



MONTHLY MEANDERS

PREZ SAYS

Allow me to speak to you about the future of our club. As you all know, last year was a challenging year for us. The club management did not manage. The ride calendar was put on auto-pilot. Board positions were never filled. And too late we understood that no one will step up if they are not listened to and respected. But I'm happy to say that we've made significant progress towards a more engaging and inclusive 2024 season.

By my count, twenty-two people have already contributed to our 2024 season. We now have a functional Facebook page to which we can all contribute. A dedicated group worked to develop an action plan for 2024. Our insurance policies have and are still being reviewed. There is now a database of clubs, bike shops, and cycling newsletters that will be used to publicize

our St. Pats ride. Members have already stepped up to manage the Banquet, the picnic, and the Chili ride. News flows via Groups.io; we have identified who is not getting updates. And, after four years, we have a new jersey with orders being accepted in a bit over a week from now.

But while all the above is important, we came here to ride our bikes. Nothing else matters if the routes are old, stale, and boring. We do not have to change everything, but there needs to be life and vitality. Currently, we have six members on our ride committee with more needed and welcome. I'm certain there will be hits and misses in the 2024 riding season, but it will not be a rerun of last year. Remember this is your club, not the board's. Let your feelings be known, and I promise, we will listen.

To make our club more engaging and inclusive, I would like to suggest a few things. First, let's encourage more members to join the ride committee. This will bring in new ideas and perspectives and help us keep the routes fresh and exciting. To help with the ride committee or any of the other activities please contact Ella at eshieldsbike@yahoo.com

Second, let's organize more social events that bring us together as a community. This will help us build deeper connections and make our club more welcoming to new members. Finally, let's continue to communicate openly and honestly with each other. This will help us identify and address any issues that arise and keep our club moving forward.

Thank you.

Keith Carlson, President

Jan-March 2024

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Club Officials**Elected Officers****President**

Keith Carlson keith-carlson@outlookcom

V.P.-Ride Chair**OPEN****Treasurer**

Johannes Smits johannes.smits@comcast.net

Secretary

Ella Shields eshieldsbike@yahoo.com

Membership

Emily Qualich e.qualich@comcast.net

Publicity Chair**OPEN****Appointed Officers****Harmon Chairman****OPEN****Newsletter**

Ella Shields eshieldsbike@yahoo.com

St. Pat's Ride

Scott Assmann thepopgroup@gmail.com

Chairmen**Banquiday**

MJ Drouganis mj.droug@gmail.com

Harmon Data Base &**Mileage Statistician**

Emily Qualich e.qualich@comcast.net

Picnic**Web Page**

Johannes Smits johannes.smits@comcast.net

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 15th 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

2023 - FINAL TOP 20

187 rides by 119 members

7,853 miles

Men:

1	Johannes	Smits	2946
2	Paul	LeFevre	2758
3	Jim	Boyer	2310
4	Luis	Magana	2230
5	Mike	Fitton	1906
6	Vince	Kelley	1896
7	Wayne	Potrue	1885
8	Nhat	Tran	1786
9	Alex	Halama	1649
10	David	Waycie	1628
11	Brian	Hale	1517
12	Mike	Paulson	1345
13	Phillp	Brown	1201
14	Keith	Carlson	1150
15	Kilian	Emanuel	1093
16	Frank	Bing	1087
17	Phillip	Ried	1068
18	Jeff	Magnani	1051
19	John	Bartodziej	893
20	Dennis	Ellertson	893

Women:

1	Ella	Shields	2704
2	Jeannie	Siewert	2379
3	Betsy	Burtelow	2200
4	Debbie	Wilson	1961
5	Emily	Qualich	1937
6	Kris	Woodcock	1533
7	MJ	Drouganis	1164
8	Elizabeth	Berry	1107
9	Paula	Matzek	1093
10	Pat	Calabrese	859
11	Amanda	Adamns	768
12	Nancy	Beck	735
13	Reinhilde	Geis	647
14	Kimberly	Heuer	594
15	Cindy	Kessler	423
16	Jean	Zuccarello	415
17	Jackie	Kelley	403
18	Marnie	Brahar	346
19	Florence	Bvunzawabaya	307
20	Cindy	Trent	263

