



MONTHLY MEANDERS

BOARD BANTER

How the Hill Do You Do That?

Hills, the place where the weak can get stronger and the strong can get reduced to ...

When I started cycling two years ago I wasn't particularly good at climbing. In fact, I would voice that sentiment to other riders as we would start a climb. In the beginning at least I didn't shy away from hills. Now I embrace them. I would like to share things I have picked up along the way.

1. Not all hills suit all riders. You might think you aren't good at all hills. But think, do short steep hills seem easier, where muscles do the work instead of your lungs and heart? Or maybe the long steady climbs suit your aerobic conditioning. I can state that every time I try a new hill it kicks my butt because I don't know how much energy to exert and usually am inefficient. Do I need to charge it with momentum or take it easy because it

will take a long sustained effort? Keep after it, the more you do a hill the easier it will seem.

2. Try and find whether you are a spinner or a stand up grinder. To me these are two very different styles of hill climbing. I will not try and address the big gear grinders as that is not my style and hope perhaps in the future one of the other club members can write about that. Spinners: Well my bike came with standard gearing and low crit pack gears. It took me a long time to realize that with the cadence my body seemed to prefer, a compact crank and a little higher gear in back would be more efficient. Triples, well in my opinion they are too heavy and shift too slow. Again in my opinion I find it a shame that so many women's bikes come from the factory with triples. Gee, let's give the women a heavier more complex gearing system.

3. Momentum. Get your bikes derailleur's tuned so that they will shift fast. If you think you will need the small chain ring get into it early before you attack the hill. Once you start up the hill you want to shift smoothly without any interruptions! Why? Well let's say between my bike and I, I'm lugging two hundred pounds up the hill. Break momentum for an instant and it will seem that the weight has doubled or tripled as you have to reaccelerate.

4. Weight, an ugly subject. The less you weigh and the lighter your bike, will all contribute to your climbing abilities. Don't like hills because you have extra weight? Well the hills will take the weight off if you will let them. For bicycle weight; concentrate on things that revolve. It will cost money but you will notice the difference of lighter wheels, tires, tubes,

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JUNE 2011

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Pictures

We will once again be doing a slide show at

the annual banquet and are asking for contributions this season. So be sure and take your camera out to rides and events this year and share your pics with the club. Send your pictures by October 31 to Dave Waycie at dwaycie@wowway.com

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 Waycie 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 847/ 821-1009

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)

TOP 20 MILES through May 8

Women:

| | | | |
|----|-----------|-----------|-----|
| 1 | Reinhilde | Geis | 731 |
| 2 | Marianne | Kron | 529 |
| 3 | Sheri | Rosenbaum | 405 |
| 4 | Betsy | Burtelow | 398 |
| 5 | Virginia | Savio | 369 |
| 6 | Deb | Wilson | 356 |
| 7 | Pam | Burke | 269 |
| 8 | Mary Kay | Drapeau | 240 |
| 9 | Ella | Shields | 217 |
| 10 | Pat | Calabrese | 214 |
| 11 | Cindy | Trent | 183 |
| 12 | Cindy | Schneider | 157 |
| 13 | Kae | Takeshita | 142 |
| 14 | Emily | Qualich | 125 |
| 15 | Anna | Swietezak | 125 |
| 16 | Laura | Randazzo | 116 |
| 17 | Janice | Gries | 94 |
| 18 | Masa | Tsuchiya | 94 |
| 19 | Barb | Barr | 84 |
| 20 | Cindy | Kessler | 84 |

Men:

| | | | |
|----|--------|-----------|-----|
| 1 | Joe | Beemster | 874 |
| 2 | Mitch | Rosset | 783 |
| 3 | Kilian | Emanuel | 748 |
| 4 | Paul | Lefevre | 733 |
| 5 | Peter | Guzik | 662 |
| 6 | Len | Geis | 646 |
| 7 | Kevin | Moore | 543 |
| 8 | Jim | Boyer | 499 |
| 9 | Dave | Waycie | 473 |
| 10 | Frank | Bing | 471 |
| 11 | Leo | Rhee | 454 |
| 12 | Dennis | Ellertson | 439 |
| 13 | Rich | Drapeau | 382 |
| 14 | Dave | Naigles | 381 |
| 15 | Tony | Vercillo | 366 |
| 16 | Tom | Wilson | 362 |
| 17 | Lee | Lane | 361 |
| 18 | Alex | Halamaj | 347 |
| 19 | Jeff | Magnani | 346 |
| 20 | Earle | Horwitz | 308 |

BOARD MEETING

The next board meeting is Monday, June 13, 7:00 p.m. at the home of Brian Blome & Pat Calabrese.

