

## THE RIDE CHAIR

As the winter season arrives and bikeable days become less frequent, attention becomes focused on the 2001 ride program. It's time to reflect on the past season as planning progresses to build on successes and bulk up where there was less success. As I put together the 2001 ride schedule, I plan to schedule half day and frequent full day options for the core weekend rides during the summer and fall. Member attendance on weekends offering these options established that both could be supported resulting in increased participation. The 2001 ride schedule will include these options so that we can have these planned in time to publish in the newsletter.

A few two or three day weekend/holiday excursion rides have also been a normal part of our program. The Cedarburg, WI and Glacial Hills Park rides are examples. These rides require more planning so that members can be given information regarding times, dates and accommodations with enough lead time so that they can make their plans and have a place to stay. Many motels will hold a number of rooms for group activities so those individuals will have a window of time for assured accommodations.



*Happy Holidays*

The ride should be advertised in the newsletter three or four months in advance. I can't help but believe that we could get good turnouts for these rides with a little more planning. There are a lot of great rides just too far for a one-day trip for the bicyclist that wants to enjoy a different opened road. Of course, having these rides require hosts that are willing to go that extra mile. The same people have hosted the rides mentioned above in recent years. We hope they will continue. I am looking at some great rides out of Madison, WI. Perhaps there are others who have some favorite rides that are candidates for a club excursion. I would like to work with you. The key is having enough advance time to plan ahead.

Ride hosts are truly the foundation of the club ride program. A ride schedule with suggested rides for the year will be circulated by our holiday party on Dec. 10. Excellent ride hosts have been an abundant resource in our club. I'm confident this will be so in the coming year and we will have a great riding season.

Art Cunningham

## HOLIDAY PARTY

*Come and enjoy the fun*

*Sunday, December 10*

*3:00-7:00 pm*

*Wildberry Condo Clubhouse  
Streamwood, IL*

*Please contact Pam Burke at  
630/872-9238 for details.*

### The results of the balloting are in:

#### BEST NEW RIDE OF 2000

New Harmon Routes  
Bob Savio & Al Schneider

#### MOST IMPROVED

Jim Boyer  
Pat Illy

#### BEST DRESSED

John Pfeifer  
Pam Burke

#### 2001 Board

President/Open	Art Cunningham
V.P./	
Ride Chair	
Treasurer	Al Berman
Secretary	Kris Woodcock
Membership	Betsy Burtelow & Jim Boyer
Safety	Barry Cohen

#### Appointed Officers:

Newsletter	Emily Qualich
Harmon 100	Rich & Mary Kay Drapeau

Congratulation to all the winners and good luck to the new board.

## Club Officials

### Elected Officers

<b>President</b>	
Kris Kringle	(800)-Prezent
<b>V.P./Ride Chair</b>	
Art Cunningham	(847)963-8746
<b>Treasurer</b>	
Al Berman	(847)4541-9248
<b>Secretary</b>	
Kris Woodcock	(847)520-6932
<b>Membership</b>	
Betsy Burtelow & Jim Bayer	(847)541-1325
<b>Safety</b>	
Barry Cohen	(847)459-7640

### Appointed Officers

<b>Newsletter</b>	
Emily Qualich	(847)821-1009
E-mail:	E_fuentes@msn.com
<b>Harmon</b>	
Rich & Mary Kay Drapeau	(847)808-1476
<b>Chairmen</b>	
<b>Banquet</b>	
Pam Zaverdas	(847)359-5970
<b>Harmon Data Base</b>	
Jennie Pfeifer	(847)342-8823
<b>LAB</b>	
Phyllis Harmon	(847)537-1268
<b>Mileage Statistician</b>	
Art Cunningham	(847)963-8746
<b>Newsletter Mailings</b>	
Jennie Pfeifer	(847)342-8823
<b>Picnic</b>	
Al & Cindy Schneider	(847)696-2356
<b>Refreshments</b>	
Frank & Pat Illy	(847)923-5910
<b>St. Pat's Ride</b>	
Jim Edmiston	(815)899-1503
<b>Web Page</b>	
Bill Bergeron	(847)382-4704

### Newsletter Policy

The deadline for articles is the 10th of the preceding month. You can mail or e-mail articles to: Emily Qualich, 2260 Apple Hill Ct. S, Buffalo Grove, IL. 60089

**THERE ARE NO CLUB MEETINGS IN DECEMBER AND JANUARY.**

### Moving?



Don't miss an issue of Monthly Meanders!! Call Betsy or Jim with all name, address and phone number changes at (847)541-1325.

