



MONTHLY MEANDERS

PREZ SEZ

First off, thanks to Al and Cindy for another successful picnic. We've renamed the picnic and associated ride to the Art Cunningham Memorial ride. I think he would have been pleased, even though there was no trail ride.

I've never been a big watcher of the Tour, but from time to time, I give the VS channel a whirl. A couple weekends ago, it was raining, so I headed downstairs to do some cardio while watching TV. On a whim, I flipped on VS and the time trials were just getting underway. Lance was up, so I "ellipticaled" away while my eyes were glued to the set. The guy really is an awesome athlete. He's been away from serious cycling, what 2 years? In the time trials, while he didn't win, he was at least in the top ten. Not bad for an old guy, huh? Anyway, I really hope he wins again, especially after the French decided to 'still' be sore losers and publish two books of lies. (I apologize to any French members of the club).

On a more local note, have any of you been to the Thurs night races at the

Northbrook Velodrome? I knew about the Velodrome, having played outdoor roller hockey at a rink next door for many a Saturday morning, but it wasn't until recently that I actually went. Along with small group of fellow Wheelmen, we attended one warm Thursday night. I was really excited because I had a coupon for a free entry with one paid entry. Two bucks was all it cost for Pam and myself to get in. Plus they had free chips and guac from Chipolte, to boot! Once our little group found each other we grabbed prime seats to settle down to wait for the start. I surveyed the infield, where all the racers were set up and started to pick out the ones I would root for. I applied the same logic I use whenever I watch horse racing, which isn't very often, I might add. Color of outfit, coolness of bike, cuteness of guy...well, you get my drift. There was one guy we all focused on because he was on the "pink" team. But unlike his teammates, he really took the "guy in pink" to a whole new level, to the point of wearing the same all pink helmet I have. Now that's a guy who is confident! There was also a

women's division and I think the guys in our group were mesmerized by the one young woman with the tattoos. She definitely had the coolest outfit and bike. The first couple of races were 5 laps and I'm thinking, okay, I could do this, but then they got to the 30 lap races. Boy were these guys good. Lots of strategy within the teams, which was kinda cool to watch. All in all the whole night was very inspiring. If you are ever looking for some Thursday night fun on a shoestring, check it out

northbrookvelodrome.org/

Ride Smart, Be Safe.

Meg

Save the Date:

The annual banquet will be on Sunday, November 8 .

August, 2009

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MARIANNE KRON
TOM MULICK

Club Officials

Elected Officers

President	
<i>Meg Ewen</i>	630/540-1704
V.P./Ride Chair	
<i>Brian Blome</i>	847/358-4807
<i>& Pat Calabrese</i>	
Treasurer	
<i>Johannes Smits</i>	630/893-2835
Secretary	
<i>Kevin Moore</i>	847/577-8490
Membership	
<i>Rich Drapeau</i>	847/808-1476
Publicity Chair	
<i>Sheri Rosenbaum</i>	847/368-1762
<i>luv2bike80@hotmail.com</i>	

Appointed Officers

Harmon Chairman	
Open	
Newsletter	
<i>Ella Shields</i>	773/594-1755
St. Pat's Ride	
<i>Tom & Deb Wilson</i>	847/632-1412
Chairmen	
Banquet	
Open	
Harmon Data Base	
<i>Mary Kay Drapeau</i>	847/808-1476
Mileage Statistician	
<i>Joe Irons</i>	847/359-0551
Picnic	
<i>Al & Cindy Schneider</i>	847/696-2356
Refreshments	
Open	
Ride Line	
<i>Frank Bing</i>	847/634-1439
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
eshieldsbike@yahoo.com

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



Don't miss an issue of Monthly Meanders!! Call Rich Drapeau with your new e mail address at 847/808-1476 or e mail him at wheeling@wheelmen.com.

