



MONTHLY MEANDERS

HARMON 100

Sunday September 10, the Wheelmen need YOU!

If one has “first time jitters” and “the third time is the charm”, what does the second time have in store? Year two of organizing the Harmon Hundred is upon us. And like Public Radio fund raising, you will be hearing from me early and often, beginning with the traditional sign up and recruitment at the Club Picnic July 9th.

I do get asked “how’s the planning for the Harmon coming along?” early and often. So I thought I would share some of the behind the scenes work. The first part of planning happens in January when we arrange contracts for Wilmot High School, Kaskin Park and Eagle Lake Park. The next item is designing and printing brochures in late winter to include in the annual Ride Illinois mailing highlighting all the regional invitationals. The next step is to recruit crew chiefs for road marking, food pick up

and delivery, registration, parking, Kaskin Rest Stop, Eagle Rest Stop, SAG and sign pick up. Then comes recruiting volunteers and making sure each crew chief has the right number of volunteers. In August I spend a day or two driving the routes a week or two before the club’s Harmon Pre-Ride. After the pre-ride, I collect comments and suggestions and finalize the route. Shortly afterwards is the first meeting with Crew Chiefs to plan the details, review responsibilities and try to make sure we have everything covered. The week before involves adapting to any changes, picking up supplies from the storage locker, staging all the supplies and non-perishable food in my garage and making sure crew chiefs have access. Then comes the 4 am alarm to get going to Wilmot; it is actually a beautiful drive accompanied by sunrise and virtually no traffic. Then, be available, flexible, and

responsive and try to enjoy the camaraderie of as many club members as possible. The community of fellow cyclists is the invaluable reward for volunteering and being involved. I am thankful for such a large and dedicated contingent that makes this possible and keeps me from losing my mind in the weeks and days before the big event. This is our “Gran Tour”, named after the Gran Belle of US Cycling, Phyllis Harmon.

If you would like to remain as crew chief, or know you won’t be able to sign up at the picnic, please drop me a line at erich@erichmassat.com or give me a jingle at (847) 420-5437.

I am tremendously thankful for all of your help,

Sincerely,

Erich Massat

JULY 2017

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WELCOME NEW MEMBERS

Joshua Weemhoff, Kenosha

Dan Knox, Waukegan

Christian Munoz, Des Plaines

Jeannie Siewert, Wheeling

Allan Heymann, Northbrook

Grace Skorin, Arlington Hts

Club Officials

Elected Officers

President

Joe Beemster 847-215-2314

V.P.-Ride Chair

Dave Waycie 847-845-9663
dave.waycie@gmail.com

Treasurer

Johannes Smits 630-935-4074

Secretary

Patty Blome 847-358-4807

Membership

Mitch Rosset rrkite99@aol.com

Publicity Chair

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

Appointed Officers

Harmon Chairman

Erich Massat 847-253-5815

Newsletter

Ella Shields 773-407-4712

St. Pat's Ride

Al Gibbs alang.bikes@gmail.com

Chairmen

Banquiday

Pam Burke pamelaburke2000@yahoo.com

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

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 June 18
94 rides by 110 members
3,703 max miles

Men:

1	Dennis	Ellertson	2706
2	Dave	Waycie	2037
3	Don	Miller	2037
4	Paul	LeFevre	1974
5	Kilian	Emanuel	1502
6	Tom	Wilson	1290
7	Alex	Halamaj	1176
8	Johannes	Smits	1176
9	Leslie	Scott	1120
10	Toan	Tran	1118
11	Joe	Beemster	1035
12	Larry	Frank	984
13	Jim	Flehsig	950
14	Mitch	Rosset	923
15	Jorn	Lim	907
16	Brian	Hale	904
17	JV	Villadolid	837
18	Luca	Zaramella	824
19	Jeff	Rossi	805
20	Jeff	Magnani	787

Women:

1	Emily	Qualich	1788
2	Pat	Calabrese	779
3	Lorrie	Stork Heymann	747
4	Ella	Shields	734
5	Reinhilde	Geis	729
6	Betsy	Burtelow	673
7	Deb	Wilson	614
8	Jeannie	Siemert	593
9	Sheri	Rosenbaum	578
10	Cindy	Kessler	411
11	Pam	Burke	399
12	Nancy	Beck	350
13	Ellen	Heineman	336
14	Marianne	Kron	328
15	Pam	Kaloustian	289
16	Joan	Willmeth	222
17	Minori	Watanabe	185
18	Kathleen	Angus	184
19	Cindy	Trent	181
20	Mary Jean	Drouganis	143

BOARD MEETING

The next board meeting is Monday, July 31 at 7:00 p.m. at the home of Joe Beemster.

