



MONTHLY MEANDERS

PREZ SAYS

As Spring time comes around, and we get outside to ride again, here are a couple of things I've thought to mention for us as cyclists.

It may have been several months since the least active of us have even gotten into our saddles, and it should be just like picking it all back up once you get off right? Well, yes - for the overall ability and mechanics or riding, but some small subtleties I thought I would share for us to concern ourselves over when we get back to being in group rides again.

Firstly - we may not be as sharp as we were at the height of last season: some things we do less well: 1.) forget how to clip it effectively, making it more wobbly. This isn't as bad from the parking lot, but after a red light, we need to just go, and well, we may hold up the person behind us. 2.) Forget to pump up our tires, or fill our sealant - pinch flats

are common in Spring 3.) Forget all our gear - someone misses out on shoes, or gloves, or a Garmin etc. 4) We may forget the etiquette as well: Ride too far left, cross the lines, forget our call outs and hand signals.

But something I notice in group rides every early season is this: we our more squiggly. We hold a worse line. We are less predictable cause we aren't as good as we were. All of us probably, but certainly I speak for myself: my consistency is less than it was, and as a result, in a pace line, I am more erratic, less predictable than I am at my best, making it necessary to watch out more closely to others (or just me). Our cadence adjustments are not settled in. Additionally, fitness levels of our fellow riders are all over the board: Some of us worked hard and come back strong in the spring, and others really took the time off - and it shows on the road

and our abilities - our ability to hold steady, to keep a pace, to pull well, to climb with any power and stay steady. Also, we may have bench marked ourselves with our friends, each other in our respective groups and as a result need to recognize the gap we have from before and relatively to the riders who we know. There may be gaps that are formed and as a result, increased inconsistency.

Our roads too have changed. Hopefully for the better, but occasionally for the worse. We used to know every length of pavement on our regular routes, but it could be lined with new hair line cracks, potholes or other hazards that were not there as recent as last fall. This last winter wasn't bad, so I don't think the roads suffered much, but I do recall in years past, how there were distinct changes, and as such, new hazards.

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Life is like riding a bicycle.



To keep your balance you must keep moving.

Albert Einstein

Club Officials

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Johannes Smits johannes.smits@comcast.net

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Yahoo Group Moderator

Jim Boyer wheeling@wheelmen.com

Newsletter Policy

I 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 12th of the preceding month

Ella Shields
eshieldsbike@yahoo.com



Don't miss an issue of Monthly Meanders!! Contact Emily Qualich with your new e-mail address at e.qualich@comcast.net

DUE TO COVID-19
Official club rides
are cancelled until
further notice



APRIL CLUB MEETING

Wednesday, April 1

7:00 p.m.

Prospect Heights Library.

12 Elm Street, Prospect Heights



HELP NEEDED FOR BIKE RODEO SATURDAY, MAY 9 12 PM-2 PM

Every year the Wheelmen help the Buffalo Grove Police Department with their Bike Rodeo. This event is geared towards teaching kids bike safety, as well as promoting cycling. Once

the kids sign up at the registration desk, they come to our station where we make sure their helmets are fitted properly.

MJ Drouganis needs volunteers to help out with the Rodeo. A pizza lunch is provided.

Please contact MJ at mj.droug@gmail.com to volunteer and to get more details.



HOW TO RIDE INTO A HEADWIND | 10 TIPS TO BATTLE BLUSTERY CONDITIONS

A headwind need not sabotage your ride if you know how to handle it...

Riding into a headwind can be a demoralizing experience – it can feel like riding uphill when blustery conditions strike – but there are ways to minimize the effects of cycling in the wind or, indeed, make the most of it.

Here are 10 tips to help you handle headwinds.

1. Work with the wind

“If the headwind occurs during a training ride on a long flat stretch, riders should increase their cadence to keep the pace high,” says former professional cyclist and founder of the Le Col cycle clothing brand, Yanto Barker.

Doing this means the headwind won’t stop you in your tracks when it hits and will help keep your legs fresh.

2. Ride in a group

Riding in a group is a sure-fire way to reduce the effort required to overcome air resistance – you can reduce drag by around 30 per cent when drafting – and that’s even more the case when cycling in the wind.

“If you’re part of a group, take short turns to lead,” says Barker. “Keep rotating positions because staying too long at the front will quickly become tiring.”

3. Get aero

If you’re not riding in a group, or it’s your turn on the front of the bunch, getting aero will help you punch through the wind.

