



MONTHLY MEANDERS

BOARD BANTER

2016 was a good year for the Wheelmen with a lot of activities. We had a total membership of about 250 and rode a total of 145,000 miles on 243 rides. The club offered several member get-togethers during the year. In addition to our winter/spring meetings, we enjoyed our Picnic, Harmon volunteer appreciation party, Chili ride, and our combined Banquet/ Holiday party. All with good times and laughter.

Our club treasury remains in good shape.. As a Not for Profit organization, we donate to several cycling advocacy groups and charities. These include the League of American Bicyclists, Ride Illinois and Wisconsin Bicycle Associations. We also support Chicago Active Transportation, Working Bikes and Toys for Tots. Our specific contributions for 2016, along with a financial summary, will be published in our February 2017 newsletter.

The Wheelmen again sponsored two invitation-

al rides. Over 200 folks rode in the St. Patrick's day ride and the Harmon Hundred had 656 riders . Both rides went very well and we received numerous positive comments from our guests. Live music was again featured at both rides A big thank you goes out to **Anna & George Swietczak**, **Dennis Ellertson** and **Erich & Agathe Massat** for their work and great leadership in making these events such a success.

Your Board members meet regularly to insure everything is running smoothly. In addition to your's truly, they include **Dave Waycie**, our V.P. and Ride Chair, **Pat Calabrese** Secretary, **Johannes Smits** Treasurer and manager of our website, **Mitch Rosset** Membership and **Pam Kaloustian** Publicity.

Also special thanks to **Ella Shields**, who keeps us on track and publishes our monthly newsletter, **Jim Boyer** for coordinating the incoming Club mail, **Pam Burke** for

heading up the Holiday party/banquet, **Emily Qualich** keeping track of everyone's mileage and database for our event riders, **Al & Cindy Schneider** for hosting and cooking at our picnic, and **David Newman** for hosting the Chili Ride.

On a sad note, we lost our founder, The Grand Dame of Bicycling, **Phyllis Harmon**. Some of us were able to join her family on November 4th at her dedicated bike/walking path marker along Dundee Road for a remembrance of all the great work she did for cyclists.

Lastly I want to thank all of our volunteers who continue to be a tremendous help in making our two invitational rides a great success and those who serve as ride hosts. We are so blessed to have so many members who continue to step up to make the Wheelmen a great successful club. All the best, have a great holiday and safe New Year.

Joe Beemster, President

DEC 2016/JAN 2017

INSIDE THIS ISSUE:

BOARD MEETING	2
FINAL TOP 20	2
BIKE SWAP	2
RIDES	3
TOY RIDE	3
CLUB NIGHT	3
RENEW	4
KATY TRAIL	4-5
RENEWAL FORM	6
RIDE HOSTS	7



To Pam Burke for hosting the Banquiday. Approximately 63 people attended and we celebrated a wonderful cycling season, had a lot of laughs and excellent food.

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

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 630-935-4074

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

Erich Massat 847-253-5815

Newsletter

Ella Shields 773-407-4712

St. Pat's Ride

Al Gibbs

Chairmen

Banquiday

Pam Burke pamelaburke2000@yahoo.com

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 630-935-4074

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

2016 TOP 20 MILES

Men:

1	Dennis	Ellertson	6916
2	Paul	LeFevre	5404
3	Kilian	Emanuel	4508
4	Larry	Frank	3975
5	Johannes	Smits	3936
6	Erich	Massat	3543
7	Dave	Waycie	3529
8	Joe	Beemster	3432
9	Luca	Zaramella	2997
10	Jorn	Lim	2907
11	Don	Miller	2742
12	JV	Villadolid	2619
13	Jim	Boyer	2495
14	Jeff	Rossi	2376
15	Jim	Flehsig	2335
16	Kevin	Moore	2185
17	Guy	Ockerlund	2181
18	Brian	Hale	2132
19	Jeff	Magnani	2130
20	Leslie	Scott	1968

Women:

1	Emily	Qualich	4185
2	Reinhilde	Geis	2280
3	Betsy	Burtelow	2236
4	Marianne	Kron	1851
5	Pam	Kaloustian	1850
6	Sheri	Rosenbaum	1788
7	Pat	Calabrese	1779
8	Paula	Matzek	1400
9	Deb	Wilson	1356
10	Ella	Shields	1055
11	Ellen	Heineman	943
12	Cindy	Kessler	897
13	Nancy	Beck	787
14	Kris	Woodcock	753
15	Lorrie	Stork	668
16	Jackie	Kelley	645
17	Pam	Burke	590
18	Anna	Hil-Andzejewska	510
19	Jana L	Laughlin	451
20	Malina	Chereji	358

BOARD MEETING

The next board meeting TBA

10TH ANNUAL CHICAGO WINTER BIKE SWAP Sunday, January 29, 2017 9:30 to 3:30 Harper College

\$5 admission for adults

Kids 12 and under free

FREE PARKING

- Road, tri, mountain, single speed, track--
- Recumbent, commuter, classic, kids, cyclocross--
- Components, equipment, clothing--
- New and used--

Whatever your velo needs, there is something for everyone in the 30,000 sq ft of the Chicago Winter Bike Swap!

