



# MONTHLY MEANDERS

## BOARD BANTER

### Wheeling Wheelmen Recap 2011- It was a good Year.

I would have preferred to call 2011 a "great" year for the Wheeling Wheelmen were it not for some members who sustained serious bike related injuries. Each of them are doing well with some rehab as you would expect.

Some of the highlights:

#### Four member meetings:

LIB and Active Trans relating their activities, Kevin Moore reviewing their bike trip to Colorado and explaining how to get the best efficiency with your gears, ace bike mechanic, Brian Dehmer showing various emergency repairs and the Harmon thank you meeting. Thanks to Deb Wilson for arranging for the school facilities for our meetings.

**Wheelmen Jerseys:** Thanks to Brian Hale for taking the initiative in ordering and distributing the new Jerseys. It was a lot of work and Brian rose to the occasion. Also Tom Wilson did his usual great job on the jersey design work.

**St. Patty's Day and Harmon Hundred sponsored rides:** Tom and Deb Wilson and Todd Berlin continued their great leadership in coordinating these rides.

The number of Wheelmen volunteers was fantastic and the response from the riders was highly complimentary. About 120 riders attended the St. Pat's ride on a rainy Sunday and still appreciated our efforts. Some 650 riders came to the Harmon and with all our volunteer help and really enjoyed themselves.

Incidentally, Anna Swietczak and Janice Gries will work closely with Tom and Deb to learn the various aspects in the upcoming St. Patty's day ride and will head up this ride in the future.

**Annual banquet.** A big round of applause to Meg Ewen and Ella Shields for pulling together a well attended and enjoyable banquet. The location and their service were excellent. No one had to rush as they allowed us plenty of time to present the awards, do the raffle and give out some gag gifts to those deserving members who gave us a good laugh.

#### Don't forget the Holiday party on December 11<sup>th</sup>.

Pam Burke is again coordinating this party and continues to work diligently to make sure we have enough eats and libation. Please RSVP to Pam at [pamlaburke2000@yahoo.com](mailto:pamlaburke2000@yahoo.com) to bring appetizers, dessert or drinks.

**The member rides:** Thanks to Pat Calabrese and Brian Blome for pulling together the ride schedule. All of the ride hosts appreciated the well written cue sheets and did a good job in signing up and distributing the sheets. I felt that we have great attendance at many of the rides including the Honey Do, Sunday short ride, Bakery and the three evening rides. The special out of town rides also were fun. On several rides, a second sign up sheet had to be used for all of the attendees. While Brian will be stepping down, Pat will continue to publish the rides with assistance from Sheri. Incidentally, the Honey Do and Sunday short rides were our most popular.

Also a big thanks to Cindy Schneider for documenting all of the attending riders and their mileage.

**Picnic:** Again Al & Cindy Schneider did a great job in providing the food and refreshments for our July picnic. While it was a little cramped, everyone seemed to have a fun time.

**Other Kudos:** Jim Boyer continues to update our Web Site which is used by numerous people in checking the rides newsletters and other activities. Ella Shields puts in

Dec 2011/Jan 2012

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### Welcome New Members

Francis Bourque



(Continued on page 7)

## Club Officials

### Elected Officers

#### President

Joe Beemster 847/215-2314

#### V.P./Ride Chair

Pat Calabrese 847/358-4807

#### Treasurer

Johannes Smits 630/893-2835

#### Secretary

Dave Waycie 847/577-6307

#### Membership

Mitch Rosset 847/376-8152

#### Publicity Chair

Barb Barr 224-578-0624

Powerbarb@gmail.com

### 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)



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—2011

### Men:

1	Paul	Lefevre	5741
2	Mitch	Rosset	4770
3	Kilian	Emanuel	4411
4	Joe	Beemster	3733
5	Tony	Vercillo	3548
6	Len	Geis	3481
7	Dave	Waycie	3068
8	Kevin	Moore	3051
9	Jim	Boyer	2948
10	Peter	Guzik	2737
11	Frank	Bing	2587
12	Leo	Rhee	2508
13	Jeff	Magnani	2436
14	Jim	Flehsig	2311
15	Alex	Halamaj	2296
16	Johannes	Smits	2170
17	Tom	Wilson	2058
18	Rich	Drapeau	2050
19	Brian	Blome	1856
20	Dennis	Ellertson	1846

### Women:

1	Sheri	Rosenbaum	3634
2	Reinhilde	Geis	3342
3	Pat	Calabrese	2448
4	Betsy	Burtelow	2284
5	Deb	Wilson	1796
6	Cindy	Schneider	1793
7	Marianne	Kron	1738
8	Mary Kay	Drapeau	1682
9	Emily	Qualich	1624
10	Barb	Barr	1603
11	Virginia	Savio	1579
12	Pam	Kaloustian	1552
13	Pam	Burke	1471
14	Laura	Randazzo	1452
15	Ella	Shields	1346
16	Cindy	Kessler	1085
17	Cindy	Trent	979
18	Eva	Larson	965
19	Anna	Swietezak	930
20	Kae	Takeshita	743

## BOARD MEETING

The next board meeting is Sunday, January 8, 2012, 5:00 p.m. at the home of Ella Shields.

