



MONTHLY MEANDERS

BOARD BANTER

Since we do not have a Prez at the moment, the Board members will take turns contributing columns to the newsletter. If anyone wants to contribute an article about an event, a race, a bike vacation, etc, they participated in and would like to share it that would be great. Just send it to me.

The annual banquet was a fantastic time. We had a delicious meal, a terrific slide show that Dave Waycie put together; chocolate bike favors made by Pam Kauloustian, raffles with some cool prizes, Joe Beemster had people rolling on the floor with his gag gifts and Meg Ewen did a great job organizing the event. Thanks to everyone that helped out.

We would like to thank Meg Ewen for her two years serving as President, Rich Drapeau and Kevin Moore for all their time as board members; we really appreciate all your hard work. We welcome Dave Waycie and Mitch Rosset to the board.

Don't forget to join us for the Holiday Party on December 12, contact Pam Burke to RSVP. Tom & Deb Wilson are hard at work on the St. Pat's ride, and Brian Blome

and Pat Calabrese are working on the 2011 Ride Schedule. We will be having our February and March meetings in the library at McArthur Middle School in Prospect Heights. Kevin Moore will be presenting the after meeting program in February on his Bicycle Tour Of Colorado Ride that he did with several club members.

So speaking of trips, I did two incredibly fun rides this year:

Ride Idaho is an annual seven day tour in August through the beautiful state of Idaho. The tour is organized and administered by the Treasure Valley Family YMCA and Ride Idaho, a non-profit organization.

It is primarily a camping trip but they had motel options available, which I took full advantage of, and stayed in some nice little hotels that were very close to the camp areas and post ride activities.

We flew into Spokane, WA. on Friday and spent the day sightseeing in Coeur d'Alene, and then met the bike group on Saturday in Hayden. I had decided to rent a bike for the trip and was fitted and ready to go on my Specialized carbon fiber Roubaix for the ride start on Sunday (it was a

great bike).

We headed north with overnight stops at Priest Lake and Sandpoint. In Sandpoint we stayed overnight with some former Wheelmen, Shannon & Dennis Braun. After passing through Bonners Ferry (almost to Canada) we headed south toward Montana. We spent nights in Troy and Thompson Falls before returning to Idaho via Thompson Pass. We then pedaled on to Wallace where we cycled the famous Trails of Coeur d'Alene biking path to Kellogg for an overnight visit. In Kellogg we were walking distance to the Silver Mountain Resort. This resort features the largest indoor water park in Idaho, in addition it is home to North America's longest gondola – a 3.1 mile journey from Kellogg to a scenic mountain top with an interpretive nature trail and 30 miles of downhill bike trails. The organizers made special arrangements for us to partake in these activities. Many cyclists enjoyed the water park and we took the gondola ride that evening. Harrison was our last overnight destination. Here we took a two hour pontoon boat ride around the lake and saw million dollar

(Continued on page 7)

Dec. 2010/Jan 2011

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Club Officials

Elected Officers

President

OPEN

V.P./Ride Chair

Brian Blome 847/358-4807
& Pat Calabrese

Treasurer

Johannes Smits 630/893-2835

Secretary

Dave Wayycie 847/577-6307

Membership

Mitch Rosset 847/376-8152

Publicity Chair

Joe Beemster 847/215-2314

Appointed Officers

Harmon Chairman

Todd Berlin todd.berlin@rrd.com

Newsletter

Ella Shields 773/594-1755

St. Pat's Ride

Tom & Deb Wilson 847/632-1412

Chairmen

Banquet

Meg Ewen 630/540-1704

Harmon Data Base

Emily Qualich

Mileage Statistician

Cindy Schneider 847/696-2356

Newsletter Mailings

Joe Beemster 847/215-2314

Picnic

Al & Cindy Schneider 847/696-2356

Refreshments

Open

Ride Line

Frank Bing 847/634-1439

Web Page

Jim Boyer 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 Mitch Rosset with your new address or e mail address at 847/376-8152 or e mail him at wheeling@wheelmen.com.

