



MONTHLY MEANDERS

PREZ SAYS

April-June 2024

Here comes an advice column. It's stuff we give lip service to and stuff I need to do better at following. The riding season is just starting. Please take a moment to think and do something.

Bicycle riding has inherent risks. Riding in groups has inherent risks. Riding with traffic has inherent risks but we are not defenseless and at the mercy of others. You can control the amount of risk and you can make choices.

Ever ride with someone using a daytime headlight? Seems incredible how far away you can see it, feels like almost a mile. But a light is more weight and an ugly attachment to my crowded handlebar. The one I want is \$150 which is a stupid price but, if it stops that Amazon truck

from pulling out in front of me...

Almost all of us have a tail light and we click it on at the start of a ride, we are so proud. Is your light worth a damn, have you tested it? Go out on a sunny day and walk three houses away. Does your bike jump out at you and is it at least as noticeable as the headlight? A car will cover the length of three houses in 2 seconds.

When riding, Linda can follow me via Google maps. It is not perfect and she has her own stuff to do but if I'm running late, it gives her something. Minimum, tell people where you will be riding.

Earlier I've said that we are not defenseless. You can control the amount of risk and you can make choices

that help you get home safely. Most accidents are preventable and often result from us doing something stupid. The traffic light was yellow (maybe), there are trees but this cross street has little traffic, it's a quiet neighborhood so we can chat two or three abreast, the guy in front of me will call out if something is not safe. Bottom line, your safety is your own responsibility. Learn who you can trust and even then, trust but verify.

A final reality check. I feel I am a decent and safe rider. Below is a link to the "Ride Illinois Bicycle Safety Quiz". I missed 8 out of 35. Ouch!

rideillinois.org/safety/bike-safety-quiz/

Keith Carlson,
President

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

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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 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

**Our new club jerseys are here!**

We will have the jerseys available for pick up starting Tuesday, April 9 at the 9:00 Bakery ride. You can pick it up at the ride start or at the bakery after the ride about 12:30 p.m. We will also have them at the Thursday (April 11) Bakery ride, Saturday Honey Do (April 13) and the Sunday ride (April 14). Rich will have them on Tuesday and Thurs-

day and Ella will have them at the weekend rides.

If you can not make any of the dates that week reach out to Rich, rkoomjian@gmail.com and let him know what ride you will be on and we will bring your jersey.

**Ride of Silence
Wednesday, May 15**

Join cyclists worldwide in a silent slow-paced ride in honor of those who have been injured or killed while cycling on public roadways.

Arlington Height Bicycle Club
cyclearlington.com/AHBC-RideOfSilence

Friends of Cycling in Elk Grove
egybikes.org/ride-of-silence.html

**HELP NEEDED FOR BIKE
RODEO
SATURDAY, MAY 25
(Rain Date June 8)**

The Wheelmen like to help the Buffalo Grove Police Department with their Bike Rodeo.

This event is geared towards teaching kids bike safety, as well as promoting cycling. Once the kids sign up at the registration desk, they come to our station where we make sure their helmets are fitted properly.

Ella needs volunteers to help out with the Rodeo. We need volunteers from 1-3 p.m. The rodeo will be held in the parking lot just north of the Golf Dome off Old McHenry Road. Please contact Ella at eshieldsbike@yahoo.com to volunteer.

WEEKLY RIDES

Day	Time	Ride Name	Miles	Location and Directions
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.
Starts April 16	10:00	Half Baked Ride	20-25	Willow Stream Park See above
	5:29 PM	Tuesday Night Recreation Park Ride	25-40	Recreation Park Minor Street just East of Arlington Heights Road. Park on N. Douglas Street close to American Legion building.
	6:00 PM	Tuesday Night Recreation Park Ride	15-25	Recreation Park See Above
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.
Thurs	9:00 AM	Deerfield's Bakery Ride	25-40	Willow Stream Park See above
	10:00	Half Baked Ride	20-25	Willow Stream Park See above
Friday	9:00 AM	Social Ride	32	Willow Stream Park See above

INVITATIONALS

May 4, Ride the Ups & Downs,

Elizabeth, IL 32/52/63 miles

goatscycling.com/events.html**May 4, 27th Annual Tour de Stooges,**

Lebanon, IL. 10-100 miles

gatewayeasttrails.org/tds/**May 25, Blackhawk Country Roads,**

Rockton, IL 10/30/45/65 miles,

Visit their [website](#)**May 26, McHenry County Century Ride,**

Lake in the Hills, 25-100+ miles

[Click here for ride info](#)**June 2, Arlington 500,** Lake Zurich, IL.20-101 miles cyclearlington.com/AHBC-500/Arlington-500.html**June 9, 42nd BCLC Ramble,** Wilmot Mountain

