



MONTHLY MEANDERS

AHH, THE SWEET SPOT

June 2014

I have been given the privilege of being able to share my theories of bicycling in this month's club newsletter. Some are mine alone, others are filtered from many different sources. And while I hope you do not necessarily agree with them all, at least give thought to how they might possibly further ones bicycling endeavors.

Ahh, the Sweet Spot. Do we really want to weigh the least, ride the lightest bike and spin at 200 rpm?

Our Weight. We all weigh something. Most carry too much but at what point do we stop losing fat and then start losing critical muscle? We don't have to beat ourselves up too much as a skinny hill climber might not win at a sprint and a burly sprinter carries too much up a hill. How does this relate to club members? Learn your strengths and weaknesses. Become at peace with what we are but never stop trying to improve. More muscle, less fat.

The Bicycle. Well it will always weigh too much but when you trade off less

weight for lack of reliability you have passed the sweet spot. There are things that can significantly help. A comfortable saddle and some good padded shorts. Bibs or shorts, saddle cut out or not. Choices all to try to find that sweet spot.

Tires Well here is a hot topic. In the old days you rode 22mm tires and pumped them up to 140 PSI, must have been really a chore to log high miles on this setup. Today bigger and wider is better. Ahh, but at what point have we passed the sweet spot? 25mm has become sort of a norm today and studies seem to support a better ride with less rolling resistance. 28mm is starting to catch on but one needs a frame that can fit them and tire weight starts to creep up. At what point does increased weight and aero mass pass up the wider tires benefits?

Tubular, tubeless or clincher. Tubular. I ride them and they are everything one could want, great cornering, low weight, no pinch flats but I glue them on so well that any flat (I

run sealant which helps with small punctures) ends up in needing a ride back so I DO NOT recommend them. Clinchers; great all around tires, but people, there are better choices. Tubeless which can be tricky to mount initially and require a specific rim type offer the best of all worlds. Good cornering and weight with a great ride due to the ability to run less air pressure. Able to be fixed patched or tubed out on the road. To end this discussion I will relate a recent bakery ride experience. Near the end of the ride, while pulling, we all heard my bikes tubeless rear tire losing air. After three revolutions I was able to pull over safely. Note the air didn't explode out like a tube but was coming out at a rate able for me to pull off safely. By the time we started looking for the cause whatever had made its way in the tire had fallen out and the sealant had filled the hole. Instead of a flat tire on the side of the road I had enough air remaining to make it back to the parking

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Welcome New Members

James, Cath & Katie McKenzie, Buffalo Grove

Brad Gavin, Mt. Prospect

Teresa & Ron Vaughan, Hoffman Estates

Vince Steidl, Crystal Lake

Barbara Anderson, Hawthorne Woods

Sarah Wang, Buffalo Grove

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

TOP 20 MILES

Through May 17

59 rides by 90 members

Max miles = 2,216

1	Dennis	Ellertson	1580
2	Paul	LeFevre	1050
3	Kilian	Emanuel	1005
4	Brian	Hale	950
5	David	Naigles	867
6	Alex	Halamaj	764
7	Mitch	Rosset	745
8	Joe	Beemster	691
9	Kevin	Moore	613
10	Tom	Wilson	568
11	Dan	Wiessner	556
12	Jim	Boyer	549
13	Brian	Blome	521
14	James	Chrestman	504
15	JV	Villadolid	475
16	Jim	Flechsing	460
17	Dave	Waycie	458
18	Peter	Guzik	441
19	Barry	Yatzor	435
20	Tony	Vercillo	423
1	Emily	Qualich	972
2	Sheri	Rosenbaum	899
3	Eva	Larson	640
4	Betsy	Burtelow	558
5	Pat	Calabrese	437
6	Ella	Shields	423
7	Pam	Burke	358
8	Dani	Peterson	334
9	Deb	Wilson	333
10	Pam	Kaloustian	248
11	Lisa	Tracey	232
12	Anna	Swietczak	219
13	Reinhilde	Geis	214
14	Terri	Brei	214
15	Laura	Randazzo	175
16	Barb	Barr	150
17	Virginia	Savio	137
18	Cindy	Kessler	124
19	Kae	Takeshita	112
20	Mary Kay	Drapeau	101

BOARD MEETING

The next board meeting is Monday, June 23, 7:00 p.m. at the home of Johannes Smits.

