



MONTHLY MEANDERS

BOARD BANTER

Capital City Circle

By Dave Waycie

I just got back from doing Pedal Across Wisconsin's (PAW) Capital City Circle ride. This is a seven day tour ride starting and ending in Madison, Wisconsin, and is a new ride for PAW. More on PAW later.

We started with an optional Tune-Up ride around Madison the day before the tour started. The ride was mostly on some of the many bike trails in Madison, which has to be one of the most bike-friendly cities in the country. It seems like there is usually either a bike trail or bike lane on just about every street. If there is neither, there is probably no reason to actually be on the street. I also saw free bike "rental" stations along some of the trails.

Day 1 was a 52 mile trip to Whitewater. Temperature was in the mid-70's and we had a nice Northwest wind for the mostly Southeast trip. On day two, we had the choice of two loops – 39 or 59 miles. The loops passed through parkland around Whitewater Lake, then into the Kettle Moraine

area, and included a stop at the LaGrange General Store. One of our riders had discovered serious cracks in his bike frame, and managed to get a pretty good deal on a new Orbea at the LaGrange bike shop. The show must go on!



Day 3 was a 61 mile trip to Janesville. Again, winds were mostly at our backs or crosswinds. We started out again going through the parkland around Whitewater Lake, roads and scenery worth a second trip. We continued to enjoy rolling hills – a fairly easy ride. That was about to end.

On Day 4, we rode to New Glarus, a trip of 62 miles. The hills started to get a bit steeper and longer, with the usual rolling hills between. We rode some interesting

roads. Not so much for the terrain as for the names: Tin Can Road, Argue Road. Argue Road? What, we argue about whether to turn left or right? We arrived in New Glarus fairly early, which necessitated a short ride over to the New Glarus

Brewing Company for a short brewery tour, a sample of some of their beers, and, in several cases including mine, springing for a New Glarus Brewing jersey. Quite attractive, and priced reasonably (reasonably for a bike jersey, that is).

Day 5 – off to Spring Green, a 50 mile ride, through hillier terrain.

My two riding partners decided to add to the hills by riding to the top of Blue Mounds State Park. I started out, but turned around. Yes, I wimped out! Anyway, there were already enough hills in the 8 to 10% range and some great downhills. I don't feel like I missed anything, and my legs actually worked the next day. On the way, many stopped at Frank Lloyd Wright's Taliesin, and some arranged for tours the next day.

(Continued on page 7)

July, 2012

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WELCOME NEW MEMBERS

Freda Brown
 Reto Marek
 Steve Langer
 Erik Schreiber
 Dick Johnson
 Wayne Bates

Club Officials

Elected Officers

President	
<i>Joe Beemster</i>	847/215-2314
V.P./Ride Chair*	
<i>Pat Calabrese</i>	847/358-4807
Treasurer	
<i>Johannes Smits</i>	630/893-2835
Secretary	
<i>Dave Waycie</i>	847/577-6307
Membership	
<i>Mitch Rosset</i>	847/376-8152
Publicity Chair	
<i>Barb Barr</i>	224-578-0624
	Powerbarb53@gmail.com

Appointed Officers

Harmon Chairman	
<i>Todd Berlin</i>	todd.berlin@rrd.com
Newsletter	
<i>Ella Shields</i>	773/407-4712
St. Pat's Ride	
<i>Janice Gries</i>	847-275-7443
<i>Anna Swietczak</i>	312-969-1010
Chairmen	
Banquet	
<i>Meg Ewen</i>	630/540-1704
Harmon Data Base	
<i>Emily Qualich</i>	847/ 821-1009
Mileage Statistician	
<i>Emily Qualich</i>	847/ 821-1009
Newsletter Mailings	
<i>Joe Beemster</i>	847/215-2314
Picnic	
<i>Al & Cindy Schneider</i>	847/696-2356
Refreshments	Open
*Ride Coordinator	
<i>Sheri Rosenbaum</i>	847-971-4573
	luv2bike80@hotmail.com
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 Mitch Rosset with your new address or e mail address at 847/376-8152 or e-mail him at wheeling@wheelmen.com.

