



MONTHLY MEANDERS

HUMAN HORSEPOWER

October 2017

Humans can make a little over one horsepower for short periods of time. We can make about 20% of that for sustained periods. A bicycle is one of the most efficient means designed by mankind to harness that power. For those who bear with me I will kick around facts and theories about utilization. Ok, half of you already have glazed over eyes and the other half are saying that dumb fool doesn't know what he's talking about. But I have the floor and I just couldn't write one more article about a trip to Podunk Idaho.

Let's dive into the Xs and Os. We have our power and are pedaling down the road feeling good. No front or rear derailleur needed as these cause a weight penalty along with mechanical complexity. Gearing? Maybe a 55 tooth crank and about a 16 tooth cog in back.

Why?

Well it's all about efficiency. A straight chain line and big gears to not run into the drag of forcing a

chain around a small rear cog. Just peddle happily down the road. You say how's that all going to work out, not so good once you hit a headwind or grade or start to tire.

Seems like we're going to need the choice of multiple gears to keep us moving efficiently. OK, let's look into that new fad of road one by systems with no front derailleur. With a one by system you need a rear cassette of massive proportions to get the necessary gear spread. Something on the order of 42 or larger X 9 tooth spread over 11 or even 12 cogs. The rear derailleur has to be able to account for large amounts of chain length so a long cage or a clutch system or both has to be employed.

Weight of the large tooth cassette and high capacity derailleur is considerable so to me you end up with a system of relatively heavy weight, large jumps in the gearing, along with the unknown wear factors of forcing a chain through small diameter cogs, causing premature wear and

chain inefficiency. Not the way to utilize our precious horsepower. Does it sound like I haven't been sold on one by bikes yet?

Let's move on.

I know; a triple. With the weight of three heavy chain rings in front and the relative slow complex shifting triples seem like a relic of the past. I hate being behind a triple equipped bike at the start of a grade as invariably they will take the pressure off the pedals, look down and lose momentum as they try and shift the ponderous mechanisms. I can't be too far off the mark, as today triple production by the major group manufactures has almost ceased. All right triples are crossed off our list.

Moving on.

Seems like we're back to the standard of a derailleur in front and in back. What gearing combination should we run? The bigger the ring in front the better for efficiency and higher

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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

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Mileage Statistician

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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 Sept 15

209 rides by 34 members

8,335 max miles

Men:

1	Dennis	Ellertson	6110
2	Paul	LeFevre	4381
3	David	Waycie	3816
4	Kilian	Emanuel	3306
5	Don	Miller	3207
6	Johannes	Smits	3084
7	Alex	Halamaj	2785
8	Joe	Beemster	2783
9	Mitch	Rosset	2676
10	Larry	Frank	2525
11	Christian	Munoz	2460
12	Tom	Wilson	2343
13	Toan	Tran	2103
14	Jorn	Lim	2058
15	JV	Villadolid	2039
16	Jim	Boyer	2032
17	Leslie	Scott	2030
18	Jim	Flehsig	1981
19	Nhat	Tran	1975
20	Scot	Assmann	1963

Women:

1	Emily	Qualich	4089
2	Jeannie	Siewert	2735
3	Ella	Shields	2047
4	Pat	Calabrese	1817
5	Reinhilde	Geis	1729
6	Betsy	Burtelow	1682
7	Lorrie	Stork Heymann	1541
8	Sheri	Rosenbaum	1456
9	Cindy	Kessler	1432
10	Debbie	Wilson	1370
11	Marianne	Kron	1292
12	Pam	Kaloustian	1165
13	Kris	Woodcock	975
14	Ellen	Heineman	974
15	Pam	Burke	826
16	Nancy	Beck	548
17	Jackie	Kelley	454
18	Paula	Matzek	404
19	Cindy	Trent	381
20	Eileen	Newman	371

Total Rides Led

Betsy Burtelow	2
Brian Bloom	1
Brian Hale	4
Carl Droege	1
Cindy Kessler	2
Dave Waycie	6
David Newman	1
Dennis Ellertson	27
Don Miller	2
Earle Horwitz	3
Ella Shields	2
Emily Qualich	5
Erich Massat	6
Eva Waycie	3
Frank Bing	9
Jackie Kelly	1
Jeff Biedka	1
Jeff Rossi	14
Jim Boyer	4
Joe Beemster	6
Jorn Lim	3
Johannes Smits	2
Kilian Emanuel	50
Larry Frank	4
Louis Greene	2
Mitch Rosset	2
Pam Burke	1
Paul LeFevre	21
Peggy Reines	1
Reinhilde Geis	4
Toan Tran	7
Todd Berlin	2
Tom Wilson	13
Total hosts	33