FINAL TOP 20—2010

Men:

| | | | |
|----|--------|-----------|------|
| 1 | Paul | LeFevre | 6488 |
| 2 | Dave | Waycie | 4702 |
| 3 | Joe | Beemster | 4282 |
| 4 | Dennis | Creaney | 4192 |
| 5 | Tony | Vercillo | 4167 |
| 6 | Kilian | Emanuel | 3559 |
| 7 | Kevin | Moore | 3256 |
| 8 | Peter | Guzik | 3067 |
| 9 | David | Naigles | 2997 |
| 10 | Len | Geis | 2845 |
| 11 | Dennis | Ellertson | 2747 |
| 12 | Brian | Hale | 2716 |
| 13 | Jim | Fleshsig | 2701 |
| 14 | Al | Schneider | 2658 |
| 15 | Tom | Wilson | 2570 |
| 16 | Leo | Rhee | 2553 |
| 17 | Rich | Drapeau | 2449 |
| 18 | Jeff | Magnani | 2300 |
| 19 | Brian | Blome | 2276 |
| 20 | Frank | Bing | 2160 |

Women:

| | | | |
|----|-----------|------------|------|
| 1 | Sheri | Rosenbaum | 3719 |
| 2 | Reinhilde | Geis | 2897 |
| 3 | Barb | Barr | 2889 |
| 4 | Pat | Calabrese | 2636 |
| 5 | Cindy | Schneider | 2322 |
| 6 | Deb | Wilson | 2102 |
| 7 | Emily | Qualich | 2099 |
| 8 | Laura | Randazzo | 2091 |
| 9 | Marykay | Drapeau | 2015 |
| 10 | Virginia | Savio | 1907 |
| 11 | Pam | Burke | 1664 |
| 12 | Betsy | Burtelow | 1540 |
| 13 | Pam | Kaloustien | 1445 |
| 14 | Ella | Shields | 1306 |
| 15 | Cindy | Trent | 1007 |
| 16 | Marianne | Kron | 965 |
| 17 | Eva | Larson | 959 |
| 18 | Meg | Ewen | 902 |
| 19 | Kae | Takeshita | 774 |
| 20 | Cindy | Kessler | 649 |

Next club meeting February 3, 2011

2011 MEMBERSHIP RENEWAL

It's time to renew your membership.

Please send back the 2011 renewal application on page 5. Also included is a handy Harmon volunteer wish list. Indicate which positions you are interested in helping the club continue its great support of bicycle advocacy efforts!

Please send your renewal form back as soon as possible so you won't miss a single issue of the Monthly Meanders or the 2011 Ride Schedule. Due date for renewals is February 1, 2011 (expiration will be March 2012).

New 2011 Membership cards will be mailed out in March.

If you have any questions contact Mitch Rosset at 847/376-8152 or e mail him at wheeling@wheelmen.com

RENEWAL FORMS WILL BE AVAILABLE AT THE HOLIDAY PARTY

2011 CHICAGO WINTER BIKE SWAP

January 22, 9:30 to 3:30
Harper College

\$5 admission for adults-Kids 12 and under free
FREE PARKING

--Road, tri, mountain, single speed, track--
--Recumbent, commuter, classic, kids, cyclocross--
--Components, equipment, clothing--
--New and used--

Whatever your velo needs, there is something for everyone in the 30,000 sq ft of the Chicago Winter Bike Swap!

Browse the BIKE CORRAL for a selection of hundreds of new and used complete bicycles at discount prices

1200 West Algonquin Road
Palatine, IL 60067
Please park in Lot #1 or Lot #2
Enter building M for the Bike Swap
www.chicagowinterbikeswap.com



**CLUB NIGHT
MIKES BIKE SHOP
THURSDAY, DECEMBER 2**

Mikes Bike Shop is welcoming all bike club members to Club Night.

