



MONTHLY MEANDERS

NOVEMBER, 2003

PREZ SEZ

Greetings fellow club members.

Last months club meeting featured Steve Boime from the Chicagoland Bicycle Federation. Steve is coordinating efforts on behalf of CBF to improve bicycling in the Buffalo Grove/Wheeling area. He shared some of the short and long term issues that we all face and asked for suggestions on what we would like to see to improve conditions. Some of these include improved signage, better education, bike path connections, and marked shoulders on all new road construction. There are many obstacles to overcome if we are going to see changes made. The key is to let our elected officials, at all levels, know that we are committed to safe bicycle riding. With that in mind I'm going to try and organize a phone/e-mail tree for

our club members. It's an efficient way to keep you informed of key issues. A quick email or phone message to your elected representative makes a difference. This is not something we will abuse. There are only 3-4 times a year when important legislation comes up for vote.

This months meeting is one you do not want to miss. Dave Cushwa is going to share his extraordinary bicycle journey across the southern half of the country with his 9 year old son Will. What made him decide to do this? How did he choose his route? How did he train for this? What did he bring along? How much did it cost? Would he do it again? Let's find out. Don't miss this one.

The official ride season is winding down. After a chilly late September

we've had some outstanding October weather. Don't forget the show and go rides on Saturday mornings from the Deerfield Bakery. These will take place as long as the roads are dry and members are willing.

The annual banquet is Sunday November 9. See details elsewhere in this newsletter. We will have a variety of awards and I will provide a state of the union, including recaps of the Harmon and St Pats rides. It's a fun time with great food and better company.

See you on the road.

Rich Drapeau

Every time I see an adult on a bicycle I no longer despair for the future of the human race.

-H.G. Wells

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ILLINOIS STATUTES REGARDING BICYCLES

Sec. 11-1505.1. Don't ride more than 2 abreast; Stay in one lane

Persons riding bicycles or motorized pedal cycles upon a roadway shall not ride more than 2 abreast, except on paths or parts of roadways set aside for their exclusive use. Persons riding 2 abreast shall not impede the normal and reasonable movement of traffic and, on a laned roadway, shall ride within a single lane subject to the provisions of Section 11-1505

Club Officials

Elected Officers

President	
<i>Rich Drapeau</i>	(847)808-1476
V.P./Ride Chair	
<i>Len Geis</i>	(847)679-0279
Treasurer	
<i>Al Berman</i>	(847)541-9248
Secretary	
<i>Kris Woodcock</i>	(847)520-6932
Membership	
<i>Betsy Burtelow & Jim Boyer</i>	(847)541-1325
Safety	
<i>Barry Cohen</i>	(847)459-7640

Appointed Officers

Newsletter	
<i>Ella Shields</i>	(773)594-1755
Harmon	
<i>Mary Kay Drapeau</i>	(847)808-1476
Chairmen	
Banquet	
<i>Ella Shields</i>	(773)594-1755
Harmon Data Base	
<i>Jennie Pfeifer</i>	(847)342-8823
LAB	
<i>Phyllis Harmon</i>	(847)537-1268
Mileage Statistician	
<i>Joe Irons</i>	(847)359-0551
Newsletter Mailings	
<i>Ella Shields</i>	(773)594-1755
Picnic	
<i>Al & Cindy Schneider</i>	(847)696-2356
Refreshments	
<i>Frank & Pat Illy</i>	(847)923-5910
Ride Line	
<i>Art Cunningham</i>	(847)963-8746
St. Pat's Ride	
<i>Tom & Deb Wilson</i>	(847)632-1412
Web Page	
<i>Jim Boyer</i>	(847)541-1325

Newsletter Policy

We can always use information for the newsletter. I'd love to hear from you. Send or e-mail your ride notes, stories or articles for the newsletter to me by the 10th of the preceding month

Ella Shields
7516 W. Devon Ave.
Chicago, IL. 60631
Shieldsbike@aol.com

(Please include your name and phone number in case I have any questions)



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 Wednesday, December 3, 7:00 pm at the home of Bob Savio.

All board members are requested to attend. Please give Bob a call at 847-438-8066 and let him know if you will be attending

MEANDER STATS — TOP 20

Through October 9

223 rides by 145 Members totaling 113688 miles. 7807 maximum miles possible per rider.

