



MONTHLY MEANDERS

PRESIDENT'S CORNER

May 2021

Hello Everyone: I trust that all of you have put in many warm miles already. The reason you have not seen me is I injured my Achilles tendon in my right leg so I am taking a few weeks off.

I am going to repeat what I promised to do if I was elected president of the Wheeling Wheelmen. "First and foremost is bringing the Harmon Hundred back to Illinois so that many more cyclist can have access to this great invitational." I expect all of you who voted for me to hold me to this great expectation. If these were normal times this would have been accomplished by now with a myriad of sponsors and supporters. I have been working hard in the background on this and I fully expect a very successful outcome. So there is no misunderstanding here COVID-19 is the issue and the restriction to having the most successful Harmon Hundred since Wheeling High School.

I am awaiting word on whether the hosting site for the Harmon Hundred is going to grant us permission to use their property due to COVID-19. Normally we would have this permission but the pandemic continues to do its destruction. The best made plans of mice and men I guess. As you all know the Wheeling Wheelmen board had to cancel the Saint Patrick's Day invitational at Wauconda High School because of availability of the school and the Arlington Heights Bicycle Club had to do the same thing for the Arlington 500 for the first week of June because Barrington High School would not give permission for the event. The bad news just keeps on coming. We cannot get permission to use Lake County forest preserves for a club picnic this year where in the past we have used this venue to sign-up volunteers for the Harmon Hundred. So if the Harmon Hundred does receive permission to go

this year I will post all the positions we need to fill by all of you on the website and in the newsletter. If we do receive permission I will present to the board and membership all the plans that I have made and I expect a good turnout by cyclists from all over the Chicago area.

I have heard that starting April 12th the areas outside of the city of Chicago will be open to vaccinations for everyone over the age of sixteen and that on April 19th the city of Chicago will be open to this vaccination plan as well. Also I have heard that roughly seventy percent of seniors sixty-five and over and twenty percent of the state have received at least one shot of the vaccine. Three quarters of the board at April's board meeting had received at least one shot of a vaccine.

Jim Boyer updated the board on the constant threats made upon the

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Robert Keating

Mary Ried

Carlo Tamayo

Angela Pozdol

Club Officials

Elected Officers

President

George Karpen

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

Groups.io 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

Through April 25
34 rides by 73 members
1,348 max miles

Men:

1	David	Magdowski	767
2	Jim	Boyer	620
3	David	Waycie	594
4	Paul	LeFevre	550
5	Johannes	Smits	505
6	Alex	Halamaj	430
7	Scott	Assmann	356
8	Neal	Barg	354
9	Jeff	Rossi	304
10	Mitchell	Polonsky	285
11	Bob	Pellican	259
12	Dennis	Ellertson	256
13	Toan	Tran	236
14	Jorn	Lim	235
15	Carlo	Tamayo	228
16	JV	Villadolid	206
17	Luis	Magana	202
18	Roland	Cooper	195
19	Tom	Wilson	191
20	Jeffrey	Strauss	190

Women:

1	Emily	Qualich	655
2	Betsy	Burtelow	483
3	Debbie	Wilson	319
4	MJ	Drouganis	294
5	Jeannie	Siewert	281
6	Ella	Shields	181
7	Paula	Matzek	158
8	Sheri	Rosenbaum	94
9	Madhu	Alexis	86
10	Pat	Calabrese	85
11	Joan	Willmeth	30
12	Banu	Sheehan	30

Total Rides Led **Through April 25**

Dennis Ellertson	3
Don Sortor	1
Emily Qualich	3
Jeff Rossi	4
Jeff Strauss	1
Joe Beenster	4
Johannes Smitts	5
Jorn Lim	3
MJ Drouganis	3
Neal Barg	6
Paul LeFevre	4
Roland Cooper	1

TOTAL HOSTS 12



Spring Foliage Ride
May 21-23

Cycling routes on quiet country roads promises more than a few hills and beautiful scenery.

The ride starts Friday at 2:30 pm with 25-30 mile options, Saturday at 8:00 am with options of 50-100 miles and Sunday start time will be 8:00 am with a 50 mile route. All rides will start from the [Karakahl Country Inn](#).

You are responsible for making your own room reservations, call 608-437-5545.

Please let Paul LeFevre know if you are going to join him or have any questions at bikelefevre@sbcglobal.net.

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 to check tires, brakes and drivetrain.

