

PREZ SEZ

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Over the past winter, I ran into some people who told me they were interested in possibly joining the Wheeling Wheelman, but they were nervous about riding with a Club that has a reputation for being a fast riding club. I also heard (2nd hand) about a person who did come out for a ride, but was soon dropped, had to do the entire route solo, and decided that this club was not for him. These situations bother me a great deal, because the future of our club depends on generating new members, who will actually show up for rides. This cannot happen if potential new members are not made to feel more welcome.

This article is not meant to be critical in any way of our club. Our philosophy is that people ride at their own pace, and that is fine. While it is an undeniable fact that we are not a club for beginner riders, we are not a racing club, and there are usually people on any given ride who are riding at a more moderate pace. What we have to do is acclimate new riders to riding with the club until they can settle in with a group who they feel comfortable with.

The welcome rides, of shorter lengths and slower pace, is a huge step toward this goal of getting new members more involved. But in addition to this, I am suggesting that every ride leader inquire at the beginning of any rides if there are any new members present. He or she should then make sure that this new

person is riding with someone else. Even good riders can be a little intimidated on their first ride with a new bike club. There is nothing worse than trying to keep up with a group riding faster than you because you don't want to be left way behind, only to have your legs give out half way through the ride.

The attendance at the March meeting was very gratifying. A large number of members turned out to hear Karen Schroeder give an excellent presentation on health and fitness and the advantages of using a personal trainer as a part of your fitness program. I hope that by reducing the number of meetings, attendance will remain at a high level.

Until next newsletter –

Al Berman, President

THE RIDE CHAIR APRIL

The official ride season began with the St. Pat's ride on March 19 (10 days in the future at this writing.) The early rides are short and close by. As the season progresses however, folks will hopefully be conditioned for longer rides. Roads most suitable and enjoyable for these more extended rides are further out in McHenry or Kane county or southeast Wisconsin. On those upcoming weekends when these rides are scheduled, many people would like to have a shorter more convenient ride. Only one ride each

weekend day or holiday is scheduled; however, you can arrange to have an alternate ride scheduled providing there is a host. This is most easily accomplished if *you* are willing to host the ride.

The best way to schedule an alternate ride is to get it on the monthly ride schedule. Bill Bergeron who is now publishing the newsletter requires copy the 10th of the preceding month. This means that a date and ride must be submitted to the RC a couple of days prior to this. You may review the 2000 Ride Schedule to select the date you would like to have your alternate ride. You may have a favorite ride you wish to have or confer with me to choose a ride from our club file which right for you. When the ride is scheduled in this manner, it will be published in the monthly schedule, put on the ride line and handled in every respect like the primary ride.

The preferred way to schedule an alternate ride obviously takes quite a bit of planning ahead. You may not have that much lead-time. The next best thing is to have it put on the ride line.

Contacting the RC no later than two days prior to the day you wish to host the alternate ride could do this. Tell me where, when and what ride you are going to host and it will be put on the ride line. Of course you should have the sign-in and cue sheet ready. You can plan ahead by having these available so that when the time is right for scheduling your ride these things are on hand. Normally, only one alternate ride will be added on any date on a first-come-first-serve basis.

(continued on Page2)

Club Officials

Elected Officers

President	
<i>Al Berman</i>	(847)541-9248
V.P./Ride Chair	
<i>Art Cunningham</i>	(847)963-8746
Treasurer	
<i>Bob Savio</i>	(847)438-8066
Secretary	
<i>Verne Aebli</i>	(847)934-3809
Membership	
<i>Pam Burke</i>	(630)872-9238
Safety	
<i>John VonLackum</i>	(847)670-9796

Appointed Officers

Newsletter	
<i>Bill Bergeron</i>	(847)382-4704
E-mail: <i>Bergeron000@hotmail.com</i>	
<i>Jennie Pfeifer</i>	(847)342-8823

