



# MONTHLY MEANDERS

## BOARD BANTER

The 44<sup>th</sup> Harmon Hundred is coming Sunday, September 8<sup>th</sup>, and your support is needed. Our first Harmon was back in 1970, making it the oldest invitational bike ride in the Northern Chicagoland area, and I am very proud to Chair this event. I really can't do a better job than Todd Berlin did last August in the Board Banter explaining the Harmon and its importance to the club and the biking community. I ask you to re-read his article to be reminded of all those important aspects of the Harmon past and present.

So I would like to give you my view of why the Harmon is a great event, and that is because it's FUN. It's FUN to work the event, and it's FUN to ride the event because cycling is FUN! FUN is in the face of every volunteer and rider despite any obstacles that have to be overcome, or perhaps because of them. I have seen this and I experience it every time I am at the Harmon whether trying to keep the food and Gatorade supplied during the

rush times at a rest stop, or climbing that next hill on the course -- oops I forgot, "no whiners."

What other activity offers the challenge of sport, provides clean-air transportation, recreation and educational opportunities, and even commercial applications like bicycle delivery? Did you have a paper route like I did? When you get on two wheels, all these things are possible, and that is why the Harmon like other supported rides is very important. The support given this event is essential to our cause...the cause of safe cycling for all. But also, it's FUN!

What do you feel when you fly downhill at top speed? I know I'm thrilled and sometimes even scared, but it's always FUN! When I ride with a group I watch the ballet of the bikes "dancing" through the turns and I notice bystanders watching us go by and they smile. When I come to a stop sign and a driver waves me though they often smile. Why? They

don't know me so why do they do it? I don't think it's just simple courtesy. I believe it's because they are thinking about their own last bike ride, and remembering the FUN they had brings a smile to their face. And that is ex-actly what we need the riders at the Harmon to experience and remember and relate to their friends.

As I write this, the event is less than two months away. Many tasks have already been completed and final planning is underway. We do need more volunteers. Please help "Share the Load" so we can all have FUN as we "Share the Road". Ask another club or family member to help us make the event a big success. Think about working a shift and riding a loop of the Harmon on September 8<sup>th</sup> dressed in your Wheelmen jersey. While you are riding, make contact with other riders and ask them if they are having FUN! Help promote the ride out on the course. Let everyone know how much we

*(Continued on page 5)*

August, 2013

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September 8

## 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

Powerbarb53@gmail.com

### Appointed Officers

#### Harmon Chairman

Roland Cooper 847-732-0432

rscooper3@gmail.com

#### Newsletter

Ella Shields 773-407-4712

#### St. Pat's Ride

Anna & George Swietczak 312-969-1010

#### Chairmen

#### Banquet

Meg Ewen 630-540-1704

#### Harmon Data Base

Emily Qualich 847- 821-1009

e.qualich@comcast.net

#### Mileage Statistician

Emily Qualich 847- 821-1009

#### Newsletter Mailings

Joe Beemster 847-215-2314

#### Picnic

Al & Cindy Schneider 847-696-2356

#### Refreshments

**Open**

#### \*Ride Coordinator

Sheri Rosenbaum 847-971-4573

luv2bike80@hotmail.com

#### Web Page

Jim Boyer 847-541-1325

### Newsletter Policy

We can always use information for the newsletter. I'd love to hear from you. E-mail your ride notes, stories or articles for the newsletter to me by the 10th of the preceding month

Ella Shields

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 MILES

through June 30

125 rides by 144 members

### Women

1	Sheri	Rosenbaum	1997
2	Emily	Qualich	1798
3	Pam	Kaloustian	1522
4	Pat	Calabrese	1320
5	Betsy	Burtelow	1281
6	Eva	Larson	1146
7	Reinhilde	Geis	1085
8	Deb	Wilson	953
9	Cindy	Trent	818
10	Marianne	Kron	812
11	Anna	Swietczak	812
12	Ella	Shields	705
13	Terri	Schroeder	658
14	Paula	Matzek	622
15	Laura	Randazzo	594
16	Pam	Burke	584
17	Barb	Barr	579
18	Ellen	Heineman	505
19	Cindy	Kessler	496
20	Lynne	Lutman	485