Club Night is going to start at 7 pm and will go till 9 pm. The shop is going to offer beverages including beer provided by New Belgium Brewing, wine and appetizers. They plan on offering a couple amazing deals on helmets and consumable goods for the bike and 20% off everything else including special orders except bicycles. As always with purchases you will receive a free gift. This year with each \$10 purchase you receive a ticket to be entered in one of 4 raffles of your choice.

Mikes Bike Shop
155 N. Northwest Hwy, Palatine
847-358-0948



**REINDEER RIDE
SATURDAY, DEC 4, 10:00 A.M.**

George Garner Cyclery Libertyville is hosting their inaugural Reindeer Ride benefitting the Toys For Tots program on Saturday, December 4th. A nine-mile route is planned through the streets and neighborhoods surrounding downtown Libertyville to raise awareness of the toy drive. Registration can be performed online at georgegarnercyclery.com or at the bicycle shop located at 740 N. Milwaukee in downtown Libertyville (847) 362-6030. Participants are required to bring a new and unwrapped toy, and helmets are required during the ride. Snacks and refreshments will be provided as well as a commemorative t-shirt to all registrants.

Please contact George Garner at (847) 272-2100 or Pete Murphy at (847) 362-6030 with any questions regarding the event or via e-mail at Info@georgegarnercyclery.com.

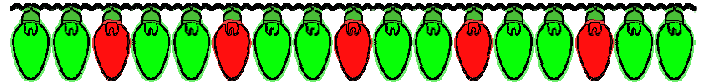
**8th Annual Amlings Cycle
Holiday Toy Ride
Friday, Dec. 10
6:30 a.m.**

Participants will ride their bicycles from Amlings Cycle (8140 Milwaukee Ave in Niles, 847/692-4240) to Mystic Celt (3443 N. Southport in Chicago, about 12 miles one way) to meet a waiting truck from the Marine Corps. Mystic Celt will be serving breakfast for the riders.

Those wishing to join the ride need to pre-register (on line @ amlingscycle.com/index.cfm), or stop in at the shop. There is no cost to ride other than bringing a new, unwrapped toy for a child.

If you would like to help out, but don't want to ride your bike, you can drop off a new unwrapped toy at Amlings Cycle.

If you would like to put on an activity (rides, hiking, dinner, x-c skiing, etc) this fall or winter call a board member and they will have it put on the ride line. Or send it to me for the newsletter. Call the ride line for fall and winter activities 847/520-5010



Holiday Party

**Sunday, December 12,
3:00 pm –8:00 pm**

L'Olivo Pizzeria & Cafe

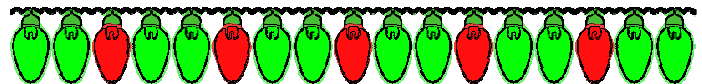
1602 E Algonquin Rd, Schaumburg
(Park Place Shopping Center,
corner of Algonquin & Thorn Tree)

Please RSVP to Pam Burke by Dec. 2

The club will be providing dinner.
Please contact Pam to see what you can
bring to the party;
appetizers, dessert or drinks.

E-mail Pam at pamelaburke2000@yahoo.com,
or leave a message at 630-872-9238.

L'Olivo is BYOB



WEEKLY RIDES

| Day | Time | Ride/Start | Miles | Directions | Ride Host |
|--------------------|-------|-------------------------------|-------|---|-----------|
| Saturday | 10:00 | Show N Go Rides | 25 + | Willow Stream Park - 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 | n/a |
| Sunday | 10:00 | Cuba Marsh Show N Go Rides | 25 + | Cuba Marsh is West on US12 to Ela Rd, south to Cuba Rd. West to parking lot on left | n/a |
| Tuesday & Thursday | 10:00 | Deerfield Bakery Ride | 25-45 | Willow Stream Park - 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 | n/a |

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

WINTER CYCLE TRAINING TIPS FOR ROAD CYCLISTS

Cycling Training Program Tips to Maintain Cycle Fitness Over Winter

Maintain road cycle fitness during the winter with a cycle training program mixing indoor bike trainers, training videos, alternative exercise or even a training camp.

