



MONTHLY MEANDERS

PRESIDENT'S CORNER

June 2021

President's update for Saturday the 1st of May, 2021:

I am so very sorry that I am unable to participate in the great sport of cycling with all of you. My bicycle has set idle for the past six weeks and it looks like many months to come. I endeavor to continue my work in bringing the Harmon back to Illinois this year. Communication continues between myself and the hosting site. As of right now it could go either way do to COVID-19.

If we are able to have a Harmon this year the Current Phase-4 definition is: "All gatherings of 50 people or fewer are allowed with this limit subject to change based on latest data and guidance". At this time IDPH is talking about a Phase-4.5.

Masks will be required at the Harmon Hundred check-in, all rest stops and SAG support vehicles by all club members and participants at all times while interacting with one an-

other and not while riding a bicycle. Six feet or more will be maintained during check-in and at all rest stops by the use of markers. We expect full compliance here. Based on 50-years of experience we have never had fifty people in the check-in area or at any rest stop at any one time which includes past rides that have exceeded the number of participants we expect this year. Assuming good weather we will hold the check-in process outdoors while the domiciled location will be used for bathroom accommodations. If we are in **Phase-5** we will be inside the building.

I hope all of you are reading this on our website and for those of you who are reading this from the newsletter, I will be posting this and any "Late Breaking News" on the Harmon Hundred from the Wheeling Wheelmen website at wheelmen.com. In the "Quick Links" section on the home page please note a button for "The President's Corner" as this is

where you will find the most up to date information from yours truly.

One of the items I made perfectly clear when I was elected was to have an open administration. The Wheeling Wheelmen Constitution Article IV- Last Paragraph states "**All meetings of the Board shall be open to all members of the club with voting restricted to Board members.**"

There is nothing opaque or obfuscated about the meaning of this sentence. I wanted all board members to feel free to disseminate the information from a board meeting to all club members unless it was related to a club member.

Obviously when the Wheeling Wheelmen Constitution was written the writers did not foresee a pandemic, as the last pandemic to hit the United States was in 1918. The pandemic is the reason the board meetings are taking place via ZOOM. I hope and cannot wait till all members

(Continued on page 7)

INSIDE THIS ISSUE:

CLUB OFFICIALS	2
TOP 20	2
RIDE HOSTS	2
JUNE RIDES	3-4
NEW MEMBERS	4
WEEKLY RIDES	5
GROUPS.IO	5
GROUP RIDING	6
REPLACE HELMET	7
INVITATIONALS	7
FACEBOOK LINKS	8
DISCOUNTS	8



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 May 25
69 rides by 100 members
2,919 max miles

Men:

1	David	Magdowski	1242
2	Paul	LeFevre	1209
3	Johannes	Smits	1164
4	David	Waycie	980
5	Jim	Boyer	956
6	Alex	Halamaj	829
7	Neal	Barg	771
8	Jeff	Rossi	656
9	Mitch	Polonsky	627
10	Scott	Assmann	620
11	Toan	Tran	530
12	Jorn	Lim	493
13	Rich	Vichotka	455
14	Tom	Wilson	444
15	Kilian	Emanuel	413
16	Brian	Blome	412
17	Jeffrey	Strauss	388
18	JV	Villadolid	373
19	Luis	Magana	372
20	Dennis	Ellertson	364

Women:

1	Emily	Qualich	1222
2	Betsy	Burtelow	819
3	Jeannie	Siewert	668
4	MJ	Drouganis	589
5	Debbie	Wilson	531
6	Ella	Shields	428
7	Paula	Matzek	353
8	Sheri	Rosenbaum	214
9	Pat	Calabrese	166
10	Banu	Sheehan	115
11	Kimberly	Heuer	104
12	Madhu	Alexis	86
13	Cindy	Kessler	80
14	Jean	Zuccarello	80
15	Tara	Riley	74
16	Sheri	Richardson	67
17	Joan	Willmeth	60
18	Jaime	Underwood	54
19	Pam	Kaloustian	40
20	Lorrie	Heymann	40

Total Rides Led

Through May 25

Banu Sheehan	2
Dennis Ellertson	7
Don Sortor	1
Emily Qualich	6
Jeff Rossi	8
Ella Shields	2
Frank Bing	2
Jeff Strauss	1
Joe Beemster	6
Johannes Smitts	11
Jorn Lim	7
MJ Drouganis	5
Neal Barg	10
Paul LeFevre	11
Roland Cooper	1
TOTAL HOSTS	15

RIDE SIGN IN

As a reminder, Please remember to sign in for rides. Not sure of how many miles you are riding, then leave it blank. You can always email me with corrections.

Data is used to: Keep track of how many members attended a ride. Which rides are popular and which ones are less attended. Do we need to make changes to schedule?

Let's us market our club with info on how many miles the club as a total has ridden, how many rides we do in a given season.

Thanks,
Emily
Membership Chair

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.

