



Monthly Meanders

Newsletter of the Wheeling Wheelmen Bicycle Club

Dec. 2001/Jan. 2002

PREZ SEZ

Greetings club members. Mary Kay and I attended the club banquet and I realized that I know very little about our club members. We share a common interest and spend hundreds of hours together throughout the year, but when your riding a bike, there's only so much you can say before there's a car up or car back. The exception being Pam and Ella. I want to share a bit about myself and my wife Mary Kay and in future newsletters profile different members.

I started riding in 1980 when a co-worker asked if I knew of any organized bike tours. I had just moved from Iowa to Hoffman Estates and remembered several hundred people riding bikes into my hometown of Clinton. That ride turned out to be RAGBRAI. My friend talked me into going with him even though I had no bike and had not ridden since grade school. Our first "long" training ride was a 20-mile loop out of Long Grove. I just about died on the "steep" hills of Miller Rd. My bike was a 30LB KHS purchased brand new for \$180. Somehow we managed to complete the 600-mile trek and I was hooked. My friend's church sponsored a weekday evening ride every week, and one of the riders was Mary Kay's brother. When he found out where I worked he asked if I knew his sister Mary Kay. Turns out she was on my volleyball team. I invited her along for the church ride and the rest is history.

We joined the Wheeling Wheelmen when I met Kurt after a Deerfield Bakery ride. He invited me to join the social security crowd, which I was able to do since I worked out of my home.

Now that our youngest is off at college we can devote more time to the club. I must say we love being a part of this great organization. Adios 'til next time.

Rich Drapeau

FALL AWARDS BANQUET

Your 2001 banquet was a total success with the excitement of good friends, food and many humorous moments. The family style meal was outstanding with chicken vesuvio, stuffed shells and sausage and peppers. The Italian "carbo load" cuisine had us dreaming of doing long rides. We all enjoyed spending time with each other in an atmosphere other than cycling. Relaxing and having fun, we reminisced about all of those fabulous miles this year. The big surprise came with the club mileage, which has dramatically increased this year: up to 46% for women and 39% for men.

Good job ladies!!! Come on all you lazy guys!!!

Top Ten Men and Women: had some major mileage totals and you must congratulate them for their fortitude and inspiration for us all.

The Most Improved Riders: Women: (Tie) Kris Woodcock and Mary Kay Drapeau

Men: Joe Irons
Congratulations on your achievements keep up the good work.

Best New Ride: Bastille Day 60/80 by Al Schneider lets all do this one next year!

Special presentations highlighted many funny incidents, providing us with humor and sadness that our riding season is at an end. A few awards are worth listing.

A.) Pepe Lepew: Art Cunningham got skunked! Whew!

B.) First Century: Jim Boyer Congrats Jim!

C.) Geezer in Training: Bob Walkowicz

Special recognition was awarded to Bob and Virginia Savio, for their tireless and dedicated efforts to support and maintain the "Wheeling Wheelmen". Your special group would not be what it is today without them. They have sacrificed many hours and provided help, unselfishly, and without recognition and deserve "lifetime member" status. Thank you Virginia and Bob!!!

Thank you all 2001 board members for your past year of sacrifice and hard work.

We present 2002 board members:

President: Rich Drapeau

V.P./ Ride Chair: Art Cunningham

Treasurer: Al Berman

Secretary: Kris Woodcock

(Woodstock?)

Membership: Jim Boyer and

Betsy Burtelow

Safety: Barry Cohen

This is your club and it is what you make it, your smiling face, your turn to pull, your turn to help change a flat or your turn to be a friend. Never be afraid to admit pain or burst into song as this what Wheeling Wheelmen do best.

May your journey be always down hill with the wind at your back.