1	KILIAN EMANUEL	6349
2	ART CUNNINGHAM	4352
3	JOE IRONS	3748
4	LEN GEIS	3386
5	DAN WIESSNER	3227
6	RICH DRAPEAU	3119
7	AL SCHNEIDER	2877
8	JIM BOYER	2585
9	BOB SAVIO	2388
10	BOB DOMINSKI	2269
11	KURT SCHOENHOFF	2242
12	AL BERMAN	2125
13	TOM WILSON	2087
14	LOUIS GREENE	1963
15	LOUIS LAMBROS	1747
16	BOB WALKOWICZ	1702
17	BRIAN HALE	1631
18	DENNIS BERG	1629
19	FRANK ILLY	1460
20	EARLE HORWITZ	1449
1	CINDY SCHNEIDER	3135
2	MARY KAY DRAPEAU	2514
3	MARY MYSLIS	2300
4	CHRIS WAGER	2199
5	PAM BURKE	2131
6	KRIS WOODCOCK	1934
7	REINHILDE GEIS	1924
8	BETSY BURTELOW	1781
9	ELLA SHIELDS	1756
10	FRAN GREEN	1741
11	MARIANNE KRON	1626
12	DEBBIE WILSON	1214
13	CINDY TRENT	1138
14	VIRGINIA SAVIO	1137
15	PAT ILLY	969
16	ALLISON EBERT	964
17	MEG EWEN	822
18	NANCY BECK	515
19	CHRIS SCHROEDER	428
20	GERI MCPHERON	397

WEEKDAY RIDES

TUESDAY / THURSDAY

DEERFIELD BAKERY RIDES

Rides with 25 / 45 mile routes leave the Willow Creek Park, **PLEASE NOTE NEW LOCATION**, promptly at 9:00 A.M. These rides are normally show and go with cue sheets provided if requested. Willow Creek Park is 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. Phone Bob Savio at 438-8066 or Art Cunningham at 963-8746 for more information.

Club Meetings

Meetings are held at Wheeling High School at 7:00 p.m. The high school is located on the north side of Hintz Road just west of Elmhurst Road (83) in Wheeling.

Thursday, November 6: Don't miss this presentation. The story of a 9-year-old boy and his dad as they cross the USA by bicycle. Dave and Will Cushwa of Barrington will do a presentation on their 3,500-mile trans-continental bike trip. The journey began in Los Angeles on March 3 and they reached their final destination, Jacksonville, Fla., May 12.

Our next meeting will be in January, 2004

Banquet

Just a reminder the banquet is on Sunday November 9 from 1:00—4:00 p.m. at Enzo & Lucia Ristorante Italiano, 343 Old McHenry Road, Long Grove, IL. The restaurant is located in the Long Grove shopping district, parking is behind the restaurant in the municipal parking lot.

If you have any last minute questions, or have not signed up yet, please call Ella at 773/594-1755 or e-mail Shieldsbike@aol.com

See you on the 9th.



HOLIDAY PARTY

Sunday, December 14
3-8 p.m.

Hosted by Frank & Pat Illy

846 Beacon Drive, Schaumburg, IL.

Call Pat at 847/359-9085 (days) or 847/923-5910 (evenings)

For directions and to see what to bring

Please RSVP by December 8



WINTER TRAINING

Running from the fridge to the couch isn't interval training!

If you want to race or ride strong in tours, winter training is NOT optional. Winter training can be like watching paint dry and for the most part will never offer the enjoyment of spring, fall and summer training. The following are some tips to make winter training more enjoyable, keep yourself focused, and improve next year's performances.

Start with a set of goals. You should have your training program/plan and your goals written down. Set both long term and short-range goals. Keep a logbook to track your training progress. Many books have training guidelines such as those by Eddie B., Burke, Van der Plas, and many of the great cyclists (Lemond, Henault, Phinney, etc.) provide interesting reading along with their training methods.

No one training method/system is for everyone. If you can't stand a training system, you won't consistently train. Keep an open mind, and try new training methods until you find the one that fits you.

Winter riding is a lot more fun if you have a partner. Getting dressed for cold weather is a pain but with the right clothes and friends I can really enjoy it. Riding on snow is a real thrill. The snow keeps the speed down, and gives a great workout. Combined with beautiful snow-covered landscape, snow riding can be hard to beat. Some caution needs to be used when it gets below 15 degrees. I generally don't ride outside when it gets that cold, since I can't be sure I won't get cold hands or feet.

Cross training, such as x-country skiing, can keep your overall fitness up and is much more interesting than riding any trainer. Keep in mind that in order to improve your cycling you will have to ride some during the cross-training season. The minimum that I ride during the cross training season is three times a week for 1 hour. This keeps your spin fresh and works the cycling-specific muscles.

Trainer Tricks: When riding the trainer I have come up with a number of tricks I play on my mind to convince myself this isn't the most boring thing I've done. You need written training goals even for the easy trainer riding days. These might be to work on increas-

ing your cadence with low effort, smoothing the pedal stroke, or do some one legged spinning to get a better feel for using all 360 degrees of the pedal stroke. With a heart rate monitor you can monitor increased efficiency using various low and high cadences at the same resistance and odometer speed. If your trainer reads watts you can compare the various cadences vs. watts vs. heart rate. Do you ride better on certain foods or fluid replacement drinks? Is the saddle and handlebar position optimum?