Wilmot, WI. 22 to 00 miles

bikebcl.com/ramble-ride/**June 15, Janesville Morning Rotary Pie Ride,** Janesville, WI. 5K, 20K, 50K & 100KVisit their [website](#)

APRIL RIDES	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
Date	Time	Ride Name	Miles	Start Location/Directions
Sat 4/6	9:00	Honey Do	30-50	Huntington Plaza North of Algonquin Road, just east of Huntington Boulevard Hoffman Estates
Sun 4/7	9:00	It's Not Thursday Night	33	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.
Sat 4/13	9:00	Honey Do	30-50	Huntington Plaza See above
Sun 4/14	9:00	This N That	40	Archer Parking Lot See above
Sat 4/20	9:00	Honey Do	30-50	Huntington Plaza See above
Sun 4/21	9:00	Libertyville/Midlothian	35-46	Archer Parking Lot See above
Sat 4/27	9:00	Honey Do	30-50	Huntington Plaza See above
Sun 4/28	9:00	Let's Go Lindy	38-44	Archer Parking Lot See above

BE SURE TO CHECK WEBSITE, GROUPS.IO OR MEETUP FOR ANY LAST MINUTES CHANGES



**MT HOREB
MAY 17, 18 & 19**

Cycle on quiet country roads that promise more than a few hills and beautiful scenery.

There are short Friday routes, 15 & 25 miles

which will start at 2:30 p.m. The start times for Saturday and Sunday will be 8:00 am. Saturday routes will have options of 65 & 75 miles and

Sunday will be a 50 mile route.

You are responsible for making your own room reservations at The Little Village in Mt Horeb, 608-437-3350, thelittlevillagemh.com.

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

MAY RIDES	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
Date	Time	Ride Name	Miles	Start Location/Directions
Sat 5/4	8:00 new start time	Honey Do/ Extended Do	30-72	Huntington Plaza North of Algonquin Road, just east of Huntington Boulevard Hoffman Estates
Sun 5/5	9:00	Long Grove to Lake Barrington	32	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.
Sat 5/11	8:00	Honey Do/ Extended Do	30-72	Huntington Plaza See above
Sun 5/12	9:00	Covered Bridges	36 & 44	Archer Parking Lot See above
Fri-Sun 5/17-19		Mt Horeb Weekend	15-75	Mt Horeb, WI See details on page 4
Sat 5/18	8:00	Honey Do/ Extended Do	30-72	Huntington Plaza See above
Sun 5/19	9:00	Ravinia (New Route)	40 & 50	Archer Parking Lot See above
Sat 5/25	9:00	Twice Baked	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..
Sun 5/26	9:00	Roads You Should Know	38 & 45	Archer Parking Lot See above
Mon 5/27	9:00	Memorial Day Ride	36 & 46	Paul Douglas Forest Preserve On Central Rd. 1 1/2 miles west of Roselle Rd, just north of I-90.

June schedule is a work in progress —check the website and Meetup in mid-May for details

SUNDAY, JULY 14 ANNUAL PICNIC

Heron Creek Forest Preserve Shelter B.

Details will be in the next newsletter and on the website



RIDING SKILLS: TOP 5 TIPS WHEN RIDING IN A GROUP

Edit article by Rick Shultz
@ roadbikerider.com

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: 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.

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!



A small imposition that can greatly help

Like every other club, we are always interested in increasing membership. Meetup introduces us to riders that might not otherwise learn of the Wheelmen. Our ride calendar is published along with route descriptions and links to RWGPS, all to entice people to come ride with us. A key part of Meetup is clicking to **Attend** an event. The more attendees an event has, more likely others will join in. We present a totally different impression if Meetup shows two people attending an event or twelve.

We generally know the rides we are planning to make. Please go to Meetup and click **Attend**. Then if later your plans change, Meetup has an **Edit RSVP** button. Personally, I like seeing who I'll be riding with but the benefits of Meetup will be seen down the road. We are asking a little from you so that you have more friends to ride with as the days get sunnier and warmer. More information can be found at [Meetup](#).



This is our central repository of routes and events. Open to paid 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](#)



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 our website [Wheeling Wheelmen](#) for more information



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We are on the web
wheelmen.com

Join us on



May 27

Ride Guide
2024

Brought to you by:  Ride Illinois

Click above for online Guide



JOIN THE LEAGUE!

The League of American Bicyclists promotes cycling through safety and represents us in the decision making process in Washington D.C.

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

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

CRANK REVOLUTION

1636 Algonquin Road
Hoffman Estates
847-790-5115
crankrevolution.com

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

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