



MONTHLY MEANDERS

Hibernating is overrated ...

Every year on November 1, I gain 5 pounds, sad but true. Just like magic, it shows up out of nowhere and hangs around.

And, I want to hibernate. Eat-sleep, eat-sleep. The more I eat and sleep, the more I want to eat and sleep. Must be related to bears who successfully endure this cycle every year.

Bears have an internal rhythm that tells them when to come out of the cave and get busy.

We, on the other hand have (wait for it...), you guessed it- the St. Patrick's Day Bicycle Ride!!

This early season ride says "Snap Out Of It!" better than any alarm clock or slap in the face.

Just imagine that summer is around the corner and you have to get ready after hibernating during the winter spell. You can't just crawl out of the winter cave and be ready to ride 100 miles or host the Harmon Hundred.

No, we need to throw an early season wake-up party first. And that's why we have the St. Patty's Day Ride just before the Spring equinox. Rain or shine, local cyclists depend on us to start the season off right with the first official invitational of the year.



So here are the details:

- ◆ All our volunteers are Super Heroes
- ◆ We have the best marked routes and ride in the area (along with the Harmon Hundred)
- ◆ Riders have shown up in temperatures ranging from 25 F to 80 F on the day of the ride
- ◆ Attendance has ranged from 50 riders to 550

- ◆ Our volunteers bake the best cookies!

Once again, the ride will start from Wauconda High School on Sunday, March 16, 2014. We need your help to host this ride. Many have already volunteered but we could use additional help.

There will be 2 shifts, 7 – 9:30 am and 9:30 -12. Positions available are Road Marking (done on Saturday March 15 -8:30 am); Registration, Parking, Food, Cookies. Let me know what you can help with. Many hands make the work load light.

So come and join the fun, see your cycling friends, and stop hibernating.

After all, you're not a bear.

Send an email to: annaswiet@yahoo.com or call 312-969-1010 to secure your favorite volunteer spot today.

Anna Swietczak

Feb 2014

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Club Officials

Elected Officers

President

Joe Beemster 847-215-2314

V.P.-Ride Chair

Sheri Rosenbaum 847-971-4573
luv2bike80@hotmail.com

Treasurer

Johannes Smits 630-893-2835

Secretary

Dave Waycie 847-577-6307

Membership

Mitch Rosset rrkite99@aol.com

Publicity Chair

Pam Kaloustian 847-707-0203
bubbath1@comcast.net

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
Terri Brei 630-606-4341

Harmon Data Base

Emily Qualich 847- 821-1009

Mileage Statistician

Emily Qualich 847- 821-1009
e.qualich@comcast.net

Newsletter Mailings

Joe Beemster 847-215-2314

Picnic

Al & Cindy Schneider 847-696-2356

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!! Contact Mitch Rosset with your new address or e-mail address at rrkite99@aol.com

2014 MEMBERSHIP RENEWAL

It's time to renew your membership.

Please send your renewal form back as soon as possible so you won't miss a single issue of the Monthly Meanders or the 2014 Ride Schedule

If you misplaced your renewal form please use the membership form on page 7.

If you have any questions contact Mitch Rosset rrkite99@aol.com

SOME CLUB FAVORITES, SIGN UP EARLY:

Horsey 100, May 24 & 25, Georgetown, KY., In addition to a visit to the beauty of springtime in the Bluegrass, the Horsey offers a traditional Saturday century route through both challenging and beautiful central Kentucky terrain. Sunday ride options 34/51/75 miles www.bgcycling.net

TOMRV: Tour of the Mississippi River Valley - June 7 & 8, Every year 1,500 bicycling enthusiasts come to ride. They enjoy a well supported, challenging ride on scenic roads, through Midwest farmland, and along the Mississippi River. www.qcbc.org/tomrv

RAGBRAI, July 20-26, The Register's Annual Great Bicycle Ride Across Iowa, is an annual seven-day bicycle ride across the state. RAGBRAI is the oldest, largest and longest bicycle touring event in the world. ragbrai.com/registration.

Amishland & Lakes, Aug 1-3, Howe, IN., a three day bike tour of Amish countryside and Michigan lakes, visit a world where lifestyles have remained almost unchanged for over a hundred years Saturday, 25-100 mile options and Sunday 22-62 mile options. www.amishlandlakes.com

BOARD MEETING

The next board meeting is Sunday, February 9, 5:00 p.m. at the home of Pam Kaloustian.

All Board members are requested to attend.

FEBRUARY CLUB MEETING

Please note for this month only, we are having our meeting on a Wednesday.

