



MONTHLY MEANDERS

ST. PATRICK'S DAY RIDE

Dear Fellow Wheelmen,

Once again, we are all looking forward to Spring, good riding weather and the St. Patrick's Day Ride.

The ride this year is on Sunday, March 20, starting from Wauconda High School. We need your help again to host this spectacular early season ride. A special thanks goes to the club members who have already volunteered. We need additional help in all volunteer areas: road marking (day before), registration, parking, cookies, and serving food. There are 2 shifts, 7:00 – 9:30 am and 9:30 – 12.



Returning by popular demand, Acoustic Soul Generation is a wonderful band that plays all over the Chicago area. They played for us at last year's St. Patrick's Ride and also at the Harmon Hundred. They have graciously offered their talents for our special event, so don't miss it! P.S. Bring your dancing shoes.

This year, we are joining forces with 'Working Bikes' to collect bike related items to donate to a good cause. The information for donations will be listed on the advertising in the brochures and posters. The ride

event is a great and easy opportunity for attending riders to bring donated used/new clothing, equipment and used bikes to help those in need. You are encouraged to look through your closets as well.

"Working Bikes is a 501(c)3 not-for-profit that has redistributed more than 50,000 bicycles to humanitarian aid organizations throughout Latin America and Africa. Locally, Working Bikes partners with homeless transition, refugee resettlement, and youth empowerment programs to put refurbished bicycles to good use in Chicago. Bicycles are life-changing tools that enable people in underserved communities to gain access to education, jobs, and healthcare that might otherwise be inaccessible.

We are passing out hundreds of pamphlets and large posters advertising the ride. Contact me if you can help with the distribution in your area. So come out and join the fun and see your cycling friends on Sunday, March 20. Call 312-969-1010 or email annaswiet@yahoo.com to secure your favorite volunteer spot.

We look forward to seeing everyone,
Dennis, George and Anna

Feb. 2016

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Club Officials

Elected Officers

President

Joe Beemster 847-215-2314

V.P.-Ride Chair

Dave Waycie 847-845-9663
dave.waycie@gmail.com

Treasurer

Johannes Smits 630-893-2835

Secretary

Patty Blome 847/358-4807

Membership

Mitch Rosset rrkite99@aol.com

Publicity Chair

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

Appointed Officers

Harmon Chairman

Open

Newsletter

Ella Shields 773-407-4712

St. Pat's Ride

Anna & George Swietczak
annaswiet@yahoo.com

Chairmen

Banquet

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

Johannes Smits 630-893-2835

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

WHEELING WHEELMEN

FIRST MEMBER MEETING OF 2016

We are scheduling our first member meeting of 2016 on **Thursday, February 4th at 7:00 PM at Tavern 45**. This event worked out well last year as we combined our regular club meeting with a social event. The club will pay for snacks and soft drinks and we will have a cash bar.

While our rides are now few and far between, it will be good to get together and indulge in some friendly conversation.

Tavern 45 is located in the Brunswick Bowling facility. It's located at:

350 McHenry Road

Buffalo Grove

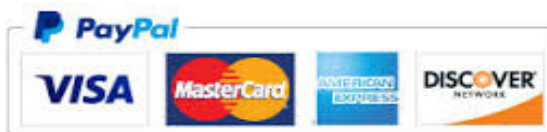
(In the shopping mall behind Deerfield Bakery)

2016 MEMBERSHIP RENEWAL

It's time to renew your membership.

Please renew on line or use the membership application on the website. Renew as soon as possible so you won't miss a single issue of the Monthly Meanders or the 2016 Ride Schedule. Due date for renewals is **March 1**.

Membership Renewal is now available using either your PayPal account, or by using the following Credit Cards:



Visit our website wheelmen.com to sign up

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



To Pam Burke for hosting the annual holiday party. Approximately 50 people attended, had a fantastic time, lots of laughs and excellent food.

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

Thanks to Dave Waycie for taking pictures at the party, visit wheelmen.com/slide_show_holiday_party_2015.asp to see the great photos.

WEEKLY RIDES

Day	Time	Ride	Miles	Start/Directions	Ride Host
Saturday, Sunday, Tuesday & Thursday	10:00 am	Deerfield Bakery Show N Go Rides	25-45	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

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

Cycling Past 50 – The Ageless Cyclist

There was a time when you thought 50 meant the establishment, your parents or your boss. Fifty was over the hill, with one foot in the grave. But middle aged cyclists are routinely knocking off more centuries with little or no attention to age.

Middle-Age Cyclists

The older generation has realized there's something addictive and healthful, both mentally and physically — about cycling. Statistics prove that cyclists who take up cycling in mid-life are more likely to stick with the sport than younger riders.

A Class by Itself

The Race Across America is a grueling, transcontinental solo bicycle race. A good percentage of RAAM riders are in their 50s and 60s, and outpacing younger riders. For example; Peter Lekisch, 60-years old, finished the RAAM in 12 days and 20 hours.