All Board members are requested to attend

## 2012 MEMBERSHIP RENEWAL

It's time to renew your membership.

Please send back the 2012 renewal application on page 5. Please send your renewal form back as soon as possible so you won't miss a single issue of the Monthly Meanders or the 2012 Ride Schedule. Due date for renewals is February 1, 2012 (expiration will be February 2013).

New 2012 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

## 2012 CHICAGO WINTER BIKE SWAP

January 21, 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 Rd, Palatine

Please park in Lot #1 or Lot #2

Enter building M

www.chicagowinterbikeswap.com

## WEEKLY RIDES

Day	Time	Ride/Start	Miles	Directions	Ride Host
Saturday & Sunday	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
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

## TRAIL RIDE

Date	Time	Ride	Start/Directions	Host
Sunday Dec. 11	9:00	Des Plaines River Trail The ride will head south to North Avenue	Start from the parking lot on Old Camp-ground Road off Miner Street/Northwest Highway in Des Plaines. Forest Preserve is called Northwestern Woods	Mitch Rosset 847/376-8152

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



## Holiday Party

### Sunday, December 11

### 3:00 pm –8:00 pm

L'Olivo Pizzeria & Cafe  
823 E. Algonquin Rd., Schaumburg  
(Located at the corner of Algonquin Road and Hammond Dr.  
That's 1.2 miles from IL-53 or 3 blocks east of Quentin)  
lolivo.net

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](mailto:pamelaburke2000@yahoo.com)  
L'Olivo is BYOB



To Meg Ryan for hosting the annual chili ride and to Sheri Rosenbaum for coordinating all the food and beverages for the event. About two dozen riders enjoyed great chili, delicious corn bread, and yummy desserts. A great time was had by all.

### Wheeling Wheelmen Board Meeting November 7, 2011

**Present:** Barb Barr, Joe Beemster, Todd Berlin, Janice Gries, Ella Shields, Johannes Smits, Anna Swietczak, Dave Waycie

The meeting was called to order at 7:05 pm.

**Treasurer's Report:** Presented final Harmon results. Due to increased ridership and good cost control, this year's Harmon was very successful financially.

**Harmon:** Discussed increased marketing for next year's Harmon. Ideas included more use of email lists, focused marketing to Wisconsin riders, and incentives to encourage more pre-registrations.

**Banquet:** About 70 people are signed up at this point. Tom Muck will photograph the event.

**Holiday Party:** December 11 at L'Olivio.

**Picnic:** July 8 in Shelter B at Heron Creek. Permit has been obtained.

**Newsletter:** Dave Waycie to write the February front page - due January 10.

**St. Pat's Ride:** Anna and Janice will take over as coordinators of the St. Pat's ride. Tom and Deb Wilson have agreed to "mentor" them through the first time.

**Member Meeting:** The next meeting is February 2. Joe is trying to schedule a Chiropractor who specializes in sports. The first Thursday of March and April are also scheduled with the school.

The meeting was adjourned at 8:04.

Dave Waycie, Secretary

## Customer Appreciation Night

Mikes Bike Shop, 155 N. Northwest Highway in Palatine, will be welcoming all customers and bike clubs for a Customer Appreciation Night on December 1, from 5-8 PM.

Please join us for a fun evening of food, drinks, prizes, and 20% discounts off everything in the store except bikes and sale items. Blackburn trainers will be priced at 40% off. Continental tubes will be offered at buy 2 get 2 free! Also, one-time offering of Christmas ornaments. Don't forget about off-season training; we have a selection of trainers and rollers to keep you active year round.

If you have any questions, please email [wmikes@yahoo.com](mailto:wmikes@yahoo.com) Or call 847-358-0948



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. We'll then enjoy a hot breakfast courtesy of Mystic Celt

Those wishing to join the ride need to pre-register (on line @ <http://amlingscycle.com>), 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.

**2012 WHEELING WHEELMEN  
MEMBERSHIP RENEWAL**

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

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

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

Phone: (\_\_\_\_) \_\_\_\_\_

E-mail: \_\_\_\_\_  OK to share with bicycling organizations

Membership 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, 2012.** New 2012 membership cards will be sent out in March.

If you would like to receive a roster, contact Mitch Rosset at [wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)

## COLD WEATHER RIDING

Cycling in the summer can be about casual riding, sprinting, spinning, big-ring hammer fests or what ever your chosen type of riding is. Cycling in the cold is very different. If you are a casual or recreational cyclist its about enjoying your sport all year round. If you are a serious cyclist, cold weather riding is about doing base miles to maintain your fitness for the in-season. In either case all types of cyclists want to ride year round to keep fit and enjoy the sport.

So, here are some tips to keep on enjoying cycling into the winter months.