All Board members are requested to attend

WELCOME NEW MEMBERS

Reed Oliff

JV (Juan) Villadolid

Edwin, Ann, Jacob, & David Priest

Anthony Lopez

Mitch Kresinski

Mike Smolenski

Daniel Szcarski

Steven Omori

Margarita Kulys-Hoffman

Chris & Vincent Hoffman

Invitationals

June 5, Udder Century, Donley's Wild West Town, Union, IL 31/50/62/ 75/100, \$22/\$27, \$30 day of
mchenrybicycleclub.org

June 5, UPAF'S Ride for the Arts, Milwaukee, WI. 5/12/25/50/75 miles
events.upaf.org/ride/

June 11/12 TOMRV, Bettendorf, IA. 115 (69) / 96 (46) miles
tomrv_dt@msn.com qcbc.org/tomrv

June 12, BCLC Ramble, Wilmot, WI. 12/30/50/70/100
bikebclc.com/ramble

June 26, Swedish Days Ride, Burlington, IL. 25/45/62/ 75/100/124
630-776-4054 www.fvbsc.org

June 26, Menominee River Century, Menominee, WI. 15K, 40K, 80K, 120K, www.mrcride.com



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.

| June 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 | Host Phone # |
| Sat. 6/4 | 9:00 | Boone County Ride | Evergreen School, Union | I-90 west to US 20 to Coral. Turn R to Northrop. Turn L to Washington. Turn R to school. | 65 | Dave Waycie (847) 577-6307 |
| Sun. 6/5 | 9:00 | Heron Creek Short Ride | Heron Creek F.P. | 0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot | Approx. 32 to 47 miles | Joe Beemster (847) 215-2314 |
| | 8:00 | Udder Century | Union, Ill | See www.mchenrybicycleclub.org | 32/51 61 100 | Invitational |
| Sat. 6/11 | | Rock Cut | Evergreen School, Union | I-90 west to US 20 to Coral. Turn R to Northrop. Turn L to Washington. Turn R to school. | 58 90 | |
| | 8:00 | TOMRV | Bettendorf / Preston Iowa | See www.qcbc.org | 106 69 | Excursion |
| Sun. 6/12 | 8:00 | TOMRV | Dubuque, Iowa | See www.qcbc.org | 46 90 | Excursion |
| | 9:00 | Root Beer Social | McHenry County College | Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot. | 58 82 | Dave Waycie (847) 577-6307 |
| | 9:00 | Heron Creek Short Ride | Heron Creek F.P. | 0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot | Approx. 32 to 47 miles | Frank Bing (847) 634-1439 |
| Sat. 6/18 | 9:00 | City of the O's | LaGrange General Store, Wis. | US 12 west past Elkhorn to County H | 50 88 | Cindy & Al Schneider (847) 696-2356 |
| Sun. 6/19 | 9:00 | (Strawberry Fest) Heron Creek Short Ride | Heron Creek F.P. | 0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot | Approx. 32 to 47 miles | Louis Greene (847) 541-9248 |
| | 8:00 | (Father's day) Wall to Wall | Fellows Park, Wis. | Rt. 12 N to County H east veer left into Genoa City, left on Fellows Rd. and to the park. | 68 104 | Cindy & Al Schneider (847) 696-2356 |
| Sun. 6/26 | 9:00 | Fontana Ride | McHenry County College | Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot. | 71 | Brian Hale (847) 426-3290 |
| | 9:00 | Heron Creek Short Ride | Heron Creek F.P. | 0.2 miles south of Il 22 on Old Mc Henry Road, shelter B parking lot | Approx. 32 to 47 miles | Larry Frank (847)832-0630 |