TOP 20

Through June 9
 97 rides by 134 members
 3460 maximum miles

Men:

1	Paul	LeFevre	2303
2	Kilian	Emanuel	2015
3	Mitch	Rosset	1880
4	Anthony	Vercillo	1595
5	David	Waycie	1551
6	David	Naigles	1475
7	Kevin	Moore	1453
8	Brian	Hale	1342
9	Peter	Guzik	1277
10	Joe	Beemster	1251
11	Alex	Halamaj	1247
12	Jim	Boyer	1185
13	Leo	Rhee	1025
14	Tom	Wilson	1017
15	Richard	Drapeau	980
16	Jim	Flechsigg	955
17	Frank	Bing	925
18	JV	Villadolid	882
19	Dennis	Ellertson	831
20	Earle	Horwitz	820

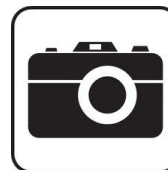
Women:

1	Sheri	Rosenbaum	1734
2	Emily	Qualich	1389
3	Betsy	Burtelow	1019
4	Pam	Kaloustian	980
5	Pat	Calabrese	894
6	Reinhilde	Geis	874
7	Mary Kay	Drapeau	793
8	Marianne	Kron	745
9	Eva	Larson	723
10	Debbie	Wilson	698
11	Tricia	Croft	692
12	Virginia	Savio	638
13	Pam	Burke	558
14	Cindy	Kessler	538
15	Laura	Randazzo	532
16	Barbara	Barr	529
17	Anna	Swietczak	519
18	Ella	Shields	458
19	Cindy	Trent	377
20	Ellen	Heineman	239

BOARD MEETING

The next board meeting is Monday, July 9, 7:00 p.m. at the home of Pat Calabrese.

All Board members are requested to attend.



BANQUET PICS

We will once again be doing a slide show at the annual club banquet (November 11) and are asking for contributions this season. So be sure and take your camera out to rides and events this year and share your pictures with the club. Send your pics by October 31 to Dave Waycie at dwaycie@wowway.com.

INVITATIONAL'S

July 4, 4th of July Metric Century,
 Plainfield 30/45/62 miles
Dianew3miles@sbcglobal.net
jolietbicycleclub.org

July 14, Ninth Annual Pedal for Paws, New Glarus, WI. 25/45/65 miles, greencountyhumane.org

July 15, Biking with Beanie, DeKalb, 23/46/64/100 \$20/\$25 kishkiwanis.org
bikingwithbeanie@yahoo.com

July 21, Lake Country Classic, Oconomowoc, WI. 15/25/45/65/100 bayviewbikeclub.org/classic.htm

July 21, Z Tour, Princeton, IL, 10/29/ 40/50/62, \$30/35 ztourinfo@gmail.com

July 21 RAIN Ride, Terre Haute, IN, 160 miles \$47-60. rain@rainride.org

July 21, Holland Hundred, Holland, MI 18-100 miles \$20/\$25 www.macatawacyclingclub.org/hollandhundred/

July 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
Sun. July 1	8:30	Darwin Ride	Long Grove Commons Shopping Center Rt22 and Old McHenry Road. Park in lot north of the PNC Bank.	70	Sheri Rosenbaum 847-971-4573
	9:00	Sunday Short Ride	Long Grove Commons Shopping Center Rt22 and Old McHenry Road. Park in lot north of the PNC Bank.	36-48	Frank Bing 847-814-9925
Wed July 4	9:00	Hills & Horses	Rose School I-90 to Rt59 North, turn Right on Penny Road to the school just past Bartlett Rd.	39	Meg Ewen 312-816-0049
	10:00	North Branch/ Botanic Garden Trail Ride	See info on page 5	16/32	Kilian Emanuel 847-296-7874
Sat. July 7	8:00	Retro Harmon Hundred	Wauconda High School North on US 12 to Bonner, right to Old Rand/ Main, right to High School on right	30/60/ 100	Paul LeFevre 847-670-3501
Sun. July 8	Long Ride 9:00 Short ride 10:00	Club Picnic Art Cunningham Memorial Ride PICNIC @ 12:00	Heron Creek Forest Preserve, Shelter B 0.2 miles south of IL22 (Half Day Rd) on west side of Old McHenry Rd. 0.4 miles on F.P. road to Shelter B. 2.3 mile hiking trail available for those who want to hike. PLEASE RSVP, details on page 4	32/55	Kilian Emanuel 847-296-7874
Sat. July 14	9:00	Ice Cream Social	McHenry Co. College Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot.	52	Anna & George Swietczak 312-969-1010
Sun. July 15	9:00	Bastille Day Ride	Paris School, WI I-94 north, Exit 142 west to County D, turn left to the school	59/74 /95	NEED RIDE HOST OR RIDE WILL BE CANCELLED
	9:00	Sunday Short Ride	See above	31/47	Joe Beemster 847-867-6724
Sat. July 21	8:00	Roads You Don't Know	Cuba Marsh West on US12 to Ela Rd, south to Cuba Rd. West to parking lot on left.	85	Paul LeFevre 847-670-3501
Sun. July 22	8:00	Geneva Century / Geneva Lite	Heron Creek Forest Preserve, Shelter B 0.2 miles south of IL22 (Half Day Rd) on west side of Old McHenry Rd. 0.4 miles on F.P. road to Shelter B 50 MILERS START AT VETERAN'S MEMORIAL PARK, McHENRY IL-59 north, turn left onto IL-120 and cross the Fox River. Turn right onto Park St for one block.	50/100	Tom & Deb Wilson 847-632-1412
	10:00				