## Board Meeting

The next board meeting will be held on Thursday, January 18, 7:00 p.m. at the home of Art Cunningham.

All board members are requested to attend. Please let Art know if you will be coming (847/963-8746).

### MEANDER STATS-2000 Final Top 10

#### Men:

1. Bob Walkowicz	4583
2. Bob Savio	3767
3. Al Schneider	3208
4. Kurt Schoenhoff	2971
5. Art Cunningham	2909
6. Bob Pletch	2437
7. Dennis Berg	2427
8. Joe Irons	2368
9. Louis Greene	2199
10. Brian Hale	1677

#### Women:

1. Cindy Schneider	2936
2. Velda Knorr	1784
3. Pam Burke	1775
4. Ella Shields	1509
5. Betsy Burtelow	1001
6. Virginia Savio	828
7. Pat Illy	807
8. Geri McPheron	762
9. Kris Woodcock	731
10. Reinilde Geis	592

### 2001 MEMBERSHIP DUES & RENEWALS

Membership dues will increase in 2001. Single membership will be \$15.00 and family membership \$20.00

Look for your renewal forms in the mail. Please send it back as soon as possible so you don't miss a single issue of the Monthly Meanders or the 2001 ride schedule.

### WEEKDAY RIDES

#### TUESDAY/THURSDAY DEERFIELD BAKERY RIDES

Rides with 25 / 45 mile routes leave the Deerfield Bakery promptly at 9:00 PM beginning May 1. These rides are normally show and go with cue sheets provided if requested. The Deerfield Bakery is on Buffalo Grove Road & Old Checker Rd. just north of Lake Cook Rd. parking at the rear of the Grove Memorial Chapel. Phone Bob Savio at 438-8066 or Art Cunningham at 963-8746 for more information.

**PLEASE NOTE: RIDES START AT 10:00 AM DURING THE WINTER MONTHS.**

#### A note from the editor.....



*I had a great time working on the newsletter and since this is my last issue I would like to thank everyone for writing and sending articles it made the job very easy. Emily Qualich will be taking over in 2001.*

*Also, I'd like to thank my predecessors Bill Bergeron for getting me situated with the new software and a big thanks to Jennie Pfeifer who did the newsletter for so many years.*

*Ella Shields*



### Setting Goals

With a new year almost upon us it is a good time to think about our cycling goals for 2001.

Goals are important to a successful and fulfilling season. One good reason to set goals is that their accomplishment provides us with an opportunity to recognize our achievements. It is important to pause, take a look at what we have done, and feel good about it.

Here are some tips to help achieve your goals:

#### STATE GOALS IN POSITIVE TERMS:

Goals are best stated in a positive sense. For example, "I don't want to be dropped on group rides" is a goal stated in negative terms. It says

what you don't want to happen. Instead, try "Stay with the group on the ride" as your major goal. Even if you have to draft someone the entire time, you want to stay with the pack.

#### GOALS NEED TO BE CHALLENGING:

If you are already staying with the group on rides making that your goal will be too easy and boring. There is no challenge. Perhaps a goal could be "Go to the front and lead for part of a group ride." This goal is stated in positive terms and it's challenging.

#### GOALS NEED TO BE ACHIEVABLE:

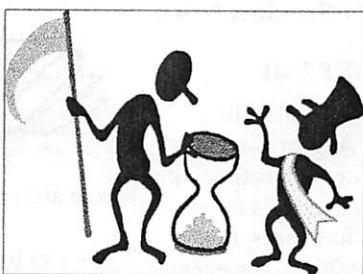
If your goals are so challenging they become impossible you will be easily discouraged and quit.

