



# Monthly Meanders

Newsletter of the Wheeling Wheelmen Bicycle Club

April 2001

## THE RIDE CHAIR

As I sit at my keyboard typing copy for another month, the St. Pat's and the beginning of another club riding season is less than two weeks away. The snow is melting from the snow-fall last night and that thermometer just won't get up to 32 degrees. But am I worried? You bet! But as you read this, the St. Pat's is history and you know that we had a fabulous day and a huge turnout for the event (I hope).

This winter has been way too long. Finally, last Saturday I got in the saddle again after a lay-off since before last Thanksgiving.

Even with the spinning class I have been taking, there was some foreboding of having the bike under me again. But with four others joining me on one of our many routes from the bakery on a sunny, calm day the joy of the opened road returned. Now, watching expectantly whether conditions will improve by tomorrow I have my bike in the car ready to join others for the Tuesday ride. The season is upon us. I am looking forward to seeing all of you Wheeling Wheelmen at the club rides this year.

Art Cunningham

## MEMORIAL DAY WEEKEND HOLY HILL May 26-28

We are planning a holiday weekend to Ritchfield and Menomonee Falls, Wisconsin. It will be two *challenging* days with beautiful scenery and lots of "*formidable*" hills; Saturday is Ella's Escapade, which is a 70-mile ride, and Sunday is Bill & Mike's Excellent Adventure a 75-mile ride. Monday's ride is still in the formative stages but we are planning a 50-60 mile ride starting in Menomonee Falls. If you can't make it for the whole weekend come on up for a day. This is a great training ride for TOMRV and upcoming vacations.

We will be staying Saturday and Sunday night at the Super 8 in Germantown, WI. 262/255-0880 make your reservations early.

Check the April and May newsletters for more details.

Mike Ortmanns & Ella Shields  
773/594-1755  
Shieldsbike@aol.com

## Winter Blah's/ Spring Harrah's

Are you like me and haven't ridden and feel guilty? Well, here we are faced with the annual dilemma of getting going and get back in shape! Walking is excellent exercise to get started it does not get your heart rate as high as a good ride but the training and working the other muscles is good and you are beginning to burn those calories.

If you have access to a local health club try to focus on the aerobic activities: stair climber, inclined running treadmill, swimming, etc. Try to work out a few circuits on the weight machines but be careful not to overdo it. "Remember" it is better to do more reps with a light weight than 5 or 10 of a massive load and impress that guy/gal across the way and end up with pain for 3 or 4 days. For you people with lower back pain do some light abs work to help add stability and support and help ease the soreness. Ice skating is a very good cross-training sport and will definitely increase the power in your quads for when you get back on the bike. Now is also the time to begin slacking off the cookies and focusing on the proteins and low fat diets. In researching for this part of my article I ran across a "fabulous" web site dedicated "entirely" to nutrition as it has to do with "cycling", nutritional theory, training concepts, tips, medical issues, and a nebulous reference list for your own research. You can even download onto a 3.5" disc. If you would like to visit this site it is: [www.halcyon.com/gasman/toc.htm](http://www.halcyon.com/gasman/toc.htm)

May the path be downhill with the wind at your back!

C. Brian Hale #1007  
([brian.hale@halco-products.com](mailto:brian.hale@halco-products.com))

## Club Officials

### Elected Officers

<b>President</b>	
<i>Baby New Year</i>	(800)-Prezent
<b>V.P./Ride Chair</b>	
<i>Art Cunningham</i>	(847)963-8746
<b>Treasurer</b>	
<i>Al Berman</i>	(847)4541-9248
<b>Secretary</b>	
<i>Kris Woodcock</i>	(847)520-6932
<b>Membership</b>	
<i>Betsy Burtelow &amp; Jim Boyer</i>	(847)541-1325
<b>Safety</b>	
<i>Barry Cohen</i>	(847)459-7640