June 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 6/5	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza Hoffman Estates North of Algonquin Road, just east of Huntington Boulevard.	Show N Go
Sun 6/6	9:00 am	Broken Oar	36/45	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 6/12	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see above	Show N Go
Sun 6/13	9:00 am	Inverness	36/42	Archer Parking Lot See above	Joe B or MJ See above
	6:00 - 9:00 am	BCLC Ramble	22/30/ 50/70/ 100/124	Richardson Adventure Farms 909 English Prairie Road, Spring Grove	Invitational bikebclc.com
Sat 6/19	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see above	Show N Go
	8:30 am	City of O's	50/88	La Grange General Store IL-12 to Wisconsin to County H in La- Grange, WI. General Store on corner	Show N Go

Day	Time	Ride Name	Miles	Location and Directions	Ride Host
Sun 6/20	9:00 am	Nippersink	30/39	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. <u>JERSEY DAY</u> <u>WEAR YOUR CLUB JERSEY</u>	Joe Beemster 847-215-2314 or MJ Drouganis 847-732-9093
Sat 6/26	8:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza Hoffman Estates North of Algonquin Road, just east of Huntington Boulevard.	
Sun 6/27	9:00 am	Sunday Saunter	38/45	Archer Parking Lot See above	Joe Beemster 847-215-2314 or MJ Drouganis 847-732-9093
	8:00 am	Kenosha Bound (Long Route)	89	Archer Parking Lot See above	Show N Go
	8:30 am	Kenosha Bound (Medium Route)	61	Old School Forest Preserve St Mary's Road, North of Route 60 on the East side of the road. Enter forest preserve. Right at stop sign. As you drive through the forest preserve, meet in the first parking lot on the right.	Show N Go
	9:00 am	Kenosha Bound (Short Route)	37	Wadsworth Village Office Wadsworth Village Office is on the south side of W. Wadsworth Road, just west of N. Delany Road	Show N Go

BE SURE TO CHECK WEBSITE / FACEBOOK FOR ANY LAST MINUTES CHANGES



- | | | | |
|-----------------|------------------|---------------|---------------------|
| Howard Patner | Frank Bricchetto | Dan Donofrio | Chris Sharba |
| Doug Richardson | Renee Broaddus | Keith Carlson | Michael Allen |
| Paul Adams | Sheri Richardson | David Sandrof | Lynn Sharba |
| | | | Alexander Ayzenberg |

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 847-255-9323
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
Friday June 4, 11, 18	9:00 AM	Social Ride	32	Willow Stream Park See above	Emily Qualich 847-821-1009
June 25	10:00 AM	Lunch in Libertyville	32		Frank Bing 847-814-9925



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

RIDING SKILLS: TOP 5 TIPS WHEN RIDING IN A GROUP

1) Look Up and Pay Attention

This past weekend's weather was exceptionally nice and brought out hundreds of cyclists. The bad news is that I saw way too many cyclists looking straight down at the ground (or their computer), seemingly unaware of approaching groups and upcoming obstacles.

Every one of these cyclists weaved left and right, veering into the opposing lane where our lead person would have to slow then yell "HEY," followed by a loud "MOVE OVER" and "PAY ATTENTION."

Looking up and looking where you are going is even more critical if riders are trapped inside a bike path with barriers on each side. The downside is that it does not protect cyclists from other cyclists, pedestrians, dog walkers, joggers running 4 abreast, new mothers pushing their double-wide strollers, etc. So, when you are on your bike, LOOK UP so you can see what is coming at you – and where you are headed.

2) Scan the Road

This ties in with No. 1, and without keeping your head up, there's no possible way you can do this. Using your peripheral vision, be aware of what's on each side of you, as well as what obstacles are in the road.

Road obstacles can be anything from pedestrians to animals, poles, rocks, gravel, raised curbs at roundabouts or anything that can potentially take you down. Quick decisions about the best course of action when coming upon any road obstacle is key.

Especially as you are approaching an "organic" obstacle (a person walking their dog, a loose pet, a squirrel in the road), consider what you expect the obstacle to do, and plan accordingly. Does it seem like the loose dog will lunge at you? Is the person walking their dog paying attention to their surroundings? Do they see you?

Again, only by keeping your head up and attentively scanning the road and your surroundings can you be prepared to deal with what's to come. And, since this article is focused on group riding, let's not forget the importance of sharing the information about obstacles, etc.

3) Point Out (or Yell Out) Obstacles or Threats

So, what usually happens on a group ride when there is an obstacle in the road? In my experience, all too often no one

points anything out. Even within an experienced group, it's inconsistent at best. I've ridden with groups where nobody pointed anything out anything at all, even large potholes, glass, nails, a tree branch.

It's hard for anyone further back than the first two cyclists at the front to see some obstacles in the road, so, it is their duty to point out, and to YELL out, not just that an obstacle is coming up, but WHAT KIND of an obstacle is coming up (rock, branch, pothole, glass, etc.). The fact is, different types of obstacles are dangerous in different ways, so knowing what you're facing is vital re: the course of action you'll take to avoid it, or deal with it. (Just one example: You can bunny hop a hole, but not a dog!)