“Where possible ride on the drops, get your back flat and tuck in low to the bar,” says Barker.

4. Plan your ride

Check the forecast before you ride and plan accordingly. If the wind is due to drop and you have the option to delay your ride, brew another coffee and head out later in the day.

Choose a route that accounts for the wind. Riding out into

a headwind means you’ll give yourself a better chance of a tailwind on the way home when your legs are tired.

If it’s particularly windy, planning a route on quieter roads will avoid any dangerous wobbles if hit by a gust on a busy stretch.

And remember to take heed of any weather warnings.

5. Dress for the conditions

The weather can change quickly in windy conditions, when squally showers can seemingly appear out of nowhere. Dress appropriately and take a jacket if rain is a possibility.

Otherwise, lightweight layers are key, especially because blustery conditions are common in the changeable seasons of spring and autumn.

A gilet will help keep the wind off your chest without overheating and provide some rain protection if you unexpectedly get caught out.

6. Beware, wind changes

As your route twists and turns or the wind changes direction, you need to keep your wits about you.

Maintain your focus on the road and be aware of crosswinds as you change direction or the protection afforded by your surroundings disappears, especially on winding routes.

“As you pass by gaps in the trees or hedgerows the wind can cut across your path,” warns Barker. Taking shelter within your group can counter this.

7. Leave the aero wheels at home

While it may seem counter-intuitive to ditch your aero wheels, deep-section rims are particularly susceptible to crosswinds and strong gusts.

If it’s especially windy out there, leave the aero hoops at home.

8. Tactics, tactics

While you always have the option to change your route – or stay at home – on a training ride, it’s not that simple if you’re racing. It’s time to get tactical.

“In a race, hide yourself near the front behind the first two rows of riders ahead of you,” says Barker. “If your team

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Arlington Bike Swap, May 2

Ride the Ups & Downs,
May 2

AHBC Ride of Silence,
May 20

Horse 100, May 22-24

Arlington 500, June 7

TOMRV, June 13 & 14

Swedish Days Ride, June 28

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"Rider in front is responsible for the rider behind." Every rider is accountable for themselves. You know the drill: No half wheeling, watching the signs etc. but the most accountable leaders in riding should feel accountable for the people behind them - how well you keep steady and consistent, how well, you recognize your pace relative to the strength those you are pulling, how well you signal the road hazards, the pull outs, the left turns into traffic. An accountable rider who leads well, manages the group behind him, its size, relative velocity and calculates the

ability for the group to make a left turn or else slows to a complete stop. Foot down as necessary. The narcissistic rider who takes a left only for himself to clear, without calling it out and worse yet puts the group behind in head on jeopardy is simply unsuited for group rides. Don't be that guy! Like Brian Hale would tell me - this is a classy club. We should all be proud of each other cause of the way we ride.

Get out there, encourage each other and ride your bikes!

Jorn

(Continued from page 3)

isn't leading the pack, get yourself in the back and take advantage of the other teams' work."

9. Use it, don't lose it

Riding into a strong headwind when training can actually have some advantages.

"It's often like doing a hill climb ride without a hill, it demands increased effort and can add variety to your train-

ing," says Barker.

Sometimes, however, it's better to stay indoors...

10. It's turbo time

Last but not least, if it's blowing a gale then why not jump on the turbo trainer?

From: bikeradar.com/features/how-to-ride-into-a-headwind

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: groups.yahoo.com/group/wheelingwheelmen



**Wheeling
Wheelmen**

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

Join us on



SAVE THE DATE

Bike Rodeo—May 9
Picnic—July 12
Harmon 100—Aug 30



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 \$40

For more info: bikeleague.org

In addition to government relations, they also organize many great cycling rides and rallies around the country.

We support:

- *The League of American Bicyclists
- * Ride Illinois
- *Active Transportation Alliance
- *Buffalo Grove Bike Rodeo
- *Bicycle Federation of Wisconsin

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

CRANK REVOLUTION

1636 Algonquin Road
Hoffman Estates
847-790-5115

DEERFIELD CYCLERY

705 Waukegan Rd., Deerfield
847-945-0700
deerfieldcyclery.com

GEORGE GARNER CYCLERY

1111 Waukegan Rd.
Northbrook 847-272-2100

GEORGE GARNER CYCLERY

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

7 MILE CYCLES

45 Arlington Hts Rd
Elk Grove Village 847-439-3340
7milecycles.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 847-433-8735
Highland Park trekhp.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