



MONTHLY MEANDERS

PRESIDENT'S CORNER

Feb/March 2021

With this new season the new President of the Wheeling Wheelmen arrived - George Karpen. I am he. I have been a member of the Wheeling Wheelmen since 1982 and I have watched a number of presidents come and go over the years.

I am here to bring two much needed changes to our club. First and foremost is bringing the Harmon Hundred back to Illinois so that many more cyclists can have access to this great invitation. The paid rider participation rate at its best in WI is one-third of what it was at Wheeling HS using the same amount of Wheelmen effort. The average WI rider participation rate was 66. More information to follow as it becomes available. The second change is to update the Wheeling Wheelmen Constitution to reflect the need for instant information gratification that we live in while maintaining the

foundation values and core beliefs that this great bicycle club was founded on.

We are in need of the following: Harmon Hundred Ride Chair, Saturday "Honey Do", Sunday ride and Tuesday night ride hosts.

For the last year and a half Johannes has been working very hard updating the Wheeling Wheelmen website at www.wheelmen.com. I personally have spent well over a hundred hours reviewing and scanning documents to be archived to our website. It will be a "one-stop shopping" where you will find everything that is anything concerning the club and its rides.

Let us start by clicking "Club Rides" and then clicking "Ride Information". Next, select the month that you are interested in. There you will find the Day, Date, Time, Ride Name, Miles, Start, Directions-

to the ride starting point and finally the host where you will find yours truly ready to lead the "No Drop" ride Wednesday morning's until Dennis Ellertson's return. I urge you to please take a look 📖 so we know that all of our efforts have not gone in vain.

At this very moment the board is working hard to hopefully make this same information available on the various social media web pages starting with the ride schedule mentioned above. Each month I hope to introduce you to new additions to the website that Johannes has so tirelessly labored on. Our excellent club secretary, Ella, will be posting the minutes of all board meetings along with anything else the club should be informed of. Neal has finalized the club rides for the upcoming season and MJ will be posting the ride schedule to

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February 14

Club Officials

Elected Officers

President

George Karpen george91bear@comcast.net

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

OPEN

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

2021 MEMBERSHIP RENEWAL

It's time to renew your membership.

[Please renew on line.](#)

You can also download the application from the website:

[membership application](#)

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 Emily Qualich at
e.qualich@comcast.net

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Facebook along with other pertinent club information. Emily, along with her many other duties will be co-hosting the Facebook section. Scott will be assisting me gathering the statistics I need in moving the Harmon.

The board in its first meeting in January voted unanimously to cancel the St. Patrick's Day Ride due to COVID-19 for the year 2021.

I know I can say that I personally cannot wait to see all of you again and it has been suggested that we even have an additional early banquet this year, COVID-19 permitting. Please keep in mind that this pandemic isolation is like riding a century. I believe we are but 20-miles or so out from the finish where we will all complete this century together.

Unus pro omnibus, omnes pro uno.

George Karpen

Wheeling Wheelmen COVID Ride Guidelines

- 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. 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.

Show N Go Rides

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Saturday Sunday Tuesday Thursday thru March 18	10:00 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.	Show N Go



PROCEDURE PROCESS: IN QUESTIONABLE WEATHER SITUATIONS

If the ride host considers the weather forecast to be severe enough to cancel the ride, they should post a message on the [Wheeling Wheelmen GroupsIO](http://WheelingWheelmenGroupsIO)

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, they should post a message to the Groups.IO 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, they 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 Groups.IO but if a rider cannot

access the group, the host can be contacted at the phone number listed on the ride schedule.

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

Date	Time	Ride Name	Miles	Start Location/Directions	Ride Host
March 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	
Sat 3/20	10:00 am	Loops of Lakewood First Ride of Season	16-72	Lakewood Forest Preserve West on IL-176, South on Fairfield to parking lot on left, East side of Fairfield.	Neal Barg 847-778-1832
Sun 3/21	10:00 am	Sunday Short Ride	30-50	Archer Parking Lot On Archer Road between Old McHenry Road and Robert Parker Coffin Road in Long Grove. Park at South end of lot nearest the Fire Station.	Joe Beemster 847-215-2314 or MJ Drouganis 847-732-9093
Tues 3/23	10:00 am	Bakery Ride	25-40	Willow Stream Park On Old Checker Road just West of Buffalo Grove Road, North of Lake- Cook.	Johannes Smits 630-935-4074
Thurs 3/25	10:00 am	Bakery Ride	25-40	Willow Stream Park See Above	Neal Barg 847-778-1832
Sat 3/27	10:00 am	Barrington Hills Bakery Route	32/40	Willow Stream Park See above	TBD
Sun 3/28	10:00 am	Sunday Short Ride	30-50	Archer Parking Lot See Above	Joe Beemster 847-215-2314 or MJ Drouganis 847-732-9093
Tues 3/30	10:00 am	Bakery Ride	25-40	Willow Stream Park See Above	Johannes Smits 630-935-4074

BE SURE TO CHECK WEBSITE FOR ANY LAST MINUTES CHANGES



Register now in confidence – 100% refund available for COVID-19 concerns or any other reason, through May 12.