The club meeting will be on Wednesday, February 5, 7:00 p.m. at McArthur Middle School, 700 Schoenbeck Road, Prospect Heights, meet in the library.

We will discuss the St. Patrick's Day ride and recruit volunteers.

Our guest speaker will be Julie Hochstadter of the Chainlink, a website, (www.thechainlink.org) that serves cyclists across the Chicagoland area. The Chainlink is Chicago's first and fastest-growing network for cyclists which began in August 2008.



To Pam Burke for once again hosting the annual holiday party, approximately 55 members attended, had a fantastic time, lots of laughs and excellent food.

Also, a big thanks to Joe Beemster for the use of his beautiful clubhouse for the party.

WEEKLY SHOW N GO RIDES

Day	Time	Ride	Miles	Start-Directions	Ride Host
Tuesday & Thursday	10:00 am	Deerfield Bakery Ride	25-40	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	n/a
Saturday & Sunday	10:00 am	Show N Go Rides	25 +	Willow Stream Park See above	n/a

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

LIB Extra - from the League of Illinois Bicyclists

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

Grand Illinois Trail and Parks tour, June 15-20

For those looking for a multi-day (six-day) tour here in Illinois, the League of Illinois Bicyclists is conducting its 12th annual GITAP -- Grand Illinois Trail and Parks ride -- from June 15-20, 2014. This year's loop ride visits scenic northwest Illinois, starting and ending in Oregon (IL) with overnight stops in Freeport, Galena (two nights), Mississippi Palisades State Park and Morrison. Each day's ride provides the option of a basic (40-55 miles) or longer (up to 100 miles) route, on marked, quiet rural roads and some trails. GITAP is a small, friendly ride, leading to many returning customers renewing friendships each year. To accommodate our growing demand, we have upped our limit for 2014 from 160 to 225. Details and registration for this year's rides is at www.bikelib.org/gitap.

Save the Date: Illinois Bike Summit, April 15

Plans are being made now for the third Illinois Bicycle Summit, Tuesday, April 15 in Champaign. In 2013, over 175 advocates and others attended the event. Early plans for 2014 call for a range of interesting breakout sessions and mobile workshops, plus a session by IDOT Secretary Ann Schneider and LIB's Ed Barsotti on implementation priorities of the soon-to-be-completed, far-reaching Illinois State Bike Transportation Plan. Watch illinoisbikesummit.org in February for program details and registration.

Join LIB at the National Bike Summit!

Will you be attending the 2014 [National Bike Summit](#)? This year's summit is scheduled for March 3-5 in Washington DC. There will be workshops on a range of topics in addition to the opportunity to lobby for bicycling in Illinois' Congressional offices. Several talks will address arguments against bikeway funding and policies. The timing for this is good, as legislative work on the next federal transportation bill will start soon. More than 750 people attended the 2013 summit with LIB leading an Illinois delegation of 18. Ideally, we will have at least one person from every congressional district attending the 2014 National Bike Summit. Please contact LIB at lib@bikelib.org or (630) 978-0583 if you are thinking of joining us.

Look for LIB's Annual "Ride Packet"

For 13 years, LIB has organized two mailings to promote clubs' and other groups' public bike ride events. Our combined club mailing is sent out each year to 10,000 bicyclists, who receive a copy of the brochures and a listing of participating bike clubs' invitational rides. You can ensure that you receive the mailing by being a current LIB member -- join at www.bikelib.org/join or [contact us](#) to check that your membership is up to date. We also organize a mailing of bundles of ride brochures to 175 bike shops and 25 bike clubs in the state. Both mailings will go out in March. For more information, contact LIB outreach director Gina Kenny at gina@bikelib.org

Wheeling Wheelmen Board Meeting January 12, 2014

Present: Joe Beemster, Pam Kaloustian, Sheri Rosenbaum, Mitch Rosset, Ella Shields, Johannes Smits, Anna Swietczak, Dave Waycie

The meeting was called to order at 5:25 pm.

Treasurer's Report: Checking account balance \$22,776. The final financial report for 2013 will be in the February newsletter.

Donations Approved: The board approved the following donations:

LAB	\$1000
LIB	1500
ATA	1500
Wis. Bicycling Federation	500
Working Bikes	150
Chain Link	150
World Vision	250

Membership: Cards will reflect March 1 expiration date. Renewals are proceeding at a normal rate.

2014 Ride Schedule: Host signups going well. The few open rides can be filled at the next club meeting(s).

Publicity: Doing more with Facebook for both the St Pat's and Harmon rides. The Arlington Heights park board is interested in a bike safety event focused on Lake Arlington. Plan-

ning continues. The event would probably be in May.

