your favorite recorded shows.
2. Invest in some cycling DVDs of older races of the Tour du France, Giro d'Italia etc. and watch while riding.
3. Improve your training room space with some brighter lighting, or spin near a window to reduce the gloominess of indoor riding.
4. Purchase some cycling workout DVDs to add variety in your riding workouts.
5. Hire a cycling coach to work on the weaknesses in your riding.
6. If you don't own an indoor trainer, buy or get a second-hand one online at sites such as Kijiji. A new trainer

runs around \$300 – \$500, a second-hand one around \$150 – \$200.

7. Don't listen to the same playlist over and over again. Each month create two new lists of your favorite music on your iPod. Listening to different music will help keep you motivated while riding on the trainer.

8. Indoor riding generates more sweat because you don't have the cooling or evaporation effects of outdoor air. To ensure adequate circulation, use a fan in your training area.

I hope these suggestions will help you go into the winter season better prepared both mentally and logistically.

Enjoy the few remaining days of fall riding. Ride safe and have fun.

Edited article from womenscycling.ca

<p>Top 100 Dealer in USA. Top 50 Trek Dealer. Over 30 yrs. in Business</p>		
 <p>VILLAGE CYCLESPORT Since 1976</p> <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>Get the right fit with the Slow Twitch Certified Fit Specialists</p>
<p>www.villagecyclesport.com</p> <p>45 Arlington Hts. Rd. • Elk Grove Village, IL 60007 • 847-439-3340 1326 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650 234 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200</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@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

Total rides led through October 13, 2015

Al Gibbs	1	George Swietczak	1	Pam Burke	2
Anna Swietczak	5	Guy Ockerlund	1	Patty Blome	1
Barb Barr	6	Jeff Rossi	11	Paul LeFevre	23
Betsy Burtelow	2	Jim Flechsig	4	Peter Guzik	5
Bob Dominski	2	Jim Shoemaker	1	Reinhilde Geis	2
Brian Hale	2	Jim Boyer	1	Roland Cooper	1
Carl Droege	2	Joe Beemster	10	Sheri Rosenbaum	6
Cindy Kessler	2	Johannes Smits	2	Steve Flack	1
Dan Wiessner	2	Jorn Lim	2	Teri Brei	2
Dave Waycie	8	JV Villadolid	2	Todd Berlin	2
Deb Wilson	1	Kevin Moore	2	Tom Wilson	20
Dennis Ellerston	26	Kilian Emanuel	61	Tony Vercillo	3
Earle Horwitz	4	Kris Woodcock	1	Vince Kelley	1
Ella Shields	3	Larry Frank	6	Vince Steidl	1
Ellen Heineman	1	Louis Greene	1		
Emily Qualich	6	Mitch Rosset	2		
Eva Waycie	2	Nancy Beck	1	Total Leaders	49
Frank Bing	8				



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

We are on the web
wheelmen.com



SAVE THE DATES

Banquet - Sunday, Nov. 8
Holiday Party - Dec. 6
Toys for Tots Ride - Dec 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
albertoscycles.com

AMLINGS CYCLE
8140 N Milwaukee Ave.
Niles 847-692-4240
amlingscycle.com

B&G CYCLERY
131 E. Rollins Rd,
Round Lake Beach,
847-740-0007 bgcyclery.com

BICYCLE CONNECTION OF SCHAUMBURG
1226 N Roselle Rd.
Schaumburg 847-882-7728
bikeconnection.com

GEORGE GARNER CYCLERY
1111 Waukegan Rd.
Northbrook 847-272-2100
740 N. Milwaukee Ave,
Libertyville, 847-362-6030
575 Ela Road, Lake Zurich
847-438-9600
georgegarnercyclery.com

MIKES BIKES
155 N Northwest Hwy,
Palatine, 847-358-0948
mikesbikeshoppalatine.com

RUNNER'S HIGH & TRI
121 W. Campbell,
Arlington Hts., 847-670-9255
runnershigh-n-tri.com

SPOKES
69 Danada Square E,
Wheaton 630-690-2050
1807 S. Washington, #112
Naperville, 630-961-8222
spokesbikes.com

TREK BICYCLE STORE – HIGHLAND PARK
1925 Skokie Hwy
Highland Park
847-433-8735 trekhp.com

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

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