TOP 20 MILES

Through July 9

129 rides by 129 members

Women:

1	Sheri	Rosenbaum	1447
2	Reinhilde	Geis	1359
3	Pat	Calabrese	1337
4	Pam	Kaloustian	1119
5	Mary Kay	Drapeau	1032
6	Betsy	Burtelow	936
7	Virginia	Savio	934
8	Debbie	Wilson	878
9	Ella	Shields	788
10	Emily	Qualich	752
11	Cindy	Schneider	721
12	Pam	Burke	695
13	Barbara	Barr	685
14	Meg	Ewen	631
15	Mary	Mysliss	585
16	Pat	Illy	569
17	Marianne	Kron	519
18	Peggy	Reins	338
19	Cindy	Trent	272
20	Nancy	Beck	244

Men:

1	Anthony	Vercillo	2466
2	Paul	LeFevre	2433
3	Kilian	Emanuel	2372
4	Dennis	Creaney	1650
5	Richard	Drapeau	1482
6	Brian	Blome	1457
7	David	Waycie	1456
8	Alan	Gibbs	1413
9	Frank	Bing	1394
10	Leonard	Geis	1376
11	Art	Cunningham	1358
12	Joe	Beemster	1352
13	Jim	Boyer	1316
14	Dennis	Ellertson	1211
15	Peter	Guzik	1210
16	Leo	Rhee	1150
17	C. Brian	Hale	1118
18	Jim	Flechsigg	1040
19	Tom	Wilson	1011
20	Louis H.	Greene	973

Board Meeting

The next board meeting is Monday August 10, 7:00 p.m. at the home of Rich & Mary Kay Drapeau.

All Board members are requested to attend.

AUGUST CLUB MEETING

There will not be a club meeting this month.



**Merlin Custom
XL
Titanium Frame
58"**
18 speeds
Shimano Wheels
Carbon Fork
\$7,000.00

Contact Bob Pletch
@847/253-8633

Ride the City – Chicago is live!

[Ride the City](http://www.ridethecity.com/chicago) (www.ridethecity.com/chicago) is a web-based application that generates safe bike routes in Chicago. Like MapQuest or Google Maps, Ride the City finds the shortest distance between two points, while avoiding roads that aren't meant for biking, like highways. RTC generates routes that maximize the use of bike lanes, greenways, and other bike-friendly streets.

Product recall: Felt Bicycles is recalling 1,450 F1X cyclocross bicycles because the fork's steerer tube can break and cause the rider to lose control. Six instances have been reported. The recalled bikes were made in Taiwan and sold between July 2006 and April 2009 for around \$1,500. These bikes should not be ridden before a free repair at a Felt dealer. More details at tinyurl.com/lhcdqy

Aug 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		
Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
Sat. 8/1	9:00	Waterford Ride (Factory Tour 8-8:30)	Waterford Factory, WI	I-94 N. Hwy 20 W. L on Jefferson after the bridge in Waterford. Go 3/4 mile, R on Bakke to 816 W. Bakke	44/70	Kevin Moore 847/577-8490
Sun. 8/2	9:00	Heron Creek Short Ride	Heron Creek F.P	0.2 miles south of Il 22on Old Mc Henry Road, shelter B parking lot	32-47	Reinhilde & Len Geis 847/679-0279
	9:00	Loops Of Burlington	Eagle Lake Park, WI.	294 North, exit Hwy 11 West to Hwy 75, right to Church street Left to Park	56/97	Cindy &Al Schneider 847/696-2356
Sat 8/8	9:00	Sycamore Scamper	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal lake, Meet in north parking lot	81	Dave Waycie 847/577-6307
Sun. 8/9	9:00	Heron Creek Short Ride	Heron Creek F.P	0.2 miles south of Il 22on Old Mc Henry Road, shelter B parking lot	32-47	Bob Dominski 847/215-4840
	8:00	Paul's NE ILL. Century	Euclid Elementary School	E. Euclid & N. Wheeling Rd. School is on the SE corner Mt. Prospect	100	Paul LeFevre 847/670-3501
Sat. 8/15	9:00	Cedarburg/ Campbellsport	Covered Bridge Park, WI.	I-94 N through Milwaukee turns into 43. Go N on 43 to 60 (Grafton) Go W on 60 to Cov- ered bridge Rd (4 mi) Turn R	66/102	Cindy &Al Schneider 847/696-2356
Sun. 8/16	9:00	Cedarburg/ Jackson	See above	See Above	69	See above
	9:00	Heron Creek Short Ride	Heron Creek F.P	0.2 miles south of Il 22on Old Mc Henry Road, shelter B parking lot	32-47	Joe Irons 847/359-0551
Sat. 8/22	9:00	Paris School Ride	Paris, WI.	I-94 W, exit WI 142 W to County D, turn left to school	37/55	Dave Waycie 847/577-6307
Sun. 8/23	8:00	Harmon Pre-Ride	Matthews Middle School	3500 Bonner Road Island Lake, IL	50/75/ 100	Rich Drapeau 847/808-1476
Sun. 8/30		HARMON 100		EVERYONE WORKS		