July 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
Sun. July 22	9:00	Sunday Short Ride	Long Grove Commons Shopping Center Rt22 and Old McHenry Road. Park in lot north of the PNC Bank.	31/47 Kilian Emanuel 847-296-7874
Sat. July 28	9:00	Lakewood Loops aka Arlington 500 route	Lakewood Forest Preserve West on IL 176, south on Fairfield, parking lot on the left (east)	28/54/69 Sheri Rosenbaum 847-971-4573
Sun. July 29	9:00	Sunday Short Ride	See above	31/47 Betsy Burtelow 847-204-8274
	9:00	Sycamore Scamper	McHenry Co. College Rt. 14 one mile past Il 176 in Crystal Lake. Meet in north parking lot.	81 Dave Waycie 847-845-9663

Be sure to be on the Yahoo group and/or Facebook for last minute changes



HARMON 100

Sunday September 9

Wilmot High School, Wilmot, WI.

EVERYONE WORKS

Contact Harmon Chair, Todd Berlin @
harmonhundred@gmail.com to volunteer



**JOIN US FOR
THE ANNUAL
WHEELING WHEELMEN
PICNIC
SUNDAY, JULY 8**

Rides will start @ 9:00 and 10:00 a.m.

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 B**

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

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



TOUR DE FRANCE 2012

Running from Saturday June 30 to Sunday July 22, the 99th Tour de France will be made up of 1 prologue and 20 stages and will cover a total distance of 3,479 kilometers.

These stages have the following profiles:

Distinctive aspects of the race

- 9 flat stages
- 4 medium mountain stages - one with a summit finish
- 5 mountain stages - two with a summit finish
- 2 individual time-trial stages
- 1 prologue
- 2 rest days

9 new stage towns: Abbeville, Annonay Davézieux, Bellegarde-sur-Valserine, La Planche des Belles Filles, Peyragudes, Porrentruy, Samatan, Tomblaine, Visé

www.letour.fr/us/index.html

WEEKLY RIDES					
Day	Time	Ride	Start/Directions	Miles	Ride Host
Saturday	8:00 am	Honey Do Ride	Grassy Meadow Forest Preserve - The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	30-58	Brian Hale 847/804-1561
Saturday July 21 ONLY	8:00 am	Honey Do Ride	Huntington Plaza Due to another event at the Paul Douglas FP the ride start location will move to Huntington Plaza at the corner of Algonquin and Huntington in Hoffman Estates	30-58	Brian Hale 847/804-1561
Monday	6:00 pm	Casual Monday Ride	Busse North Woods Parking Lot. Located on Golf Road just east of Rte 53. Turn on Ring Road into the preserve. (across from the Atrium Complex). Turn left at the first parking lot	10-15	Virginia Savio 847/438-8066
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	Willow Stream Park - 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	25-45	Kilian Emanuel 847/296-7874 Len & Reinhilde Geis 847/679-0279
Tuesday	6:00 pm	Working Stiff's Ride	Stempel Parking Lot On the west side of Old McHenry Road, behind the Read Oaks Store. West of IL 53, Long Grove, IL	18-27	Jim Boyer 847/541-1325 Tom Wilson 847-632-1412
Wednesday	10:00 am	North Branch/ Botanic Gardens Trail Rides Paved Path Lunch stop: Botanic Garden or Super Dawg	Blue Star Memorial Woods. East Lake Avenue, Glenview. East of Waukegan Road, between Wagner and Harms near overhead trail bridge. Parking lot on South Side of East Lake Avenue	16/32	Kilian Emanuel 847/296-7874
Wednesday No ride July 4	5:30 pm	Hill and Dale Ride	Grassy Meadow Forest Preserve See above	25-35	Rotation: Anna Swietczak Joe Beemster Nancy Beck
Thursday	6:00 pm	Thursday Night Ride	Heron Creek Forest Preserve. Located on the SW Corner of RT 22 and Old McHenry Road, park at shelter B.	30	Paul Lefevre 847/670-3501
Friday	10:00 a.m.	Friday Picnic Ride Food & music in the park	Willow Stream Park See above	30	Frank Bing 847/814-9925

BUFFALO GROVE BIKE RODEO RECAP



Each year the Buffalo Grove Police officers sponsor their bike rodeo for area children. On Saturday, May 19th, many young bicycle enthusiasts demonstrated their skills. The riders

performed various maneuvers to display their proficiencies.