Chairmen

St. Pat's Ride	
<i>Jim Edmiston</i>	
Mileage Statistician	
<i>Art Cunningham</i>	(847)963-8746
P.O. Box	
<i>Phyllis Harmon</i>	(847)537-1268
Refreshments	
<i>Lou Lambros</i>	(815)455-9428
Web Page	
<i>Bill Bergeron</i>	(847)382-4704
Social	
<i>Pam Burke</i>	(630)872-9238
CABDA Show	
<i>Pam Burke</i>	(630)872-9238
<i>Barry Cohen</i>	(847)459-7640
LAB	
<i>Phyllis Harmon</i>	(847)537-1268
Banquet	
<i>Pam Zaverdas</i>	(847)359-5970
Government Relations	
<i>Al Berman</i>	(847)541-9248

Newsletter Contributions

Hey, out there, I'd love to hear from you! E-mail me your ride notes, stories or articles for the newsletter to me by the 10th of each month to and be immortalized in the next issue of Monthly Meanders !

Bill Bergeron
E-mail your submissions to:
Bergeron000@hotmail.com

(Please include your name and phone number in case I have a question)

Moving?



Don't miss an issue of Monthly Meanders!! Call Pam Burke with all name, address and phone number changes at (630)872-9238.

Board Meeting

The next board meeting will be held on Thursday April 13th At Pam Burke's House.

All board members are requested to attend. Please let us know if you will be there.

THE RIDE CHAIR (Continued from Page 1)

With the Welcome Rides and the Tours of Chicagoland Bike Paths/ Trails described elsewhere we are trying a couple of new things to offer more for our members. If we can develop a cadre of hosts more for alternate rides, this will offer another possibility for folks to participate in a club ride.

Art Cunningham

WEDNESDAY TOUR OF CHICAGO- LAND BICYCLE TRIALS & PATHS Art Cunningham

Many of you like me may have started your biking experience on the bike trails and paths that are plentiful in the Chicago and surrounding area before graduating to road biking. There are many great trails in the area and more miles of trail are being added every year. These present an alternative biking experience to road biking offering different vistas and a real change of pace. Beginning on the first Wednesday of April (sorry you working stiffs) , I will schedule a different trail route every week so that through the year most all of the trails which can be reached from the north suburbs with a reasonable drive will be included. These rides will be on a show and go basis and done at a leisurely pace of 12-14 miles per hour. Touring trails only, many appropriate to narrow tired road bikes will be included. I hope some like minded bicyclists will join me trough the year as these trails are explored. Phone Art Cunningham, 847-963-8746 for more information.

Wednesday Tour of Chicagoland Schedule

April 5 - Salt Creek Bike Path / Brookfield Zoo - 14 mi.

Start: 9:00 AM at Bemis Woods Forest Preserve, Western Springs To reach Bemis Woods, go south on I-294 to Ogden Ave., turn left (east) on Ogden .5 mi. and turn left into the Forest Preserve. Head straight to the bike path trailhead to park.

Description: A short ride on a winding, paved forest trail following Salt Creek which ends at the zoo. 2 or 3 hours for a brief tour of the zoo and lunch. Paved path suitable for road bikes.

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Welcome New Members!



Jeanne Salle	Lake Zurich
Elaine Giles	Kenosha
Mindi Epstein	Evanston
Chris Olson	Libertyville
Cathleen Tobin	Chicago
Kris Ekdahl	Lake Bluff
Doug Hook	Palatine
Katie Van Der Bosch	Arlington Hts
Reeder Ben Fuhr	Winnetka
Jennifer Hull	Winnetka
Jack & Mary Clarke	Arlington Hts
Eva & Douglas Hyndman	Prospect Hts

Monthly Meanders of the Wheeling Wheelmen

**Ride Schedule
Date**

All
Riders
Should:

*wear a helmet
*bring water
*bring snacks

*have a bike in good condition
*bring a spare tube and patch kit
*bring a bike pump