Road cycling in the harsh winter months can be miserable and also dangerous; ice, snow and rain can make road surfaces treacherous so many riders opt to stay off the bike, losing fitness and piling on the pounds.

But there are many ways to maintain cycle fitness when it's cold and wet outside. This article offers some tips on how to stay cycling fit and fully prepared for the cycling season once good weather returns.

Indoor Cycle Training

Many keen road cyclists opt to keep on cycling by using an indoor bike trainer rather than going to a gym. With prices starting from as little as \$150, riders can simply lock the rear wheel into the cycle trainer and pedal away using interval training techniques to boost fitness levels.

More expensive cycle trainers come with a complete range of cycling training software and training videos allowing road cyclists to practice steep hill climbing on a simulated course, just like in the Tour de France. As long as the rider doesn't get bored, indoor

cycle training is a great way of staying fit. (Also check with local bike shops for their training programs)

Spinning Classes

Some riders prefer the gym on a cold dark night and mix stationary exercise cycle workouts with spinning classes. While these classes provide a very different riding experience from being out on the road, they are a useful way to build stamina and a competitive edge as participants vary resistance levels and speed according to instructions from the class leader.

Strength Training for Cyclists During Winter

Other ways to maintain cycle fitness include the following, useful for strength training and general all-round aerobic fitness:

Read on

- Use a home exercise rowing machine to exercise all major muscle groups.
- Buy a low-cost fitness ball to strengthen abdominal muscles and improve balance, two key areas to encourage good cycling technique.
- Consider using a mini trampoline for some rebounding exercises that help to detoxify the body after holiday season excesses and also help with any neck or back pain, common amongst cyclists.

- Switch to mountain biking for the winter months; tracks may be muddy but they are far safer than riding on slippery roads plus mountain biking, while slower, helps to build stamina as the rider constantly has to work hard to maintain speed.

Increase Cycle Fitness at a Cycling Training Camp

Those with time and enough money should think about a cycling training camp in a warmer climate. Keen roadies often head to training camps in southern Spain, Italy and France but there are also other winter training options like *Club La Santa* in Lanzarote and deserted roads in Cyprus where dry conditions and temperatures between 18-20 degrees make road cycling in winter a pleasure.

Winter Training for Cyclists

Stay cycling fit this winter using just one or a combination of the above winter training tips. Be fully prepared for the summer season by going to a cycle training camp if budget allows; otherwise keep cycling indoors or try a different form of exercise to keep motivation and aerobic fitness high.

Edited article from: www.suite101.com/content/winter-cycle-training-tips-for-road-cyclists-a192917

2011 WHEELING WHEELMEN MEMBERSHIP RENEWAL

Name: _____

Address: _____

City, State, Zip: _____

Phone: (____) _____

E-mail: _____ OK to share with bicycling organizationsMembership type: Single \$20.00 Family \$25.00

Please consider an e-mail of our monthly newsletter to help keep club dues low and help the environment by reducing paper consumption

Please indicate your choice: Please send via e-mail I prefer a paper copy

Membership Agreement:

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 complementary 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.

_____ Age: _____ Date: _____
Applicant's Signature

Signatures of other riders, if Family Membership:

_____ Age: _____ _____ Age: _____

_____ Age: _____ _____ Age: _____

Please **SIGN** application and return with check to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304 . **Due date for renewal is February 1, 2011.** New 2011 membership cards will be sent out in March.