May 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
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Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Sat 5/1	8:00 am New Start Time	Honey Do/ Extended Do	30-72	Huntington Plaza Hoffman Estates North of Algonquin Road, just east of Huntington Boulevard.	Show N Go
Sun 5/2	9:00 am	Ride of Many Lakes	40-48	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.	Joe Beemster 847-215-2314 or MJ Drouganis 847-732-9093
Sat 5/8	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see above	Show N Go
	9:00 am	Twice Baked Bakery Ride	40/80	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
Sun 5/9	9:00 am	Let's Go Lindy	38/44	Archer Parking Lot See above	Joe Beemster 847-215-2314 or MJ Drouganis 847-732-9093
Sat 5/15	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see above	Show N Go

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Sun 5/16	9:00 am	Covered Bridges	34-45	Archer Parking Lot see page 3 for directions.	Joe Beemster 847-215-2314 or MJ Drouganis 847-732-9093
Fri-Sun 5/21-23	2:30 Friday 8:00 am Sat/Sun	Spring Foliage Weekend Ride	25-100	Karakahl Country Inn See Page 2 for details	Paul LeFevre 224-234 0615
Sat 5/22	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see page 3 for directions	Show N Go
Sun 5/23	9:00 am	Have I Been Here Before	33/41	Archer Parking Lot See above	Joe Beemster 847-215-2314 or MJ Drouganis 847-732-9093
Sat 5/29	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see above	Show N Go
Sun 5/30	9:00 am	Roads You Should Know	30-50	Archer Parking Lot See above <u>JERSEY DAY</u> <u>WEAR YOUR CLUB JERSEY</u>	Joe Beemster 847-215-2314 or MJ Drouganis 847-732-9093
Mon 5/31	9:00 am	Memorial Day	36/46	Huntington Plaza see above	Show N Go

BE SURE TO CHECK WEBSITE FOR ANY LAST MINUTES CHANGES

**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 Groups.io](#).

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 mes-

sage 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.

Weekly Rides					
Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Tues	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
Tues	6:00 PM	Working Stiffs Ride	18-30	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.	Jorn Lim 847-345-0704
Wed	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.	Dennis Ellertson 847-997-1831
Wed	6:00 PM	Hill and Dale Ride	25-35	Crank Revolution 1636 Algonquin Road Hoffman Estates In Huntington Plaza, North of Algonquin Road, just east of Huntington Boulevard	Jeff Rossi 708-648-9170
Thurs	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.	Neal Barg 847-778-1832
Thurs	6:00 PM	Thursday Night Ride	30	Archer Parking Lot see above	Paul LeFevre 224-234 0615
Fri	9:00 am	Social Ride	32	Willow Stream Park see above	Emily Qualich 847-821-1009



The **Wheeling Wheelmen Bicycle Club** has an active Groups.io 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

11 Amazing Benefits of Biking

Queen sang about riding their bicycles, and we can't help but think that part of the reason is that there are just so many benefits of biking. Cycling is a fun form of exercise and a cost-effective way of getting from point A to B, and cycling on a daily basis can help give your physical and mental health a major boost.

Most major U.S. cities are seeing a huge boom in cycling recently. The Atlantic's Citylab reports that the share of commuters who cycle to work tripled in New York, Chicago, Washington, San Francisco, Portland, Denver and Minneapolis over the past two decades, so you'll be in good company when you head out for a ride.

And compared to the 50 minutes a day the average American spends in their cars, a bike ride offers a much bigger return on investment for your health, bank account and the environment, not to mention your productivity level and state of mind.

1. Improves Your Heart Health

Riding a bike gives you the same cardiovascular benefits as any other aerobic exercise — with the added perk of being able to do it while enjoying the great outdoors. A 2018 review in the British Journal of Sports Medicine, found cycling was associated with a lower risk for cardiovascular disease, regardless of the intensity of the rides.

2. Increases Muscular Strength and Endurance You might think of bicycling as a strictly lower-body exercise, proper cycling form activates most of your body's muscles. As you pedal, you use your hamstrings, glutes, and quadriceps, shin and calf muscles.

Your abdomen and back muscles stabilize your body, and your shoulder and arm muscles support your body at the handlebars. The harder you pedal and the more hills you climb, the more you'll strengthen your muscular system and build endurance, according to the American Heart Association.

3. Easy on Your Joints

If you want to avoid injury and keep stress off your joints, get on a bike. Cycling is a low-impact form of exercise, which is great for anyone recovering from injury or dealing with age-related stiffness, according to Harvard Health Publishing.

Cycling gives your body a workout without adding the pain of repeated jarring. This makes cycling is an excellent alternative to other high-impact exercises like running, and a great way to develop greater range of motion in stiff joints.

4. Lengthens Your Life Expectancy

It gets better: Biking isn't just less risky, it can help prolong your life. A 2018 study published in the American Journal of Preventative Medicine found that cycling is positively associated with a lower risk of all-cause mortality for older individuals.

The study specifically looked at individuals between the ages of 50 and 65, and found that less than 60 minutes of cycling per week provided a significant benefit. The study also found a benefit for new cyclists and continuing cyclists alike, meaning it's never too late to get started.