Goals need to be within reach.

#### GOALS NEED TO BE UNDER YOUR CONTROL:

Your goals should be based on your performance and within your control, not someone else's. You can use other people as benchmarks for your goals, but there is no way to control their training or how they ride. Measure success based on you.

#### MAKE GOALS SPECIFIC AND MEASURABLE:



**HAPPY NEW YEAR**  
Time to make your resolutions

Instead of saying "I want to ride fast," consider stating "I want to improve my speed from fourteen miles per hour" then any time im-

provement is acceptable.

Some specific goals:

- ◆ Ride 50 miles in a single day.
- ◆ Improve my hill riding so that I can ride Signal Hill and not be out of breath.
- ◆ Ride a century in September.
- ◆ Feel strong on the group rides.

If your goal will take some time to achieve it is a good idea to have 2-3 weekly sub goals and check them off as you accomplish them.

It is a good idea to write down your goals and see how you are progressing throughout the season.

Good luck reaching your goal.

### ST PAT'S RIDE



Sunday, **March 18**, is the day of Chicago's first invitational ride of

the season, our own St. Pat's ride. It is again scheduled for the Wauconda Apple Orchard with registration between 9:30 and 11:00 am. As in the past, the lunchroom will be closed but it will be available to us for serving our usual homemade cookies along with hot coffee and cider.

We need your help! The success of the ride depends on you! Jobs to be filled are:

**Registration:** Registrar's should plan on setting up the desk by 8:30.

**Parking:** Barriers should be set up by 8:30 and attendants on duty.

**Sag:** A SAG driver is needed for each loop. The first loop should be manned from 9:30 to 12:00. The second loop from 10:30 to 1:00.

**Food:** Service will be open from 9:30 to 1:00. We will have an early shift from 9:30-11:00 and a late shift from 11:00-1:00. The refreshment area was very popular as the social and warming area last year and quite crowded from 10:00-12:00.

**Cookies:** Donations of cookies—about 8 dozen each are appreciated and go over really great. We need at least 8 donations.

Please plan to offer your help and join the fun. Choose a job or better yet ask how you can help.

Contact **Jim Edmiston** at (815)899-1503 or e-mail [jedmis1@attglobal.net](mailto:jedmis1@attglobal.net)

#### TOUR DE FRANCE VIDEOS

Jim Edmiston has the following videos. If anyone would like to borrow one give him a call at 815/899-1503 or e-mail [jedmis1@attglobal.net](mailto:jedmis1@attglobal.net)

1989 Greg Lemond	1995 Miguel Indurain
1996 Bjarne Riis	1997 Jan Ullrich
1998 Marco Pantani	1999 Lance Armstrong
	2000 Lance Armstrong

## CROSS COUNTRY SKIING



In our never ending quest for snow here are some phone numbers and web sites to check this winter for snow conditions:

Moraine Hills State Park  
McHenry, IL. 815/385-1624

Northern Illinois Nordic  
(Rockford & NW Chapter)  
[www.geocities.com/xcskiguy.geo](http://www.geocities.com/xcskiguy.geo)

Kettle Moraine Trails, WI.  
DNR 262/594-6202 (24 hrs)  
LaGrange General Store 262/495-8600, [www.idcnet.com/~genstore/INDEX.HTML](http://www.idcnet.com/~genstore/INDEX.HTML)

Madison area: The Madnordski page has one of the best x-c ski link sections anywhere: [www.danenet.wicup.org/madnord](http://www.danenet.wicup.org/madnord) 608/233-6235

Winter Park, Minocqua, WI., a great place for a getaway weekend.  
[www.skimwp.org](http://www.skimwp.org)

Over 100 sites all over Wisconsin that report total snow depth and amount of new snow (daily postings about 8 am)  
[www.crh.noaa.gov/mkx/hydro/OPUMKE](http://www.crh.noaa.gov/mkx/hydro/OPUMKE)

Local ski clubs:  
*Northwest Nordic Ski Club*  
630/415-2881,  
[www.geocities.com/nnordic](http://www.geocities.com/nnordic)  
*Lake Shore Ski Club*  
312/777-1200, [www.LSSC.org](http://www.LSSC.org)

If you would like to plan a ski outing contact Art Cunningham and he will put it on the ride line.

