



MONTHLY MEANDERS

BOARD BANTER

The Wheeling Wheelmen held its first onsite club meeting of the season on September 22nd at the Prospect Heights Library.

Joe Beemster, Nominating Committee Chairman, announced the following candidates for the election of Board members for next season:

President
Deb Wilson

V.P./Ride Chair
Neal Barg

Treasurer
Johannes Smits

Secretary
LeeAnn Nelson

Membership
Emily Qualich

Publicity
MJ Drouganis

There were no nominations from the floor. Online balloting will take place during October.

The rest of the meeting

was for discussion of the Harmon, St. Pat's ride, Chili ride and miscellaneous topics for input for the next year's Board.

We did not have a Harmon this year due to the difficulty in locking down a venue. Location preferences for next year's Harmon will be included on the ballot for Board members. We will need a chairperson for this event. Selecting a school for the Harmon as well as for the St. Pat's ride may continue to be an issue due to Covid. We may need to look at other venues.

This year's Chili Ride will take place on Sunday, October 31st (last official day of the ride season). It will be held at the North Park picnic shelter in Lincolnshire.

We will have a 27 mile route through Lake Bluff/Lake Forest and then celebrate the season at North Park (SE corner of Riverwoods Rd. and Everett Rd.). LeeAnn Nelson is in charge of the

event and weekly emails will go out for signups of what food/items to bring. We will have electrical outlets for crock pots and alcohol is allowed in the park.

Interest in new club jerseys for next year was discussed and this item will also appear on the ballot.

Also discussed was the ride schedule for next year. We will continue to have sign-ups for all club rides and will include at least one longer ride per month on the schedule. Rides can be added during the season if given enough notice. Club invitational rides will also be added to the schedule as well as some gravel/mountain bike rides.

Most important of all, we discussed rider safety and courtesy. As a club we agreed we need to do a better job in these areas. More specifically, we

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Eric Pangle
David Stahl

Club Officials

Elected Officers

President

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 **OPEN**

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 Sept. 27

227 rides by 136 members

9,557 max miles

Women:

1	Emily	Qualich	4157
2	Betsy	Burtelow	2308
3	Jeannie	Siewert	2223
4	Deb	Wilson	2139
5	MJ	Drouganis	1812
6	Ella	Shields	1654
7	Kris	Woodcock	1335
8	Pat	Calabrese	1111
9	Cindy	Kessler	982
10	Paula	Matzek	931
11	Cindy	Trent	654
12	Nancy	Beck	564
13	Tara	Riley	535
14	Sheri	Rosenbaum	527
15	Jean	Zuccarello	479
16	Reinhilde	Geis	450
17	Banu	Sheehan	410
18	Marnie	Brahar	402
19	Lorrie	Heymann	379
20	LeeAnn	Nelson	337

Men:

1	Paul	LeFevre	4134
2	Johannes	Smits	3681
3	Alex	Halamaj	3011
4	Mitch	Polonsky	2458
5	David	Magdowski	2445
6	Jim	Boyer	2405
7	Dave	Waycie	2233
8	Leslie	Scott	2194
9	Neal	Barg	2164
10	Scott	Assmann	2145
11	Jeff	Rossi	1859
12	Keith	Carlson	1845
13	Luis	Magana	1742
14	Vince	Kelley	1658
15	Joe	Beemster	1484
16	Tom	Wilson	1433
17	Kilian	Emanuel	1383
18	Nhat	Tran	1341
19	Toan	Tran	1308
20	Brian	Hale	1222

Total Rides Led

Through

Sept. 27

Banu Sheehan	2
Betsy Burtelow	2
Brian Hale	9
Dan Wiessner	1
Dave Waycie	2
Deb Wilson	2
Dennis Ellertson	24
Don Sortor	1
Ella Shields	9
Emily Qualich	19
Frank Bing	12
George Karpen	1
Jeff Rossi	21
Jeff Strauss	1
Jim Boyer	2
Joe Beemster	16
Johannes Smitts	29
Jorn Lim	11
Lorrie Heymann	1
MJ Drouganis	17
Neal Barg	27
Paul LeFevre	35
Roland Cooper	1
TOTAL HOSTS	23