5. Can Burn More Calories Than Walking

If your goal is to up your caloric burn and lose weight, a bike ride might be a better use of your time than a brisk walk. Calculations from Harvard Medical School state that while cycling for 60 minutes at 16 to 19 miles per hour burns almost 900 calories, walking at a pace of four miles an hour for the same amount of time burns only 350 calories (based on a 155-pound individual). Burn even more calories on your bike by adding speed intervals or biking uphill.

Those estimates will vary depending on your weight, fitness level, intensity and duration, of course, so if you want a more accurate, personalized estimate of how many calories you burn while biking, download an app like MyPlate.

6. Improves Your Productivity

Biking to work makes good business sense. A 2015 study conducted by the University of Cambridge, VitalityHealth and RAND Europe found that employees who cycle have lower rates of depression and obesity, higher life satisfaction scores and take significantly fewer sick days than their non-cycling coworkers. The report ultimately concluded that cycle-to-work programs have the potential to significantly impact the productivity of a business's workforce.

7. Boosts Your Mood

Ever notice a cyclist whizzing past you with a big smile on their face? As it turns out, cycling is one of the best forms of exercise for your mental health. A 2018 study published in

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board from cyber scams through SPOOFING. "SPOOFING" is where a caller or email looks like someone in your contacts. I have strongly proposed that board members email addresses be removed from the website. Jim is going to draw up a set of proposals concerning best practices on cyber activities that can be added to the Wheeling Wheelmen constitution.

The board agreed to invite any and all paid members to the next ZOOM board meeting. Johannes will be working out the logistics on this.

A big and hardy "WELCOME BACK" to Dennis Ellertson. All of us have missed you greatly.

For all of you, take care and ride safe.

George Karpen

(Continued from page 6)

the Lancet Journal of Psychiatry found that all forms of exercise were associated with a lower mental health burden, but cycling was among the top activities for boosting your mood.

8. Helps Fulfill Your Weekly Exercise Requirement

Cycling is an effective way of getting the suggested amount of moderate or intense aerobic exercise each week for optimal health. According to the Centers for Disease Control and Prevention, adults should do at least 150 to 300 minutes of moderate-intensity exercise a week, or 75 to 150 minutes of vigorous-intensity exercise a week.

How can you easily tell the difference? During a moderate aerobic workout, your breathing quickens but not so much that you can't carry on a conversation. During an intense aerobic workout, you'll be breathing heavily enough that it becomes tough to talk.

9. Takes You Places Driving Can't

A bike can take you places you'd never go in your car. Mountain bikers routinely see sites the rest of us stuck driving miss. And "bikepackers," or mountain bikers that carry camping gear for long-distance trips, are a whole new segment of off-road cyclist.

"While touring tends to rely on paved routes and byways, bikepacking is based on the exploration of off-pavement and backcountry trails and tracks," says Logan Watts, founder of Bikepacking.com.

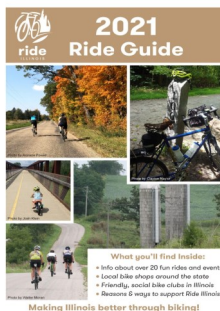
Recently, there's been an explosion in bikepacking's popularity, mostly thanks to social media. So if you're keen for adventure, bikepacking could be your new favorite form of recreation.

10. Tests Your Limits

Engage your competitive side with bicycle racing. It's a fun but challenging way for active individuals to test their physical and mental limits. There are several levels of competition for riders of different abilities, from local charity rides to the top levels of competition like the Tour de France.

If you're looking for a less competitive race to participate in, charity rides can be a great opportunity. These rides are less competitive, giving every participant the ability to ride at their own pace. The community around you will help motivate you to ride at your best, and you can feel good about supporting a great cause, too.

From: www.livestrong.com



[Check out Ride Illinois 2021 Ride Guide](#)

Invitationals

May 1, Tour de Stooges, Lebanon, IL 9-100 miles. Visit their [website](#) for more info.

May 1, Ride the Ups and Downs, Elizabeth, IL 32/52/63 miles. Visit their [website](#) for more info.

May 30, McHenry County Century Ride, Lake in the Hills, IL. 26-104 miles. Visit their [website](#) for more info

May 30 Chippewa Valley Ride, Chippewa Falls, WI. 35/50/75/100 miles. Visit their [website](#) for more info.



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We are on the web
wheelmen.com

Join us on



[Wheelmen Bicycle Club](#)
[Harmon Hundred](#)

SAVE THE DATE
Harmon 100—TBD



May 31



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 636 Algonquin Road
Hoffman Estates, 847-790-5115, crankrevolution.com

DEERFIELD CYCLERY 705 Waukegan Rd.,
Deerfield, 847-945-0700 deerfieldcyclery.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

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., Highland Park 847-433-8735
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

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