All Board members are requested to attend.

Total Rides Led	Through June 18
Betsy Burtelow	1
Brian Bloom	1
Brian Hale	2
Dave Waycie	5
David Newman	1
Dennis Ellertson	13
Don Miller	1
Earle Horwitz	1
Ella Shields	1
Erich Massat	1
Eva Waycie	2
Frank Bing	2
Jeff Rossi	8
Joe Beemster	3
Johannes Smits	2
Kilian Emanuel	26
Larry Frank	3
Mitch Rosset	2
Paul LeFevre	10
Reinhilde Geis	3
Toan Tran	4
Todd Berlin	1
Tom Wilson	7
Total Hosts	23



BANQUIDAY PICTURES

We will once again be doing a slide show at the banquiday and are asking for contributions this season. So be sure and take pictures at rides and events and share them with our club members. Send your pics by October 31 to Johannes Smits @ johannes.smits@comcast.net

July 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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Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Sat 7/1	8:00	Honey Do/ Extended Do	30-72	Paul Douglas Forest Preserve On Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90.	Eva Waycie 847-540-8727
Sun 7/2	9:00	Ride of Many Lakes	36/47	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of Dunkin Donuts.	Reinhilde Geis 847-679-0279
4th of July Tue 7/4	9:00	Deerfield's Bakery Ride	25-40	Willow Stream Park On Old Checker Rd, a mile west of the bakery. Turn west on Old Checker Rd. to parking on the right.	Kilian Emanuel 847-296-7874
Sat 7/8	8:00	Honey Do	30-58	Paul Douglas Forest Preserve See Above	Jim Boyer 847-541-1325
	8:00	Retro Harmon	68/102	Wauconda H.S. North on US 12, exit 176 and turn right (east) on Main St. School is on the left.	Paul Lefevre 224-234-0615
Sun 7/9	9:00	Art Cunningham Memorial Picnic Ride (Covered Bridges)	38/45	Heron Creek F.P. 0.2 miles south of IL-22 (Half Day Rd) on the west side of Old McHenry Rd. Park at shelter B.	Erich Massat 847-253-5815
Sat 7/15	8:00	Honey Do	30-58	Paul Douglas Forest Preserve See Above	Brian Hale 847-804-1561
	8:00	Bastille Day Ride	59/74/95	Paris School I-94 north, exit 142 west to County D. Turn left to the school.	Erich Massat 847-253-5815
Sun 7/16	9:00	Sunday Short Ride	31-55	Long Grove Commons See Above	Don Miller 847-708-4304
Sat 7/22	8:00	Honey Do	30-58	Huntington Plaza Due to another event at the Paul Douglas FP, the ride start location will move to Huntington Plaza at the corner of Algonquin and Huntington in Hoffman Estates.	Ride Host Needed

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

JULY RIDE SCHEDULE (Continued)

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Sun 7/23	9:00	This and That	36/50	Long Grove Commons See page 3	Vince Kelley 847-259-6899
	8:00	Fontana Ride	71	McHenry County College Rt. 14 two miles north of Rt. 176, Crystal Lake, IL. Meet in north parking lot.	Dennis Ellertson 847-255-9323
Sat 7/29	8:00	Honey Do/ Extended Do	30-72	Paul Douglas Forest Preserve , See page 3	Joe Beemster 847-215-2314
Sun 7/30	9:00	Back Pedal	36/50	Long Grove Commons See page 3	Jackie Kelley 847-259-6899
	8:00	Geneva Century	100	Long Grove Commons See page 3	Erich Massat 847-253-5815
	10:00	Geneva Lite	50	Veterans Memorial Park Take I-94 or IL-59 North. Turn left on to IL-120 and cross the Fox River. Turn right only Park St for one block.	Ride Host Needed