### Appointed Officers

<b>Newsletter</b>	
<i>Emily Qualich</i>	(847)821-1009
<b>E-mail:</b>	E_fuentes@msn.com

### Harmon

<i>Rich &amp; Mary Kay Drapeau</i>	(847)808-1476
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### Chairmen

#### **Banquet**

<i>Pam Zaverdas</i>	(847)359-5970
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#### **Harmon Data Base**

<i>Jennie Pfeifer</i>	(847)342-8823
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#### **LAB**

<i>Phyllis Harmon</i>	(847)537-1268
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#### **Mileage Statistician**

<i>Art Cunningham</i>	(847)963-8746
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#### **Newsletter Mailings**

<i>Jennie Pfeifer</i>	(847)342-8823
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#### **Picnic**

<i>Al &amp; Cindy Schneider</i>	(847)696-2356
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#### **Refreshments**

<i>Frank &amp; Pat Illy</i>	(847)923-5910
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#### **St. Pat's Ride**

<i>Jim Edmiston</i>	(815)899-1503
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#### **Web Page**

<i>Bill Bergeron</i>	(847)382-4704
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### **Newsletter Policy**

The deadline for articles is the 10th of the preceding month. You can mail or e-mail articles to:

Emily Qualich,  
2260 Apple Hill Ct. So  
Buffalo Grove, IL. 60089  
or  
Email: e\_fuentes@msn.com

(Please include your name and phone Number in case I have a question)

## Moving?



Don't miss an issue of Monthly Meanders!! Call Betsy or Jim with all name, address and phone number changes at (847)541-1325.

## Board Meeting

The next board meeting will be held on Mar 29, 7:00 p.m. at the home of Rich & Mary Kay Drapeau's. All board members are requested to attend.



## WINTER RIDE SEASON

We will plan to have regular Saturday rides as weather permits through the winter months leaving from the Deerfield Bakery at 10:00 AM.

Other rides or activities initiated by members can be announced on the ride line.

Give Art a call if you want to have a ride or other activity on the ride line.

Keep in touch by checking the ride line during the winter.

**RIDE LINE (847)520-5010**

## Welcome New Members



Hiro and Barb Satoh	Buffalo Grove
Ben and Joyce Caputo	Arlington Hts
Daniel Wessner	Barrington
Cynthia Simmons	Libertyville
Penelope MacKenzie	Lake Villa

## WEEKDAY RIDES

### **TUESDAY / THURSDAY DEERFIELD BAKERY RIDES**

Rides with 25 / 45 mile routes leave the Deerfield Bakery promptly at 9:00 AM beginning May 1. These rides are normally show and go with cue sheets provided if requested. The Deerfield Bakery is on Buffalo Grove Road & Old Checker Rd. just north of Lake Cook Rd. parking at the rear of the Grove Memorial Chapel. Phone Bob Savio at 438-8066 or Art Cunningham at 963-8746 for more information.

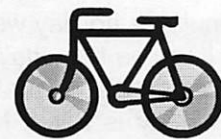
**PLEASE NOTE: RIDES START AT 10:00 AM DURING THE WINTER MONTHS.**

## APRIL CLUB MEETING

The meeting will be on Thursday, April 5 at Wheeling H.S. Our program for the evening is:

Tips on Bike Field Repairs and Maintenance" by Villiage Cyclesport.

Don't miss this great presentation.



.If you are starting to plan your 2001 vacation the National Bicycle Tour Directors Association at [www.nbtda.com](http://www.nbtda.com), list tours 3 days or longer in the US, Canada, Mexico and France.





Some things are easy. Most of us know it's important to ride on the extreme right side of the road and signal our intentions to others. The value of a helmet and sunglasses toward protecting life and sight requires little discussion.

Some things are not so obvious. For instance, cycling on a *bicycle path has a collision rate three times as high as road biking*. Sidewalk riding is even more dangerous.