Sincerely,

C. Brian Hale



HAPPY HOLIDAYS

Club Officials

Elected Officers

President	
Rich Drapeau	(847)808-1476
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	
Ella Shields	(773)594-1755
E-mail:	Shieldsbike@aol.com
Harmon	
Mary Kay Drapeau	(847)808-1476
Chairmen	
Banquet	
Ella Shields	(773)594-1755
Harmon Data Base	
Jennie Pfeifer	(847)342-8823
LAB	
Phyllis Harmon	(847)537-1268
Mileage Statistician	
Art Cunningham	(847)963-8746
Newsletter Mailings	
Ella Shields	(773)594-1755
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: Ella Shields, 7516 W. Devon Ave. Chicago, IL. 60631 Shieldsbike@aol.com

HAPPY NEW YEAR



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 in February. Details in next months newsletter .

MEANDER STATS-2001 Final Top 20

Men:

1	ART CUNNINGHAM	6089
2	BOB WALKOWICZ	5244
3	KILIAN EMANUEL	4490
4	KURT SCHOENHOFF	4252
5	JOE IRONS	4154
6	BOB SAVIO	3975
7	BOB PLETCH	2675
8	AL SCHNEIDER	2639
9	VERNE AEBLI	2600
10	BOB DOMINSKI	2539
11	LOUIS GREENE	2342
12	PETER GUZIC	2113
13	JIM BOYER	1898
14	RICH DRAPEAU	1858
15	EARL HORWITZ	1829
16	BRIAN HALE	1772
17	FRANK ILLY	1591
18	DENNIS BERG	1579
19	RALPH SALLE	1511
20	LEN GEIS	1481

Women:

1	VELDA KNORR	3502
2	CINDY SCHNEIDER	2977
3	PAM BURKE	1764
4	ELLA SHIELDS	1672
5	VIRGINIA SAVIO	1621
6	CINDY TRENT	1590
7	KRIS WOODCOCK	1528
8	MARY KAY DRAPEAU	1517
9	BETSY BURTELOW	1265
10	REINHILDE GEIS	1146
11	REBECCA NUDELMAN	1067
12	MARIANNE KRON	1015
13	MARIE SASSAN	976
14	LORRAINE ARNOLD	940
15	PAT ILLY	851
16	GERI MCPHERON	666
17	MONICA GOULZE	385
18	ERICA GOULZE	354
19	SHERI ROSENBAUM	344
20	FRAN GREEN	319

WELCOME NEW MEMBERS



Richard Berlet, Lincolnshire
Ron Bender, Wheeling

WINTER RIDES

TUESDAY / THURSDAY
SATURDAY

DEERFIELD BAKERY RIDES

Rides with 30 / 40 mile routes leave the Deerfield Bakery promptly at 10:00 AM weather permitting. 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 Chicago Jewish Funerals Chapel. Phone Bob Savio at 438-8066 or Art Cunningham at 963-8746 for more information.

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

JANUARY CLUB MEETING

The January meeting will be January 10th instead of January 3rd.

2002 MEMBERSHIP RENEWALS

Look for your renewal forms in the mail. Please send it back as soon as possible so you don't miss the Monthly Meanders or the 2002 ride schedule. **Due date is February 1,** (expiration will be March 2003). Membership cards will be mailed out in March.

3rd Annual Reindeer Ride Sat, Dec 1, 2001

Location: Gurnee, Illinois
Start Times: Mike's Bikes of Gurnee, 10:00 am

9 miles, one for each reindeer
Fees: reg. \$15 + one new toy worth \$10, reg. \$20 day of (toys for the Marine's Toys For Tots program).

We'll be riding rain/snow
Fee includes t-shirt, pre-ride coffee & bagels, post-ride meal, raffle ticket for numerous prizes.

Sponsors: Mike's Bikes, 847-662-8482



Found the following at a really interesting web site you should visit. **Barry**

"It is subordination by semantics. We are bicycle *drivers*. In fact, we drive our bicycles in two senses of the word: operator and power source. It is motorists who would more appropriately be called riders." - Jack R. Taylor, editor at www.chainguard.org