## ~IN MEMORIAM~ WOLFGANG FREITAG

Wolfgang passed away due to a car accident. We just came back from competing at the Senior Worlds Cycling Championship in Austria.

He cycled for 50 years with many accomplishments in Europe and in the States. He was Illinois Rider of the Year many times. He coached juniors and always gave advise to fellow racers and riders.

We will miss him very much.  
Marianne Kron



## League of American Bicyclists News:

### BIKE FEST 2001

The League's 2001 National Rally of Cyclists will be held August 3-5 in Altoona, Pennsylvania in conjunction with the Tour de 'Toona, America's largest pro-amateur road cycling races, in an event billed Bike Fest 2001. The event will be an unprecedented combination of challenging and family-oriented recreational road and mountain bike riding with the thrilling spectacle of stage racing action. The official racecourses will be open to participants for their cycling pleasure. Outstanding mountain biking will be available at Blue Knob Mountain ski resort. Former professional male and female cyclists will lead road and mountain bike rides during the event. The program will also include coaching seminars and USCF dietetic instruction for participants.

The Southern Alleghenies offer fantastic mountain and road riding for all levels of ability, featuring low-traffic roads traversing thick oak forests, sweeping valleys, rolling hills and breathtaking mountains. In 1997, Altoona was named one of America's top five "Best Biking Towns" by *Bicycling Magazine*. The event will be based at the beautiful Penn State Altoona campus (<http://www.aapsu.edu>).

E-mail: [bikeleague@bikeleague.org](mailto:bikeleague@bikeleague.org) or call 202-822-1333 to request a brochure and registration materials for Bike Fest 2001.



If you are looking for some good reading this winter or a great gift to give for the holidays

here are some suggestions:

A series by Greg Moody

***TWO WHEELS: A Cycling Murder Mystery.*** A comic thriller of bombs, bodies and bicycles. "Two Wheels" drives straight into the heart of the European Professional cycling community.

***PERFECT CIRCLES: A novel To Win...or To Live?*** "Perfect Circles" continues the adventures of American cyclists Will Ross and Cheryl Crane within the world of European professional cycling. The action moves at a fever pitch and you will find yourself turning pages at a mad pace.

***DERAILLEUR: A Cycling Murder Mystery.*** When Cheryl joins an American mountain bike team, she and Will face smugglers, hit men, and rabid environmentalists—as well as a more engaging distraction: their attraction to each other.

***IT'S NOT ABOUT THE BIKE: MY JOURNEY BACK TO LIFE*** by Lance Armstrong. The inspiring story of Lance's journey from the darkness of advanced cancer to his dramatic victory in the 1999 Tour de France and beyond.

**WINTER RIDE SEASON**

We will plan to have regular Saturday rides as weather permits through the winter months leaving from the Deerfield Bakery at 10:00 AM. Other rides or activities initiated by members can be announced on the ride line. Give Art a call if you want to have a ride or other activity on the ride line. Keep in touch by checking the ride line during the winter.

**RIDE LINE (847)520-5010**



**WANTED**

I am looking for a reasonably priced, (i.e. cheap), good used road bike, preferably light weight, that I can use in triathlons. I don't know my inseam length but I am 5'8" tall. You can call me at 847/537-3034, fax me at 847/229-9428, or e-mail me at afremow@gateway.net.  
Thanks,  
Len Afremow



Feb. 16-18, 2001

Friday 5:00 pm - 9:00 pm  
Saturday 10:00 am - 7:00 pm  
Sunday 10:00 am - 4:00 pm

Donald E. Stevens Convention Center  
Rosemont, Illinois  
Hotline: 708-922-2104  
www.thebikeshow.com

**Volunteers Needed**

CABDA is looking for volunteers to help staff the Closeout Center at the show. They need people to help with set up Thursday, February 15, tear down when the show closes, stocking the tables and running the cash registers during the show.