Passion and Cycling

Biking has become a passion for cyclists over 50. The need for glasses, slightly graying hair — or loss of it, and few more wrinkles is insignificant. The things that matter most, cardiovascular, lungs and circulatory, or possible issues with hips and joints, can be addressed easily enough by a doctor who can make recommendations for training or recreational riding.

Fast versus Slow-Twitch

The mass of fast-twitch muscle fibers needed to produce power is greatest during your 30s. Studies have shown a decline in power of at least one per cent per year for both men and women. But there's a tradeoff — slow-twitch muscles, the kind that give you endurance, are more plentiful at 50. The demographic of long-distance riders is continuing to favor older riders because of this distinction.

What to Expect

It's not wise to blast off the line like you were racing. Warming up the first few miles is important. Everyone is different, and you should know by now what it takes for your body to respond. If not, experiment with warm ups to find your own regimen. Simple stretching might be enough, or a slow cruise for the first mile or two might be what you're looking for.

Cruising Speed

At some point during a ride, you'll likely feel your lungs and heart find a balance. It might be between 12-to-16 mph, give or take. Serious cyclists call it the anaerobic balance. When you feel it, stick with it for a comfortable cruising speed.

Bounce Back

Recovery from a long ride might not be as fast as it was when you were 25. Pushing yourself to the limit breaks down muscle fibers. When the muscles grow back, they're bigger and stronger. At 50, muscles don't mend as fast, but they do

mend, only slower.

Mood and Hormones

It's not uncommon during middle-age, to feel down in the dumps, less amorous, or you simply can't sleep. If you have any of these maladies you're probably not a cyclist. Cycling affects estrogen and testosterone levels. It's one thing to say that cycling is a cure-all for these simple health problems, but knocking off a few miles or more each day or as often as you can, is an aid to health issues, and when you feel good, and look good, you feel more attractive.

About Training

Older cyclists tend to understand their own responses to training, rather than just blindly knocking out the miles, or following a "one size fits all," training program. If you're not into training, but instead prefer a more recreational approach, older cyclists are still more likely to listen to what their body is telling them, because it speaks louder — especially in the morning.

The Ageless Cyclist

Cyclists who prefer to spend their weekends shredding the blacktop rather than puttering around in the garden or on a golf course have much to be happy about. It's impossible to reverse the arrow of time, but consistent and intelligent cycling minimizes its effects, allowing the older cyclist to maintain or gain fitness as the years tick by.

www.ilovebicycling.com/cycling-past-50-the-ageless-cyclist

The Best Cycling Movies Of All Time

Film allows fans of a sport to connect with it on a level far beyond simply participating. There are many great cycling events that are watched by millions, all over the globe, with the likes of the Tour De France ranking high on the list of must-watch television for cycling fans.

Of course, like with many other sports, cycling has also been the subject of some truly brilliant films. Here we take a look at a few great cycling movies that you have to watch if you love your bike.

A Sunday In Hell Anybody who has ever participated in an endurance race knows just how difficult it can be, and *A Sunday in Hell* chronicles the fiendish Paris-Roubaix race. This documentary follows some of the major players in the 1970s cycling game as they traverse one of the most difficult courses known to man, riding for more than 250 kilometers. Interviews with participants and in-depth coverage of the physical toll the race takes on the participants make it a riveting watch.

The Flying Scotsman This touching story is based on the life of the Scottish amateur cyclist Graeme Obree as he attempts to take the world one-hour distance record despite suffering from a mental illness and having no sponsors to offer support.

Breaking Away - Everybody needs a little comedy every now and again and this wonderful "coming of age" film does a brilliant job of demonstrating the enthusiasm that the sport of cycling can create in a younger generation. The film is so good that it was ranked as one of the top ten American sports films of all time by the American Film Institute.

BMX Bandits - It's not often that cycling gets embroiled in the world of crime, but this Australian crime drama breaks the

mold entirely. It follows a group of BMX enthusiasts who accidentally stumble upon a set of police radios that some bank robbers are aiming to use in their latest heist. There are chases aplenty as a result, including a memorable biking scene featuring the Manly Waterworks water slides.

Quicksilver - *Quicksilver* charts the fall from grace of a young floor trader, played by Kevin Bacon, who takes up a job as a bicycle messenger after losing his family fortune on the stock market. It is a tale of redemption that also does a great job of showcasing the freedom that cycling can offer.

Chasing Legends - If you ever want to experience the Tour De France from the perspective of the competitors then this is the film for you. *Chasing Legends* follows Team Columbia-High Road and takes in their thoughts as a participating team in the grueling event. Look for a younger Mark Cavendish making waves during the course of the race.

The Armstrong Lie - The saga of Lance Armstrong placed a black mark over the sport of competitive racing, and this film chronicles his retirement and attempts to get back into the world of competitive cycling before the doping investigation that led to his lifetime ban from the sport. It is a fascinating character study into one of cycling's most polarizing figures.

