



# Monthly Meanders

Newsletter of the Wheeling Wheelmen Bicycle Club

March, 2001

## THE RIDE CHAIR

At this writing at the end of January, there is a complete snow cover as there has been for the last 54 days. Not even Bob Dominski who would show up on any Tuesday or Thursday with his bike ready to go no matter how cold and blustery the day has challenged the winter this year. For my part, I have restricted my riding to the stationary bike since before Thanksgiving either in my basement or at the gym where I am taking a spinning class. I haven't even shown up for the Saturday rides announced on the ride line. Not one day has been acceptable by the conditions set forth - above freezing temperatures; roads clear of snow or ice. Well, this is Chicago. It had to happen sooner or later. I plan to spend a couple of weeks in Florida to get this out of my system. By the time I get back and surely by the time you read this, it'll all be a bad memory and the balmy breezes of an early spring will once again permit us to experience the joys of the opened road.

Now it's time that all you biking fiends to look ahead to the start of the riding season. If you haven't kept up an active training program during the winter blawwvs, or better yet flown south for a biking vacation, you'll have to start from physical condition zero for those first rides of the season. Some of our members have joined Phyllis Harmon on her semi-annual New Zealand bike tour. Others have taken advantage of the many days of snow cover to get in some

serious skiing. Folks like them will have a head start on their condition level. As soon as the weather improves, you can start training on your bike by joining fellow Wheelmen at the Bakery Saturday rides.

The official club season starts with the St. Pat's ride on the 18<sup>th</sup> of the month. As you can see, the March Ride Schedule starts the season with rides of modest difficulty. This carries through in April as well. You people who have had an inactive winter and allowed you condition to plunge to that zero level may find these rides challenging, but we are trying to be kind to you. Persevere and you will be ready for those more challenging May rides. Still persevere and you will be ready for the Memorial Day weekend rides from Glacial Hills Park that Ella and Mike have planned for you. Those hills in the North Kettle Moraine area will be a piece of cake for you. I hope many of you will be able to fit this into your schedule.

We have a very ambitious riding season planned in the tradition of the Wheeling Wheelmen. I hope to see most of you joining us on the opened road.

Art Cunningham

## 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 8:30 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)

## Club Officials

### Elected Officers

#### President

*Baby New Year* (800)-Prezent

#### V.P./Ride Chair

*Art Cunningham* (847)963-8746

#### Treasurer

*Al Berman* (847)4541-9248

#### Secretary

*Kris Woodcock* (847)520-6932

#### Membership

*Betsy Burtelow & Jim Boyer* (847)541-1325

#### Safety

*Barry Cohen* (847)459-7640

### Appointed Officers

#### Newsletter

*Emily Qualich* (847)821-1009

E-mail: [E\\_fuentes@msn.com](mailto:E_fuentes@msn.com)

#### Harmon

*Rich & Mary Kay Drapeau* (847)808-1476

### Chairmen

#### Banquet

*Pam Zaverdas* (847)359-5970

#### Harmon Data Base

*Jennie Pfeifer* (847)342-8823

#### LAB

*Phyllis Harmon* (847)537-1268

#### Mileage Statistician

*Art Cunningham* (847)963-8746

#### Newsletter Mailings

*Jennie Pfeifer* (847)342-8823

#### Picnic

*Al & Cindy Schneider* (847)696-2356

#### Refreshments

*Frank & Pat Illy* (847)923-5910

#### St. Pat's Ride

*Jim Edmiston* (815)899-1503

#### Web Page

*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. So  
Buffalo Grove, IL. 60089  
or  
Email: [e\\_fuentes@msn.com](mailto:e_fuentes@msn.com)

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

## 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, Feb 22, 7:00 p.m. at the home of Jim Boyer & Betsy Burtelow's

All board members are requested to attend. Please let **Betsy or Jim** know if you will be coming **(847/541-1325)**.



## 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**

## 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.**

## MARCH CLUB MEETING

The meeting will be on Thursday, March 1 at Wheeling H.S. Our program for the evening will be Terry Zmhal who will give a presentation of his Trip Around the USA.

Don't miss this great presentation.



Welcome  
New  
Members



Looking for someone to ride with... try recruiting your friends, neighbors or relatives.



Hi. I'm your new safety guy. And I love cycling. Whether it's screaming down a hill in Bull Valley, or a neighborhood cruise on the tandem with my wife, sharing the day's news and a critique of the neighbor's new landscaping, or a fast-paced club ride in the Wisconsin countryside, I end each ride looking forward to the next.

So, it's no surprise that you can find me spending many hours each week sharing the roads with drivers of bigger, faster vehicles who are often not sure I belong on *their* roads. You either do this safely or not at all.

If you're new to road biking, you've made the first smart step toward safer cycling by joining the Wheeling Wheelmen.

Ride with us and you'll learn:

- The safest, most beautiful, lightly traveled back roads in the northwest suburbs and southern Wisconsin. Few things are more important to an enjoyable, safe ride than knowing *where* those scenic, lightly traveled by-ways are and how to use them to get from point A to point A.
- The safe road-biking habits that many of our most experienced riders use to log tens of thousands of miles over many years without serious incident.
- The equipment you should have to protect you.