All Board members are requested to attend.

PROCEDURE PROCESS: IN QUESTIONABLE WEATHER SITUATIONS

If the ride host considers the weather forecast to be severe enough to cancel the ride, he-she should post a message on the Wheeling Wheelmen Yahoo Group

(wheelingwheelmen@yahoo.com)

These conditions can include very high chance of rain or snow, severe winds, or other unsafe conditions.

- If the ride host decides to cancel the ride, he-she should post a message to the Yahoo group no later than 2 hours before the scheduled ride start time.
- Of course, the host may post the message earlier, like the night before, if there is really no question that the ride will be cancelled. Or, if the host wants to decide in the morning, he or she can post a notice to watch for an update in the morning. Generally, more communication is better than less.
- Riders are encouraged to use the Yahoo group, but if a rider cannot access the Yahoo group, the host can be contacted at the phone number listed on the ride schedule.

Every member should consider subscribing to the Yahoo group especially if they are planning on doing rides starting in the outlying areas. Instructions for subscribing to our Yahoo Group are listed on page 7. We also encourage people to join the Wheeling Wheelmen Facebook page and ride information is posted there, too.

Date	Time	Ride Name	Starting Location/Directions	Miles	Ride Host
June Ride Schedule	Cue sheets will be provided and there's no sweep. Riders break up into their own groups usually based on speed (riders may be dropped). All riders must wear a helmet, have a bike in good working condition, ride safely and obey all traffic laws. We suggest you arrive 15-30 minutes early and carry a spare tube/patch kit, water, ID, cell phone, \$\$ and nutrition.				
Sun. 6/1	~ ~	Udder Century McHenry County Bike Club	Donley's Wild West Town 8512 S. Union Rd Union, IL	32/50/62/ 75/100	Invitational
	9:00	Sunday Short Ride	Long Grove Commons Long Grove Commons Shopping Center at Rt 22 and Old McHenry Rd. Park in lot north of the PNC Bank.	~31/55	Larry Frank 847-832-0630
Sat. 6/7	8:00	Honey-Do Ride	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90	30-58	Jim & Betsy 847-204-8274
	~ ~	TOMRV Quad City Bike Club	Bettendorf/Preston Iowa see www.qcbc.org	65/106	Invitational
Sun. 6/8	8:30	Long Grove to McHenry Ride	Long Grove Commons See above	71	Emily Qualich 630-569-6910
	9:00	Sunday Short Ride	Long Grove Commons See above	31/50	Frank Bing 847-814-9925
	~ ~	TOMRV Quad City Bike Club	Bettendorf/Preston Iowa see www.qcbc.org	41/86	Invitational
Sat. 6/14	8:00	Honey-Do Ride	Grassy Meadow Forest Preserve See above	30-58	Eva Larson 847-602-3025
	9:00	Boone County Ride	Evergreen School I-90 west to US 20. Turn right on S. Union Rd. Turn right on E. Coral Rd. Turn left on Northrup. Turn right on Washington to school.	65	Dave Waycie 847-845-9663
Sun. 6/15	9:00	Sunday Short Ride (Father's Day)	Long Grove Commons See above	31/50	Joe Beemster 847-215-2314
Sat. 6/21	8:00	Honey-Do Ride	Grassy Meadow Forest Preserve See above	30-58	Mich Rosset 847-814-3107
	9:00	City of O's	LaGrange General Store IL Rt 12 to Wisconsin to County H in La- Grange, WI. General Store on corner.	50/88	Dave Waycie 847-845-9663
Sun. 6/22	9:00	Sunday Short Ride	Long Grove Commons See above	31/50	Cindy Kessler 847-421-4084
	9:00	Root Beer Social	McHenry County College Rt 14, two miles north of Rt 176, Crystal Lake, IL. Meet in north parking lot.	58/82	Terri Brei 630-606-4341