Just as those front riders need to be heard by yelling out the threat, they need to (if it's possible to safely remove a hand from the bar) POINT out the obstacle as well – in a vigorous, decisive gesture (it's the difference between extending your arm fully vs. a brief flick of your index finger).

One last note on this: If the group is big, keep in mind that only the first few riders are going to see and/or hear the initial warning. Riders need to PASS IT ON by repeating the yelled threat all the way to the back of the group.

4) Hold Your Line

Be predictable!

Especially when riding in a group, the last thing you want to do is swerve left to right/right to left, surge forward/backward – really, do anything that a fellow rider does not expect you to do – possibly causing someone else to crash.

In all cases, even when riding alone (because you may have someone tuck in behind you or about to pass you), you want to ride straight down the road and, when turning, keep the same, smooth radius. The last thing you want to do in a group ride is to dive into corners swinging wide when exiting.

Hold your line and ride predictably. Try to achieve the highest honor in a group when they refer to you as a "good wheel to follow."

5) Don't Overlap Wheels (Protect Your Front Wheel)

The truth is that you alone are responsible for your front wheel. If everyone follows the DO's and DON'Ts above, your group ride should be safe and fun. The point is, everyone most assuredly does NOT always do what they should.

(Continued on page 7)

(Continued from page 1)

that wish to participate in the board meetings in person can be together again to share ideas.

Ride safely everyone and enjoy the ride as one never knows when something unexpected will prevent one from doing so.

George, President

(Continued from page 6)

What happens if someone's mind starts to drift? The answer is that their bike starts to drift, too. Often, they slowly move forward, eventually overlapping their front wheel with the rear wheel of the rider in front of them.

If that rider in front moves or swerves quickly, then they will

bump into the side of the front wheel, taking it out. The rider behind will end up on the ground, possibly taking out following riders as well. So, pay attention and DON'T overlap wheels.

It's as simple as this: Protect Your Front Wheel!

Edit article by Rick Shultz @ roadbikerider.com



WHEN SHOULD A CYCLING HELMET BE REPLACED?

To start with, you should always replace your helmet after an impact or damage. There are many crashes

where I didn't realize I had hit my head, but sure enough, I had, and the only way I knew was because my helmet was cracked. Another common circumstance is dropping a helmet when traveling. I can't count the number of helmets that have been damaged in a bike bag or in the back of the car with people tossing their stuff in.

Bicycle helmets can be expensive, but remember, you are rarely buying more protection but instead just a lighter or better-vented version. It's the cost of R&D plus higher-end materials, but in the end, they all offer nearly the same protection.

As for helmets that haven't been compromised or damaged, they, too, should be replaced every three to five years. There are a lot of things that degrade over time, like the foam and glue used in the helmet. Your body oils, sweat and UV rays also take a toll on the material, and after five years, it is for

sure compromised and not offering the intended level of protection. If you ride a lot, then I would replace it every three years.

The last thing I recommend is cleaning and inspecting your helmet on a regular basis. If the pads are disintegrating, then it is time to consider a new shell, too. Pads degrade a bit faster than the helmet itself because of sweat, but they are a good indicator of the shape your helmet is in. Most helmets have a production date listed inside on a sticker, making it easy to identify exactly how old your helmet is. If the sticker is worn off or can't be found, then it is probably safe to assume it is time to replace it.

Side note:

Cycling shorts and bibs also need to be retired after two or three seasons, especially if you only have a few and they have a lot of miles. Now, if you have a closet full of cycling clothing and each one gets one ride a month, then sure, they will last for a long time, but for most of us, this isn't the case. To help extend the life of your gear, don't use the dryer after washing them. For the sake of everyone riding behind you, pick up some new bibs and toss those old transparent shorts.

By Troy Templin @ roadbikeaction.com

INVITATIONALS

June 6, 40th Annual Spring Fling, Monee, 18-44 miles, [Folks on Spokes Bicycle Club](#)

June 13, BCLC Ramble, Spring Grove, 22-124 Miles, visit their [website](#) for more info

June 19, 2021 Food Bank Flyer, Normal, 20-60 miles, visit their [website](#) for more info

June 19, Janesville Rotary Pie Ride, Janesville WI. 5K-100K, visit [website](#) for more info



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We are on the web
wheelmen.com

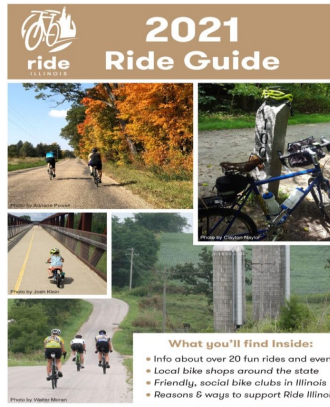
Join us on



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[Harmon Hundred](#)

SAVE THE DATE

Harmon 100—**CANCELLED**



Visit the [website](#) for info



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 CYCLES 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