### Men

1	Dennis	Ellertson	3380
2	Paul	LeFevre	2681
3	Kilian	Emanuel	2182
4	Mitch	Rosset	2182
5	Kevin	Moore	2155
6	Brian	Hale	1733
7	Joe	Beemster	1715
8	David	Naigles	1709
9	Alex	Halamaj	1706
10	Dave	Waycie	1656
11	Dan	Wiessner	1538
12	Tony	Vercillo	1508
13	Jim	Boyer	1445
14	Tom	Wilson	1413
15	Brian	Blome	1314
16	Jim	Flehsig	1186
17	Peter	Guzik	1103
18	JV	Villadolid	1087
19	Frank	Bing	1058
20	Len	Geis	1042

## BOARD MEETING

The next board meeting TBA

### Lost & Found:

A pair of black rimmed women's sunglasses at the picnic, please contact Sheri Rosenbaum to retrieve them luv2bike80@hotmail.com

For instance, the bicycle is the most efficient machine ever created: Converting calories into gas, a bicycle gets the equivalent of three thousand miles per gallon. ~Bill Strickland, *The Quotable Cyclist*



## BANQUET PICTURES

We will once again be doing a slide show at the annual club banquet (November 10) 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.

# Thank You

To Al & Cindy Schneider for hosting another great picnic for the club.

Approximately 60 people enjoyed a beautiful day, good food and beverage and had a wonderful time socializing with old and new friends.

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
Fri. 8/2	10:00 am	Friday Picnic Ride	<b>Willow Stream Park</b> On Old Checker Rd just west of Buffalo Grove Rd north of Lake-Cook in Buffalo Grove	33	Frank Bing 847-814-9925
Sat. 8/3	8:00 am	Honey Do	<b>Grassy Meadow Forest Preserve</b> The F.P. is on Central Rd., 1 1/2 miles west of Roselle Rd, just north of I-90.	30-58	Meg Ewen 630-432-1777
	8:30 am	Sycamore Scamper	<b>McHenry Co. College</b> Rt. 14 one mile past IL 176 in Crystal Lake. Meet in north parking lot.	81	<b>CANCELLED</b>
Sun. 8/4	9:00 am	Sunday Short Ride	<b>Long Grove Commons</b> RT. 22 & Old McHenry Roads Park north of the PNC Bank	30-58	Frank Bing 847-814-9925
Fri. 8/9	10:00 am	Friday Picnic Ride	<b>Willow Stream Park</b> see above	33	Frank Bing 847-814-9925
Sat. 8/10	8:00 am	Honey Do	<b>Grassy Meadow Forest Preserve</b> See above	30-58	Betsy Burtelow 847-804-8274
	9:00 am	Loops of Lyons	<b>Fellows Park, Genoa City, WI</b> Rte 12 west to WI, thru Richmond, to Hwy H north to Genoa City. Right on Freeman (still Hwy H), left on Fellows. Park at first empty lot on right.	50/71/100	Dave Waycie 847-845-9663
Sun. 8/11	9:00 am	Sunday Short Ride	<b>Long Grove Commons</b> See above	30-58	Joe Beemster 847-867-6724
	9:00 am	Another Day/ Another Way	<b>Evergreen School</b> 1-90 west to US20 to Coral. Turn right to Northrop. Turn left to Washington. Turn right to school.	70/100	<b>NEED RIDE HOST OR WILL BE CANCELLED</b>
Fri. 8/16	10:00 am	Friday Picnic Ride	<b>Willow Stream Park</b> See above	33	Earle Horwitz 847-571-0021
Sat. 8/17	8:00 am	Honey Do	<b>Grassy Meadow Forest Preserve</b> See above	30-58	Terri Brei 630-606-4341
	9:00am	Bastille Day Ride	<b>Paris School, Paris WI</b> I-94 north, exit 142 west to County D, turn left to the school.	59/74/95	Laura Randazzo 847-917-6778
Sun. 8/18	<b>8:00am</b>	Paul's NE IL Century	<b>Euclid Elementary School</b> Euclid and Wheeling Rd, school is on the corner. Mt. Prospect, IL	100	Paul LeFevre 847-670-3501