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

WEEKLY RIDES

| Day | Time | Ride | Miles | Start/Directions | Ride Host |
|-------------------------------|----------|--|-------|---|--|
| Saturday | 8:00 am | Honey Do Ride | 30-58 | Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90 | Brian Hale 847/426-3290 |
| Monday | 6:00 pm | Casual Monday Ride | 10-15 | Bussee North Woods Parking Lot. Located on Golf Road just east of Rte 53. Turn on Ring Road into the pre- serve. (across from the Atrium Com- plex). Turn left at the first parking lot | Virginia Savio 847/438-8066 |
| Tuesday & Thursday | 9:00 am | 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 | Kilian Emanuel 847/296-7874 Earle Horwitz 847/444-0445 Len & Reinilde Geis 847/679-0279 |
| Tuesday | 6:00 pm | Working Stiff's Ride | 18-27 | Stempel Parking Lot On the west side of Old McHenry Road, behind the old Shamrock Cy- clery West of IL 53, Long Grove | Jim Boyer 847/541-1325 Tom Wilson 847/632-1412 |
| Wednesday | 5:30 pm | Hill and Dale Ride | 25-35 | Grassy Meadow Forest Preserve See above | Brian Hale 847/426-3290 |
| Wednesday | 5:30pm | Elgin Twilight Rides <i>Flashing taillights recommended</i> | 20-40 | Target Store 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 | 30 | Heron Creek Forest Preserve. Located on the SW Corner of RT 22 and Old McHenry Road. | Paul LeFevre 847/670-3501 |
| Friday June 24 - Aug 19 | 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 bak- ery. Turn west on old Checker Rd. to parking on the right | Frank Bing 847/634-1439 |

WEDNESDAY TRAIL RIDES

| Date | Time | Ride Name | Starting point | Miles | Description |
|------|------|-------------------------------------|--|-------|--|
| 6/1 | 9:00 | North Branch | Blue Star Memorial Woods East on Euclid/Lake, past 1294 and Wau- kegan Rd. Parking on the right just past bike path overpass in Glenview. | 32 | Paved trails. Direction (N/S) and stopping to eat are optional. |
| 6/15 | 9:00 | Poplar Creek | Busse Woods (Golf Rd entrance at light east of Hwy 53) | 45 | Led by Barb Barr going west to the Poplar Creek loop |
| 6/29 | 9:00 | Elgin / Geneva Prairie Path Loop | East Dundee Depot Go west on Dundee to Higgins, then rt. on River Rd by DQ, Go 2 blks. Park by depot bldg on left. | 45 | Paved trails. Going south along the Fox River |

New Location

**JOIN US FOR THE ANNUAL
WHEELING WHEELMEN PICNIC
SUNDAY, JULY 10**

Road rides will start @ 9:00 and 10:00 am
There are also hiking and biking trails

The club will supply food which will be served afterward, about noon

BYOB

We will have a communal ice chest if you want to share your beverages

Heron Creek Forest Preserve - Shelter A
(First shelter when you drive in not the usual Shelter B)

Located on the southwest corner of Route 22 and Old McHenry Road.

The entrance to the preserve is on Old McHenry Road

Please RSVP to Al & Cindy Schneider at 847/696-2356



Congratulations to Louis Greene, in celebration of his 70th birthday he completed a marathon, 26.2 miles and took 3rd in his age group.

FRIDAY PICNIC RIDES

We will be conducting road rides again this year to Libertyville's *Out to Lunch* events held in downtown Cook Park. These are popular outdoor events held every Friday, starting June 24 through August 19. There will be a wide variety of food offerings from 14 food vendors and live musical entertainment. Rides start from Willow Stream Park at 10:00 AM. Once again, The Arlington Heights Bike Club will be meeting us somewhere on the way.