Volunteers will work a 4-hour shift in exchange for free admittance to the show, first choice on Closeout Center items and a 10% discount on Closeout Center items.

For more information and to sign up please call Dawn Post at 708-798-2004 or e-mail cabdadawn@aol.com.

**FEBRUARY CLUB MEETING**

The meeting will be on Thursday, Feb 1 at Wheeling H.S. We will discuss plans for the St. Pat's Ride and recruit volunteers. Our program for the evening will be a slide show by Jim Boyer and Betsy Burtelow on their recent Giro D'Italia trip. Don't miss this great presentation.

**ADVENTURE TRAVEL & OUTDOOR SPORTS SHOW**



Feb. 17 & 18, 2001

Saturday 9:00 am-8:00 pm  
Sunday 9:00 am-5:00 pm

Donald E. Stevens Convention Center  
5555 N. River Road  
Rosemont, IL.

Tickets \$7.00  
www.adventuretravelshow.com

**Wheeling Wheelmen Membership Application**

Name: \_\_\_\_\_ Spouse's Name: \_\_\_\_\_

Address: \_\_\_\_\_ Children's Names: \_\_\_\_\_ Age: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ Age: \_\_\_\_\_

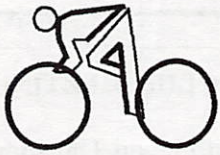
Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

New Member?  Renewal?  L.A.B. Member?  Family dues: \$20 Individual dues: \$15

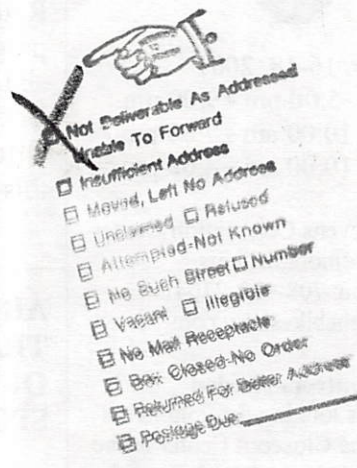
**Membership Pledge:** I hereby agree to operate my bicycle in a manner that is safe to me and those around me, to observe all the rules of the road, and conduct myself in a manner that will be complimentary to the sport. I release and waive all claims for negligence against the WHEELING WHEELMEN, its officers and members for all damages incurred at or associated with any WHEELING WHEELMEN activity for myself, my heirs and executors.

Applicant's Signature (parent's signature if a minor) \_\_\_\_\_ Spouse's Signature \_\_\_\_\_

Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



Wheeling Wheelmen  
P.O. Box 7304  
Buffalo Grove, IL  
60089-7304



Next Club Meeting will  
be Feb. 1, 2001  
at  
Wheeling High School  
Rt 83 and Hintz Rd

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

**In This Issue...**

Ride Chair... Election Results... Holiday Party... CABDA... St. Pat's Ride...

**Club Discounts!**

The following local bike 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 & 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

**BIKE PROS**  
1313 N. Rand Rd, Arlington Hts., (847)398-1650  
**BUFFALO GROVE CYCLING AND FITNESS**  
960 S Buffalo Grove Rd., Buffalo Grove  
(847)541-4661

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

**GEORGE GARNER CYCLERY**  
111 Waukegan Rd., Northbrook, IL 60047

**LIBERTYVILLE CYCLERY**  
800 N. Milwaukee Ave, Libertyville, IL  
**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

**The Cyclery**  
575 Ela Road, Lake Zurich  
**VILLAGE CYCLESPORT**

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](mailto:BikeLeague@aol.com)  
Web Site: [www.bikeleague.org](http://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](mailto:wheeling@wheelmen.com)

Club Hotline  
(847)520-5010



Ride and Club Information