Continued on page 4

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

**AUGUST RIDE SCHEDULE (continued)**

Date	Time	Ride Name	Starting Location/ Directions	Miles	Ride Host
Sun. 8/18	9:00am	Sunday Short Ride	<b>Long Grove Commons</b> RT. 22 & Old McHenry Roads Park north of the PNC Bank	~31-55	Dave Waycie 847-845-9663
Fri. 8/23	10:00am	Friday Picnic Ride	<b>Willow Stream Park</b> On Old Checker Rd just west of Buffalo Grove Rd north of Lake-Cook in Buffalo Grove	33	Emily Qualich 630-569-6910
Sat. 8/24	8:00am Tour 8:30am Ride	Waterford-Schwinn Factory Tour	<b>Waterford Precision Cycles</b> 816 W. Bakke, Waterford, WI I-94 to Hwy 20 west, take Hwy 20 for 14 miles. Turn left on Hwy D for 1.5 miles to Hwy W. Turn right (north) on Hwy W then 1 mile and left (west) onto Bakke Ave. They're the 4th building on the right.	27/41/ 68	Kevin Moore 847-373-7378
	8:00am		Honey Do	The F.P. is on Central Rd., 1 1/2 miles west of Roselle Rd, just north of I-90.	30/58
Sun. 8/25	7-9:00am	Club Members Harmon Pre-Ride	<b>Wilmot H.S, Wilmot, WI</b> Take I-94 west into Wisconsin to Exit 345. West on Hwy C into Wilmot. Right on Hwy W. Left into the school entrance	25/50/ 75/100	Roland Cooper 847-732-0432
Fri. 8/30	10:00am	Friday Picnic Ride	<b>Willow Stream Park</b> See above	33	Emily Qualich 630-569-6910
Sat. 8/31	8:00am	Honey Do	<b>Grassy Meadow Forest Preserve</b> See above	30/58	Len & Reinhilde Geis 312-209-0279
	9:00am	Fontana Ride	<b>McHenry Co. College</b> Rt. 14 one mile past IL 176 in Crystal Lake. Meet in north parking lot.	71	Jeff Biedka 847-534-9003



HARMON 100  
 Sunday, September 8  
 Wilmot High School  
 Wilmot, WI  
 EVERYONE WORKS

Contact Sheri Rosenbaum @  
[luv2bike80@hotmail.com](mailto:luv2bike80@hotmail.com) to volunteer

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WEEKLY RIDES					
Day	Time	Ride	Miles	Start/Directions	Ride Host
Tuesday & Thursday	9:00 am	Deerfield Bakery Ride	25-40	<b>Willow Stream Park</b> 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
Tuesday	6:00 pm	Working Stiff's Ride	18-27	<b>Stempel Parking Lot</b> On the west side of Old McHenry Road, behind the Read Oaks Store. West of IL 53, Long Grove, IL	Jim Boyer 847/541-1325 Tom Wilson 847/632-1412
Trail Rides Wednesday	10:00	North Branch/ Botanic Gardens	16-32	<b>Blue Star Memorial Woods</b> East Lake Ave., Glenview. East of Waukegan Rd, between Wagner and Harms near overhead trail bridge. Parking lot on the south side of E. Lake Ave.	Dennis Ellertson 847/255-9323
Wednesday	5:30 pm	Hill and Dale Ride	25-35	<b>Grassy Meadow Forest</b> Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	Anna Swietczak 312/ 969-1010 Joe Beemster 847/ 215-2314
Thursday	6:00 pm	Thursday Night Ride	30	<b>Heron Creek Forest Preserve</b> Located on the SW Corner of RT 22 and Old McHenry Road, park at shelter B.	Paul Lefevre 847/670-3501

(Continued from page 1)

appreciate their support. Be sure to let me know what you hear out on the road during your ride.

If you have already volunteered, my thanks. There will be sign-up sheets at the rides, and we need at least 90 total volunteers to make things run smoothly. I can be contacted at [rscooper3@gmail.com](mailto:rscooper3@gmail.com) if you have any questions. You can also contact a group leader you know or Sheri Rosenbaum who has been so great leading the sign-up efforts for the Harmon.

I am very grateful to have group leaders with experience in every area of the event to carry on the Wheeling Wheelmen tradition of great road marking, great SAG support, the best rest stops and a smooth registration process. Every year is different, but I feel certain this year's event will be wonderful with your participation.

I guarantee one thing.... It will be FUN!

Roland Cooper

**It's time for another  
Wheeling Wheelmen  
Girl's Night Out!**

**Join us Friday, August 9**

Anytime after 6pm  
On the deck at  
156 W Fox Hill Dr  
Buffalo Grove

Beer, wine, margaritas, wine coolers, pop, chips & salsa and dessert will be provided. Please bring a salad to share—(green, pasta, taco, chicken, tuna, bean, whatever—homemade or store bought)

Hosted by: Betsy Burtelow

**RSVP** appreciated to make sure there are enough drinks, but if you don't realize you can make it until the last minute, come anyway.