ALWAYS CALL THE RIDE LINE 847/520-5010 FOR ANY LAST MINUTE CHANGES

WEEKLY RIDES

Day	Time	Ride/Start	Miles	Directions	Ride Host
Saturday	8:00 am	Honey Do Ride Grassy Meadow Forest Preserve	30-58	The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Brian Hale 847/426-3290
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride Willow Stream Park	25-45	The 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	Earle Horwitz 847/444-0445
Tuesday	6:00 pm	Working Stiff's Ride Stempel Parking Lot	18-27	On the west side of Old McHenry Road, behind the old Shamrock Cyclery West of IL53, Long Grove, IL	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Wednesday	5:30 pm	Hill and Dale Ride Grassy Meadow Forest Preserve	25-35	The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Brian Hale 847/426-3290 Cindy Trent 847/392-6750
Wednesday	5:30pm	Elgin Twilight Rides Target Store <i>Flashing taillights recommended</i>	20-40	On Randall Road just south of US 20. Park in SE corner of lot.	Al & Cindy Schneider 847/696-2356
Thursday	6:00 pm	Thursday Night Ride Heron Creek Forest Preserve	30 with alternates as daylight permits	Located on the SW Corner of RT 22 and Old McHenry Road.	Brian Blome 847/358-4807 Rich Drapeau 847/808-1476
Friday thru 8/21	10:00 am	Picnic Rides (to Libertyville) Willow Stream Park	27	The 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	Frank Bing 847/634-1439

WEDNESDAY TRAIL RIDES

Date	Time	Ride/Start	Miles	Directions	Trail
8/5	9:00	<i>Medley of Trails</i> <i>Deer Grove Woods to Arlington Lake</i> Nichols Hill Golf Course	30	From Dundee Rd. turn north on Kennicott to end, 1 st lot on left, bottom of hill.	Packed crushed stone and paved paths
8/12	9:00	<i>North Portion Lake Co. Des Plaines River Trail</i> Parking Lot D, Old School Forest Preserve	40	IL 176 to St. Mary's Rd.; south to Forest Pre- serve on the left. Park in shelter D lot.	Packed crushed stone
8/19	9:00	<i>North Branch/Botanic Garden</i> Lake Street park- ing, Harms Woods Forest Preserve	32	East on Lake St., past I-294 and Waukegan Rd. to the Chicago River. Parking on the right just past the bike path overpass	Paved
8/26	9:00	<i>Fox River/ McHenry Prairie Trail to Ringwood</i> East Dundee Depot	46	West on Dundee (Rte. 68) bear rt. at Barrington Ave. just past Rte. 25 to River St., depot to left	Paved path



The Cunningham family wishes to thank the members of the Wheeling Wheelmen for their sympathy and caring at this very sad time. It was nice to see so many at the memorial service for Art. The words spoken by Earle, Sheri and Kilian meant so much to us. Thank you also for the lovely floral arrangement.

