



MONTHLY MEANDERS

PREZ SAYS

Happy September! I hope everyone has made the very best of the long daylight hours of summer and have enjoyed the opportunity of riding your bikes as much as you can. We may have ridden together a lot less as a bike club this year, but I hope that has not diminished your riding.

The season for us working stiffs is coming close to closure with limiting daylight. Our evening official club rides are coming to an end soon, since daylight on the back end is limited. Also, for those of us who ride before going to work before our day jobs have limited early morning hours as well. Please - get as much of the riding in while we still can, before we know it, we'll be in our off season and I think we should get our riding fix all as much as we can. It's been a tough season for everyone, but we, as cyclist, might seem less effected thanks to our hobby.

As fall comes around, we may start shifting some rides to trail riding. As the temperatures dip, trails tend to offer more shelter from cold winds. It is also devoid of vehicular traffic. With compromised lighting in lower daylight hours and lower temperatures, motorists expect less of us on the road. When the leaves shed, after an autumn rain, I feel like this might be one of the most treacherous times on my road bike. The only thing worst is ice! Both leaves and water are slick by their own account, and a combination of both could make it pretty easy to slide out.

Since our club is at the turn of the season - our club constitution suggests that it could be time for electing a new board. If there are any members who wish to contribute in any way, please feel free to reach out to me or any member of the current board. We want to make it available for anyone who wants to

help run this club have the chance to participate in the background of the organization of it, and if there are enough interested folks, we can certainly hold elections for any of the positions.

The board has met, and with the current state of our pandemic, we are trying to see if we have a chance to get one picnic of sorts going in an outdoor public space since we've lost our regular summer picnic (From the park district in June/July), our chili ride get together will be cancelled and our holiday banquet will unlikely happen based on the state of affairs. We will keep you all posted.

Hoping that you've each grown a little more this year in your cycling endeavors.

Cheers!
-Jorn

SEPT 2020

INSIDE THIS ISSUE:	
CLUB OFFICIALS	2
TOP 20	2
RIDE HOSTS	2
NEW MEMBERS	2
GUIDELINES	3
SEPT RIDES	3-4
RIDE ILLINOIS	4
WEEKLY RIDES	5
PREVENT INJURY	6-7
YAHOO GROUP	7
DISCOUNTS	8

Life is A
BEAUTIFUL RIDE



Club Officials

Elected Officers

President

Jorn Lim sujorn@yahoo.com

V.P.-Ride Chair

Neil Barg nlb1@msn.com

Treasurer

Johannes Smits johannes.smits@comcast.net

Secretary

Ella Shields eshieldsbike@yahoo.com

Membership

Emily Qualich e.qualich@comcast.net

Publicity Chair

MJ Drouganis mj.droug@gmail.com

Appointed Officers

Harmon Chairman

Erich Massat erich@erichmassat.com

Harmon Vice Chair

Cletis Patks III cparks@iisolutions.net

Newsletter

Ella Shields eshieldsbike@yahoo.com

St. Pat's Ride

Scott Assmann thepopgroup@gmail.com

Chairmen & Backup

Banquiday

Joan Willmeth jewsbg@aol.com

Harmon Data Base & Mileage Statistician

Emily Qualich e.qualich@comcast.net

Picnic

MJ Drouganis mj.droug@gmail.com

Web Page

Johannes Smits johannes.smits@comcast.net

Web Master Backup

George Karpen

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

TOP 20 MILES

Thru 8/23

58 rides by 84 members

2,417 max miles

Men:

1	Paul	LeFevre	1461
2	Mitch	Polonsky	1182
3	Johannes	Smits	974
4	George	Karpen	904
5	Leslie	Scott	871
6	David	Waycie	861
7	Jeff	Rossi	858
8	Neal	Barg	733
9	Vince	Kelley	583
10	Jim	Boyer	561
11	Erich	Massat	524
12	Brian	Hale	490
13	Jim	Flechsigg	476
14	Jorn	Lim	453
15	Robert	Hugi	436
16	Gerry	Sapienza	402
17	Scott	Assmann	402
18	Dan	Vanderkelen	385
19	Frank	Bing	380
20	David	Newman	375

Women:

1	Emily	Qualich	792
2	Kris	Woodcock	680
3	Betsy	Burtelow	601
4	Jeannie	Siewert	599
5	MJ	Drouganis	565
6	Ella	Shields	530
7	Cindy	Kessler	497
8	Jean	Zuccarello	351
9	Jackie	Kelley	340
10	Reinhilde	Geis	165
11	Nancy	Beck	157
12	Joan	Willmeth	124
13	Lorrie	Heymann	112
14	Jaime	Underwood	108
15	Debbie	Wilson	105
16	Paula	Matzek	105
17	Madhu	Alexis	85
18	Banu	Sheehan	74
19	Marnie	Brahar	36
20	Amanda	Adamns	35