Winter trainer riding is a much better time to experiment with them then during racing season as the conditions are fixed on the trainer. Another trick is to watch TV. Yes, I sometimes watch TV when I ride the trainer. A lot of the race videos show many tactics that can be used in races. Sometimes I sprint when they sprint (and I generally win!) Watch how the riding positions vary greatly from rider to rider as no one position seems to be ideal for everyone. Pay particular attention to the sprinters and the tactics they use. How do the same people get in the best sprint position time after time? The best climbers look super relaxed, smooth and wasting no energy going up the steepest climbs. In the early spring I do intervals during most of the TV commercials, (it gives me another reason to hate long commercials.) Since commercials come often and for unknown lengths they can simulate a hard race with many attacks.

Off-season weight training is one part of the exercise program that I really don't like. But to be competitive it's an essential part of your overall plan. The years that I have stuck to my weight training goals definitely gave me an edge in sprints and jumps and proved well worth the effort. Like other training, I have come to believe that no single weight training system is good for all. The system needs to be tailored to your goals, strength and style of riding.

For most of us the key to a successful racing/touring season is in keeping fit and trim during the off season. The keys to keeping fit and trim in the off-season are written goals and a training plan/log that you can stick to. Hope to see all of you this winter riding and skiing*.

Edited version of article from
www.bicyclesource.com/body/training/winter

*If we have snow check the ride line for x-c ski outings.

CALL THE RIDE LINE FOR FALL & WINTER ACTIVITIES 847/520-5010

**ASK DEE RAILLEUR OR
DR. S.P.OKES**



Dear Dee Railleur:
Should I wear bike gloves when I ride?
Pearl I.

I wear gloves all the time and here are some good reasons :

1. Padded palms reduce the amount of road shock transmitted to your hands and minimize pressure on the median nerve in palm which can cause numb or tingling fingers.
2. Tough fabrics help you avoid "hamburger hands" when the inevitable happens and more than rubber meets the road. "Grippy" fabrics provide you with a better grip and more control than bare sweaty palms.
3. Fingerless design exposes your fingertips to give you a greater "feel" for the road and increased dexterity for

shifting gears and adjusting your clothing. In cold weather, use full-fingered gloves or wear a thin, full-fingered liner glove under your fingerless gloves.

Dear Dr. S.P. Okes:
This might be a dumb question but is there a specific way to hold my handlebars? **Clumsy**

Always Hook Your Thumbs Beneath the Handlebars. Riding some roads and most trails, you'll encounter obstacles that can easily knock your hands off the handlebars if you're not holding the bars correctly. Remember to always have at least one thumb beneath the bars. That way, when you hit one of these nasty bumps, your hand may slip. But, it won't slip off the bars. And that can be the difference between hanging on and planting your face in the road.

If you have a bicycling related question for Dee Railleur or Dr. S.P.Okés, e-mail it to the editor and it will be answered in a future column

Congratulations

One of our members, Marianne Kron, won her third National Jersey with a gold medal at the U.S. Masters Cycling Championship in Kentucky. She also was twice overall winner at the Huntsman Senior Games in her age

category. Her biggest success came when she was crowned world champion in St. Johaun, Austria.

Marianne loves to bike in and off competition and enjoys the friendly company of the Wheeling Wheelmen.

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

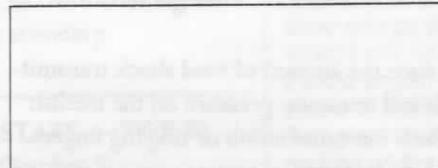


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

Phone: 847-520-5010
Email: wheeling@wheelmen.com

We are on the web
wheelmen.com

Next Club Meeting
January 8, 2004



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

BARRINGTON BICYCLE CO.
Barrington Market Center 200 N. Hough Street, #12, Barrington, 847/842-9798

BICYCLE CONNECTION OF SCHAUMBURG 1226 N Roselle Rd., Schaumburg, 847/882-7728

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, 847/272-2100

LIBERTYVILLE CYCLERY
800 N. Milwaukee Ave, Libertyville, 847/362-6030

MIKES BIKES
155 N Northwest Hwy, Palatine, 847/358-0948

RUNNER'S HIGH
7 S. Dunton, Arlington Hts. 847/670-9255

SHAMROCK CYCLERY
344 Old McHenry Rd, Long Grove 847/913-9767

SPOKES, 223 Rice Square at Danada, Wheaton 630/690-2050
1807 S. Washington, Naperville 630/961-8222

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

TURIN BICYCLE
1027 Davis Street, Evanston, 847/864-7660

VILLAGE CYCLESPORT
63 Park & Shop, Elk Grove Village 847/439-3340
1313 N. Rand Rd, Arlington Hts. 847/398-1650

We support:

- *The League of American Bicyclists
- *The League of Illinois Bicyclists
- *The Chicagoland Bicycle Federation
- *Buffalo Grove Bike Rodeo

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
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