I'll never forget the help and support given at the hospital by Reinhilde, Len, Kilian and Joe. They spent almost the whole day helping out.

We are somewhat consoled in knowing that Art died while biking, which he loved, and with a group of people who brought his life a lot of joy. Thank you from the bottoms of our hearts.

Eleanor, Don, Jill and Scott

SEVEN WAYS TO COMBAT SUMMER'S HEAT.

---**Hydrate.** The warmer it gets, the more important it becomes to keep fluids topped off. It isn't simply a matter of performance, although it begins being compromised with the loss of as little as 2% of body weight as fluid. Worse, becoming dehydrated in hot conditions can be health- and even life-threatening. So always start each summer ride with 2 full bottles. If you're going to be out for more than 90 minutes in areas without stores or other water sources, you may want a back-mounted hydration pack as well.

Tip: A hydration pack filled with ice works great to reduce core temperature. And as the ice melts, you'll have a supply of cold water to drink, further controlling the internal furnace. Hydration packs are a great solution for extreme heat.

---**Use ice and insulation.** You need to drink, but warm fluids on a hot day are hard to swallow and won't cool you. Use insulated bottles from Polar or CamelBak and get to know which convenience stores have crushed ice dispensers in their soda machines. Fill bottles with ice, top off with water or a sports drink and you'll have cold fluid for 90 minutes for so -- till the next stop.

---**Consider an electrolyte supplement.** Products such as Endurolytes, ZYM or NUUN can be taken during rides to replenish electrolytes lost in sweat (sodium, chloride, magnesium, potassium, calcium, etc.). This may improve performance and stave off cramps. Some riders report benefits, some don't. Most sports drinks contain some electrolytes.

---**Dress for distress.** Choose light colors in a relatively loose-fitting jersey with a long zipper to help air circulate and sweat evaporate. If you're concerned about sun damage to your skin and wind drag doesn't matter, consider long-sleeve garments specifically made for hot-weather riding by companies such as Sun Solutions.

---**Use sunscreen.** Sizzling weather is accompanied by a greater risk of sunburn. Fried skin will make you feel even hotter and more uncomfortable, so use sunscreen with a high SPF rating. Check for a sport-specific formula that stays on better during heavy sweating. Smear plenty on areas that are often overlooked: nose, lips, ears and the back of the neck and knees.

---**Ride early or late.** Many cyclists in hot regions ride at dawn or dusk during summer to escape the hottest part of the day. Consider getting a good lighting system so your rides aren't delayed or stopped by lack of daylight.

---**Reduce intensity.** When it's hot, more of your body's power production has to be diverted to cooling. So you can't work as hard or as long as in lower temperatures. Think about how hard it is to ride more than an hour on the trainer when the room is warm. It can be just as bad outside in hot conditions. So reduce both intensity and distance. Save the century PR attempts for cooler weather.

(Adapted from [Coach Fred's Solutions to 150 Road Cycling Challenges](#) from roadbikerider.com)

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

It's time for another
Wheeling Wheelmen Girl's Night Out!
Join us Friday, August 7

Anytime after 6pm
On the deck at

156 W Fox Hill Dr, Buffalo Grove
Beer, wine, margaritas, wine coolers,
pop and chips & salsa will be
provided.

Please bring a salad to share – in
moderate sizes (green, pasta, taco,
chicken, tuna, bean, etc.)

Hosted by: Betsy Burtelow

RSVP appreciated to make sure there
are enough drinks.

847-541-1325—leave a message.



NO BOYS ALLOWED

Wheeling Wheelmen Board Meeting June 15, 2009

Present: Meg Ewen, Ella Shields, Johannes Smits, Jim Boyer, Betsy Burtelow, Rich Drapeau, Mary Key Drapeau, Sheri Rosenbaum, Pat Calabrese, Tom Wilson, Deb Wilson, Kevin Moore The meeting was called to order at 7:10 p.m.