A few years ago, I was happily pedaling through the last mile of a late afternoon, mid-week ride. With rush hour traffic backed up on the roadway, I cut over onto the seemingly empty sidewalk. I was familiar with the hedge-lined street and sure there were no houses on this last stretch before my home.

Getting my end-of-ride, 17 MPH "kick" going, I glanced down at my trip computer. When I looked up, all I could see was the back half of a new Pontiac coming to a screeching stop, directly in my path. With no time to even squeeze the brakes, I realized my Trek and I had to part company. As I began to push myself up and over the handlebars, the bike connected with the Pontiac's optional alloy rear wheel. In spite of my resistance, this huge force seemed to press my head into the car's roof. Somehow, I came to rest, face down, on top of the trunk-lid.

So I'm lying there wondering which bones are broken, flexing ankles, knees, shoulders, etc. Amazingly, everything seems to be working. I carefully slide off to confront this terrified teenage boy who was driving his dad's new car to visit his girlfriend that day. He's standing there speechless, while

I figure out there was this unpaved driveway between the dense hedges. Backing out (much too fast!), my teenage assailant obviously couldn't see me on the sidewalk any more than I could see him.

The car is a mess! My head has created a dent the size of a watermelon in the roof. The windows have deep gouges from my brake hoods. The fender is scratched and dented. I later learned repair estimates were over \$3000.

Besides a cut over my eye and some minor black and blue marks, I'm just fine. I keep staring at this crater in the car's roof. My helmet's not even scratched. I never even got a headache. Unfortunately, the Trek has made its last ride.

The lessons learned are:

- *Fast moving bicycles and sidewalks don't mix.* Trails, even bicycle trails, are also used by walkers and hikers and skaters, who move much slower than you do and do not act predictably.
- *A helmet can save you from deadly injuries.*
- *Teenagers in cars can be dangerous to your life and limb.* Assume they will make the wrong decisions behind the wheel and you have a shot at talking about it the next day.

Barry



**Monthly Meanders of the Wheeling Wheelmen**

# Ride Schedule

All  
Riders  
Should:

\*wear a helmet  
\*bring water  
\*bring snacks

\*have a bike in good condition  
\*bring a spare tube and patch kit  
\*bring a bike pump

\*bring an ID card  
\*bring \$\$ for food and phone  
\*arrive early...15-30 minutes

Date	Time	Ride Name	Starting Point	Directions	Miles	Leader Phone #
Sun. 4-1	9:00	Hills & Horses	Penny Rd. Forest Preserve	I-90 to RT. 59 North, turn left on Penney road to forest pre-serve	36	Frank Illy 923-5910
Sat. 4-7	9:00 AM	B.D.S.R	Kildeer School	Old McHenry Rd., just north of Long Grove	40	Verne Aebli 934-3809
Sun. 4-8	9:00 AM	Show & Go	McHenry County College	Rt. 14 1 mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	35/49	Jim Edmiston 815-899-1503
Sat. 4-14	9:00 AM	Broken Oar	Kildeer School	Old McHenry Rd., just north of Long Grove	34	Brian Hale 426-3290
Sun. 4-15	9:00 AM	Honey Lake Loop	Kildeer School	Old McHenry Rd., just north of Long Grove	35	Art Cunningham 963-8746
Sat. 4-21	9:00	Hills & Horses	Penny Rd. Forest Preserve	I-90 to RT. 59 North, turn left on Penney road to forest pre-serve	40	Brian Hale 426-3290
Sun. 4-22	9:00 AM	Lake Co. Ride	Kildeer School	Old McHenry Rd., just north of Long Grove	35	Virginia & Bob Savio 438-8066
Sat. 4-28	9:00 AM	Back Roads of Barrington	Penny Rd. Forest Preserve	See Above	40	Betsy Burtelow 541-1325
Sun 4-29	9:00 AM	Barrington Loop	Kildeer School	Old McHenry Rd., just north of Long Grove	37	Art Cunningham 963-8746