*bring an ID card
*bring \$\$ for food and phone
*arrive early...15-30 minutes

Date	Time	Ride Name	Starting	Directions	Miles	Leader/ Phone
Sat. 4-1	9:00 AM	Bull Valley	Wauconda Orchard	Gossell Road, ½ mile off Fairfield Rd.,	35/48	Leland Yee 615-4857
Sun 4-2	9:00 AM	B.D.S.R	Killdeer School	Old McHenry Rd., just north of Long Grove	40	Bob Pletch 253-8633
Wed 4-5	9:00 AM	Salt Creek Bike Path	Bemis Woods	South on I294 to Ogden Ave., left (east) On Ogden ½ mi. to woods en-	14	Art Cunningham 963-8746
Sat 4-8	9:00 AM	Show & Go	McHenry County	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north	35/49	Verne Aebli 934-3809
Sun 4-9	9:00 AM	Al Capone's	St. Charles High	¼ mi. north of North Ave. / Main off Kirk	30	John Loesch 630-377-6258
Wed 4-12	10:00 AM	Chi. Lake Front Path	Foster Ave Beach	East on Peterson (Rt. 14) off Edens to Ridge, right on Ridge and straight on Broadway to Foster, left past Lake Shore Underpass to beach (first parking lot on	45	Art Cunningham 963-8746
Sat 4-15	9:00 AM	Ice Cream Social	McHenry County	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north	53	To be announced
Sun 4-16	9:00	Hills & Horses	Penny Rd. Forest	I-90 to RT. 59 North, turn left on Penney road to forest preserve	40	Bob Walkowitz
Wed 4-19	9:00 AM	Fox Valley/McHenry Prairie Tr.	East Dundee Depot	Off Rt. 72 right on 4 th Street 2 blocks to Depot. Turn just before Fox River	46	Art Cunningham 963-8746
Sat 4-22	9:00 AM	Apple Cider	Killdeer School	Old McHenry Rd., just north of Long Grove	37	John von Lackum
Sun 4-23	9:00 AM	Back Roads of Barrington	Penny Rd. Forest	I-90 to RT. 59 North, turn left on Penney road to forest preserve	40	Pam Berke 630-872-9238
Sun 4-23	1:00 PM	Welcome Ride #1	Killdeer School	Old McHenry Rd., just north of Long Grove	15-25	Bob Savio 438-8066
Wed 4-26	9:00 AM	North Branch Bike Path	Skokie Lagoon Forest Pre-	Willow Rd. 0.2 mile east of Edens Expressway – Parking lot to left	32	Art Cunningham 963-8746
Sat 4-29	9:00 AM	Island Lake Loop	Killdeer School	Old McHenry Rd., just north of Long Grove	50	Art Cunningham
Sun 4-30	9:00 AM	Barrington Loop	Killdeer School	Old McHenry Rd., just north of Long Grove	35	Verne Aebli 934-3809
Sun 4-30	1:00 PM	Welcome Ride #2	Killdeer School	Old McHenry Rd., just north of Long Grove	15-25	Ella & Mike 773-594-1755

Please call the Ride Hotline (847)520-5010 for any last minute changes!

April 12: Chicago Lake Front Path – 45 mi.

Start: 10:00 AM at Foster Ave Beach, Chicago

To reach Foster Ave Beach, go east on Peterson (Rt. 14) off the Edens Expressway, right on Ridge and south on Broadway to Foster. Left on Foster to the parking lot on the left just past the Lake Shore Drive underpass.

Description: Chicagoland's most popular bike path follows the lakefront to Jackson Park and the Museum of Science and Industry. This route goes by Montrose Harbor, Belmont Harbor, out Navy Pier and the Michigan Ave spur, by McCormick Place to the Museum of Science and Industry. Jackson Park and the Pleasance / University of Chicago is optional. During the summer this trail is clogged, but this early in the season and mid-week we should own it. Paved trail suitable for road bikes.

April 19: Fox Valley / McHenry Prairie Trail – 46 mi.

Start: 10:00 AM West Dundee Depot (trail headquarters) To get to the Depot take either Higgins (Rt. 72) or Dundee to East Dundee. Heading west on Higgins, turn right on 4th St. to the depot. Heading west on Dundee, bear right on Barrington Ave. just past the Rt. 25 intersection and right on 4th St. to the depot.

Description: We go north to Crystal Lake. Where the trail ends at Crystal Lake, follow The signs west on Crystal Lake Ave. and north on East St. to Veterans Park. A hilly trail through Veterans Park joins the new section of the Prairie Path at Hillside Rd. which goes to Ringwood. These trails are paved and suitable for both road and trail bikes.