Bicycle Safety Tips

	<p>OBEY TRAFFIC SIGNS AND SIGNALS - Bicycles must drive like other vehicles if they are to be taken seriously by motorists.</p>		<p>NEVER RIDE WITH HEADPHONES; WEAR A HELMET - Always wear a helmet. Never wear a headphone while riding a bike.</p>
	<p>NEVER RIDE AGAINST TRAFFIC - Motorists aren't looking for bicyclists riding on the wrong side of the road. State law and common sense require that bicyclists drive like other vehicles.</p>		<p>HAND SIGNALS - Hand signals tell motorists and pedestrians what you intend to do. Signal as a matter of law, of courtesy, and of self-protection.</p>
	<p>DON'T WEAVE BETWEEN PARKED CARS - Don't ride out to the curb between parked cars unless they are far apart. Motorists may not see you when you try to move back into traffic.</p>		<p>RIDE IN MIDDLE OF LANE IN SLOW TRAFFIC - Get in the middle of the lane at busy intersections and whenever you are moving at the same speed as traffic.</p>
	<p>FOLLOW LANE MARKINGS - Don't turn left from the right lane. Don't go straight in a lane marked "right-turn only."</p>		<p>CHOOSE THE BEST WAY TO TURN LEFT - 2 Choices: (1) Like an auto: signal move into the left turn lane and turn left. (2) Like a pedestrian: ride straight to the far side crosswalk. Walk your bike across.</p>
	<p>DON'T PASS ON THE RIGHT - Motorists may not look for or see a bicycle passing on the right. Learn to scan the road behind you while riding. Look back over your shoulder without swerving, or use a rear-view mirror.</p>		<p>MAKE EYE CONTACT WITH DRIVERS - Assume that other drivers don't see you until you are sure that they do. Eye contact is important with any driver which might pose a threat to your safety.</p>
	<p>SCAN THE ROAD BEHIND - Learn to look back over your shoulder without losing your balance or swerving. Some riders use rear-view mirrors.</p>		<p>AVOID ROAD HAZARDS - Watch out for parallel-slat sewer grates, gravel, ice, or debris. Cross railroad tracks at right angles.</p>
	<p>KEEP BOTH HANDS READY TO BRAKE - You may not stop in time if you brake one-handed. Allow extra distance for stopping in the rain, since breaks are less efficient when wet.</p>		<p>USE LIGHTS AT NIGHT - The law requires a white headlight (visible from at least 500 feet ahead) and a rear reflector or taillight (visible up to 300 feet from behind).</p>

HOLIDAY PARTY

*Come and enjoy the fun
Sunday, December 9*

3-8 p.m.

Hosted by

Frank & Pat Illy

846 Beacon Drive

Schaumburg, IL.

Call Pat at 847/359-9085 (days) or

847/923-5910 (evenings)

for directions and to see what you can bring

Please RSVP by December 3

ASK DEE RAILLEUR OR DR. S.P. OKES



Dear Dr. S.P. Okes:

How can I stop getting lost on rides?

Bonus Mile Gal

Follow someone else. Seriously you just need to pay very close attention to your cue sheet and the mileage on your computer. You should also carry a map of the area.

Dear Miss Dee Railleur:

I want to keep riding this winter what kind of clothes do I need to wear? Winter Rider

Cycling generates a lot of heat so clothes that are warm and comfortable have to control the buildup of heat and moisture as well as insulate and protect from wind.

Your outer layer on top and bottom should have a windproof front and breathable sides and back. Layer various weights of polypro, drilete or thermax under your outer clothes. Do not wear cotton. Multiple light layers with neck zippers let you adjust your ventilation as you ride. Keep your legs warm with full-length tights. Wear gloves with wind and water protection. For extreme cold or sensitive feet try shoe covers or neoprene booties. Your face, head and neck will need different amounts of protection as conditions vary, try facemasks or balaclavas. You may need to make adjustments to your helmet to fit winter headgear.

If you feel warm when you start then you're probably overdressed for any ride longer than a half-hour.

Eye protection is very helpful when riding in a headwind or falling snow. Be careful with glasses they can get cold enough to cause frostbite.

Also, it's easy to get dehydrated in the winter. It's important to drink water frequently if you're riding for more than one hour. Carry emergency food in case there are no rest stops.

Have a great winter cycling!