## MIDDLETON WEEKEND

**June 23-24**

Reserve time for the Middleton Weekend Excursion, June 23-24, featuring two rides leaving from Lakeview Park in Middleton, WI. Middleton is located at the western tip of Lake Mendota next to Madison. Two Rides are featured. The first ride, the Columbia County Meander, a 100 mile ride, heads through rolling countryside to Columbus, WI. There is a 65 mile version also. The second ride is the Devils Lake Dive, a 90 mile ride that heads north to the Merrimac Ferry, crosses Wisconsin Lake then loops around Devils Lake in the Barraboo Hills. This ride is rolling to hilly. There is a 70 mile version the misses the worst hills. Accommodations may be made the Colonial Motel in Middleton, a short drive from Lakeview Park: telephone 800-821-5994. Make arrangements early as it appears to be a busy time in the Madison area.

For information call Art Cunningham, 874-963-8746.



## RIDES OF A DIFFERENT FLAVOR

For the second year Wednesday rides on Chicago and surrounding area bike paths and trails will be scheduled for those who enjoy rides of a different flavor. There are many great bike paths within driving distance passing through urban and rural areas with many scenic views and points of interest not duplicated by road. More trails are being added every year. A ten mile loop will be completed this spring in the Poplar Creek Forest Preserve. The Lake County Des Plaines River Trail is scheduled to be completed from Lake-Cook Road to Russell Road on the Wisconsin border during the summer. This 27 mile trail has an additional 8 miles of connected forest preserve trails including the Sterling Lake loop in Van Patten Woods at the north end and the Independence Lake loop in the brand new Forest Preserve megapark north of Libertyville. These new trails in addition to the Prairie Path/Fox River/ McHenry County Prairie Trail with about 180 miles of interconnected or nearly connected trail offer many fine rides. The unique Chicago Lake Front Path ride which is scheduled in April should be taken by everyone at least once.

This bike path tour will leave on Wednesday mornings from a site on or near the trail route scheduled. A different path/trail will be explored each Wednesday with distances from 14 to 80 miles. Surfaces range from paved to crushed stone or improved gravel/grass. Definitely no off road, single track types. Rides will be show and go at a leisurely pace. Join me and experience the flavor of the many trails available in this area. Call me at 874-963-8746 for more information.

Art Cuningham

### Ride Schedule April Chicago Area Bike Path / Trail Rides

DATE	TIME	MILES	PATH/TRAIL	START	DIRECTIONS	COMMENTS
4/4	10:00	14	Salt Creek	Bemis Woods	South on I-294 to Ogden Ave. , left (east) on Ogden ¼ mi. to entrance on left	Paved path, Brookfield Zoo optional (bring a bike lock)
4/11	9:00	46	Fox River/ McHenry Prairie Trail	East Dundee Depot	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved path
4/18	11:00	37	Chicago Lake Front Path	Foster Ave Beach	East on Peterson off Edens, rt. on Ridge, bear rt. on Broadway to Foster , lft. under Lake Shore to 1 <sup>st</sup> parking lot on lft.	Paved path
4/25	10:00	32	North Branch/ Botanic Garden	Skokie Lagoon Forest Preserve	East on Willow Rd. just east of Edens. (no access going south on Edens to Willow) entrance to left	Paved Path Botanic Garden optional (bring a bike lock)

### EXCURSION RIDES FOR 2001

- ♦ **Glacial Hills Rides.** Saturday, Sunday & Monday May 25,26 &27. Accommodations at the Super 8 Motel in Germantown, WI (northwest of Milwaukee). Phone 800-800-8000 or 414-255-0880.
- ♦ **Middleton Rides.** Saturday & Sunday June 23 & 24. Accommodations at the Colonial Motel, Middleton,WI (west of Madison). Phone 800-821-5994.
- ♦ **Cedarburg Rides.** Saturday & Sunday July 21 & 22. Accommodations at the Super 8 Motel in Saukville/Port Washington, WI (north of Milwaukee). Phone 800-800-8000 or 414-284-9399.
- ♦ **Rockford Area Rides.** Saturday & Sunday August 18 & 19. Accommodations at the Super 8 Motel, Rockford, IL. Phone 800-800-8000 or 815-229-5547.
- ♦ **Montello Rides.** Saturday & Sunday October 13&14. Accommodations at the Hilltop Motel, Montello, WI (Green Lake County north of Portage, WI). Phone 800-560-9960.