If you can't make the ride, come meet us for lunch. The event runs each Friday from 11:00 AM to 2:00 PM. For more info: mainstreetlibertyville.org/calendar/outtolunch.htm

(Continued from page 1)

pedals, shoes or crank. The bike itself can be lightened rather easily. Often to save money, companies use heavy seats or seat posts or stems and handlebars. I know I am a techno weight geek but I swear every time my bike gets lighter I can feel it.

5. Realize you will have good days and not so good ones. Notice I did not say bad ones because even a bad day riding is better than almost anything else.

How the hill do you do it? Work hard, but remember to enjoy the ride.

For a more in depth look at how muscles are used in climbing I highly recommend this article in active.com written by John Howard. Here is the link:

www.active.com/cycling/Articles/4-Tips-for-Cycling-Uphill.htm?cmp=276&memberid=107057871&lyrisid=21869215

Peace and tail winds
Mitch

LIB Extra - from the League of Illinois Bicyclists

Advocacy, rides, and more - for further stories, see www.bikelib.org and our current newsletter

We Need Your Help to Start Production of “Share the Road” License Plates

Gov. Pat Quinn signed a law last summer establishing the permanent Illinois year-round Share the Road specialty license plate, but production cannot begin until there are 1,500 plates reserved and, at press time, there are 1,113. If you have been holding off on signing up, please consider signing up now. There is no need to wait for your regular plate’s sticker to expire – your new plates’ sticker will have the same expiration month, regardless of when you get the plates.



New LIB “Share the Road” Jersey and New Resources Available!

The LIB “Share the Road” jersey is now available to buy or with a LIB membership at the \$100 or higher level. The jersey front includes LIB’s logo and the back urges motorists to leave at least three feet when passing, per an LIB-initiated state law. The back and sides deliver the “Share the Road—Same Rights, Same Rules” message, with the new license plate on the sleeves.

A Mackinaw Valley Trail Guide has recently been produced detailing a 41-mile route between Peoria and Bloomington. The goals of the guide are to define an interim route that can be used now, while providing momentum for off-road and on-road improvements of the corridor.

LIB also recently revised its popular “Illinois Bicycle Laws” cards to add text on the harassment law, which went into effect Jan. 1. The cards have excerpts from the Illinois Vehicle Code and are sized to fit conveniently in a wallet, purse or pocket.

Tandem hit: killing one, injuring another. But it’s not criminal.

Errol Maul was driving a car while looking at papers in the passenger seat when he struck the tandem bicycle carrying David and Cindy Combs on a rural road near Bondville, on March 7. Currently, under Illinois law, Maul could be charged with either traffic citations or a felony. He received citations for passing a bicyclist by less than 3 feet and for failure to reduce speed to avoid an accident. The minor charges “reinforced an opinion that our legislators must act to close the gap that exists for prosecution of such cases – as other states are starting to do,” LIB executive director Ed Barsotti said.

LIB will join others looking into other states’ laws and how Illinois law could be amended to make the penalty for killing a cyclist more than a traffic fine. The state legislature has twice reviewed negligent vehicular homicide legislation and has twice failed to approve a bill into law, Barsotti said.

Bike club members: LIB's efforts to improve bicycling are supported by 1,400 members - many belonging to clubs that donate. Become an individual member at www.bikelib.org/join

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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@yahogroups.com

To Unsubscribe send an email message to:
wheelingwheelmen-unsubscribe@yahogroups.com

To post a message send your message in an email to:
wheelingwheelmen@yahogroups.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? _____ Member # _____ Family dues: \$25 Individual dues: \$20

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: Send via e-mail I prefer a paper copy

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
847-520-5010
wheeling@wheelmen.com

We are on the web
wheelmen.com



SAVE THE DATES

Picnic - Sunday, July 10
Harmon Hundred - Sunday, Sept 11
Annual banquet - Sunday, Nov 13

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
Arlington Hts.
847/670-9255

SPOKES
69 Danada Square E,
Wheaton 630/690-2050
1807 S. Washington, #112
Naperville, 630/961-8222

Trek Bicycle Store – Highland Park
1925 Skokie Hwy
Highland Park, IL
trekhp.com 847-433-8735

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