Total Rides Led

Dave Waycie	1
Ella Shields	6
Emily Qualich	3
George Karpen	9
Jeff Rossi	7
Johannes Smits	6
Kris Woodcock	1
Mary Jean Drouganis	7
Mitch Polonsky	1
Neal Barg	8
Paul LeFevre	8
Vince Kelly	1

Through 8/23

TOTAL HOSTS 12



Harold Sintov
Bryan Immergluck
Dean Karousos
Denise Karousos
Bob Luchene
Greg Crowther
Justin Kastning
Andrea Nardinocchi
Madhu Alexis

Below are the Wheeling Wheelmen COVID Ride Guidelines effective July 1, 2020 (Illinois Phase 4) and will be reassessed upon future State updates:

- All riders should bring their own pen and will sign in at each ride.
- Cloth face coverings, buffs or masks are to be worn before (during sign in) and after the ride.
- Masks are recommended at all times where adherence to social distancing guidelines is not possible.
- Social distance guideline is 6 feet.

Additional general thoughts and recommendations:

1. We are responsible to each other to avoid getting/giving the virus. Do not ride if you are sick.
2. During this “restart” phase, please follow the WW ride and COVID guidelines and use best practices at all times. Public perception is important. We are the face of cycling.
3. Carry/use hand sanitizer.
4. Carry a mask to use in case you need to enter a building such as a gas station.
5. There are limited “rest stops” available, carry 2 water bottles and snacks.
6. Carry/use a handkerchief when needed
7. Prepare your ride at home rather than the parking lot checking tires, brakes and drive train.

Sept Ride Schedule	All Riders Should:	*wear a helmet *bring water *bring a pump	*have a bike in good condition *bring a spare tube and patch kit *arrive early...15-30 minutes	*bring an ID card *carry a cell phone *bring money for lunch/snacks	
Date	Time	Ride Name	Miles	Start Location/Directions	Ride Host
9/5 Sat	8:00 am	Honey Do/Extended Do	30-72	Huntington Plaza North of Algonquin Road, just east of Huntington Boulevard.	SHOW-N-GO
9/6 Sun	9:00 am	Sunday Short Ride	30-50	Archer Parking Lot On Archer between Old McHenry Rd and Robert Parker Coffin Rd in Long Grove. Park at South end of lot nearest the Fire Station	MJ Drouganis 847-732-9093
9/7 Mon	9:00 am	Loops of Lakewood Labor Day	28/34/ 40/69	Lakewood Forest Preserve West on IL-176, South on Fairfield to parking lot on left, East side of Fairfield	SHOW-N-GO
9/12 Sat	8:00 am	Honey Do/Extended Do	30-72	Huntington Plaza See above	SHOW-N-GO
	8:30 am	Fall Foliage Ride	60-100	Old Train Depot in Mt Horeb, WI at the Military Ridge trail Head	Paul LeFevre 224-234 0615
9/13 Sun	9:00 am	Other Side of the Tracks	35/41	New Community Park I-90 to Route 59 North (Sutton Road). Right on 72 (Higgins Road), left on Bartlett Road, left on Bridges Drive to the park on the right	MJ Drouganis 847-732-9093

Continued on page 4

Sept Ride Schedule	All Riders Should:	*wear a helmet *bring water *bring a pump	*have a bike in good condition *bring a spare tube and patch kit *arrive early...15-30 minutes	*bring an ID card *carry a cell phone *bring money for lunch/snacks
--------------------------	--------------------------	---	--	---

Date	Time	Ride Name	Miles	Start Location/Directions	Ride Host
9/19 Sat	8:00 am	Honey Do/Extended Do	30-72	Huntington Plaza North of Algonquin Road, just east of Huntington Boulevard	SHOW-N-GO
	9:00 am	Vern's PITA Ride	39/61	Cuba Marsh Forest Preserve West on US-12 to Ela Road. South to Cuba Road, West to parking lot on left	SHOW-N-GO
9/20 Sun	9:00 am	Hills & Horses	33/41	New Community Park See above	MJ Drouganis 847-732-9093
9/26 Sat	8:00 am	Honey Do/Extended Do	30-72	Huntington Plaza See above	SHOW-N-GO
9/27 Sun	9:00 am	Sunday Short Ride	30-50	Archer Parking Lot On Archer between Old McHenry Rd and Robert Parker Coffin Rd in Long Grove. Park at South end of lot nearest the Fire Station	MJ Drouganis 847-732-9093

If you would like to lead a ride please contact Neal Barg at nlb1@msn.com

Be sure to check the website and be on the Yahoo group for last minute changes



Ride Illinois' **2020 Illinois Bike Summit** will take place online on Tuesday, September 15th. Spend the day learning ways to improve bicycling in your community! You are invited to learn more about bicy-

cling issues from your home or office. This year's online summit will feature a range of session topics from bikeway types and bike share programs to advocacy and community engagement.