June Ride Schedule - continued

Date	Time	Ride Name	Starting Location/Directions	Miles	Ride Host
Sat. 6/28	8:00	Honey-Do Ride	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90	30-58	Mich Rosset 847-814-3107
	9:00	Antioch Twisted	Antioch Middle School I-94 to IL 173 west just past IL59. Turn right on Tiffany. Left at sign for school	63/84/ 100	Dan Wiessner 847-736-3484
Sun. 6/29	9:00	Sunday Short Ride	Long Grove Commons Long Grove Commons Shopping Center at Rt 22 and Old McHenry Rd. Park in lot north of the PNC Bank.	31/50	Jorn Lim 847-345-0704

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

WEEKLY RIDES

Day	Time	Ride	Start/Directions	Miles	Ride Host
Tuesday & Thursday	9:00 a.m.	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	25-40	Kilian Emanuel 847-296-7874
Tuesday	6:00 p.m.	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	Tom Wilson 847-632-1412
Trail /Road ride Wednesday	10:00 a.m.	Blue Star Memorial Woods	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.	33	Dennis Ellertson 847-255-9323
Wednesday	5:30 p.m.	Hill and Dale Ride	Grassy Meadow Forest Preserve The F.P. is on Central Rd. 1½ mi. west of Roselle Rd, just north of I-90	25-35	Anna Swietczak 312- 969-1010
Thursday	6:00 p.m.	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 Starts 6/13	10:00 a.m.	Friday Lunch Ride to Taste of Libertyville	Willow Stream Park See above	33	Frank Bing 847-814-9925



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 13 through August 22. There will be a wide variety of food offerings from 9 food vendors and live musical entertainment.

Rides start from Willow Stream Park at 10:00 AM. It will be joint rides with The Arlington Heights Bike Club.

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.



JOIN US FOR THE ANNUAL WHEELING WHEELMEN PICNIC SUNDAY, JULY 13

Rides will start @ 9:00 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

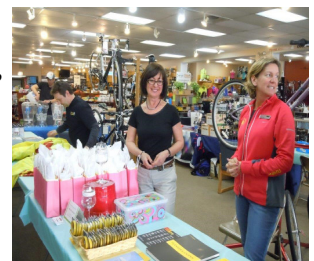
or e mail at cindy1749@clear.net



1) Thanks to Joe Beemster who joined Pam Kaloustian on May 4th at the Vernon Area Public Library Bike Month expo. Many attendees expressed interest in the club ride schedule and several applications for membership were distributed.

2) Thanks to Anna Swietczak for organizing the display table at the 2nd Annual Ladies Night at Village Cycle Sport on May 7th. Over 75 "goodie bags" with Harmon brochures, membership applications,

ride schedules and chocolate bike bars were distributed to promote safe cycling with our club. Also helping out were Terri Brei and Cindy Trent. We had several of our club members in attendance who shared their knowledge with some of the other participants. Village did a great job, yet again, and no one left hungry!



3) A BIG thanks to Barb Barr, Joe Beemster, Ulfert Broockmann, Reinhilde Geis and Pam Kaloustian for volunteering at the Bike Rodeo this year. An even BIGGER thanks to Earle Horwitz for showing up to claim his free iPad. Justly deserved! The weather was perfect for the event and the crew did an awesome job educating parents and all the kids on a proper helmet fit.



(Continued from page 1)

lot. When I got home I dismounted the tire, put a tire patch on from the inside, added air and fresh sealant and was ready to go. People there is better technology out there.

Wheels. Going uphill you need lighter wheels. Going downhill a little weight helps. Crosswinds shallow but the faster you go the more you can benefit from deeper rims. Carbon; aluminum both great but don't ever mix their brake pads. Ten speed or eleven, campy or S, it's all quite simple really. Pick a pair that costs way too much and that you really like, then find that on your next bike with disc brakes you have to start the process all over again.