Browse the BIKE CORRAL for a selection of hundreds of new and used complete bicycles at discount prices

1200 West Algonquin Rd, Palatine
www.chicagowinterbikeswap.com

Thank you

To David & Alexis Newman for once again hosting the annual Chili Ride and Dave Waycie for coordinating all the details.

About thirty five people enjoyed several types of yummy chili, scrumptious desserts, libations and lively conversations. A great time was had by all.

WEEKLY RIDES					
Day	Time	Ride	Miles	Start/Directions	Ride Host
Tuesday & Thursday	10:00 am	Deerfield Bakery Ride	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
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

2017 MEMBERSHIP RENEWAL

It's time to renew your membership.

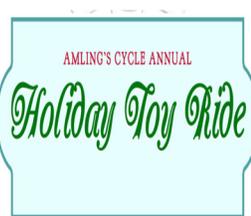
Please renew on line or send back the 2017 renewal application on page 6. Send your renewal form back as soon as possible so you won't miss a single issue of the Monthly Meanders or the 2017 Ride Schedule. Due date for renewals is **March 1, 2017.**

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



**FRIDAY, DECEMBER 9
6: 30 A.M.**

Participants will ride their bicycles from Amlings Cycle, 8140 Milwaukee Ave in Niles, 847/692-4240, to Corcoran's Grill & Pub (1615 N. Wells),

about 16 miles one way, to meet a waiting truck from the U.S. Marine Corps Toys for Tots campaign. We'll then enjoy a hot breakfast courtesy of Corcoran's.

Those wishing to join the ride need to pre-register (on line @ toyridechicago.com), or stop in at the shop. There is no cost to ride other than bringing a new, unwrapped toy for a child.

If you would like to help out, but don't want to ride your bike, you can drop off a new unwrapped toy at Amlings Cycle.

Editor's note; the ride is a blast come out and join us this year.



**CLUB APPRECIATION
NIGHT
THURSDAY, DECEMBER 1
5:00-9:00 P.M.**

MIKES Bike Shop will be hosting their 9th annual Customer Appreciation

Night in recognition of customers who have made them a success.

Highlights of the event include:

- Everything in the store will be 20% off (except sale items, bikes and labor) and 50% off Cannondale apparel
- Demo from SRAM on eTap
- Continental rep on hand to talk about Four seasons tires
- Raffle prizes
- Food, home brewed beer and other refreshments

155 N. Northwest Hwy.
Palatine, IL 60067, 847 358-0948
mikesbikeshoppalatine.com

RIDING THE RAILS...RAILS TO TRAILS THAT IS

As summer ended and fall was upon us, it was time to dust off the cross bikes and hit the trails. This fall Mitch and I looked for a new adventure within a day's drive of Chicago and decided on the Katy Trail in Missouri. The trail is the longest developed rails to trails in the country and the surrounding area is rich in history.

Trail history

The trail is built on the former corridor of the Missouri-Kansas-Texas Railroad (MKT or Katy), is 240 miles long and runs between Clinton and Machens with 26 trailheads and four fully restored railroad depots. Much of the trail runs along the Missouri River on one side and high bluffs on the other, which offers spectacular views. Many of the trailheads offer bathrooms and water, some even providing a pump and tools.

You'll continually be reminded of the trail's history as you see old telegraph poles and other remnant pieces of the railroad's past. The trail passes over numerous pony-truss, through-truss and trestle bridges on its route. Along the trail you'll ride through small rural towns that once thrived along the railroad corridor. These communities make great places to stop and explore. (NOTE: Many places are closed on Sunday and/or Monday, so plan ahead for food).

Lewis and Clark are also part of the trail history. Napoleon offered the Louisiana Territory for sale in 1803 and President Jefferson directed Lewis and Clark to map and explore the lands west of St. Louis to find a water route to the Pacific.

Daniel Boone is also an iconic figure that has history along the trail. Having endured legal and financial setbacks, Boone sought to make a fresh start by leaving the United States. In 1799, he moved his extended family to what is now St. Charles County, MO, which was then part of the Spanish Louisiana.

What type of bike to use?

The trail is crushed limestone and very well maintained. There were only a handful of sections that were "rough" and those were clearly marked with signage. I'd recommend a cross or hybrid bike, but certainly a road (min 25mm tires), MTB, or a fat tire bike would work, too. Since this is an old rail road bed the grades are minimal. Most of the sections we rode had 300 ft of climb over 50 miles. The west end had more climbing with about 1000 ft over 50 miles.