Total Rides**led****Through Oct 31**

Brian Hale	10
Cindy Trent	4
Dave Waycie	2
Deb Wilson	4
Dennis Ellertson	25
Don Sortor	7
Ella Shields	50
Emily Qualich	15
Frank Bing	11
Jeff Rossi	1
Jim Boyer	3
Joe Beemster	8
Johannes Smits	31
Keith Carlson	2
Killian Emanel	25
Kris Woodcock	1
Luis Magana	4
MJ Drouganis	1
Mike Paulson	12
Paul LeFevre	5
Paula Matzek	1
Reinhilde Geis	2
Roland Cooper	12
Tara Riley	1
Tom Wilson	1
Vince Kelly	2
TOTAL HOSTS	26





BANQUIDAY

Sunday, January 21

Join us for a great time; and celebrate a fantastic cycling season

12:00 pm –5:00 pm

Colony Country Community Center

1455 Piccadilly Circle

Mt Prospect

Parking may be limited by the clubhouse, there is parking nearby at Lion's Park

Please RSVP to MJ Drouganis by January 10

Please e mail her at mj.droug@gmail.com to find out what you can bring to the party.

We are asking for appetizers and desserts

The club will be providing dinner.

BYOB



FEBRUARY CLUB MEETING

Monday, February 5, 6:30 p.m.

Prospect Heights Library.

12 Elm Street, Prospect Heights

We will discuss club business and recruit volunteers for the St Patrick's Day Ride.

Our guest speaker will be Gary Gilbert who will talk about the Working Bikes organization.

Our next meeting will be Monday, March 4.

Jerseys

We have a new club jersey in the works. They are from Primal Wear, it will be a Club Fit, Sport Cut. The basic cost of the jersey is \$54.00 (\$70.00 retail), plus your choice of delivery. Bulk is an additional \$3.00, direct shipping is \$15.00 We hope to have the bulk delivery available at the May club meeting The store was not set up by the time of publication so you will need to check the website for details. We will also send updates via groups.io.

Once everything is finalized Primal will set up a store for us and you will buy directly from them choosing size, M/F, type of delivery and quantity. Payment will be by credit card or PayPal.

Any questions, contact Rich Koomjian at 312-520-6370 or email him at rkoomjian@gmail.com.



Be sure to be signed up
to the clubs [Groups.io](https://groups.io)
emails for jersey updates!



St Patrick's Day Ride 2024

Happy New Year to all . . . furthermore happy St. Patrick's Ride Day coming Sunday, March 17th. It's been a rather tepid Chicago winter so far. Maybe you have ventured outside on bike or other locomotion. For me, this mild weather encourages outdoor saddle time. With any luck (of the Irish, naturally), the coming Spring climate will bloom into tip-top-'o-the-mornin' conditions the third Sunday in March when hundreds of cyclists flock to Wauconda High School for our annual spring classic.

The St. Patrick's Day Ride is noteworthy in many ways. Primarily, it's the Wheeling Wheelmen season opener and by all accounts Chicagoland's first invitational of the road-ride calendar; this event is also a modest club fundraiser. In the past, our organizing efforts have earned enthusiastic feedback from guest riders. What's more, I like to believe this occasion makes for good fortune, a fun opportunity to showcase beaming Wheelmen spirit (and grit) to the cycling community (See those smiling faces! – Even when we sometimes can't feel our cheeks and nose.)

My gratitude to members who have volunteered for jobs in past years – and gratefulness to new members who have yet to be involved. Everyone's efforts are vital when orchestrating a ride such as this and there are a number of positions to be filled. As of writing, we have vacancies across the sign-up sheet in areas of registration table, parking, food service, route marking, and SAG support. We also provide a sweets/snack/goodies table for guest riders. Donations from club members of treats (homemade, pre-made, natural alternatives) are in need. If you plan to attend the January 21st Banquiday or the February 5th club meeting, a volunteer sign-up sheet will be on-hand. We also plan to offer a speedy job sign-up online via the Wheelmen website — to see available positions, visit our club website and go to 2024 St. Pats Ride Volunteer Sign-up — otherwise please contact me directly to volunteer.