Regular **registration** is \$60, but Ride Illinois members can **register** for only \$20! College and high school students can register for just \$10.

Bill Nesper, executive director of the League of American Bicyclists will be the keynote speaker.

Visit illinoisbikesummit.org for the event's extensive lineup of presenters, discussion and Q&A sessions, and descriptions of the following breakout session options:

- Infrastructure - Bikeway Types and Bike Planning
 - Bike sharing programs in Illinois
 - Diversity, Equity, and Inclusion
 - Trails - IDOT's policy and practical tips
 - Bicycle Education Resources
 - Bicycles and the Law
 - Infrastructure case studies
 - Bikeway & trail grants
 - Sharing the public way with e-bikes and scooters
 - Local Bike Advocacy: enacting change in your community
 - Bikeway & trail grants
 - Apps and e-maps for users, advocates and planners
- Cycling During a Pandemic

Learn more and register for the 2020 Illinois Bike Summit. Contact Ride Illinois at info@rideillinois.org with any questions.

Weekly Rides

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Tuesday	9:00 AM	Deerfield's Bakery Ride	25-40	Willow Stream Park On Old Checker Rd, a mile west of the bakery. Turn west on Old Checker Rd. to parking on the right.	Johannes Smits 630-935-4074
Wednesday	9:00 AM	No-Drop Road Ride	30-40	Woodland Trails Park 1-1/4 miles east of Rt-83 on Euclid Avenue, Mt Prospect.	George Karpen 224-388-8866
Wednesday last ride 9/2	6:00 PM	Hill and Dale Ride	25-35	Huntington Plaza Hoffman Estates North of Algonquin Road, just east of Huntington Boulevard	Jeff Rossi 708-648-9170
Thursday	9:00 AM	Deerfield's Bakery Ride	25-40	Willow Stream Park See above	Neal Barg 847-778-1832
Thursday last ride 9/3	6:00 PM	Thursday Night Ride	30	Archer Parking Lot see above	Paul LeFevre 224-234 0615
Friday last ride 9/25	9:00 am	Libertyville Lunch Ride no lunch this year	32	Willow Stream Park see above	SHOW-N-GO

Be sure to check the website and be on the Yahoo group for last minute changes

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 mes-

sage 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 in the newsletter. We also encourage people to join the Wheeling Wheelmen Facebook page and ride information is posted there, too.

HOW TO PREVENT INJURY CYCLING

We all know the wonderful feeling of cycling, but unfortunately it's not always sun on the face and wind in the hair. Pedaling is a low-impact motion, making cycling one of the best ways to stay fit without putting stress on your joints. However, poorly set up bikes, wipe outs, or simply the activity of cycling itself can take its toll on our bodies. Injury is a part of almost every sport, and cycling is no exception, but it's also what makes it a challenge worth taking on. Although some injury is impossible to avoid, there are things you can do as a cyclist to minimize the risks and stay in your saddle for years to come. Here are some of the common risks and what you can do to prevent injury cycling.

Safety First

As cyclists we share the road with vehicles, and we have to do all we can to ensure the two can co-exist safely.

- **Maximize visibility** – Assume that you are invisible to motorists. Do whatever you can to enhance your chances of being seen to avoid accidents. Ride where people and cars see you, wear bright clothing, use lights and reflectors. Whenever possible, make eye contact with other cyclists and pedestrians. The article “Bikes Versus Cars, How to Ride in Traffic” can give more insight into safely riding with traffic.
- **Obey the rules of the road** – Road bikes are subject to the same laws as motorists, follow them. You have the same rights and duties as drivers. Your safety, and the well-being of those around you depends on you interpreting the law in a predictable manner. Obey traffic signals and stop signs, and use hand signals to

communicate any changes in speed or direction.

- **Be alert** – Always pay attention to your surroundings and the road ahead. Look out for any obstacle or pot holes on the road to avoid any unexpected bumps. These can catch you off guard and cause a wipe out.

How To Prevent Injury Cycling

Broken Bones

The two most common broken bones for a cyclist are the clavicle (collarbone) and the scaphoid (a thumb bone). These are the bones that absorb the most force when you brace yourself in a fall. The obvious thing would be to avoid crashing altogether, but sometimes that is simply impossible. As you can't really control whether or not you crash on your bike, you should at least know how to fall properly. It depends on what kind of crash is happening, for instance if you are going over the handle bars, try and get your hands out in front of you to brace your fall, tuck your head in and allow yourself to roll over the shoulder that has the leading arm out.