WEEKLY RIDES

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Tuesday and Thursday	9:00 AM	Deerfield's Bakery Ride	25-40	Willow Stream Park On Old Checker Rd, a mile west of the bakery. Turn west on Old Checker Rd. to parking on the right.	Kilian Emanuel 847-296-7874
Tuesday	6:00 PM	Working Stiffs Ride	18-30	Archer Parking Lot On the east side of Old McHenry Rd, next to Enzo and Lucia Restau- rant. North of Old 53 in Long Grove. Park at North end of lot.	Tom Wilson 847-632-1412
Wednesday	9:00 AM	No-Drop Road Ride	30-40	Woodland Trails Park 1-1/4 miles east of Rt-83 on Euclid Avenue, Mt Prospect.	Dennis Ellertson 847-255-9323
	6:00 PM	Hill and Dale Ride	25-35	Paul Douglas Forest Preserve On Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90.	Jeff Rossi 708-648-9170
Thursday	6:00 PM	Thursday Night Ride	30	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of Dunkin Donuts.	Paul LeFevre 224 234 0615
Friday	10:00 AM	Libertyville Picnic Ride	30	Willow Stream Park See Above	Frank Bing 847-634-1439

JOIN US FOR THE ANNUAL WHEELING WHEELMEN PICNIC

SUNDAY, JULY 9

Ride will start @ 9:00

There are also hiking and biking trails

The club will supply food which will be served afterward, about noon

BYOB

We will have a communal ice chest if you want to share your beverages

Heron Creek Forest Preserve Shelter B

Located on the southwest corner of Route 22 and Old McHenry Road

Please RSVP to Al & Cindy Schneider at 847-696-2356 or email at cindy109st@gmail.com



Venus de Miles All women's ride

Saturday, July 22

Lake Forest

Celebrate the spirit of sisterhood with an exhilarating ride or run. With the choice of a 25 or 60 mile ride or a 5k run, Venus de Miles is an unforgettable day of fun with extensive on-course support, complimentary lunch and cocktails, post-event pampering, and a stylish commemorative t-shirt.

All proceeds benefit Greenhouse Scholars, an education non-profit cultivating extraordinary young leaders from low-income communities.

Men, don't feel left out... volunteer for the TuTu crew. Both on-route bike support or rest stop crew opportunities.

Use promo code **ShareTheLove** for \$7 off the registration fee. Join Sheri's Echelon Goddesses team when you register. www.venusdemiles.com

TOUR DE FRANCE 2017

Running from Saturday July 1 to Sunday July 23 the 104th Tour de France will be made up of 21 stages and will cover a total distance of 3,540 kilometers.

These stages have the following profiles:

- 9 flat stages
- 5 hilly stages
- 5 mountain stages including altitude finishes (La Planche des Belles Filles, Peyragudes, Izoard)

2 individual time-trials stages

2 rest days

10 new sites and stage cities

Düsseldorf (1st stage and start of stage 2), Mondorf-les-Bains (start of stage 4), Nuits-Saint-Georges (finish of stage 7), Nantua (start of stage 9), Eymet (start of stage 11), Laissac-Sévérac l'Église (start of stage 15), Romans-sur-Isère (finish of stage 16), La Mure (start of stage 17), Izoard (finish of stage 18), Salon-de-Provence (finish of stage 19)

www.letour.com/us/

INVITATIONALS

- July 4, 4th of July Metric Century, Plainfield
32/45/68/100, jolietbicycleclub.com
- July 15, Z Tour, Princeton, IL,
10/30/50/62/100 z-tour.org
ztourinfo@gmail.com
- July 15, Pedal for Paws, New Glarus, 25/45/65
greencountyhumane.org/announcements/pedal-for-paws

July 16, Biking with Beanie, DeKalb,
29/43/65/101, Beanie@yahoo.com
kishkiwanis.org/bwb-general-info

July 22, Venus de Miles, Lake Forest
25/64 miles venusdemiles.com

July 29, Amishland & Lakes, Howe, IN
22-100 www.amishlandlakes.com

JOINT ISSUES AND CYCLING AS YOU AGE

Cycling is generally gentle on your joints. It is a low impact activity, but sometimes the repetitive motion can cause or aggravate joint issues – most commonly tendonitis, arthritis and postural imbalances. As you age, the chances of developing increases because of increased wear and tear on your body. Avoiding or mitigating the effects of joint issues will lead to more enjoyable pain free miles.

What is a Joint?

A joint is point where two bones meet for the purpose of allowing the body to move. There are some places in the body where bones meet but do not move – the different joints in the skull, for example. But most of the places bones meet are meant to move, and it is not just bone at that meeting point. There are also ligaments and tendons that move the joint and cartilage that cushions the joint.