As I put these words down, the temperature has *climbed* to around 5<sup>0</sup> F. With the 20 plus inches of snow on the ground, my outdoor cycling is on indefinite hold. However, for those of you with anti-freeze in your veins, remember that the days are shorter, car windshields and headlights are often streaked and dirty and glare off the snow can make you and your bike invisible.

The solution is not complicated or costly-**MAKE YOURSELF VERY VISIBLE** with:

- **Lighting/Reflectors**-A flashing rear strobe light will get you noticed by the

drivers YOU can't see; the ones behind you. I bought a strobe that clips on my seat post without tools for under \$10. Reflectors on your spinning wheels and pedals are also very effective. A good headlight is a more serious investment that should be investigated if you plan to ride regularly in the dark of early winter evenings.

- **Wear Bright Colors with Reflective Material**-'Tis the Season for Day-Glo Yellow or Orange tastefully lined with broad areas of reflective tape.

While only 3% of all bike rides happen at night, over half of all cycling fatalities occur while riding in the dark without lights! Drive extra defensively. That 18-wheeler may not know you're there!

This year I'm looking forward to contributing to your incident-free enjoyment of this sport that has given me so much pleasure. There will be Spring Safety Presentations at Club Meetings once we get into the riding season. Watch this space for future articles regarding the basic tenets of safe cycling, my personal experiences and your contributions. This last is most important. I am *your* Safety Guy and would love to hear your ideas for programs and articles. You can call me at home at 847/459-7640 or e-mail me at [barry.cohen@sms.siemens.com](mailto:barry.cohen@sms.siemens.com).

Barry

Monthly Meanders of the Wheeling Wheelmen

Ride Schedule

- |                    |   |   |  |
|--------------------|---|---|--|
| All Riders Should: | *wear a helmet<br>*bring water<br>*bring snacks | *have a bike in good condition<br>*bring a spare tube and patch kit<br>*bring a bike pump | *bring an ID card<br>*bring \$\$ for food and phone<br>*arrive early...15-30 minutes |
|--------------------|---|---|--|

Date	Time	Ride Name	Starting Point	Directions	Miles	Leader Phone #
Sun 3/18	11:00 AM	St. Pat's	Wauconda Orchard	Gossell Road, 1/2 mile off Fairfield, north of RT. 176	17/35	Art Cunningham 963-8746
Sat 3/24	10:00 AM	Loops through McHenry	McHenry Co. College	RT. 14 one mile past RT. 176 in Crystal Lake. Meet in the north parking lot.	35	Vern Aebli 934-3809
Sun 3/25	10:00 AM	Lou's Commute	Wauconda Orchard	Gossell Road, 1/2 mile off Fairfield, north of RT. 176	36	Ralph Salle 438-7083
Sat 3/31	10:00 AM	Apple Cider	Kildeer School	Old McHenry Rd. just north of Long Grove	37	Vern Aebli 934-3809

**MEMORIAL DAY WEEKEND  
HOLY HILL  
May 26-28**

We are planning a holiday weekend to Ritchfield and Menomonee Falls, Wisconsin. It will be two challenging days with beautiful scenery and lots of "**formidable**" hills; Saturday is Ella's Escapade, which is a 70-mile ride, and Sunday is Bill & Mike's Excellent Adventure a 75-mile ride. Monday's ride is still in the formative stages but we are planning a 50-60 mile ride starting in Menomonee Falls. If you can't make it for the whole weekend come on up for a day. This is a great training ride for TOMRV and upcoming vacations.

We will be staying Saturday and Sunday night at the Super 8 in Germantown, WI. 262/255-0880 make your reservations early.

Check the April and May newsletters for more details.

Mike Ortmanns & Ella Shields  
773/594-1755  
Shieldsbike@aol.com

**MIDDLETON WEEKEND  
June 23-24**

Reserve time for the Middleton Weekend Excursion, June 23-24, featuring two rides leaving from Lakeview Park in Middleton, WI. Middleton is located at the western tip of Lake Mendota next to Madison. Two Rides are featured. The first ride, the Columbia County Meander, a 100 mile ride, heads through rolling countryside to Columbus, WI. There is a 65 mile version also. The second ride is the Devils Lake Dive, a 90 mile ride that heads north to the Merrimac Ferry, crosses Wisconsin Lake then loops around Devils Lake in the Barraboo Hills. This ride is rolling to hilly. There is a 70 mile version the misses the worst hills. Accommodations may be made the Colonial Motel in Middleton, a short drive from Lakeview Park: telephone 800-821-5994. Make arrangements early as it appears to be a busy time in the Madison area.

For information call Art Cunningham, 874-963-8746.