Through Sept 15

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Oct 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	
Sun 10/1	9:00	Have I Been Here Before?	34/42	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of Dunkin Donuts.	Ride Host Needed
Sat 10/7	9:00	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.	Erich Massat 847-420-5437
Sun 10/8	9:00	Roads You Should Know	33/43	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of Dunkin Donuts.	Ride Host Needed
Sat 10/14	9:00	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.	Joe Beemster 847-215-2314
Sun 10/15	9:00	A Touch of Inverness	39/45	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of Dunkin Donuts.	Ride Host Needed
Sat 10/21	9:00	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.	Ride Host Needed
Sun 10/22	9:00	Nippersink Express	34/44	Long Grove Commons Route 22 and Old McHenry Road. Park in lot north of Dunkin Donuts.	Ride Host Needed
Sat 10/28	9:00	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.	Ride Host Needed
Sun 10/29	10:00	Chili Ride see info on page 5	30/39	797 Penny Lane, Buffalo Grove, IL	David Newman 224-650-9000

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

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
Wednesday	9:00 AM	No-Drop Road Ride	30-40	Woodland Trail Park 1-1/4 miles East of Route 83 on Euclid Avenue, Mt. Prospect	Dennis Ellertson 847-255-9323

2017 GRAVEL WORLDS

Gravel riding enthusiasts from all over travelled to rural Nebraska, USA, over the weekend to participate in the 2017 Gravel Worlds. Formerly known as “The Good Life Gravel Adventure,” Gravel Worlds is a tongue in cheek poke at the ‘real deal’ and organized by Nebraska’s Pirate Cycling League.

Sanctioned or not, a rainbow jersey was still up for grabs, as were bragging rights and booze. Racers, however, had their work cut out for them. A challenging course of roughly 244 kilometers (154 miles) with 2745 meters (9,000 feet) of climbing through rural farmlands of Southeastern Nebraska had been laid out for them, and it would take finishers anywhere between seven to seventeen hours to complete.

Setting the fastest time of the day was Colin Strickland of Intelligentsia Racing. Strickland, who dominated the Red Hook Crit fixed gear races in 2016, stopped the clock at 7:18:26, crossing the line solo, two minutes ahead of fellow Texan, Kevin Girkins.



In the women’s race, it came down to a two-up sprint between Cylance Pro Cycling’s Alison Tetrick and defending Gravel Worlds champion **Kae Takeshita** (Pananacer/Stan’s NoTubes p/b Bicycle X-

Change). Earlier this season, Tetrick had taken home the prestigious Dirty Kanza 200 belt buckle while Takeshita was sidelined due to injury. The two women went head-to-head in Nebraska and after 8 hours and 13 minutes, Tetrick narrowly nipped Takeshita at the line.

“After several mutual searing attacks, Kae and I rode to the finish together. With whatever little bit of energy I had left, I barely sprinted past her to victory at the line, and we both lay in the grass after the grand finale knowing we had nothing left,” penned Tetrick in her CyclingTips rider diary.

“Crossing that finish meant that I had earned the title of Gravel world champion, unofficial as it may be it still felt good. I can’t wait until I get to wear [the jersey] on the group ride. Rainbow stripes, even with the pirate flag, are as valuable as gold.”

From: Pananacer/Stan's NoTubes p/b Bicycle X-Change

Welcome New Members

Brett	Polenchar	Deerfield
Robert	Hwang	Glenview
Misty	Kuzmanoff	Mount Prospect
Chris	Kuzmanoff	Mount Prospect
Anastasia	Kuzmanoff	Mount Prospect
Oliver	Kuzmanoff	Mount Prospect
Elina	Arroyo	Lake Zurich
Janet	Furman	Barrington
Thom	Rosen	Barrington
Milind	Thombre	Vernon Hills
Bill	Rago	Gurnee



CHILI RIDE

Join us for chili after the ride on Sunday, October 29 at David Newman's house (see ride details on page 3). We will have chili rain or shine, if it rains chili will

be @ 11:30 a.m.

Everyone is asked to bring a dish to pass. Please RSVP to Dave Waycie at dave.waycie@gmail.com if you plan to stay for chili and find out what to bring.