Kindly mark your calendar for Sunday March 17th and join with cycling friends to help make the St. Patrick's Day Ride a grand event. I am available by email (thepopgroup@gmail.com) or phone (847-404-3184) for questions or suggestions. Also least not forget, Saturday March 16th at 10AM is our St. Pat's Pre-Ride (thee official start to the Wheelmen season!)... a splendid way to stretch stiff legs, expel winter cobwebs, and ride the planned St. Patrick's Day ride route.

Thanks so much.

Scott Assmann – St. Patrick's Day Ride coordinator



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
Saturday Sunday Tuesday Thursday through March 14	10:00 AM	SHOW N GO	25-40	Willow Stream Park On Old Checker Road just West of Buffalo Grove Road, North of Lake-Cook.	N/A

March Ride Schedule

Date	Time	Ride Name	Miles	Start Location/Directions	Ride Host
Sat 3/16	10:00	St. Pat's Pre-ride	16/20/ 36	Wauconda H.S. North on US 12, exit 176 and turn right (east) on Main St. School is on the left.	No Host Show N Go
Sun 3/17		St. Pat's Ride		Wauconda H.S. See Above	Everybody Works
Tues 3/19 & 3/26	10:00	Bakery Ride	25-40	Willow Stream Park On Old Checker Road just West of Buffalo Grove Road, North of Lake-Cook.	Johannes Smits
Thurs 3/21 & 3/28	10:00	Bakery Ride	25-40	Willow Stream Park See Above	No Host Show N Go
Sat 3/23	10:00	Barrington Hills Bakery Route	32-50	Willow Stream Park See Above	No Host Show N Go
Sun 3/24	10:00	Sunday Saunter	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.	No Host Show N Go
Sat 3/30	10:00	Barrington Hills Bakery Route	32-50	Willow Stream Park See Above	No Host Show N Go
Sun 3/31	10:00	Back Pedal	34/41	Archer Parking Lot See above	No Host Show N Go

BE SURE TO CHECK WEBSITE, GROUPS.IO/FACEBOOK FOR ANY LAST MINUTES CHANGES

2024 MEMBERSHIP RENEWAL

It's time to renew your membership.

You can also download the application from the website

wheelmen.com/docs/membership.pdf

Due date for renewals is **March 1, 2024.**

Membership Renewal is available via PayPal or credit card:

Visit our website wheelmen.com to sign up

If you have any questions contact Emily Qualich at e.qualich@comcast.net



Chicago Winter Bike Swap

2/11/24

**Kane County Fair Grounds,
St. Charles, IL**

Road--Hybrid--Mountain--Commuter--Triathlon
Kids--Cyclocross--Single Speed--Recumbent
Track--Components--Clothing--Nutrition
--New and Used--
--And much more!!--

The original bike swap for the Chicago area, Chicago Winter Bike Swap is the premier event for HUGE SAVINGS on everything for the bike.

\$5 admission for adults

\$5.50 with Credit Card

Kids 12 and under free

FREE PARKING!

The CWBS is an excellent social experience for bicycle enthusiasts. Advocacy groups will share information relevant to the cycling community. Bike clubs will be on hand with details about Chicago area bike rides.

Whatever your bicycle needs, there is something for everyone in the 32,000 sq. ft. of the Chicago Winter Bike Swap!

Don't pass up the one chance in the year to find a huge selection of great post-holiday closeout bargains

Chicagowinterbikeswap.com



This is our central repository of routes and events. Open to club members only.

All active club members have access to premium navigation features on all club routes and events:

- ⇒ Voice Navigation in our mobile app
- ⇒ Offline Maps in our mobile app
- ⇒ PDF Maps + Cue sheets
- ⇒ Advanced Turn Notifications with TCX files
- ⇒ Estimated time

[RIDE WITH GPS](#)



We have an active Meetup group that is used to post various rides throughout the year. We ask that you take a few minutes and sign up for the rides you will be attending.