1. Dress in layers. Multiple layers will help trap heat to your body and help maintain a steady body core temperature. You'll want a windproof outer layer, a warm fleece type middle layer to trap your body heat, and a wicking bottom layer. You want the bottom layer to be next to your skin so that it can pull your perspiration away from your body to keep you dry. Keeping the body dry will prevent you from getting a deep chill that you can't shake.
2. Most helmets are made with vents to help keep your head cool. In the colder months, you may want to get a helmet cover to block these vents. Plus, you may want to get some sort of head covering to place between your head and the helmet. Something that will trap heat and wick moisture will be the most useful.
3. Gloves are a good idea. If your hands get cold you may not be able to control your bike properly. 3 finger mits might work the best. They have one finger for your thumb, one finger for your index and middle finger, and one finger for your ring and pinkie finger. This helps pool heat to multiple fingers but also gives you the dexterity to handle braking and shifting.
4. Protective glasses to keep wind and debris out of your eyes.
5. Wear some type of leg covering to keep the wind off of your skin and trap heat to your body. Tights, leg warmers and knee warmers are all good types of leg coverings.
6. Light stretching before you ride will help begin to warm up your muscles. Then continue this warm up process on the bike. Don't ride hard until those pedaling muscles are warm. A steady speed at a comfortable pace is a good way to warm up. When you feel yourself begin to perspire you are probably warmed up. Again, the winter months are more for maintaining fitness and doing base mileage as opposed to making speed gains. So, you may want to ride at a steady comfortable pace for most of the time when riding in the cold.

Once you've warmed up you'll want to keep pace and only break when its completely necessary. Make these stops as short as possible. As soon as you stop you'll begin losing the heat that you've built up at your core. If you stop long enough you'll get a chill and it may be hard to shake. If you feel tired and need to rest its probably better to just use a slower pace but, keep moving. From [ww.pedalpushersonline.com/](http://ww.pedalpushersonline.com/)

**Grand Illinois Trail And Parks bicycle tour – Sunday, June 10 to Friday, June 15, 2012—Have fun and support the League of Illinois Bicyclists.**

The ride begins and ends at Dixon's Sauk Valley Community College, then makes a circular tour through northwestern Illinois' country roads and trails. The route is moderate, with the week's basic mileage at about 235 miles, but extra-mileage options allow up to 505 miles. We overnight at three state parks, staying two nights at The Mississippi Palisades and two nights near the Quad Cities. Included are dinners, breakfasts, camping sites, sags, bike repair, T-shirts, and door prizes.. The ride is limited to 160 riders. Contact: Chuck Oestreich, [chuckace2@gmail.com](mailto:chuckace2@gmail.com), 309-788-1845, [www.bikelib.org/gitap/](http://www.bikelib.org/gitap/)





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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](mailto:wheeling@wheelmen.com)

To Subscribe send an email message to:  
[wheelingwheelmen-subscribe@yahoogroups.com](mailto:wheelingwheelmen-subscribe@yahoogroups.com)

To Unsubscribe send an email message to:  
[wheelingwheelmen-unsubscribe@yahoogroups.com](mailto:wheelingwheelmen-unsubscribe@yahoogroups.com)

To post a message send your message in an email to:  
[wheelingwheelmen@yahoogroups.com](mailto:wheelingwheelmen@yahoogroups.com)

The group name is: **wheelingwheelmen** and is available at: [pgroups.yahoo.com/group/wheelingwheelmen](http://pgroups.yahoo.com/group/wheelingwheelmen)

(Continued from page 1)

a lot of time in publishing our monthly newsletters and provides excellent assistance to the Board in keeping us on track to hopefully prevent anything from falling through the cracks. Frank Bing updates the Ride Line so folks are up to date on any changes. Emily Qualich pulled the data base together for all present and past Harmon riders to remind them on attending.

**The Board** meets regularly to discuss and review various issues hopefully resulting in a smooth process.

Brian and Pat coordinated an excellent ride schedule. Mitch ran a terrific registration in signing up some 250 members, Dave keeps us on our toes offering good observations and ideas, and Johannes literally watches every dollar to insure the budget is on track. **Barb Barr** will be joining us to do the publicity for our sponsored rides and other events.

I'm hoping we will continue to be successful in 2012 but it won't happen without your support in getting involved and volunteering.

Joe Beemster

## Ballot Results

Joe Beemster - President  
Pat Calabrese - V.P./Ride Chair  
Johannes Smits - Treasurer  
Dave Waycie - Secretary  
Mitch Rosset - Membership  
Barb Barr - Publicity

## Bob Savio Good Samaritan Award

Kilian Emanuel

## Broken Helmet Award

Brian Hale

## Most Improved Riders

Mitch Rosset  
Betsy Burtelow



**Wheeling  
Wheelmen**

P. O. Box 7304  
Buffalo Grove, Il. 60089-7304  
847-520-5010  
wheeling@wheelmen.com

**We are on the web**  
**wheelmen.com**

Join us on



Next club meeting  
February 2, 2012



**Happy  
New Year!**

### 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](http://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](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