If you would like to receive a roster, contact Mitch Rosset at wheeling@wheelmen.com

The Wheeling Wheelmen Bicycle Club is an **all-volunteer** organization dependent upon you, as a member, to keep it running. Membership fees do not cover the cost of the newsletter, insurance, website, etc. The financial resources necessary to keep the club running, and support bicycle advocacy, come primarily from successful Harmon Hundred invitational rides. **If the Harmon Hundred is to continue this year and beyond more member involvement will be necessary.**

Listed below are the volunteer opportunities for the 2011 Harmon Hundred which split the workload into smaller, easier tasks. Please indicate which areas you would be interested in participating in order of preference from 1 to 3. Then mark your calendar for **September 11, 2011**, the first Sunday after Labor Day. This is a fun day for the club and a good opportunity to meet fellow members if you are new to the club or returning from an absence.

____ Registration Chairperson

____ Pre-registration volunteer
(5:30—10:30 staggered shifts)

____ Registration Volunteer
(5:30—10:30 staggered shifts)

____ Parking Volunteer
(5:30-10:30 staggered shifts)

____ Route Chairperson

____ Route Volunteer
(Check routes/mileage/construction)

____ Sign Volunteer
(Mark routes day before the ride)

____ Sign Pick Up
(Pick up signs after ride)

____ SAG Support volunteer

____ Rest Stop Chairperson

(Location coordination and plan food)

____ Food Purchaser-distribution

____ Rest stop volunteer
(6:30—3:00pm staggered shifts)

____ T-shirts

____ Brochures

____ Photographer
(Take pictures)

____ Data Base

____ Whatever is needed
(We knew we could count on you)

**Note you can certainly volunteer for more than one thing as long as the times/locations don't conflict

Please return with membership renewal form

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1313 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650
203 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200

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

(Continued from page 1)

homes along the shore. We rode a total of 450 miles for the week. Every day of this gorgeous route included scenic mountains, endless rivers and incredible lakes, it was spectacular.

My other cool ride was the RTC VIVA Bike Vegas on October 9. 1500 cyclists rode over the newly completed Hoover Dam Bridge. It was a once in a lifetime opportunity, the only time bikes would be allowed on the bridge. It was an awesome experience, on a beautiful 84 degree day, with great scenery and some challenging terrain. Vegas was not bad either, I'll stick with the old adage, what happens in Vegas stays in Vegas.

Hope everyone has happy holidays and Happy New Year to all.

Ella Shields

CELEBRATE WITH ACTIVE TRANS AT THE BIKE TOWN BASH, DANK HOUSE, 7:00-11:00 PM, DEC 4 4740 N. WESTERN AVE, CHICAGO

Come to the Bike Town Bash on Saturday, December 4, to celebrate the Active Transportation Alliance's role as the leading voice for sustainable transportation in Chicagoland for 25 years.

Goose Island will be serving its Mild Winter Ale and 312 beer, as well as soda. Munch on appetizers while you take advantage of cool bike stuff on the cheap at our silent auction.

Cost: \$35 solo or \$60 for couples! We'll put you on the guest list to receive access to the party (no tickets will be sent to you), and you'll get two free drinks, appetizers, entry into the raffle and an evening of fun 80s entertainment.

Discounts available on five and ten ticket packages. Online sales of ticket packages ends November 28 (five and ten ticket packages will be mailed to purchaser prior to the event). www.activetrans.org/bash



**Wheeling
Wheelmen**

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
February 3, 2011



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
661 Central, Highland Park
(847) 432-0015

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

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

GEORGE GARNER CYCLERY
1111 Waukegan Rd.,
Northbrook, 847/272-2100

LIBERTYVILLE CYCLERY
740 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, Arling-
ton Hts., 847/670-9255

SPOKES
69 Danada Square E,
Wheaton 630/690-2050
1807 S. Washington, #112
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
45 Arlington Hts Rd
Elk Grove Village
847/439-3340
1313 N. Rand Rd,
Arlington Hts.
847/398-1650
203 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