**EXCURSION RIDES FOR 2001**

- ◆ **Glacial Hills Rides.** Saturday, Sunday & Monday May 25,26 &27. Accommodations at the Super 8 Motel in Germantown, WI (northwest of Milwaukee). Phone 800-800-8000 or 414-255-0880.
- ◆ **Middleton Rides.** Saturday & Sunday June 23 & 24. Accommodations at the Colonial Motel, Middleton,WI (west of Madison). Phone 800-821-5994.
- ◆ **Cedarburg Rides.** Saturday & Sunday July 21 & 22. Accommodations at the Super 8 Motel in Saukville/Port Washington, WI (north of Milwaukee). Phone 800-800-8000 or 414-284-9399.
- ◆ **Rockford Area Rides.** Saturday & Sunday August 18 & 19. Accommodations at the Super 8 Motel, Rockford, IL. Phone 800-800-8000 or 815-229-5547.
- ◆ **Montello Rides.** Saturday & Sunday October 13&14. Accommodations at the Hilltop Motel, Montello, WI (Green Lake County north of Portage, WI). Phone 800-560-9960.

**WE GET MAIL**

Need something to do??

Thursday night bicycle racing at the Ed Rudolf Northbrook Velodrome is sponsored and organized by the Northbrook Cycle Committee. For more information see [www.northbrookvelodrome.com](http://www.northbrookvelodrome.com)

**For Women Only:**

Women's Bike Racing & Health Awareness Camp  
Date: May 18-20  
Place: Oakdale Nature Preserve  
Freeport, IL 60132

The camp ends in a time trial. Free jersey for those who register prior April 5, 2001

For further information call Jean Tschampa  
630-790-9488 or e-mail, [IBR-School@aol.com](mailto:IBR-School@aol.com)

**.FOR SALE**

**Indoor trainer:**  
Blackburn Tract Stand  
Magnetic. Like New  
\$95—Call 847-259-1201

**WANTED**

I am looking for a used small road bike (48 cm) to use on my trainer

Debra Vinikour  
[debvin@home.com](mailto:debvin@home.com)  
847/405-0446

**Interesting Websites:**

[Www.Performancebikes.com](http://Www.Performancebikes.com)

[Emailings@theimpactgroup.net](mailto:Emailings@theimpactgroup.net)

[ilcyclist@bikelib.org](mailto:ilcyclist@bikelib.org)

**'99 Litespeed MTB For Sale**

**Frame:**

> '99 Litespeed Obed Frame 3.2 Titanium 18" size (in 2000 renamed the Pisgah). Very good shape, no major crashes, dents, or dings. All decals still look good. Size is good for 5'9" to 6'2" (I'm 5'11")

**Fork**

> Manitou SX-Ti, 80 mm travel. New fork oil this year.

**Drivetrain**

> XT crank and front Derailleur, SRAM 9.0 Rear Derailleur, XT cassette (9 > speed), SRAM 9.0 shifters, SRAM chain (brand new)

**Wheels**

> XT hubs with Mavic 517 rims (hand built by Colorado Cyclist), Specialized Team Edition Kevlar 1.95 tires

**Steering/brakes**

> Litespeed Bar, Kore Stem 120 x 10, SRAM 9.0 brake levers, Avid SD 25 brakes (new), Yeti Grips

**> Other**

> Serfas Lola Ti Rail Saddle, USE Shockpost (also have rigid Control Tech Post)

I have been asking \$1395 online but could be flexible for local buyers... I can be reached at 773-348-1764 or [stevenhammond2@netscape.net](mailto:stevenhammond2@netscape.net)

**Wheeling Wheelmen Membership Application**

Name: \_\_\_\_\_

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

Address: \_\_\_\_\_

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

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

\_\_\_\_\_ Age: \_\_\_\_\_

Phone #: \_\_\_\_\_

E-mail: \_\_\_\_\_

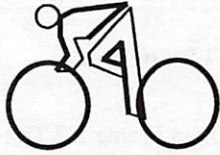
New Member?  Renewal?  L.A.B. Member?  Family dues: \$20 Individual dues: \$15

**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.

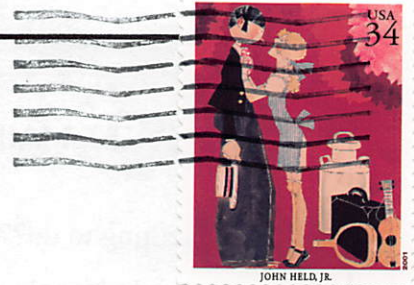
\_\_\_\_\_  
Applicant's Signature (parent's signature if a minor)

\_\_\_\_\_  
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 March 1, 2001  
at  
Wheeling High School  
Rt 83 and Hintz Rd

We support:

- \*The League of American Bicyclists
- \*The Chicagoland Bicycle Federation

849  
Pam Burke  
265 Green Knoll Lane  
Streamwood, IL 60107

THIS WILL BE YOUR LAST NEWSLETTER IF YOU HAVE NOT RENEWED  
YOUR MEMBERSHIP

In This Issue...

60107X1981 31 Ride Chair...March Ride Schedule...CABDA...Safety Guy

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

Club Hotline  
(847)520-5010



Ride and Club Information