



Monthly Meanders

Newsletter of the Wheeling Wheelmen Bicycle Club

February, 2002

PREZ SEZ RIDE CHAIR

Greetings fellow club members. Happy New Year to all. I trust that unlike myself you have taken advantage of the snow less weather and stretched out your riding season. Can you believe only 9 more weeks till the St Pats ride?

I want to extend a special thank you to Frank and Pat Illy for hosting the annual holiday party. It's a lot of work to get your house ready for a rowdy group of bike riders. Everyone seemed to have a very enjoyable time. You guys are great.

This month's get to know you column is dedicated to someone who, believe it or not, has only been a member for about 5 years. He started bike riding 12 years ago just prior to retiring. When I asked about his early riding I expected him to say that 5-10 miles was a long ride. Not so for this hombre. Even then 40-60 mile treks were not uncommon, always on a new and different route of course.

His first bike was right off the showroom floor of the local Montgomery Ward's bike emporium. Imagine grinding up Bull Valley hill on a 35 pound, fat tired, 10 speed special. No wonder this guy is such a strong rider. His next steed was a Trek hybrid. This was his bike when he joined the Wheeling Wheelmen. Since he could not keep up with the stronger riders he upgraded first to a Trek 1220 and now a Titanium framed lightweight. We now have trouble keeping pace with him.

If you haven't guessed by now, I'm talking about Art Cunningham. Art has been married 47 years and has 2 daughters and a son. Art has been our ride chair for the last few years. We are very grateful for all his work on club business.

Adios for now.

Rich Drapeau

Once again your Ride Chair is filling out the ride schedule for the coming year. The 2002 Ride Schedule will be enclosed in the March Monthly Meanders. In the meantime it will be brought to club meetings or can be viewed on our web site. It is even bulkier than last years. As initiated last year, weekends and holidays after May 1 will have two ride options. One option is the core club ride. This is a ride, which involves a half-hour to an hour-and-a-half drive to the starting point for most members and takes a half-day or more overall. The second option is the alternative ride, a closer, shorter ride that can be completed in half a day or less overall. We also have an expanded offering of excursion rides scheduled for the year. These more distant, multi-day bicycle tours take off from further out. One should think in terms of overnight arrangements for these to be fully enjoyed. This year there are nine hosted excursion rides on the schedule to date, which are highlighted on the schedule. Naturally translating all these scheduled rides into actual rides depends on you club members filling in the blank places under "ride host" and a little help with the weather. I am counting on you for the former and we can all pray for the latter.

When you have scanned the ride schedule, the name Paul Koenig stands out behind most of the core rides beginning April 28. These are highlighted with excursion rides on Memorial Day Weekend and later in June with his famous Galena-New Glarus and return overnighiter. Many more excursion tours are scheduled

for the later months of the riding season covering some of the most scenic parts of Wisconsin. Paul is the closest thing we have to a professional bicycle tour guide and this array of rides, which have been fine-tuned over many years, are new to most of the Wheelmen. Plan to join Paul on the core rides during May and June. Paul will be anxious to give you more details on the excursions. More details will also appear in banners in this or later Monthly Meanders.

Frank Illy has volunteered to host the popular Saturday Honey-Do rides starting from the Douglas Forest Preserve again this year. This 8:00 ride assures you will get back to home in time to mow the grass or spend time with the family. The Wednesday evening rides, the Tuesday-Thursday bakery rides and the Wednesday trail rides will round out the busy week.

There are quite a few open dates on the ride schedule. You may want to consider leading a ride but feel that there is too much experience required. I know that when I joined the club it was a couple of years before I had enough confidence to do it. So what's involved in hosting a ride?

When you sign on for a ride date to host the suggested ride on the schedule you will be sent a copy of the cue sheet from our club files and a sign-up sheet and perhaps a map (by e-mail if possible) a week or more before the ride. You should familiarize yourself with the route by following it on a map. Sufficient copies of the cue sheet should be made to give each rider a copy. Normally 30 copies will cover your needs although you may get a bigger turnout in some of the popular spring rides. Desired but not required,

(Continued on page 3)

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
 Mary Kay Drapeau (847)808-1476
Web Page
 Bill Bergeron (847)658-5159

Newsletter Policy

We can always use information for the newsletter. I'd love to hear from you. Send or e-mail your ride notes, stories or articles for the newsletter to me by the 10th of the preceding month

Ella Shields
 7516 W. Devon Ave.
 Chicago, IL. 60631
 Shieldsbike@aol.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 February 7, 7:00 pm at the home of Art Cunningham

All board members are requested to attend. Please give Art a call at 847/963-8746 and let him know if you will be attending.

FEBRUARY CLUB MEETING

The meeting will be Thursday, Feb. 21, 7:00 p.m. at Wheeling H.S. We will discuss plans for the St. Pat's Ride and recruit volunteers.

Also club member Len Geis will present a talk and photo show on their New Zealand bicycle tour. Don't miss this great presentation.