847-541-1325—leave a message.



**NO BOYS ALLOWED**

**Wheeling Wheelmen Board Meeting  
June 24, 2013**

**Present:** Joe Beemster, Roland Cooper, Ella Shields, Johannes Smits, Dave Waycie

The meeting was called to order at 7:12 pm.

**Treasurer's Report:** Checking account balance \$15,474. We still haven't received bills from Wilmot H.S. or Wauconda H.S., but we will reserve funds for those bills.

**Membership Report:** Membership cards have been distributed. At this point, only occasional applications are coming in.

**Harmon:** The leadership team is completed. Sheri will coordinate volunteer signup with a focus on the picnic, July 7. We  
(Continued on page 7)

**CONCUSSION?**

**C. Brian Hale**

**Have you crashed lately? YES?**

Odds are you most likely had some form of CONCUSSION.

Reading Cycling made me want to share with you guys that this is a **very serious** issue.

I had an opportunity to join the Thursday Night Ride several weeks ago.

Well to say the least I was the "Hit of the Ride," not to mention major embarrassment and frustration. I really went down **Hard!!!** I was dazed for several minutes. All of you guys were patient and I sincerely thank you! The bike is fixed and my pride is seriously damaged.

HERE IS THE RUB!!!!

I did not feel right, sleeplessness, forgetfulness, not knowing where I was, general dizziness and outright feeling strange. Riding was a serious challenge.

Well it finally dawned on me that I had a mild form of concussion. I was seriously endangering myself as well as "All of you" for which I apologize.

I honestly did not feel better until 7 to 10 days later!!!!

**SUMMARY**

We all crash or fall down sooner or later. It is a serious situation and we must all understand and respect it. I never thought of this until reading the Cycling article. It is up to all of us to understand and recognize situations and if you see anybody have these issues be patient and do due diligence and make sure all is well.

I look forward to discussing this with all of you anytime.

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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)

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will do an email blast to save the date, including former participants in both the St Pat's and Harmon rides.

**Picnic:** Set for July 7 at Heron Creek.

**Jerseys:** No action yet, but Brian does plan a survey to determine interest in another jersey order.

**Newsletter Articles:** August – Roland, September, Ella.

**Next Board Meeting:** TBD.

The meeting was adjourned at 8:08.

Dave Waycie, Secretary

## INVITATIONAL'S

**Aug 2-4, 40th Annual Amishland & Lakes,** Howe, IN. 25– 100 miles, [www.amishlandandlakes.com](http://www.amishlandandlakes.com)

**Aug 18, Wright Ride,** Oak Park, 10/25/50 miles, [oakparkcycleclub@yahoo.com](mailto:oakparkcycleclub@yahoo.com)  
[oakparkcycleclub.org/wright\\_ride](http://oakparkcycleclub.org/wright_ride)

**Aug 18, 30th Annual Bike Psycho's Century,** Coal City H.S., 30/50/70/100/124 miles [bikepsychos.org](http://bikepsychos.org)

**Aug 24, No Baloney Ride,** Morton, IL; 25/50/75/100 Miles; [www.ivwnobaloney.com](http://www.ivwnobaloney.com);  
[NoBaloneyBicycleRide@gmail.com](mailto:NoBaloneyBicycleRide@gmail.com)

**Aug 25, Four Star Bike & Chow,** Chicago 12-62 miles, 312-427-3325 x 251 [4starbikeandchow.org](http://4starbikeandchow.org)

**Aug 25, 30th Annual Cream City Century,** Waterford, WI. 30/56/78/100 miles 414-299-9398  
[creamcitycycleclub.com/century.htm](http://creamcitycycleclub.com/century.htm)



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

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

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**SAVE THE DATES**

Harmon Hundred - Sunday, Sept. 8  
Banquet - Sunday, Nov 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**  
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  
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**MIKES BIKES**  
155 N Northwest Hwy,  
Palatine, 847-358-0948

**RUNNER'S HIGH & TRI**  
121 W. Campbell,  
Arlington Hts.  
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69 Danada Square E,  
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1807 S. Washington, #112  
Naperville, 630-961-8222

**TREK BICYCLE STORE – HIGHLAND PARK**  
1925 Skokie Hwy  
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847-433-8735

**THE CYCLERY**  
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Barrington  
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**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