St Pat's Ride: New posters have been designed. We will again coordinate with the Rock the Block event. No route changes are planned unless required by road conditions. Volunteers are still needed, but will be signed at the next club meeting. No need to order t-shirts this year, as there are sufficient left over from last year.

Jerseys: Minimum quantities for tops and shorts were met, and we are at the order deadline. Deliveries expected in April.

Route Signs: Len and Reinilde have agreed to work on the needed replacement route signs. We have sufficient signs and materials for the next several years.

Meetings: February 5 – Julie Hochstadter – The Chain Link. (Note this is a Wednesday due to school availability.)

March 6 – Attorney Mike Keating

April 3 – Ed Barsotti - LIB

Newsletter:

February – Anna

March – Sheri – Ride Schedule.

Next Board Meeting: Sunday, February 9, 5:00. Pam will host.

The meeting was adjourned at 6:40.

Dave Waycie, Secretary

TREK RECALL

The U.S. Consumer Product Safety Commission has issued a recall of model year 2013 **Trek** Madones. According to the recall, an attachment bolt on the front brake can come loose, resulting in a sudden loss of braking power. Approximately 6,800 bikes are affected by this recall.

The models include:

- 2013 Madone 5.2 (standard and WSD)
- 2013 Madone 5.9 (standard)
- 2013 Madone 6.2 (standard and WSD)
- 2013 Madone 6.5 (standard)
- 2013 Madone 7.7 (standard)
- 2013 Madone 7.9 (standard and WSD)

Some of the recalled models are custom-ordered Project One Madones. Consumers should check the serial number of their Madones. Serial numbers starting with WTU and ending with G or H are included in this recall. The model number is printed on the bicycle frame. The serial number is printed on a sticker underneath the frame of the bicycle. A full list of all the serial numbers included in the recall can be found at www.trekbikes.com.

Consumers who have one of the models listed in this recall are urged to stop riding them immediately and take the bicycle to a Trek dealer for a free replacement front brake caliper.

For more information http://www.trekbikes.com/us/en/support/safety_and_recalls or call Trek's recall hotline: (800) 373-4594

2013 INCOME AND EXPENSES

Overall the club had a positive year in controlling our costs and managing our income and expenses in 2013. The club had a total income of \$25,600 and expenses of \$24,419. This was down approximately \$2500 from 2012 due to the large attendance at the 2012 St. Pat's day (warm) ride.

Our major sources of income in 2013 were:

Harmon Hundred Registration	\$17,428
Membership Dues	\$ 3,470
St. Pat's Day Ride	\$ 2,981
Banquet	\$ 1,550
Misc.	\$ 170

Our major expenses in 2013 included:

Harmon Hundred	\$9,656
Donations	\$5,400
St. Pat's Ride	\$3,011
Banquet	\$2,272
Insurance	\$1,093
Holiday Party	\$ 952
Misc.	\$2,035

As a not-for-profit organization we donate to various Bicycle Advocacy and Charitable groups annually.

Joe Beemster
Johannes Smits



CROSS-TRAINING FOR CYCLISTS: 4 TIPS TO KEEP YOU FIT

Unless you're lucky enough to live in locale with year-round warm weather, the annual cold temperatures creep up on every athlete and let them know they're not welcome outside anymore. Rats.

When the riding season wraps up and everyone hibernates for the winter, what's an athlete to do? Sitting on the couch and working yourself out of shape isn't an option for most, but what is?

Here are some ideas to keep your winter fitness level high even when the weather isn't cooperating.

Weight Training -When your options are limited, start a weight-training program to build your strength for next season. A study by the University of Science and Technology in Norway concluded that a good strength training program improves running economy without gaining weight. Similar studies have surfaced in cycling, as well.

Find strength-training exercises that mimic the moves you do in your sport. Leg curls are great for runners and cyclists. The bench press is good for freestyle swimmers. Consult with a personal trainer and put together a plan.

Go Inside for Cardio - It might not beat a nice bike ride in the mountains or a run by the beach, but being forced inside for a few months can actually improve your fitness level.

Working out indoors forces you to change your routine and "surprise" your muscles all over again. There's equipment in your local health club that you may not pay much attention to in the warm months, such as:

- The stair machine—a machine that mimics stair climbing,

which builds endurance and works the leg muscles extensively.

- Elliptical—a good machine if you need a low-impact workout to recover your body from a rough season. It also uses the upper body better than a treadmill.
- Rowing machine: A great total-body workout that works back muscles, biceps, triceps, chest, core and legs. Push yourself on one of these, or go to the trusty treadmill or exercise bike. Your conditioning level won't take a hit if you keep at it.