April 26: North Branch Bike Path / Botanic Garden 32 miles.

Start: 9:00 AM Skokie Lagoon Forest Preserve off Willow Road. To reach the Skokie Lagoon Willow Road parking lot, go east of Edens Expressway (I-94) about ¼ mile, parking lot on the left.

Description: Another very popular Chicagoland bike path follows the North Branch of the Chicago River from Devon Ave. to the Skokie Lagoons and the Chicago Botanic Gardens where we may tour the spring blossoms and have some refreshment. Paved trail suitable for road bikes.

Minutes from the March Wheeling Wheelmen Board Meeting

- Date:** March 10, 2000
Location: Art Cunningham's home
Attendees: Verne Aebli
 Al Berman
 Pam Burke
 Art Cunningham
 Jim Edmiston
 Bob Savio
 Al Schneider
 Ella Shields
 John von Lackum

Reports:

Question: How is it possible to get lost in a townhouse parking lot (even if it was dark out)? Just ask several board members who needed a cell phone to get from the lot to Art's door. Maybe we need to provide cue sheets and route markings. (And Art needs to buy a "9".)

President: (Al) Al reported there was a large turnout for the March club meeting which featured a personal trainer presentation.

Secretary: (Verne) The next club meeting will be at WHS on May 4th. Al and Cindy will be presenting slides from one of their recent European bicycle tours. The next board meeting will be held at Pam's home, date TBD.

Treasurer: (Bob) Bob presented the monthly financial status report, distributing copies to board members. Bob has provided an updated contract and insurance statement to WHS at the request of the school.

Ride Chair (Art) Art reported that he is close to finalizing the '00 ride schedule and will soon be publishing it in the newsletter. Art suggested that we could better promote club rides through announcements in local papers such as the Tribune or Herald. He would be responsible for ensuring notices were submitted to the papers.

Art is planning a series of week-day Chicagoland bike path and trail rides, starting in April. These will be Wednesday morning rides, focusing on some of Art's favorite trails in Chicago and the surrounding burbs.

There was further discussion on "welcome rides", how to best deal with new riders of varying abilities and encouraging ride leadership in general. We need to make it clear (e.g., in the ride schedule, web page and talking with new members) what new riders should expect from club rides, how to prepare and that road bikes are strongly recommended. There was some discussion of re-implementing a rating system (e.g., express vs. touring pace) for club rides in order to provide some type of guidance.

Membership (Pam) Pam announced that she will not be continuing as CABDA chair following this year's show. Pam has done a wonderful job managing the club's participation in the CABDA show for

the past three years.

We currently have 238 members on the roster, including 12 new members signed up since the beginning of the year. Membership cards will be going out with the next newsletter.

It was noted that the club computer and software is now three years old and incompatibilities are beginning to appear when files are shared between club members. We should start giving some thought to upgrading our software.

Safety (John) John had nothing to report on club safety issues, however his shoulder injury has healed and he's been back out on the bike.

Newsletter (Bill) Our own William Charles Foster Kane Bergeron (aka Citizen Bill) has taken over newsletter publishing duties from Jennie. Newsletter articles should be E-mailed to Bill at: Bergeron000@hotmail.com Jennie will continue to be handling distribution and mailing.

Business:

St. Pat's Status: (Jim Edmiston) Jim provided an updated status of St. Pat's preparations and ran down a brief list of issues. Coordination is well in hand and Jim has had an exceptional response from members in volunteering to support the ride.

Harmon Planning Status: Al Schneider presented an updated report on route plans for this year's ride and distributed route maps.

Bob Savio presented a summary of overall Harmon preparations. Bob reported that we have reserved all of Eagle Lake park as a rest stop, giving us use of facilities at both the upper and lower (lake

front) sections. We will be doing a May and July distribution of ride brochures through CABDA. Packets will consist of 15 brochures per store per distribution. We will need to arrange for individual distribution to Wisconsin bike shops as well as arrange for publicity in SE Wisconsin media, e.g., Milwaukee, Racine/Kenosha and Waukesha area papers.