If you have a bicycling related question for Dee Railleur or Dr. S.P. Okes, e-mail it to the editor and it will be answered in a future column.

WAUCONDA APPLE ORCHARDS

The orchards closed their doors on October 28 after 42 years of business. Over the years the club has hosted the Harmon 100, St. Patrick's Day ride and numerous club rides and always enjoyed use of the facilities.

The last club ride of the season, Apple Cider, went past the orchard that day and Kris Woodcock, Pam Burke, Bill Bergeron and Ella Shields decided to stop in for a last farewell. We stayed and listened to the band, had brats, beer, corn and a face painting was performed. We took a lot of great pictures (check the web site) and had a blast.

We thank Rick Breeden for so many wonderful years spent at the orchard.

WE GET MAIL

Choosing a Long-Distance Bike. Lon Haldeman is director of the Race Across America, two-time winner of RAAM, and has lead over 50 transcontinental tours.
www.ultracycling.com



Source for Quality trail information. www.Trails.com

Listing of bicycle tours by the National bicycle Tour Director's association. www.nbtlda.com

Horsey Hundred - memorial day weekend ride in Kentucky.
www.bgcycling.org

TURF Net is now CAMBr (Chicago Area Mountain Bikers)
www.cambr.org

Cross Country Skiing

When the snow flies be sure and check the ride line this winter for x-c ski outings. We have members that will plan some local ski days. It's great exercise when you can't get out on the bike.

What keeps you from riding all winter
(From Club Connection Adventure Cycling Association)

Every Fall, many bicyclists mysteriously hang up their bikes and stop riding, period. Why? the temperatures are cooler than summer, and the weather more predictably dry. Many people think it's the best riding season of the year. If you continue to ride into winter, you can maintain your summer fitness level, and be ready for the joys of skiing and other winter sports. Here are some answers to your questions about riding in cooler weather.

Q: How do I handle shorter days?

A: Ah, those long summer evenings... now long gone. However, you can extend your days with high quality, durable, long-running bicycle lights. When you are properly illuminated, you are probably easier for motorists to see than in daylight. Plus, the night sky is often spectacular and sometimes the moon may keep you company. Night riding is well worth the effort.

Q: What if I hate to get my bike and myself messy?

A: It isn't really any messier to get sweaty in the fall or winter than in the summer. Sweat is wet and sticky any time of the year. The challenge is to regulate your temperature while climbing, and again while descending, especially in cold weather when you are wearing more layers of clothing.

As for your bike, you will probably need to wash it more often after being caught in rain, snow or slush. Try using fenders, a rain jacket and/or shoe covers. It's also suggested you prepare a place at home and/or work to hang and store your wet bike stuff.

Q: How do I deal with the urge to goof off after the rigors of summer?

A: Fall's message seems to be that it's time to relax and renew yourself. Perhaps the answer is to develop a different riding style in winter. How about a peaceful meander along one of the bike paths in your area. . Ride to a quiet spot and luxuriate in a nap on a warm winter's day. A bicycle helmet makes a fine pillow! Leave those long, demanding, fast rides to summer - or workout hard if you have a surplus of energy.

Q: How can I change my negative outlook on cold-weather cycling?

A: Look at it from a new perspective. We love the slogan, "I'm not lost, I'm just exploring". Likewise, try exploring winter cycling and you may be rewarded with new discoveries. If you get out and ride, you'll sleep better, be able to eat more without carrying around extra holiday pounds until next spring, and you'll rediscover the joys of winter. Perhaps you'll learn new ways to share cycling with family and friends. Best of all, you'll find that cabin fever and winter blues are less likely to creep into your cooped-up world.

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



Bob Savio #82
Virginia Savio #83
20862 Buffalo Run
Kildeer, IL 60047

Next Club Meeting will
be **January 10, 2002**
at
Wheeling High School
Rt 83 and Hintz Rd

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

In This Issue...

Banquet Recap... Top 20 Mileage... Safety Guy... Holiday Party...

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

Club Hotline
(847)520-5010



Ride and Club Information