BIKE FEST 2002 AUGUST 2-4 AMHERST, MA

Bike Fest 2002, the League's National Rally will be held at UMass-Amherst, August 2-4 in scenic, rural western Mass. at the site of the League's Great Eastern Area Rally in 1995. Bike Fest 2002 will offer fantastic cycling for all levels of ability on low-traffic roads and mountain bike trails. Plenty of flat road rides along the Connecticut River valley, plus both rolling and challenging hilly rides in the foothills of the Berkshires. Family-oriented and technical mountain biking will be offered at Mt. Toby and Amethyst Brook, just ten miles from campus.

WELCOME NEW MEMBERS



John Kloempken, Algonquin, IL
 Gary Meek, Mt. Prospect, IL
 Cathy Bennett, Schaumburg, IL

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

2002 MEMBERSHIP

Don't miss out on a great year of cycling!

Membership renewals are due.

If you have not renewed yet this will be your last newsletter. If you've misplaced your application, you can use the one on page 5.

Membership cards will be mailed in March.

Cross Country Skiing

If 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.

WE GET MAIL

This is a letter we received from Robbie Ventura after he attended the 2001 Harmon....



Dear Wheeling Wheelmen,

Attention Mary Kay Drapeau and Art Cunningham,

I just thought I would drop you a note to say thank you for the ride last Sunday. The Harmon was a well-organized event that I look forward to every year. It was also great to feel the support from you guys after the ride. The Postal Service had a great year this year and passionate cyclists like you make the hard work worthwhile. Enclosed are some signed cards of myself and a team shot for your distribution. These are rare items and I hope you enjoy them.

I wanted to let you all know that I have a personal coaching business called Vision Quest Coaching. I write for Windy City Sports and Chicago Amateur Athlete. My partner and I do club seminars and 1 or 2 day clinics (clinic is a seminar with a ride afterward that we work on things we discussed at the clinic). The clinics and seminars are a good time and have been really helpful to the clubs we have worked with. We also do personal coaching and training camps. Please let me know if your club would be interested in a clinic or seminar. We touch on all aspects of cycling from fixing a flat, to increasing your confidence riding in packs. We teach rider etiquette, nutrition, bike handling, how to organize a training plan, and we help everyone with how to fit yourself on your bike properly and much more.

Please forward this letter to the members of your club and I am looking forward to meeting you all. Have a great fall and winter of riding.

Sincerely,

Robbie Ventura
US Postal Service Cycling Team

(pictures are on the web site)



**ASK DEE RAILLEUR
OR DR. S.P. OKES**



Dear Dee Railleur:

I heard a wheeling wheelwoman received something bright and shiny for Christmas. True?

Inquiring Mind

Absolutely, and it's BIG, bright and shiny. Check Pam Burke out on her new Lite Speed this season.

Dear Dr. S.P. Okes:

What can I do to stay in shape during the winter?

Getting Flabby

There are a quite a few things you can do this winter. The first is to stay motivated, it is so easy when the days get shorter and weather is gloomy to become a couch potato.

1. Join a health club for the winter. Some health clubs might have short term/winter memberships.
2. Weight training—you can find books, magazines or videos on the proper methods of training.
3. Indoor trainer or rollers.
4. Spinning classes.
5. Cross training such as cross-country skiing, swimming and running.
6. Outdoor riding is very invigorating if you are properly dressed and the roads are clear.

Dear Miss Dee Railleur:

Is chivalry dead or can I help a damsel in distress change her flat tire?

Sir Galahad

You could certainly help me; in fact, I'd let you do the whole thing. Seriously, my suggestion would be to stop and ask if you could lend a hand to anyone with a flat tire.

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.

INTERESTING WEB SITES

- Winter cycling in Chicago: www.bikewinter.org
- Team Estrogen: teamestrogen.com
- Terry Precision Bikes: terrybicycles.com
- A bike rack that carries up to seven bikes: www.netusa1.net/~glenms8/vertical%207/index.htm
- Bracelets made out of spokes: www.spokemonbracelet.com
- OnTheGo— may be of interest to female club members: www.womenstandtogo.com
- Northbrook Velodrome: www.northbrookvelodrome.com
- LIB ride list: www.bikelib.org/rides/rides.html
- Looking for a job: TOUR GUIDES FOR 2002 SEASON, Maine, Vermont, Ireland, France tom@discoveradventures.com
- www.discoveradventures.com

(Continued from page 1)

you may drive the route to further familiarize yourself with it and make sure there are no closed roads or construction problems. Should something come up at the last minute that makes it impossible for you to show up and you can't get a replacement, give me a call in time to get a message on the ride line the evening before or make other arrangements. Normally the host is expected to show up at the starting place rain or shine.

On the morning of the ride, plan to get to the starting point half an hour before the appointed departure time. Besides passing out the cue sheets and making sure everyone signs the sign-up sheet, get everybody together for announcements. The ride may be cancelled should weather conditions indicate. Make any necessary announcements about route changes etc. Find out if anyone plans to deviate from the scheduled route in which case they are on their own. Be a good host and make sure any new people are introduced. You may try to arrange them a riding buddy of their approximate riding ability. Nothing can be worse for a new rider unfamiliar with the route and perhaps the use of cue sheets than to be left high and dry on his first riding experience with the club. Determine if there should be a sweep to bring up the rear of the ride. This is a judgment call. If there is a large turnout and there is uncertainty about everyone's riding ability there should be a sweep. Many hosts take this on themselves. Others get an experienced rider to volunteer. Encouraging riders to have a riding buddy to keep an eye on each other is the best way to avoid leaving anyone stranded alone during the ride as a result of mechanical or physical problems.