Bob will be conducting additional research into Wisconsin bicycle law in order to provide correct information in the Harmon brochure.

We've agreed that this year's Harmon brochure should contain a "bandit alert" advising that we will be using wrist bands to identify registered riders.

Unsolved Mysteries: Pam has received a newsletter mailing from the MS 150 containing a list of club rides which appeared to have been copied from the club web site. They were listed as suggested training rides for the MS 150 and that the Wheeling Wheelmen were the sponsoring organization. None of us were aware that this had been done and we have no relationship with the sponsors of the MS 150. However, ride leaders should be made aware of the possibility of MS 150 riders showing up on some club rides.

The board has suggested that a notice be posted on the web site ride page stating the club policy of requiring guests who attend three or more club rides to become members.

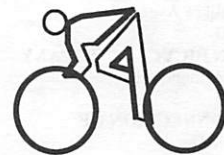
CABDA Wrap-Up: There was some discussion on the declining quality of this year's CABDA show. All members who attended seemed to share the impression that representation from manufacturers (particularly high-end bike builders) and tour operators had sharply declined from past shows. The club may have to consider whether we can justify the costs of supporting future CABDA shows in light of this trend.

Riding in New England

If you are considering a New England vacation this summer, consider spending time in the Lakes Region of New Hampshire for some great riding. I'll be at my home in North Sandwich, NH from June 6 to August 10, or so. I would be delighted to show you my favorite routes and to recommend bed and breakfasts or inns. Circumstances permitting, we also may be able to offer you space in our living room to unroll your sleeping bag. Call me, Leland Yee, at 847-615-4857 for further information.

A Final word from our President

Next Club Meeting is Thursday May 4 at Wheeling High School. Cindy & Al Schneider are going to do a slide/lecture program on their last bike trip to Spain. This promises to be a very interesting program, and I encourage another excellent attendance, similar to the March meeting.



Wheeling Wheelmen
P.O. Box 581-D
Wheeling, IL 60090



Wheeling Wheelmen
P.O. Box 581-D
Wheeling, IL 60090

Next Club Meeting:
May 4th , 7:00pm
Wheeling High School
Rt 83 and Hintz Road

We support:
*The League of American
Bicyclists
*The Chicagoland Bicycle
Federation

In This Issue...

Mailing
Address
Goes
Here

Club Discounts!

The following local bike shops offer a 10% discount on parts and accessories to all Wheeling Wheelmen with a valid membership card show at time of purchase.

AMLINGS CYCLE & FITNESS

8140 N Milwaukee Ave., Niles
(847)692-4240

ARLINGTON BICYCLE COMPANY

45 S Dunton, Arlington Hts.
(847)253-7700

**BICYCLE CONNECTION OF
SCHAUMBURG**

1226 N Roselle Rd., Schaumburg
(847)882-7728

BIKES PLUS

1313 N Rand Rd, Arlington Hts
(847)398-1650

**BUFFALO GROVE CYCLING
AND FITNESS**

960 S Buffalo Grove Rd., Buffalo Grv
(847)541-4661

FS CYCLES

20556 N. Milwaukee Ave., Deerfield
(847)537-2453

MIKES BIKES

155 N Northwest Hwy, Palatine
(847)358-0948

SPOKES

223 Rice Square at Danada, Wheaton
(630)690-2050

1807 S. Washington, Naperville
(630)961-8222

VILLAGE CYCLES/SPORT

63 Park & Shop, Elk Grove Village
(847)439-3340

215 W Golf Rd., Schaumburg

(847)781-9960

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: \$30 for individuals, \$35 for families and should be sent to:

League of American Bicyclists
1612 K Street, NW, Suite #401
Washington, DC 20006

Tel: (202)822-1333
Fax: (202)822-1334

E-mail: BikeLeague@aol.com
Web Site: www.bikeleague.org

In Addition to government relations, they also organize many great cycling rides and rallies around the country. For information on these events call (800)288-BIKE.

Check out our Website!



Web-page:
<http://www.wheelmen.com>

E-mail:
wheeling@wheelmen.com

Club Hotline
(847)520-5010



Ride and Club Information