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

Oct 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 10/2	9:00 am LATER START	Honey Do/ Extended Do	30-72	Huntington Plaza Hoffman Estates North of Algonquin Road, just east of Huntington Boulevard.	Show N Go
Sun 10/3	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 847-215-2314or MJ Drouganis 847-732-9093
Sat 10/9	9:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see above	Show N Go
Sun 10/10	9:00 am	Inverness	36/42	Archer Parking Lot See above	Joe or MJ see above
	8:00 am	Kenosha Bound	89	Archer Parking Lot See above	Emily Qualich 847-821-1009
Sat 10/16	9:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see above	Show N Go
Sun 10/17	9:00 am	Nippersink	30/39	Archer Parking Lot see above	Joe or MJ see above
Sat 10/23	9:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see above	Show N Go
Sun 10/24	9:00 am	Sunday Saunter	38/45	Archer Parking Lot see above	Joe or MJ see above
Sat 10/30	9:00 am	Honey Do/ Extended Do	30-72	Huntington Plaza see above	Show N Go
Sun 10/31	10:00 am	Chili Ride (Ride from North Park) Details on page 6	27	North Park SE corner of the intersection of Riverwoods Rd. and Everett Rd. in Lincolnshire	Neal Barg 847-778-1832

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

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

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
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
Thurs	9:00 AM	Deerfield's Bakery Ride	25-40	Willow Stream Park See above	Neal Barg 847-778-1832
Friday Oct 1, 15, 22, 29	9:00 am	Social Ride	30	Willow Stream Park see above	Emily Qualich 847-821-1009
Friday Oct 8	9:00 am	Des Plaines River Trail Gravel Ride	33	Half Day Forest Preserve First Parking lot The trail is crushed limestone, not recommended for road bikes	Emily Qualich 847-821-1009

NEWSLETTERS

Since we are not planning any social events for the end of the season and rides are Show N Go's there will not be a November newsletter. [Check the website for current information.](#)

Also, this will be my last newsletter as I am leaving the Board this year. It has been a pleasure doing the newsletter all these years and I hope everyone has enjoyed it. Ella



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

ON LINE BALLOT

You can vote on line at Wheelmen.com

Voting closes October 31

Election results will be posted on the website in November

WHEELING WHEELMEN

2022 BALLOT

- PRESIDENT Deb Wilson or _____
- VP/RIDE CHAIR Neal Barg or _____
- TREASURER Johannes Smits or _____
- SECRETARY LeeAnn Nelson or _____
- MEMBERSHIP Emily Qualich or _____
- PUBLICITY MJ Drouganis or _____

Please mark accordingly: Individual Family

Please return ballot by October 31, 2021

Balloting Committee:
Pam Burke, Luis Magana & Jeannie Siewert

Please mail ballot to:

Pam Burke
265 Green Knoll Lane, Streamwood, IL 60107

SURVEY

Please select your preferred location for the Harmon Hundred in 2022

Wilmot H.S., Wisconsin

McHenry County College, Illinois

Are you interested in purchasing a new (design) club jersey in 2022?

Yes

No



CHILI RIDE SUNDAY OCTOBER 31

Join us for chili after the ride on Sunday, October 31 at North Park, 1025 Riverwoods Road in Lincolnshire. We have rented the picnic shelter and will have the event outside after the ride. There will be a 27 mile ride.

Keep an eye on the weather and dress accordingly for the après event. We will have chili rain or shine, if it rains chili will be @ 11:30 a.m.

Everyone is asked to bring a dish to pass. Bring whatever serving utensils you need to share your dish.