Joint Pain

Joint pain occurs when one of the four elements of a joint fails at its job – bone, ligament, tendon, or cartilage. When a bone fails, it is usually the result of an impact, whether it is from too many or one dramatic impact. It is more commonly called a break. When a ligament hurts, it is usually from a tear or rupture. This can happen on the bike from a fall or a really bad bike fit. Tendons are most often painful from tendonitis or inflammation of the tendon. This is frequently the result of overuse, and again, a really bad bike fit. Finally, worn out cartilage lessens the cushion between bones in a joint, which allows bone on bone contact. This is arthritis.

Arthritis is common as people age because of wear and tear on joints. Additionally, ligaments and tendons become more rigid and brittle, limiting a joints range of motion. Keeping that range of motion as high as possible depends on being active throughout life.

Cycling and Joints

If you have developed joint pain while you ride, you must determine if that pain is from riding itself or if it is another injury exacerbated by riding.

- Does the joint hurt off of the bike? During what activities?
- When did the pain start?
- What motions cause the pain? What makes it feel better?
- Are there any injuries or conditions that lead to the pain?

Out of the four structures in a joint, tendons and cartilage are the most likely culprits for pain. The most likely joint for pain in cycling is the knee, often the result of poor bike fit or over-use. Cycling is generally recommended for those with bad knees from arthritis, as it allows you to exercise without the impact. But if your bike fit is poor, arthritic knees can flare up.

Keep Moving

Joints that keep moving stay healthier. As long as the volume or intensity (which can increase with training) is low enough to avoid tendonitis, staying fit will help keep joints in good condition. Find movements for all of your joints that will allow them to move and have a reduced impact.

Yoga will do the trick as long as you are not extended past your range of flexibility. Your joints are in motion and you are strengthening your muscles, which will be an additional aid in supporting your joints. Yoga will also help keep your flexibility up.

Weight lifting, as long as it does not cause pain and it is done with the right form, will also keep your joints healthy while strengthening the tissue around them. You do not need to push big weight; high repetitions at low weight is great for keeping your joints healthy.

Swimming and other water activities are also great for getting over joint pain. The buoyancy of water takes the load off of joints while allowing them to move. This is a great rehabilitation activity.

Bike Fit...Again

A proper bike fit is a key to being able to enjoy long days on the bike. It will ensure that your body is positioned optimally for your muscles to do the work while your joints can move freely, avoiding any unnecessary friction. Your body changes from time to time too; you can gain or lose fitness and flexibility over time. From time to time, you need to update your bike fit too.

Take Care of Yourself

The better you take care of yourself, the less likely you will be to succumb to joint issues and you will also age better. Your joints will maintain their flexibility and soft tissue better, keeping you on the bike longer and doing other things you love to do.

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

Ask for your
*Wheeling
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Discount*

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

PROCEDURE PROCESS: IN QUESTIONABLE WEATHER SITUATIONS

If the ride host considers the weather forecast to be severe enough to cancel the ride, he-she should post a message on the Wheeling Wheelmen Yahoo Group wheelingwheelmen@yahoogroups.com. These conditions can include very high chance of rain or snow, severe winds, or other unsafe conditions.

- If the ride host decides to cancel the ride, he-she should post a message to the Yahoo group no later than 2 hours before the scheduled ride start time.
- Of course, the host may post the message earlier, like the night before, if there is really no question that the ride will be cancelled. Or, if the host wants to decide in the morning, he or she can post a notice

to watch for an update in the morning. Generally, more communication is better than less.

- Riders are encouraged to use the Yahoo group, but if a rider cannot access the Yahoo group, the host can be contacted at the phone number listed on the ride schedule.

Every member should consider subscribing to the Yahoo group especially if they are planning on doing rides starting in the outlying areas. Instructions for subscribing to our Yahoo Group are listed on page 7. We also encourage people to join the Wheeling Wheelmen Facebook page and ride information is posted there, too.



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

We are on the web
wheelmen.com



SAVE THE DATES

Annual Picnic - July 9

Harmon 100 - Sept 10



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.

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

7 MILE CYCLES
45 Arlington Hts Rd
Elk Grove Village
847-439-3340
7milecycles.com

VILLAGE CYCLESPORT
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
- * Ride Illinois
- *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