★ Choose among daily mileage options for a total ranging from 200 to 375 miles, consisting of quiet rural roads and 140+ miles on trails (almost all asphalt-surfaced) on old railroad corridors. Pick between camping and hotel options, and enjoy evenings filled with good food and fellowship with riders hailing from around the country. Proceeds benefit Ride Illinois, a non-profit bicycle advocacy organization, and support our mission to make Illinois a better, safer and more enjoyable place to ride. rideillinois.org



2ND ANNUAL INTERNATIONAL WOMEN'S DAY RIDE MARCH 5 – MARCH 8

Virtual event

Be a part of the WAVE of INCLUSION-DIVERSITY-EMPOWERMENT in the 2nd Annual International Women's Day Together We Ride bike event on Friday, March 5th through Monday, March 8th.

Due to COVID this year's event will look a little different than last year's. Go solo or grab your BFF. Ride any of the GPS routes provided, attend a Zwift meetup, and/or create your own ride.

GPS routes will be provided a few days ahead of event's start date...need to see road/trail conditions. Goodie bags and raffle prizes will be available for pickup at TrekHP after the event is over.

<https://www.facebook.com/events/1583147251875684>

Ride Illinois Webinars



Informative, collaborative, fun, and free!

Upcoming Webinar Route Planning for Cyclists

- 7 p.m. Wednesday, March 10
Want to learn tips and tricks to planning your next cycling adventure be it local or afar? Join Ride Illinois and **Sheri Rosenbaum**, Wheeling Wheelmen member, cycling industry influencer, writer, and advocate, for an informative webinar. In this webinar, you will discover resources, ideas, and ways to plan an exciting 2021 season filled with new routes and locations. Sheri will cover road, gravel, and trail route planning, so there is something for every type of rider.
- Register [here](#)



The **Wheeling Wheelmen Bicycle Club** has an active Groupsio available on the Internet. The group works like a bulletin board and allows us to exchange emails with other club members without having to know everyone's individual email address. You must subscribe to the group - and be approved by our moderator - before you can send or receive messages. Follow the instructions required by Groups.io to complete your registration.

NOTE: Due to spam and email address hijacking concerns, subscription to the Wheelmen 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/unsubscribe or post a message to the Wheelmen Group

visit wheelmengroups.io for more information



HOW TO LAYER FOR COLD-WEATHER RIDING

BEING OVER OR UNDER DRESSED CAN RUIN YOUR RIDE, SO IT'S IMPORTANT TO FIND THE RIGHT BALANCE—HERE'S HOW

Summer may be the most fun time to ride, but winter is where cycling stories are born. You'll likely never forget the time you braved the bitter elements, navigated a snow-packed road, and had a great time on your bike while less hearty souls were back home sitting in front of the TV or rolling on their trainers.

If the thought of getting out there in the elements is a bit daunting, though, here's a comprehensive layering guide to help you enjoy your winter rides to their fullest. (For a ton of other great riding and gear advice, check out Jason's book, *The Complete Book of Road Cycling Skills*.)

Layering Is Key

The first rule of cold-weather riding is to dress in layers. Use fabrics with good moisture-transfer capability so that sweat can dissipate to the outside and leave your skin rela-

tively dry. That means no cotton, which has poor wicking capacity. And skip standard wool, which insulates well but stays wet.

Instead, opt for one of the many high performance, cold-weather-oriented fabrics that have flooded the cycling market in recent years. Manufacturers such as Pearl Izumi, Castelli, Gore, Specialized, Rapha, POC, and Pactimo all make a wide array of cycling clothing that's designed to keep the chill of old man winter at bay without overheating you, the rider.

The next rule is, when possible, do a little testing before committing to an outfit. Say you are headed out for a two-hour ride with friends on a 32-degree day. Get dressed a little early so you can spend some time experimenting on a short loop around your house.

"Maybe you start out with a heavy long-sleeve jersey and a jacket," says Derrick Lewis, a former North American retail and communications manager for cycling apparel maker Rapha, and who once commuted to work in Minneapolis for nearly an entire winter. "Take a 10-minute spin and if you don't feel a little chilly, circle back and dump a layer."