Please RSVP to LeeAnn Nelson, nuwildcat23@gmail.com, if you plan to stay for chili and find out what to bring.

Everyone is asked to bring something

3 WAYS TO USE YOUR END OF THE CYCLING SEASON FITNESS

A sure sign of summer coming to an end is the loss of daylight hours and cooler temperatures. For both the competitive rider and the club rider, your season is approaching its final phases. Since you have trained hard all spring and summer, you are probably still carrying some good form. Before you get into the, "I need to start getting ready for 2022" mindset, take advantage of your current fitness. Keep your motivation high by setting new goals, taking on new challenges and working on your weaknesses. A change in routine will give your mind and body a much needed rest.

Set Goals

A good start to maximizing your late summer fitness is using it to achieve new goals. Maybe there is a hill you always ride and can use your good form to set a new record for yourself. Or, this might be the perfect time to log that century ride that you were not able to do during the season.

Another target goal would be to use this time to get to your goal weight. While this may seem like an odd time of

year to cut weight, having dietary restrictions in place while preparing for the 2022 season is not ideal. Without the demands of the high intensity training and a high calorie intake, the end of the road season is the perfect time to ride and cut calories because you don't have to worry about being topped-off with fuel and feeling good.

One huge motivational factor for me is thinking about what races or rides I want to peak for the following year. Keeping these events in the back of my mind helps me stay motivated even though the goal is a long way away.

Your goal setting process should include long range goals, like placing top three at a road race in June, but also short term goals that will help you accomplish that goal. Learn the specific demands of your event, then train to meet those demands. This will give you short term targets, like raising your FTP to a certain number, or improving your ability to climb for an extended period. These near term goals are easier to focus on and will keep your motivation high.

Try Something New

Use your end of season fitness and try something new with your bike. Maybe there is a local time trial you have always

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wanted to do, or a late season gravel grinder. Now is the time to incorporate fun new challenges into your cycling or even get out and do a group ride that just didn't fit in your training schedule previously. You can ride with friends that are mad at you for not riding with them during the season. Social rides and non-structured rides keep you on the bike without the pressure of following a set plan.

You could also give cyclocross a try. You don't have to be a hard-core 'cross rider to do an event or a practice session. Who knows, maybe your end-of-season form will bring a better than expected result? Perhaps there is a Gran Fondo you want to tackle? Doing something new is a good break from your standard routine and keeps you moving in the right direction.

Work on Your Weaknesses

Post season is the perfect time for working on the components of your cycling that need improvement. During the

season, your plan might not allow for fine tuning your pedal stroke, working on your sprint, or working on your climbing form. Without the pressure of preparing for races or events, you can now pay attention to your pedal stroke. I find that at the end of a racing season, some riders cadence has diminished. Use this less rigidly structured time to revisit the fundamental and work on bringing your RPMs back up. Without the focus being on intervals or efforts on hills, it is also a great time to work on your climbing form. Taking time to concentrate on areas that need improvement will put you on good footing as you move into the next training season.

With your season winding down, there is no need to concentrate on training sessions, such as intervals, sprint work, etc. By setting some goals and making changes to your normal training pattern, you might be able to create enough of a spark to rekindle a little excitement in your training before you settle into full-on off season preparation for 2022. Taking a break from the demands of following a structured plan is good to do at this time of year. The key is to not lose your motivation. Keep riding, enjoy

(Continued from page 1)

need to ensure that riders are not out riding on their own and that everyone finds a comparable group with which to ride. We also need to stress the importance of riders announcing their position when passing a fellow rider. And finally, we must make sure to stop at all red lights!

Let's all enjoy a spectacular Fall season of riding ahead!!

Neal Barg
VP/Ride Chair

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.



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

We are on the web
wheelmen.com

Join us on



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

SAVE THE DATE
Chili Ride—Oct 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 847-945-0700
705 Waukegan Rd., Deerfield, 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