Members of the Wheelmen, organized by **Barb Barr**, checked each child to insure that their protective bike helmets were adjusted properly and worn correctly. In most cases the helmets had to be readjusted for each child. Parents were also shown how to check their child's fit for the best protection.

In addition to Barb, the following members participated; Marianne Kron, Ulfert Broockmann, Emily Qualich and Joe Beemster

The Trib Local posted our article along with a photo of Emily assisting Nicole Tellez.

WHEELING BIKE RODEO RECAP



On Saturday June 16 the Village of Wheeling Police Department and the Wheeling Park District held their Bicycle Safety Rodeo. This was open for all riders no matter what age. Each cyclist

rode through a Bike Skills Course accompanied with a Police Officer. Traffic signals, RR crossing gates, directional signs were all in place allowing the officer to review all applicable safety procedures with the riders.

As part of this event, four Wheelmen helped to set up the course and checked each participant's helmet and proper fit. Free helmets were provided to children who might not be able to afford one. Refreshments and gifts were provided.

Shown in the photo are Roland Cooper, Tim Merrihew, Luis Magana and Joe Beemster.



PHONE APP OF THE MONTH

BikeGearsApp.com for the iPhone lets you calculate gear ratios, gear inches, development and gain ratios using your bike's measurements. The app now has over 200 preset tire sizes and also lets you enter your own custom tire size for personalized measurements.

Find equivalent gearing configurations to reuse components you already have, or even to save weight by using smaller gears!

Want to convert your old hard tail into a single speed? No problem: take a ride on a geared bike to tweak your gear ratio, then calculate the equivalent ratio for your single-speed. Best of all, it doesn't matter if they have different tire sizes!

Enjoy skidding on your fixie? Using the Skid Patch Analyzer, you can visualize your tire's wear spots and choose optimal gearing to maximize your tire longevity!

Features

- Gear Ratio calculator
 - Gain Ratio calculator
 - Gear-inch + Development calculator
 - Skid-Patch visualizer for fixed-gear addicts
 - Gear equivalency tool lets you find equivalent or closest-match gear ratios
 - Speed calculator taking into account cadence and bicycle parameters
- Supports virtually any bicycle:
- 20T to 63T Chain Ring
 - 8T to 36T Sprocket
 - 150mm to 200mm crank arms lengths in 2.5mm increments
 - Now with over 200 tire sizes
 - If you prefer, enter your tire rollout in millimeters or inches.
 - Metric and imperial units

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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

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)



Day 6 was a day of options. We were again spending the night in New Glarus, so we had a couple of ride options, and some people chose to canoe, shop, or just relax. I did a 44 mile loop through the countryside around New Glarus, which is filled with rolling hills and beautiful dairy farms. Today, summer came to Wisconsin. Goodbye to the mid-70's and welcome mid-80's. The wind gods also turned on us, with a brisk west wind. Of course, the ride started out to the east and ended westbound.

The final day was 55 miles back to Madison, then home. A total of 438 miles in my case, but one rider managed to make it a century most days.

Pedal Across Wisconsin is run by Jerry Goldman, a former Wheelmen member (long ago) and retired teacher. I've done his Northwood's Tour several times, and have always been impressed with the quality and value of his tours. All PAW rides include motel accommodations, breakfasts (usually motel continental, but sometimes more), rest stops, SAG support, the famous PAW happy hours, and some group dinners. Tours are priced reasonably, often no more than similar length tours based on camping.

More information on PAW's rides is at www.pedalacrosswisconsin.com.

You can see my trip photos at http://davewaycie.smugmug.com/Travel/PAW-Capital-City-Circle/23504816_B4FVNC#!i=1899977397&k=wzvF65R.



Wheeling Wheelmen

P. O. Box 7304
Buffalo Grove, IL.
60089-7304
wheeling@wheelmen.com



We are on the web
wheelmen.com

Join us on



SAVE THE DATES

Harmon Hundred - Sunday, Sept. 9
Banquet - Sunday, November 11

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

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