## Shoulders to Lean On

Here's the problem: There's a beautiful lake in southern Illinois -- Rend Lake -- with a planned recreational trail to go around it. But how do you get to it? About the only access from the west is Illinois Route 154, a narrow, two-laned, no shoulder road which carries significant traffic, including boat trailers.

When IDOT put the road up for improvement, LIB's road alert program jumped into action. With the help of local bicyclists, LIB called for significant roadway improvement. The result was a victory of sorts -- a one-foot shoulder.

We pointed out the Bicycle Accommodation standards that applied to the road, and in October District 9 let us know that after reevaluation of the shoulder width, it will be increased to four feet.

Thanks to the IDOT for their design change, to the local cyclists who helped, and to LIB's state-wide road improvement alert program, Illinois cyclists will now enjoy a more bike-friendly road.

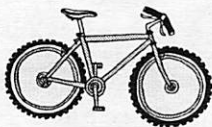
The League of Illinois Bicyclists: Working to help you.

Join today: Send \$15 (\$25 household) to LIB, 6 Chestnut Court, Park Forest, IL 60466-2141

\$Cash Only \$

## BICYCLE SWAP 2001

\$Cash Only \$



It's Like a Large Garage Sale  
Saturday April 28 & Sunday April 29  
10:00 am—4:00 pm

Recycle the Bicycles you have outgrown.  
Look for a new one for the kids or yourself.

**Seller:** Bicycles can be dropped off Saturday 9:00 am—2:00 pm, & Sunday 10:00 am—12:00 pm. It gets tagged with your price. You need not stay with the bike, however, you must pick up the bike or the money before 4:00 pm on Sunday.

**Buyer:** Sale hours are between 10:00 am and 4:00 pm both days. No Sales before 10:00 am.

### Frontier Park

Kennicott & Palatine Rds  
Arlington Heights, IL



**Sponsored by:**

Arlington Heights Bicycle Club  
For Information: 847-255-3468

\$Cash Only \$

**No Checks \*\*\*\* No Credit Cards**

\$Cash Only \$



**WE GET MAIL****For Women Only:**

Women's Bike Racing & Health Awareness Camp  
Date: May 18-20  
Place: Oakdale Nature Preserve  
Freeport, IL 60132

The camp ends in a time trial.  
Free jersey for those who register prior April 5, 2001

For further information call Jean Tschampa  
630-790-9488 or e-mail, IBR-School@aol.com

**FOR SALE**

1991 Bridgestone MB-3 mountain bike, 19", excellent condition, "very retro", \$300.00,  
call Mike 773/594-1755.

Date: Sun, Apr 1, 2001  
Event: Spring Ahead, No Foolin', Ride

&gt;

Duration: 1 day

Location: Union, Illinois

Start Times: 8 a.m., Donley's

Wild, Wild West Town

> Distance: Metric and Half Metric

> Fees: \$17 pre-registered, \$20 day of ride

> Limitations: No pre-registration after March 21, 2001

> Features: 2 food stops and sag wagons. Portions of the proceeds to go to LAB, LIB, CBF and the insurance company. :- ) Celebrate the beginning of more daylight in which to bicycle. The weather on April first can bring surprises so be prepared. Country roads mean minimal traffic.