Cadence. Easy, you pedal around in circles. Couldn't be simpler. Wait how fast should we be pedaling? Too fast and the power stroke is wasted. Too slow and the muscles fatigue. Each of us has an optimum range which will vary with our specific heart, lung and muscle capacities. I and I alone have learned a precise formula which I will now relate. You take mass times sun angle times wind...Hold on the phones ringing...Damn salesmen. Where was I? Well never mind. I will

say that the more information we can feed in be it heart rate monitor, cadence or power meter they allow us to track what our most efficient muscle usage can be. As an aside these meters can be tricked. I like caffeine GU: it gives me a jolt but I notice it also jumps up my heart rate. Power meter; want to see some big numbers? Stand and pump slowly in too big a gear. Gets you impressive numbers, but not much else. Everyone's optimum cadence is different but the one thing I have learned is a higher cadence is easier on the muscles. To sum it all up. Find a slight downgrade with a tailwind and you will feel good. A headwind and a grade and you will feel old, slow and fat. No matter how much you spend or train, someone will drop you. After all this is the Wheelmen. What I hope you can take away from all of this is improve what you can, learn to live with the rest, but the main thing is to enjoy the ride. And never quit chasing after that sweet spot. It is a moving target and it is different for each and every one of us but on those rare days when everything clicks it is a treat...Enjoy! Mitch

Wheeling Wheelmen Board Meeting May 19, 2014

Present: Joe Beemster, Pam Kaloustian, Sheri Rosenbaum, Ella Shields, Johannes Smits, Roland Cooper, Dave Waycie

Treasurer's Report: Improved speed of deposits. St Pat's was a small loss.

Membership: Renewals and new memberships are strong. Membership slightly over 200 at this point.

Ride Schedule: New rides added: Super-Do and Jersey's ride.

Insurance: The insurance company informs us that guests may ride once. After that, they must join if they wish to ride with the club.

Harmon Update: Finalizing T-shirt design and color.

Member Meetings: Pearl Izumi would like to host another meeting. Discussed ways to increase attendance.

Publicity: Buffalo Grove Bike Rodeo went well. Vernon Hills Library event was small. Ladies Night at Village Cyclesport was well attended. The Arlington Lakes event is coming up May 24.

Picnic Ride: The Schneider's will again do the picnic. This year – one start time for the ride: 9:00.

Jerseys: The supplemental order is now closed.

Congratulations: to the Arlington Height Bike Club for a successful Arlington 500, with 673 riders, including quite a few Wheelmen.

Next Board Meeting: Monday, June 23, 7:00. Johannes will host.

Dave Waycie, Secretary

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 Ask for your
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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

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

INVITATIONAL'S

June 1, Udder Century, Donley's Wild West Town, Union, IL 31/50/62/ 75/100 miles, udder@charter.net
mchenrybicycleclub.org

June 1, UPAF'S Ride for the Arts, Milwaukee, WI.
 5/12/25/50/75 miles events.upaf.org/ride/

June 7/8, TOMRV, Bettendorf, IA.
 Saturday: 115 (69) / Sunday: 96 (46) miles.
tomrv_dt@msn.com qbc.org/tomrv

June 8, Honor Ride, 8 a.m. , Skokie, 15/35/55 miles, ride2recovery.com/honorRide.php

June 8, Chicagoland Tour de Cure, Aurora, 10/20/35 path rides, 62/100 miles road rides
chicagotour@diabetes.org, 312-346-1805 x6573
[main.diabetes.org/site/TR?](http://main.diabetes.org/site/TR?fr_id=9382&pg=entry)
[fr_id=9382&pg=entry](http://main.diabetes.org/site/TR?fr_id=9382&pg=entry)

June 8, BCLC Ramble, Wilmot, WI. 30/50/70/100/124 miles, Luke 847-665-9322 ramble@bikeBCLC.com

June 14, Annual Rotary Pie Ride, Janesville WI.
 31/62/100 miles, all riders get a free pie, www.pieride.org

June 22, Swedish Days Ride, Burlington ,IL.
 27/45/62/80/100/124 miles swedishdays@fvbsc.org
www.fvbsc.org/swededays.html

June 21/22, The L.A.T.E. Ride, Chicago, Ride 25 miles under the moonlight through the city's downtown, South Loop, Chinatown, and North Side neighborhoods and along Chicago's spectacular lakefront bicycle path. www.lateride.org

June 29, Menominee River Century, Menominee, WI.
 15K, 40K, 80K, 120K, www.mrcride.com

Amishland & Lakes, Howe, IN, Aug. 2-3
 Saturday:25/36/50/63/100 miles, Sunday; 33/46/62 miles
amishlandlakes.com



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

We are on the web
wheelmen.com



SAVE THE DATES

July 13 - Picnic
 Sept . 7 - Harmon
 Nov. 9 - Banquet

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