After the ride, the sign-up sheet should be sent to me as promptly as possible. If there are any comments or changes on cue sheets supplied from club file or if you are hosting a new ride, also send a cue sheet. We are trying to keep as complete and up-to-date file of club cue sheets as possible.

You to can be a ride host. Just do it! Give me a call.

Art Cunningham



ST PAT'S RIDE

Sunday, **March 17**, is the day of Chicago's first invitational ride of the season, our own St. Pat's ride. It is scheduled at our **new** location, Wauconda High School, 555 N. Main St., Wauconda, IL., with registration between 8:00 and 10:30 am. The cafeteria will be open 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:

Road Marking: The roads need to be marked a week before the ride.

Registration: Registrar's should plan on setting up the desk by 7:30.

Parking: Attendants should be on duty at 7:30

Sag: A SAG driver is needed for each loop. The first loop should be manned from 8:00 to 11:00. The second loop from 10:30 to 1:00.

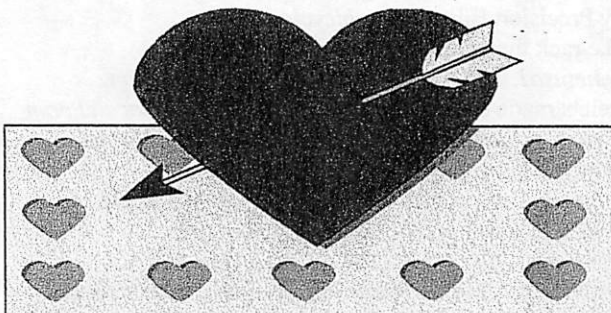
Food: Service will be open from 8:00 to 1:00. We will have an early shift from 8:00-11:00 and a late shift from 11:00 to 1:00. The refreshment area was very popular as the social and warming area last year and quite crowded from 10:00-12:00.

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 Mary Kay Drapeau at (847) 808-1476 or e-mail mkdrapea@hewitt.com

HAPPY VALENTINE'S DAY



International Outdoor Adventure Travel Show

IATOS 2002, now in its 12th year as the leading adventure and eco destination travel expo, has further expanded the show to provide you with even more information about destinations, eco programs, health and medical advice, racing and adventure sports, as well as the latest in adventure apparel and equipment.

Feb. 23 10:00 am-8:00 pm
 Feb. 24 10:00 am-5:00 pm
 Navy Pier Convention Center
 Chicago, IL.
 Adults \$10.00
 Children (5-12) \$4.00
 Under 5: Free
 www.adventuretravelshow.com
 Discount coupons available on line

SUBARU CHICAGO BIKE SHOW

The Subaru Chicago Bike Show is coming to Chicago's historic Navy Pier the weekend of March 22-24, Navy Pier is the new home for the 11th annual show, which was purchased this summer from CABDA by Chicago Sports Media, publishers of Chicago's *Amateur Athlete* magazine.

Friday, 3:00-8:00 pm
 Saturday, 10:00 am-7:00 pm
 Sunday, 10:00 am-5:00 pm

www.chicagobikeshow.com

CBF's Bike Town Bash

The single most swanky celebration of Chicago's cycling culture. The date is set: CBF's semi-formal event will be on March 9, 2002 at A. Finkl & Sons Co. A Style Show brings you velo-inspired haute couture as natty servers weave among you offering desperately delicious delicacies from Coup de Gras. Plus music, an auction, games...

312/427-3325
 www.chibikefed.org



INVITATIONALS

Sunday, April 7 Spring Forward
 Union, IL. 5/31/62 miles. Fee: \$12 - \$15.
 www.Schaumburgbikeclub.org
 phone: 847-891-6010
Sunday, April 21 Easter Ride
 University Park, IL., 30/44/66 miles
 Kerstin Stolpe (708) 730-5179
 www.folksonspokes.com



Congratulations to Emily and John Qualich on the birth of their new baby, Jason Michael. He was born on November 18, 2001 weighing in at 6 lbs, 10 oz, and 19.5 inches long.

Wheeling Wheelmen Membership Application

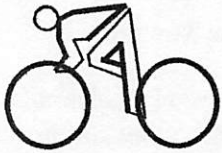
Name: _____ Spouse's Name: _____
 Address: _____ Children's Names: _____ Age: _____
 City, State, Zip: _____ Age: _____
 Phone #: _____ E-mail: _____

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 February 21,
7:00 pm
Wheeling High School
Rt. 83 and Hintz Rd

We support:

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

Michael Ortmanns
Ella Shields
7516 W. Devon
Chicago, IL 60631

In This Issue...



Prez Sez...Ride Chair...St. Pat's...Ask Dee Railleur...Bike Show...



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