Road Rash

Sooner or later everyone will experience road rash, it's a part of cycling, and almost a rite of passage into the cycling world. How you first handle your wounds will make all the difference in the amount of time it takes to recover. Treating the wounds correctly will save you a lot of pain and suffering if done the right way.

Saddle Sores

Avid cyclists know this injury well. Saddle sores are caused by the friction between your skin and the bike seat during long bike rides. A bike seat that is too high and bike shorts that are too old with minimal protection are the most

common secondary causes of saddle sores. You can avoid saddle sores by using chamois cream while you ride, especially if you're a cyclist that moves around a lot. If you do develop saddle sores, you'll likely have to take a break and treat with skin creams to ease the pain.

Lower Back Pain

Another very common cycling overuse injury is lower back pain. First, you have to understand why this occurs before taking action to fix it. While pedaling, the quadriceps pull the pelvis forward. To keep your body on the bike, your lower back resists that pull. It is an action that is not inherent to the design of your lower back muscles. The result is overworked lower back muscles that may cross into pain.

The best way to both prevent and treat lower back pain from cycling is to work on strengthening your core (transverse abdominal muscles) and glutes. A strong core will activate before any movement takes place in the limbs (like pedaling), and therefore takes the stress away from lower back and works to stabilize the motion.

Neck Pain

Neck pain can be caused by fatigue (just like lower back pain) or a poor bike fit and can be alleviated by strengthening exercises, stretching and a proper bike fit. Also, relax during your ride. A tight grip and tense posture will cause more pain in your neck than with a relaxed posture.

Numb Hands

Your hands go numb when nerves are being pinched, generally due to a poor position on the bike causing your hands to support too much of your weight or your hand position or wrist position is

(Continued on page 7)

incorrect. To alleviate this common cycling injury tilt the nose of your saddle up a degree, make sure that your wrists and hands are flush with your forearms (no bends), and buy some gloves and better handle bar tape to spread out the pressure.

Foot Numbness or Tingling

Foot numbness usually occurs when the nerves between the bones under the ball of the foot become compressed. Besides numbness, symptoms can show up as cycling foot pain, tingling, bruising, or even a burning sensation. The likely culprit here is shoe fit, cleat position or socks. Particularly if the cleat is too far forward it can cause numbness, as it places pressure on the ball of your foot. Take the time to dial in your cleat placement, shoe fit and sock choice whether on your own, or with a professional bike fit.

Knee Pain

There are different types of knee pain that can point to different causes and, therefore, different solutions. The four main types of knee pain are anterior (front of the knee), posterior (behind the knee), medial and lateral pain (sides of the knee), and IT band syndrome. Some knee pain is a sign of an improper bike fit, whether it be cleat or saddle position, while some is caused by simple overuse or going too hard too soon.

Regular and targeted stretching can be an easy solution.

Achilles and Patella Tendinitis

Another common injury that comes from overuse. However, this can also be caused by a poor bike fit and shoe cleats that are not properly positioned. Achilles tendinitis causes inflammation which in turn will cause you pain in your ankle. If you think this is developing, go easy on your training for a few days. After any exercise make sure you apply ice to the tendon to fight any inflammation you may have.

General Treatment and Prevention

Stretching

The most important thing for cyclists, and athletes in general, is to have a healthy range of motion and flexibility to move freely and efficiently. Stretching routines for cyclists can aid in aligning the thick and thin muscles back into their ordered state after movement, as well as remove the lactic acid buildup that causes soreness. Flexibility, or rather inflexibility, can lead to unbalance in the body and even cause the body's structure to move out of alignment. Failing to properly stretch and maintain flexibility can not only affect your performance, but it will inevitably lead to injury and

discomfort.

Strength Training

A common problem with cyclists is muscular imbalance. Some muscles become strong, while others are too weak to keep things balanced. By strengthening your muscles and connective tissues with strength training, you can keep your body balanced and even avoid some overuse injuries altogether. It can also help you maintain proper posture on the bike, as a strong core can keep your back nice and straight.

Bike Fit

Getting a proper bike fit is well worth the investment, or at least taking the time to fine tune things yourself. Getting everything adjusted just right for you will ensure you will be comfortable on the bike. You will be more efficient and have a higher degree of power and endurance. It can be overwhelming when you think about saddle height and angle, cleat position, handlebars, and so on, but it is worth taking it one piece at a time. It will lower the risk of developing any injuries associated with an improper bike position.

ilovebicycling.com/how-to-prevent-injury-cycling

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: groups.yahoo.com/group/wheelingwheelmen



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

We are on the web
wheelmen.com

Join us on



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