Klunkerz: A Film About Mountain Bikes - This riveting documentary takes a look into the early years of mountain biking, including its formative years in Northern California and the relationship of a variety of different groups who all contributed to getting the sport off the ground. It is a must-see for any fan of the sport of mountain biking.

Bicycle Dreams - This documentary covers the punishing Race Across America, which is a 3,000 mile cross country event

that is only taken on by some of the best endurance racers around. The film covers the 2005 event, which begins tragically with the death of endurance cycling great Bob Breedlove and continues into a marvelous testament to the strength of the human will and spirit.

The Triplets of Belleville - This quirky French animation is unlike every other film on this list, but is a sentimental favorite for any fans of the Tour De France. It follows the story of a young boy whose grandmother takes it upon herself to train him to become a champion in the most famous cycling event of all. It's a touching and, at times, funny film that offers something a little more fantastical.

Premium Rush - Dodging speeding cars, crazed cabbies and eight million cranky pedestrians is all in a day's work for Wilee (Joseph Gordon-Levitt), the best of New York's agile and aggressive bicycle messengers. It takes a special breed to ride the fixie - super lightweight, single-gear bikes with no brakes and riders who are equal part skilled cyclists and nutcases who risk becoming a smear on the pavement every time they head into traffic. But a guy who's used to putting his life on the line is about to get more than even he is used to when his last envelope of the day - a routine "premium rush" run - turns into a life or death chase through the streets of Manhattan.

American Flyers - Sports physician Marcus persuades his unstable brother David to come with him and train for a bicycle race across the Rocky Mountains. He doesn't tell him that he has a cerebral tumor. While David powerfully heads for the victory, Marcus has to realize that the contest is now beyond his capabilities. Features great views of the Rockies and an insight in the tactics of bicycle races.

Edited article from; www.ilovebicycling.com/the-best-cycling-movies-of-all-time/

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<p>www.villagecyclesport.com</p> <p>45 Arlington Hts. Rd. • Elk Grove Village, IL 60007 • 847-439-3340 1326 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650 234 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200</p>	<p>Get the right fit with the Slow Twitch Certified Fit Specialists</p> <p>Ask for your Wheeling Wheelmen Discount</p>

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@yahogroups.com

To Unsubscribe send an email message to:
wheelingwheelmen-unsubscribe@yahogroups.com

To post a message send your message in an email to:
wheelingwheelmen@yahogroups.com

The group name is: **wheelingwheelmen** and is available at: pgroups.yahoo.com/group/wheelingwheelmen

2015 INCOME AND EXPENSES

Income

Harmon Hundred	\$13,490.00
Membership	\$3,547.00
Banquet	\$1,644.00
St. Pat's Ride	\$2,331.00
Misc.	\$ 110.00

\$ 21,122.00

Expenses

Harmon Hundred	\$9,981.00
Donations	\$6,200.00
Banquet	\$3,457.00
St. Pat's Ride	\$2,847.00
Holiday Party	\$ 956.00
Club Insurance	\$1,318.00
Mailing	\$ 228.00
Picnic	\$ 324.00
Newsletter	\$ 544.00
Other expenses	\$1,076.00

\$ 26,931.00



**Wheeling
Wheelmen**

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

We are on the web
wheelmen.com



SAVE THE DATES

Club Meeting, - Feb 4
St. Pat's Ride - March 20
Picnic - July 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
albertoscycles.com

AMLINGS CYCLE
8140 N Milwaukee Ave.
Niles 847-692-4240
amlingscycle.com

B&G CYCLERY
131 E. Rollins Rd,
Round Lake Beach,
847-740-0007 bgcyclery.com

**BICYCLE CONNECTION
OF SCHAUMBURG**
1226 N Roselle Rd.
Schaumburg 847-882-7728
bikeconnection.com

**GEORGE GARNER
CYCLERY**
1111 Waukegan Rd.
Northbrook 847-272-2100
740 N. Milwaukee Ave,
Libertyville, 847-362-6030
575 Ela Road, Lake Zurich
847-438-9600
georgegarnercyclery.com

MIKES BIKES
155 N Northwest Hwy,
Palatine, 847-358-0948
mikesbikeshoppalatine.com

RUNNER'S HIGH & TRI
121 W. Campbell,
Arlington Hts., 847-670-9255
runnershigh-n-tri.com

SPOKES
69 Danada Square E,
Wheaton 630-690-2050
1807 S. Washington, #112
Naperville, 630-961-8222
spokesbikes.com

**TREK BICYCLE STORE –
HIGHLAND PARK**
1925 Skokie Hwy
Highland Park
847-433-8735 trekhp.com

VILLAGE CYCLESPORT
45 Arlington Hts Rd
Elk Grove Village
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847-398-1650
234 W. Northwest Hwy
Barrington 847-382-9200
villagecyclesport.com

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

We support:

- *The League of American Bicyclists
- * Ride Illinois
- *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