More information about scheduled rides and who is attending can be found by clicking

[Meetup](#)



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**](mailto:wheeling@wheelmen.com)

To subscribe/unsubscribe or post a message to the Wheelmen Group visit our website [Wheeling Wheelmen](#) for more information

SOME CLUB FAVORITES—SIGN UP EARLY

Horse 100, May 24-26 Georgetown, KY., In addition to a visit to the beauty of springtime in the Bluegrass, the Horse 100 offers a traditional Saturday century route through both challenging and beautiful central Kentucky terrain, ride options 30-100 miles. Sunday ride options 29/41/49/75 miles horse100.com

2024 Grand Illinois Bike Tour June 9-14 Join Ride Illinois for the 21st annual Grand Illinois Bike Tour (GIBT)! This year's Central Illinois route resembles a figure eight beginning and ending in Maroa, with overnights in Springfield, Forsyth, and Champaign. [Registration is open.](#)

RAGBRAI, July 20-27, The Register's Annual Great Bicycle Ride Across Iowa, is an annual seven-day bicycle ride across the state. In its 51st year, RAGBRAI is the oldest, largest and longest recreational bicycle touring event in the world [Registration is open.](#) Routes will be announced January 21

Amishland & Lakes, July 27 & 28, Lagrange, IN., a two day bike tour of Amish countryside and Michigan lakes, visit a world where lifestyles have remained almost unchanged for over a hundred years Saturday, 25-100 mile options and Sunday 22-62 mile options. amishlandlakes.com

WINTER RIDING TIPS

The days are shorter, shoulder season has passed, and winter is really settling in. But you still want to go for a ride! Or maybe you're thinking about commuting, and wondering what it would take. We've all seen that cyclist riding home during a rush hour snowstorm, somehow smiling, despite the cold, snow, and traffic. What's up with that?

To make your cold weather riding experience a positive one, here are some hot tips

- Dress in layers! If you overheat and start to sweat, when you cool off you'll get really cold. So having the option to take off a midlayer is really nice. [It's a really good idea to pay close attention to the forecast!] One interesting thing with cold weather riding is that the temperature can swing quite a bit as the sun goes down. Ice melts and then refreezes!
- Consider trying little hand warmers and toe warmers – wool socks and warm gloves are great, but it can be really tough to keep the extremities warm in the cold.
- Many bike clothing companies make insulated hats to fit under a helmet. Despite seeming to be very thin, they make a big difference in warmth! You can pair them with a neck gaiter or even a full head covering.
- People in cars might not expect to see cyclists out in the cold, so any bit of enhanced visibility is helpful –

high vis gear, head and tail lights, and reflective bits on your outer layers are all nice. It's their responsibility to drive safely, but it's nice to help them in that goal.

- During the summer you might normally wear glasses, but struggle with them fogging up in the winter. Sometimes you might find that goggles work, other times you might go no glasses – figure out what works for you!
- If you find yourself enjoying the winter commute and wanting to ride in more conditions, consider adding some winter bits to your bike – fenders are great for wet, slushy or any other mixed conditions. You can also add bar mitts, which are like gloves for your handlebars. And if you find yourself worrying about traction or staying upright, they do make studded tires! Landing on your side after hitting unexpected ice can happen very easily, and it doesn't make for a pleasant finish to the commute.
- You might go a little bit slower, but that might be safer and more enjoyable. Embrace the fresh air, and plan accordingly.
- Have fun! It can be so liberating to be out on your bike, especially when you (or others) don't expect it. There are many physical and mental health benefits to commuting!

Edited article from wisconsinbikefed.org



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:

April 1 - club meeting
May 6 - club meeting



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.

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
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 MIILE 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 (5%)
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

ZION CYCLERY (5%)
2750 Sheridan Rd, Zion
847-746-2200 zioncyclery.com