There are a few bike shops that rent eBikes. So if a friend or spouse is not as strong of a rider as you, they can still keep up.

Self contained or day rides

The majority of the riders we came across were riding the full trail and do a self contained ride, carrying their belongings with them. The ideal way to do this is park in St Charles and take the Amtrak train or hire a shuttle west to Sedalia. Then ride east back to St Charles. You can either camp or select from a variety of inns, B&Bs or hotels along the trail.

We decided to use shuttles or simply ride out and back each day staying in hotels. If we were to do it again, I think we'd do self contained and stay at hotels or inns. Many of the bike shops rent panniers so

you don't incur the added expense of purchasing them.

Something for everyone

The trail offers you options for cycling, equestrian riding, and hiking. So if you are traveling with a non-cyclists, there's always options. They can also shop at many of the antique stores and check out several of the local wineries. Then meet up with you for lunch at one of the small towns along the trail.

Our itinerary

We decided to ride the trail mostly west to east for two reasons. First, we'd end up 2 hours closer to Chicago on the last day, thus less of a drive home. Second, prevailing winds and down river is west to east. But Mother Nature threw us a curve ball two of the days with easterly winds.

Sunday, Oct. 9th:

Departed Chicago and headed for Boonville, MO (mile marker 191.8). We arrived about 4:30pm and checked into the Hotel Frederick. Built in 1905, the Hotel Frederick is a significant local and state historical landmark, and is the best example of Romanesque Revival architecture in the region. They cater to cyclists, even offering bike storage in their basement and is located directly across the street from the Katy Trail.

We decided to take a short sunset ride to stretch our legs. Taking the bridge across the Missouri River and headed out about 7 miles east. Then on the way back we stopped on the now closed Katy Bridge to watch the sunset over the river. The bridge was built in 1931-32 to replace an 1873 MKT structure. It has four trusses over the water and a vertical lift in the middle. Very impressive to see. The sunset from the bridge was breathtaking and truly set the mood for the remainder of the trip.

(Continued on page 5)

(Continued from page 4)

Since it was late, a yummy dinner was at The Fred within the hotel and in bed by 930pm.

Monday, Oct. 10th:

We hired a shuttle service, Cotten's Bikes & Shuttle, to take us to N. Jefferson (mile marker 143) which is just a few miles from the capital. The cost was \$45/person which was well worth it. If you have time you can ride the Jefferson spur into the city and tour an abandoned prison and other sites. We decided to skip the extra miles since we already had 50 miles back to Boonville. This section of the trail was very scenic with lots of wildlife including turkey vultures, bald eagles, blue jays, white tail deer, and the crazy kamikaze red squirrels that would dart out across the trail causing you to slam on your brakes.



Much of this section of the trail paralleled the river so we enjoyed great views to the left and bluffs to our right. Not realizing that most places are closed Monday, we did not get to eat lunch until 3pm when we arrived back in Boonville. We stopped at the Main St Diner and enjoyed a wonderful home cook style meal and friendly locals interested in our trip.

We stayed at the Hotel Frederick a second night and walked a few blocks to

Maggie's Bar and Grill for dinner. I can recommend this place, too.

Tuesday, Oct. 11th:

We hired the same shuttle service again this morning at the same cost as Monday to take us 50 miles west to Green Ridge (mile marker 239). The scenery was a bit different today as we were now away from the river. Mostly farms and wooded forest. There was more climbing today, 1000 ft over the 50 miles. But all gentle grades between 1-3%.

We stopped along the trail in Pilot Grove at Katarina's Cafe. Again, home style cooking with great burgers and salads. If you are so inclined there's also homemade pie. Just remember you have to get back on the bike.

Once in Boonville we packed the car and drove east to Hermann. This town is 2 miles off the trail, but it's a cute. If you are there in October over a weekend, there is a lot going on for Octoberfest. They also have a number of wineries. We stayed at the Hermann Crowne Hotel and were not thrilled. There's many other locations to pick from and suggest you check them out.

Wednesday, Oct 12th:

In the morning the forecast was for rain, so we walked down the road to Lindee's for an amazing breakfast. Highly recommend the pancakes they make from scratch...and I'm not a pancake fan. After breakfast the skies were clearing so we drove via Rt 94, a scenic two lane hilly, windy country road to Treloar (mile marker 84.7). The road passed through vineyards and farm fields, so I recommend this route. We did not shuttle today and chose to do an out and back instead. Just as we got to Augusta (mile marker 66.3) it started to rain. So we hunkered down at the trailhead with some other cyclist and waited for the storm to pass. Because of the strong head winds back to Treloar and another storm pending in the afternoon, we decided to head back. A stop at a cute bar in Mar-

thasville (mile marker 77.7) called Two Gables for lunch and continued back to Treloar. Being anal about our mileage and the storm still holding off, we went past Treloar for a few miles to get 50 total for the day.