Once you are about 30 minutes into your ride, your heart will get going and your circulation will pick up and you'll start to get hot. Being hot means getting wet with sweat, and that can lead to you getting really cold."

Don't Sweat the Small Stuff

Lewis's other key piece of advice is to stop obsessing over fingers and toes and instead think about your core. "Keeping your chest and shoulders warm is key," he explains. "Your body has a very clear self-defense mechanism. If your core temperature drops even half a degree, it contracts veins to your outer extremities because it knows it can lose a couple fingers and toes and still survive. But it can't let the core area get too cold because that is where all the vital organs are."

That's why you always want to start your dressing routine with a base layer, which helps to keep your core warm and promotes the transmission of sweat away from your body. So for instance, on a 32-degree day, Lewis says he starts with a long-sleeve base layer and then a winter-weight long-sleeve jersey that has some wind-proofing on the chest area. Finally, he adds a light wind jacket or vest.

"That way, if I start to warm up I can take that light wind layer off and stuff it into a jersey pocket," adds Lewis. Indeed, it's a good idea to keep your last layer packable so that you can adjust on the fly once you are out on the road.

Below the waist, the same strategy applies. Consider wearing a pair of thermal bib shorts with a pair of lighter-weight winter tights over them. This will keep your core area warm but let your legs breathe a

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little more since they are the ones doing all the work. Just don't let your knees get too cold.

Plan for a Range of Temperatures

Jeremy Powers also knows a little something about riding in the cold. The multitime U.S. national cyclocross champion has long earned a paycheck battling foes—and Mother Nature—during this cycling discipline that takes place in fall and early winter. Whether competing on the European cross circuit, racing in the United States, or training at home in Massachusetts, Powers is constantly looking for the right balance between staying warm and staying comfortable and dry.

In general he says he looks for apparel that can adjust to a varying temperature range. That typically means lots of zippers, which allow him to open and close ventilation as the mercury and his internal temperature rise and fall. One of Powers's go-to pieces is a softshell jacket with zippers at the chest and underneath the armpits. Powers also loves neck warmers because they keep heat from escaping out the opening of a jersey or jacket. "If your core is warm, you'll be warm," he says, echoing Lewis.

Gloves are another key consideration for Powers. He often opts to bring two pairs. "That way if you

start to get sweaty, you can swap on the new dry pair," he explains. "Otherwise the wind starts hitting that perspiration, which translates to you getting cold hands. And nothing ruins a ride quicker than not being able to feel the brake levers."

While it's hard to shift gears or use the brakes with full-on mittens, split-finger gloves are a good option on really cold days. These have one compartment for your thumb, one for your first two fingers, and a third for your ring and pinkie fingers. This design pools heat almost as well as mittens, but allows you to maintain some semblance of manual dexterity.

Layering Your Bottom Half

Further down, Powers focuses on his knees, usually opting for a pair of thermal tights that have some wind protection at the knee. "Your knees are doing a lot of work when you are riding," he says. "You want to keep them warm so everything in their stays nice and lubricated."

This falls in line with one of cycling's oldest traditions, which says anytime the temperature is below 65 degrees, your knees should be covered. A set of lightweight knee warmers will suffice until the temperature gets below 50 degrees or so.

As part of his multilayer approach, Powers employs a trick to protect his feet. First he puts on winter-

weight socks, then his cycling shoes, and then he slips a thermal hand-warmer packet (think skiing) onto the top of his shoe and secures it in place with a cotton shoe cover. For the last layer, he puts on a pair of neoprene booties, which keep road spray at bay.

Powers also gives a general nod to merino wool. It is the super-material of the wool family because of its ability to breathe and insulate so well. This soft, lightweight fabric is used in socks, base layers, and even some cycling jerseys. "It does a great job of wicking and keeping heat in," he says.

"It sounds a little crazy, but I keep notes for all these different layering combinations based on the temperature," Powers adds. "That helps me take a lot of the guesswork out and I just focus on getting out for my ride."

But before heading out for that ride, Powers always gives his bike a good once-over. Fixing a punctured tire or other basic mechanical issue is a minor inconvenience in summer but a potential disaster in dead of winter. Even 5 minutes of standing around can give you a severe chill that you can't shake.

By Jason Sumner
From: www.bicycling.com,



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

We are on the web
wheelmen.com

Join us on



SAVE THE DATE
Sept 12—Harmon 100



March 14



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 bgcyclery.com

131 E. Rollins Rd, Round Lake Beach,
847-740-0007

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 trekhpc.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

ZION Cyclery

2750 Sheridan Rd, Zion
847-746-2200 zioncyclery.com