> Sponsors: Schaumburg Bicycle Club

> Person: Freda Brown

> Phone: 847-891-6010

&gt;

E-mail:

schaumburgbikeclub@aol.com

> Website: www.

schaumburgbikeclub.org

**JOIN THE HEALTH CLUB OF YOUR DREAMS**

- No initiation fees.
- Cheap yearly rates.
- No crazy diets.
- Friendly, free, personal trainers (ride hosts), who present routines with an 'exercise at your own pace' format.
- No sweat-drenched workouts (thanks to lycra, coolmax and wind).

So, get the beautiful body you want... strong legs and biker buns. Join the **Wheeling Wheelmen** and join the health club without walls, where the scenery is always changing. Why exercise with sweaty strangers when you can workout with fellow club members sharing cue sheets, directions and tales of the road.

I am looking for anyone interested in accompanying me on a self-contained (loaded) bicycle tour.

I prefer traveling in the Midwest; dates and length of tour is flexible. Camping and/or motels

Call Daivd at (847) 632-6746

**Wheeling Wheelmen Membership Application**

Name: \_\_\_\_\_

Spouse's Name: \_\_\_\_\_

Address: \_\_\_\_\_

Children's Names: \_\_\_\_\_ Age: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Age: \_\_\_\_\_

Phone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

New Member? \_\_\_\_\_ Renewal? \_\_\_\_\_ L.A.B. Member? \_\_\_\_\_

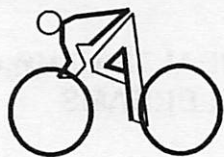
Family dues: \$20 Individual dues: \$15

**Membership Pledge:** I hereby agree to operate my bicycle in a manner that is safe to me and those around me, to observe all the rules of the road, and conduct myself in a manner that will be complimentary to the sport. I release and waive all claims for negligence against the WHEELING WHEELMEN, its officers and members for all damages incurred at or associated with any WHEELING WHEELMEN activity for myself, my heirs and executors.

Applicant's Signature (parent's signature if a minor)

Spouse's Signature

Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



Wheeling Wheelmen  
P.O. Box 7304  
Buffalo Grove, IL  
60089-7304

Next Club Meeting will  
be April 5, 2001  
at  
Wheeling High School  
Rt 83 and Hintz Rd

We support:  
\*The League of American  
Bicyclists  
\*The Chicagoland Bicycle  
Federation

**In This Issue...**

Ride Chair...April Ride Schedule...Safety Guy

Mailing  
Address  
Goes  
Here

### Club Discounts!

The following local bike 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 & FITNESS

8140 N Milwaukee Ave., Niles  
(847)692-4240

#### ARLINGTON BICYCLE COMPANY

45 S Dunton, Arlington Hts. (847)253-7700

#### BICYCLE CONNECTION OF SCHAUMBURG

1226 N Roselle Rd., Schaumburg. (847)882-7728

#### BIKE PROS

1313 N. Rand Rd, Arlington Hts. (847)398-1650

#### BUFFALO GROVE CYCLING AND FITNESS

960 S Buffalo Grove Rd., Buffalo Grove

(847)541-4661

#### FS CYCLES

20556 N. Milwaukee Ave., Deerfield

(847)537-2453

#### GEORGE GARNER CYCLERY

111 Waukegan Rd., Northbrook, IL 60047

#### LIBERTYVILLE CYCLERY

800 N. Milwaukee Ave, Libertyville, IL

#### MIKES BIKES

155 N Northwest Hwy, Palatine, (847)358-0948

#### SPOKES

223 Rice Square at Danada, Wheaton

(630)690-2050

1807 S. Washington, Naperville

(630)961-8222

#### The Cyclery

575 Ela Road, Lake Zurich

#### VILLAGE CYCLESPORT

63 Park & Shop, Elk Grove Village

(847)439-3340

215 W Golf Rd., Schaumburg

(847)781-9960

## 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 \$30 for individuals, \$35 for families 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.

Check out our Website!



Web-page:  
<http://www.wheelmen.com>

E-mail:  
[wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)

Club Hotline  
(847)520-5010



Ride and Club Information