President's Report: The Board reflected on the passing of Art Cunningham. It was agreed to make a donation of \$100.00 to Rails-to-Trails in his honor. The Wednesday trail rides would continue through June, with Killian, Joe and Frank leading the rides. Ella would contact them to see if they would continue in July.

Harmon Hundred- The location was locked-down at the new Matthews Middle School on Darrell Road in Island Lake; brochures are at the printer; the club pre-ride will take place on August 23; Mary Kay and Deb would go to the school to continue evaluating the site; will need additional porta-potties for the rest stop at Knox Park; We will provide subs and pasta salad from the same source, bananas, oranges, trail mix, mini bagels, peanut butter and jelly sandwiches and cookies.

Membership: Club brochures are needed for distribution to bike

shops; we need to change the terms of our advertising agreements to reflect the end of the printed newsletter; Meg will call the members without email addresses to discuss their receipt of the electronic newsletter.

Banquet: Location is still not confirmed, the Elk grove site was not interested in hosting the banquet, will look into the same location, now "D G Smokehouse"; Joe Beemster and Dave Waycie have agreed to work on the gag gifts, but no other volunteers have stepped forward; we will order medals for the top ten riders; need two volunteers for making the chocolate molds and place settings; need a volunteer for the raffles and ride leader gifts.

Jerseys: Tom said he would design a 40th anniversary jersey, and would try to have a sign-up sheet at the club picnic.

Ride Chair: Does not yet have a leader for the trail rides.

St. Pat's ride: Deb presented a list of receipts and expenses, showing a total profit of \$ 3,320.35 for the ride.

The next meeting was scheduled for July 13, 2009 at the Boyer/Burtelow's. The meeting was adjourned at 8:30 pm.

INVITATIONAL'S

Aug 1, 7th Annual Festival of Summer Bike Ride, Elkhorn, WI. 10/30/68/100 miles \$30.00 includes lunch, whiterivercycleclub.com/festival.html

Aug 16, Ronald Regan Heritage Bicycle Ride, Dixon, 10—100 miles, \$25 815-288-1079
bike_doctor@hotmail.com

Aug 16, Tour de Fort, Fort Atkinson, WI. 18/36/63 \$30 608-554-0875 info@jcbc.info

Aug 15, Roun'da Manure Bicycle Tour, Sharon, WI. 262-736-6246 sharonmainst@sharontelephone.com

Aug 16, Wright Ride, Oak Park, 10/25/50/62, \$20, 708-617-8860 rich@vistaoakpark.com

Aug 23, Bike Psychos Century, Coal City, IL. 30-124 miles, \$20 by 8/16, century@bikepsychos.org 708-256-5006

Aug 30, Cream City Century Classic, 30/56/76/100 miles, Waterford, WI., www.creamcitycycleclub.com
Pres_CreamCityCC@yahoo.com

Sun, Sep 6, Wright Stuff Century, Tyrol Basin Ski Lodge Mt Horeb, WI bombaybicycle.org

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

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: \$25 Individual dues: \$20

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
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.

ALBERTO'S CYCLES
1770 First St., Highland Park
847/446-2042

AMLINGS CYCLE & FITNESS
8140 N Milwaukee Ave.,
Niles 847/692-4240

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

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

BOB'S BIKE SHOP
141 S. Vine St., Park Ridge

874/825-4438
CAMPBELL ST. BIKES
13 W. Campbell St.
Arlington Hts. 847/222-7887

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

OAK PARK CYCLERY
1113 Chicago Ave.
Oak Park, 708/524-2453

RUNNER'S HIGH & TRI
121 W. Campbell, Arlington
Hts., 847/670-9255

SPOKES
69 Danada Square,
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
205 W. Northwest Hwy
Barrington,
847/382-9200

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