



Monthly Meanders

Newsletter of the Wheeling Wheelmen Bicycle Club

November, 2002

PREZ SEZ

Greetings fellow club members.

Our new club jerseys have finally arrived. I want to thank all the members who ordered a jersey for their patience. The design looks great. Due to an ordering mix-up by yours truly and other factors we have a few jerseys and shorts in hand for immediate sale. We are also going to place another order about a week after you receive this newsletter. If you missed the first order, got the wrong size, want to order more contact me at the phone number or email listed below or let any of the other officers know. The short sleeve jersey is \$68.50, long sleeve jersey is \$73.50 and the shorts are \$54.50.

We have the following for immediate delivery

2- Long sleeve- men's XXL- \$73.50. This will fit you if your jacket size is 42-44 or you normally wear a XL and want a club fit.

1-short sleeve-men's XL-\$68.50. This will fit if you normally wear a XL bike jersey or wear a large and want a club fit jersey.

1-short-men's XL (36 waist)-\$54.50. This will fit a 36-38 waist.

Mary Kay and I attended a Bicycle club presidents meeting sponsored by the Chicagoland Bicycle Federation (CBF), this meeting is held quarterly with the intent of sharing news and ideas from all the local clubs. Our guest speaker was Nick Jackson. Nick is the Director of Planning at CBF. Nick works within the 6 county Chicago region, working with city, county and state Planners to make our roads, paths etc more bike and pedestrian friendly. That's the simple version. The Regional Bike Plan serves as a blueprint on how it should be done. For example there is a measurement called "Level of Service" that quantifies how "bike friendly" roads are currently. This takes in consideration factors such as width of road and shoulder, number of trucks, traffic patterns, condition of road. Twenty factors in all. The road is then rated on a scale of A-F. The plan is to improve the road's grade each time an improvement is made such a repaving, widening etc... Another part of the plan is to try and get good bike access to cross busy roads. Every ¼ to ½ mile is the goal. Have you ever tried to cross Milwaukee Avenue between Dundee and Route 60? The time to make a difference is in the early stages of the planning process. Most road projects are 4-5 years from conception to final construction. If we wait till the construction begins its too late. We need to find out what our local communities are planning for the next 3-5 years and ask that they consider Bicycles in the plan. I'll try and get more information to you about this. You can learn more by going to the bike links section of our web site. Click on Chicagoland Bicycle Federation.

If you were not able to make the last club meeting, you missed a

good one. We had three special guests. Ed Barsotti, Executive Director of the League of Illinois Bicyclists, Robbie Ventura, Professional Bicycle racer with The U.S Postal Service team, and representatives from Red Bull energy drink. Robbie led off the program by demonstrating some stretching exercises beneficial to Bicyclists. He shared with us his training schedule and the importance of rest days. Every morning Robbie takes his pulse rate and gears his training around that number. A low rate means he can push hard that day, higher rate is an easier ride. Robbie is one of 18 members of the team. He races here in the USA to be close to his family. Asked how team members were chosen, Robbie told us the coach's look for riders in races around the U.S. As you win more races you attract attention and are invited to train and try out for the team. The team is made up of a mix of riders, some are climbing specialists others are sprinters etc. A mix of riders is selected to represent the team in races around the world. By the way, Robbie rode the Harmon this year and thought it was a tough ride. He was probably kidding but we gave him some grief anyway. Something about taking the training wheels off his bike. Ed Barsotti spoke to the members after a short snack break. The key issue Ed addressed is the Federal Transportation Bill that is up for renewal in 2003. This is the primary source of funding for bike paths, bike lanes, and other issues that directly affect us as Bicyclists. LO and BE-HOLD one of the key members of this committee is our own 10th District Representative, Mark Kirk. It would go a long way if you as a cyclist called or sent him a letter or email thanking him for his efforts on behalf of Bicycle riders. More information about this is in another part of the newsletter.

I know this sounds like we're playing politics here, but the fact is we are pushing our rides further and further out due to traffic and development. Remember when the Harmon started at Wheeling HS, how about the apple orchard (now gone). We can successfully share the road with wider shoulders and well-marked bike lanes. Think how much nicer/safer it is to ride on Long Grove Rd in the marked bike lane vs. the non-shoulder part. Thanks for listening.

Please remember the club banquet on November 10th and the club Holiday party on December 15th.

And finally let's cheer on our ride chair, Art Cunningham, in his quest to ride 10,000 miles this year. A remarkable achievement for anyone.

See you on the road.

Rich Drapeau
847-808-1476, rkdrpeau@attbi.com

Club Officials

Elected Officers

President	
Rich Drapeau	(847)808-1476
V.P./Ride Chair	
Art Cunningham	(847)963-8746
Treasurer	
Al Berman	(847)541-9248
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
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	
Open	
Web Page	
Jim Boyer	(847)541-1325

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 Tuesday, November 19, 7:00 pm at the home of Rich & Mary Kay Drapeau.

All board members are requested to attend. Please give Rich or Mary Kay a call at 847/808-1476 and let them know if you will be attending.