From Treloar we drove Rt 94 to St Charles (mile marker 39.5). We stayed at the Country Inn and Suites which was in historic St Charles, as well as right on the Katy Trail.

Thursday, Oct 13th:

Today was our last day and decided to do another out and back before driving home. We basically fell out of bed, had breakfast, and were 30 yards from the trail. Riding east our destination was the town of Defiance (mile marker 59.1). This portion was back along the river with bluffs on one side. The 40 mile round trip ended at the St Charles railroad depot for some pictures along with a massive statue of Louis, Clark and their dog Seamen.

With a late checkout arranged, we were able to shower and hit the road by 1pm. The trip was really special and I can highly recommend it for any level cyclist. Being mid-October we were hoping for some amazing fall foliage, but we were probably a week too early. The leaves were just starting to change. The trail was not very crowded but I'm sure weekends during the summer it could be

(Continued on page 7)

**2017 WHEELING WHEELMEN
MEMBERSHIP RENEWAL**

Name: _____

Address: _____

City, State, Zip: _____

Phone: (____) _____

E-mail: _____ OK to share with bicycling organizations

Membership type: Single \$20.00 Family \$25.00

Newsletters are sent via e-mail, but if you need a paper copy
please indicate below:
 Send paper copy

Membership Agreement:

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 complementary 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 Date: _____

Signatures of other riders, if Family Membership:

_____ Age: ____ _____ Age: ____

_____ Age: ____ _____ Age: ____

Please **SIGN** application and return with check to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304. **Due date for renewal is March 1, 2017.**

If you would like to receive a membership roster, contact Mitch Rosset at wheeling@wheelmen.com

<p>Top 100 Dealer in USA. Top 50 Trek Dealer. Over 30 yrs. in Business</p>	
 <p>VILLAGE CYCLESPORT Since 1976</p> <p>Arlington Heights • Elk Grove Village • Barrington</p>	
	<p>THE BEST WAY TO TRAIN ◆ Computrainer Training Center</p>
<p>Areas largest Selection of Tandems, Recumbents and Folding Bikes</p>	
<p>www.villagecyclesport.com 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 <i>Wheeling Wheelmen Discount</i></p>

(Continued from page 5)

packed. I highly recommend making hotel and shuttle reservations beforehand. They get booked fast and you don't want to be without a place to stay.

One last caution, cell and internet service is very spotty along the trail. After the first day we took a paper map with us (available at any hotel, trailhead or bike shop) so we knew how far the next town was and what services were offered. The trailheads did have town history, mileage and a few points of interest.

Resources:

Below are a few resources and as always if you have any questions feel free to reach out to Mitch or myself.

BikeKatyTrail.com - The bible for everything Katy Trail. Lodging, points of interest, maps, restaurants, etc.

MOStateParks.com

TrailLink - <http://www.trailink.com/trail/katy-trail-state-park.aspx>

Shuttle Service: While there are many shuttle services along the Katy Trail, we used Cotten's Shuttle twice and can highly recommend him...good prices and very reliable. marvincotten.7070@gmail.com or 660-621-3488.

Sheri Rosenbaum

2016 Ride Hosts

Al Gibbs	1	Emily Qualich	9	Laura Randazzo	2
Barb Barr	1	Erich Massat	3	Luis Magana	1
Betsy Burtelow	2	Eva Waycie	3	Mitch Rosset	2
Bob Dominski	1	Frank Bing	9	Pam Burke	1
Brian Hale	5	Jeff Magnani	1	Patty Bloome	2
Carl Droege	1	Jeff Rossi	12	Paul LeFevre	24
Cindy Kessler	2	Jim Flechsig	2	Reinhilde Geis	5
Dave Waycie	6	Jim Boyer	9	Sheri Rosenbaum	1
David Newman	1	Joe Beemster	7	Tara Riley	2
Deb Wilson	1	Johannes Smits	5	Toan Tran	9
Dennis Ellertson	29	Jorn Lim	3	Todd Berlin	1
Don Miller	1	JV Villadolid	1	Tom Wilson	11
Don Sorter	2	Kevin Moore	2	Tony Vercillo	4
Earle Horwitz	2	Kilian Emanuel	58	Vince Kelley	2
Ella Shields	2	Kris Woodcock	1		
Ellen Heineman	1	Larry Frank	6	Total hosts	46



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 19, 2017



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.

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
 847-439-3340
vcsegy.com

VILLAGE CYCLESPORT
 1326 N. Rand Rd.
 Arlington Hts.
 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