Everyone is asked to bring something



BANQUIDAY

Our combination party
(banquet and holiday party)

Sunday, November 19

Join us for a great time; and celebrate a
fantastic cycling season

2:00 pm –7:00 pm

Arlington Club Condominium Clubhouse*

1610 Newburn Court, Wheeling, IL

Please RSVP to Pam Burke by November 5

You can see Pam at the chili ride (Oct 29) otherwise e mail her at pamelaburke2000@yahoo.com to find out what you can bring to the party. We are asking for appetizers, desserts or drinks.

The club will be providing dinner.

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.



WHEELING WHEELMEN

2018 BALLOT

PRESIDENT Joe Beemster or _____

VP/RIDE CHAIR Dave Waycie or _____

TREASURER Johannes Smits or _____

SECRETARY Patty Blome or _____

MEMBERSHIP Mitch Rosset or _____

PUBLICITY Pam Kaloustian or _____

Please mark accordingly: Individual Family

Please return ballot by October 31, 2017

Balloting Committee:

Pam Burke, Reinhilde Geis & Jorn Lim

Please mail ballot to:

Pam Burke
265 Green Knoll Lane
Streamwood, IL 60107

BOB SAVIO GOOD SAMARITAN AWARD

(Continued from page 1)

speed and how about a really small inner sprocket so we can climb like crazy. Sounds great! Did you ever wonder why there are only a few chain ring combinations? First off the front derailleur can only accommodate a certain amount of tooth spread. Huh? Most are rated at max 16 teeth.

50X34 = 16 53x39 = 14 53x34 = 19 a no go won't work. The other thing is the factories work on what combinations shift the best and while you can stretch it I believe the factories know best.

Ok, we got the front sorted. How about the rear? Well if we stayed in a small range of speeds and gradation we could run a cassette with all the cogs relatively small and tightly bunched together. Great for efficiency and weight of the overall cassette. Real world says that won't cut it. Let's go the other route and try and run as large a spread as possible. You would not be too far off as looking at the offerings for 2018. I see larger cassette ranges offered from just a few years ago.

Why? The age and weight of average riders has increased. Riders want to

push themselves on ever longer and steeper climbs.

The dawn of the Grand Fondo era is upon us where we can buy bikes lighter than the pros ride and then try and ride their same routes. Yes, but we need all the help we can get. Gearing is the answer. Can't climb with your 25 anymore? How about a 28? Not enough? 30 and now 32 is popular. This year's version of Ultegra is featuring a jaw dropping 34 cassette, mountain bike territory in past years. How? Why? I like to climb steep hills. I am not saying I am good at it, but I like to climb. Trouble is so many times I want one more gear. The bigger the gear the more mechanical advantage I have to climb. If I can spin comfortably, I usually can keep climbing. These bigger gears are accomplished with design gains of rear derailleur science.

Move the pivot point, increase the length of both the cage and hanger and put in a stronger spring system. If the public wants it, the engineers better get busy.

So where does this leave us with our

human horsepower equation? Bikes are still being designed around century old shifting designs. Yes we can add ever more gears and electrify the shifting, but hardly revolutionary. The future? I think everything needs to be internal with variable shifting. Why does the chain and drive train get greasy and gritty? Because we have it too close to the ground and tires for all the filth to accumulate. My friend used to race snowmobiles and the transmission was a belt sliding up and down a cone drive. The belt went up for slow speed advantage and down the cone for speed. No gears and no jumps, just steady application of power. This always fascinated me on simplicity and efficiency of design.

Heck that was 30 years ago and it still is rattling around in my brain. I'm thrilled with the forward progress of bike design and can't wait for all the rapid increases of bicycle drivetrain efficiency. But as I ride by one of the many horse farms that dot our rides, I can't help myself from gazing upon a horse and thinking it is a beautiful amazing powerful creature.

Mitch Rosset



BANQUIDAY PICTURES

We will once again be doing a slide show at the banquiday,, Sunday, November 19, 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

INVITATIONALS

Oct 1, Pumpkin Pedal, Sycamore Speedway, Maple Park, IL 10/20/26 trail ride, 40/62 road ride
soill.org/event/pumpkin-pedal

Oct 1 Pumpkin Pie Ride, Ottawa, IL
25/45/63/100 miles
starvedrockcycling.com/pumpkin-pie-ride

Oct 8, AFFF Associated Firefighters Fall Fifty Bicycle Ride, Richmond, IL 20/25/36/50/62 miles, afffbikeride.org

Oct 28 Tour de Shawnee, Olive Branch, IL
15-100 miles, tourdeshawnee.com



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



We are on the web
wheelmen.com



SAVE THE DATE

Banquiday - Nov 19

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

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