Hit the Pool- So you're not a triathlete or competitive swimmer. No worries. You can still head to your town's indoor pool and get a great workout in.

Swimming is considered a super cross-training workout for runners. Really, though, swimming laps at the pool is good for anybody who wants to boost their winter fitness.

Quick tip: Your technique means a lot when you're swimming. Get a swim lesson from a coach before regularly doing laps. Otherwise, your flawed form could force you to fight yourself in the pool.

Create Your Own Race—If the outdoors isn't going to happen due to cold weather, go inside and get creative.

Some health clubs, have indoor triathlon events in the winter-time. It's not quite the same as an outdoor triathlon in the summer, but it can be a fun way to fill up your winter months and give you a time goal to shoot for.

Even if your health club doesn't do something like this, you can set one up yourself, and train for it like you would an outdoor race.

Edited article from Active.com



HOW TO MAKE RIDING INDOORS MORE ENJOYABLE

Before you head downstairs to start pedaling away in front of Gilligan's Island reruns, here are some tips for making your trip down Nowhere Road a lot more

fun than just watching Gilligan foul up yet another rescue attempt.

SET A TIME LIMIT. Time passes more slowly while you're training indoors simply because there are fewer things to think about. Your mind isn't occupied with dodging road hazards and the best gear for the next hill. In short, indoor riding is a form of sensory deprivation.

The solution is to keep your workout brief. A good rule: Never spend more than 60 minutes on the trainer in one session. Get on, warm up, go through a specific and varied workout, cool down, and then hit the shower. A trainer is ideal for intense and structured workouts. It becomes a medieval torture machine if you stay on too long

VARY YOUR WORKOUT. Never do the same activity on a trainer for more than a few minutes at a time. Shift gears, stand up, pedal with one foot while hooking the other on the back of the trainer, go hard, go easy—anything to give your mind a break.

GET OFF BRIEFLY. You don't need to stay on the trainer for the whole workout. Try this, for example: Warm up for 15 minutes with easy pedaling, then do a series of 2-3 minute intervals at about 85 percent of your max heart rate. But instead of staying on the trainer between efforts and pedaling easily, get off and walk around. Stretch. Get a drink. After two minutes get back on and do another hard effort. You'll be amazed at how much faster the time goes.

FEAST YOUR EYES. On a trainer, the brain doesn't have the usual bike-handling and navigation demands that it contends with during outdoor rides, so it's important to keep it stimulated. Music works well, but most riders find they also need something to look at. Old movies, TV news and quiz shows work great. Perhaps best of all is a bike race video. There's something inspiring about watching great riders in action.

KEEP COOL. Without a cooling wind, you'll heat up quickly while riding in your own stale indoor air. So put a large fan a few feet in front of your face to create an artificial headwind. The stream of air will help evaporate the gallons of sweat you produce, keeping your core temperature down for a better, more comfortable workout.

The results of a lab study showed that the cooler the indoor cycling environment, the more work you can do—and the greater fitness you can gain. Endurance time on a cycle ergo meter at an intensity that could be maintained for 92 minutes when the temperature was 52 degrees decreased to 83 minutes at 70 degrees and to only 51 minutes at 86 degrees.

DRINK UP. Hydration is crucial in outdoor cycling, and this goes double indoors. On the trainer, drink at least one big bottle per hour. Sports drinks work better than plain water because they replace carbohydrate, extending your energy.

TRAIN WITH OTHERS. Sign up for a cycling class at your local health club or bike shop. These group hammer-fests are a great way to add variety and interest to your indoor riding and meet other fitness enthusiasts as well.

Edited article from Roadbikerider.com

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Ask for your
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 Discount*

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

Wheeling Wheelmen Membership Application

Name: _____ Spouse's Name: _____
 Address: _____ Children's Names: _____ Age: _____
 City, State, Zip: _____ Age: _____
 Phone #: _____ E-mail: _____
 New Member? Renewal? Family dues: \$25 Individual dues: \$20

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 Date

Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



**Wheeling
Wheelmen**

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



We are on the web
wheelmen.com



SAVE THE DATES

St. Pat's Ride - March 16
Picnic - July 13
Harmon 100 - Sept 7

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

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 trekhp.com
847-433-8735

THE CYCLERY
575 Ela Road, Lake Zurich
847-438-9600

VILLAGE CYCLESPORT
45 Arlington Hts Rd
Elk Grove Village
847-439-3340
1326 N. Rand Rd.
Arlington Hts.
847-398-1650
203 W. Northwest Hwy
Barrington
847-382-9200

WHEEL & SPROCKET
1027 Davis Street
Evanston
847-864-7660
wheelandsprocket.com

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