MEANDER STATS—TOP 20 THROUGH OCTOBER 2

Maximum miles possible
7,650 (per rider)
Cumulative total miles ridden
107,590 (all riders)

WOMEN:

1	CINDY SCHNEIDER	3822
2	MARY KAY DRAPEAU	2040
3	BETSY BURTELOW	1760
4	KRIS WOODCOCK	1686
5	REINHILDE GEIS	1647
6	VELDA KNORR	1535
7	ELLA SHIELDS	1353
8	VIRGINIA SAVIO	1271
9	PAM BURKE	1249
10	MARIANNE KRON	1068
11	FRAN GREEN	946
12	PAT ILLY	728
13	GERI MCPHERON	651
14	ANNE JOHNSON	643
15	MONICA GONCZE	615
16	MARIE SASSAN	613
17	NANCY BECK	601
18	SHERI ROSENBAUM	551
19	LOLA PROVENZOLA	521
20	CATHY BENNETT	433

MEN:

1	ART CUNNINGHAM	6666
2	KILIAN EMANUEL	5506
3	AL SCHNEIDER	3915
4	JOE IRONS	3670
5	BOB WALKOWICZ	3644
6	KURT SCHOENHOFF	3059
7	RICH DRAPEAU	2795
8	BOB DOMINSKI	2672
9	BOB PLETCH	2427
10	JIM BOYER	2330
11	BOB SAVIO	2316
12	TOM WILSON	2219
13	LOUIS GREENE	1871
14	LEN GEIS	1751
15	PETER GUZIC	1740
16	BRIAN HALE	1706
17	DAN WIESSNER	1695
18	LOUIS LAMBROS	1680
19	FRANK ILLY	1621
20	AL BERMAN	1556

TUESDAY / THURSDAY DEERFIELD BAKERY RIDES

Rides with 25 / 45 mile routes leave the Deerfield Bakery promptly at 10:00 A.M. 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 Jewish Funeral Home just south of the bakery. Phone Bob Savio at 438-8066 or Art Cunningham at 963-8746 for more information.

BE SURE AND CHECK THE RIDE LINE FOR WINTER RIDES AND ACTIVITIES 847/520-5010

WELCOME NEW MEMBERS



Garry McGovern, Barrington
Chris Wager, Schaumburg
Wells Wang, Schaumburg
Mark Balasa, Palatine
Jim Lewandowski, Barrington

BANQUET

Just a reminder the banquet is Sunday, November 10 and there is still time to sign up.

The banquet is from 1:00 — 4:00 pm. at Enzo & Lucia Ristorante Italiano, 343 Old McHenry Road in Long Grove. The cost is \$20.00 per person and you need to R.S.V.P by November 3.

If you have any questions call me at 773/594-1755

See everyone on the 10th.

Ella



HOLIDAY PARTY

Come and celebrate the holidays

Sunday, December 15
3-8 p.m.

Hosted by Pat & Frank 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 to the party.

Please RSVP by December 9

Jerseys:

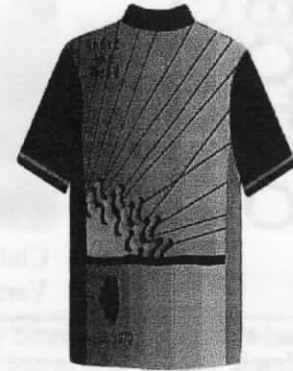
Short Sleeve - \$68.50
Long Sleeve - \$73.50

- 5 color design
- Micro Dry superior wicking fabric
- 3 rear pockets. Pocket graphics will include our club URL, the NO WHINERS logo and the image shown
- High collar
- Separate side panels



Shorts: \$54.54

- Seamless antibacterial chamois
- Leg gripper elastic
- Club jersey colors on side panels



Contact Rich Drapeau to place an order 847-808-1476, rkdrapeau@attbi.com

Bike Town Bash Photo Contest Developing into Fun



Bicycling and summer go together like apple pie and ice cream. A statement of the obvious, yes but important for you to consider because.... Chicago Bicycle Federation will be having a photo competition as part of the annual Bike Town Bash. That's right, as part of the next Bash planned for March 8, 2003 we will be conducting a photo contest. Imagine your beautiful photos in a room full of others taken by your friends and fellow cyclists. Now imagine fascinating celebrity judges picking your snap out as the best. You get a prize. You get glory and honor! And, since all of the photographs are for sale, you get a chance to take home some cool art. We are imagining many different types of categories like Lifestyle, Families, Racing and others. You define what these categories mean and click away! The only rule is that your photo must be bicycle related.

Don't wait until winter to begin taking you photographs. Take advantage of the season and the sun. Enjoy your bike and camera now! Play with it and have fun!

Keep checking www.biketraffic.org for updated info on the contest details.

There Ought' a Be a Law!

by Chuck Oestreich, League of Illinois Bicyclists

Well there are -- many of them, pertaining exclusively to biking in Illinois. Do you know them? Well, sure you do, but wouldn't it be great to have them on hand in print when something comes up that demands a knowledge of the law?

To the rescue: the LIB, with the help of the SRAM Corporation, the makers of Gripshift. Together, they have printed 10,000 bike law cards, small enough to be carried in a wallet, containing selected Illinois bike laws. The cards will be distributed to bike clubs, shops, events, and other bicycling outlets. You can download it at www.bikelib.org/boubcase/bikelaws.pdf

The purpose of this card is for bicyclists' safety. Many bicyclists, motorists and law enforcement

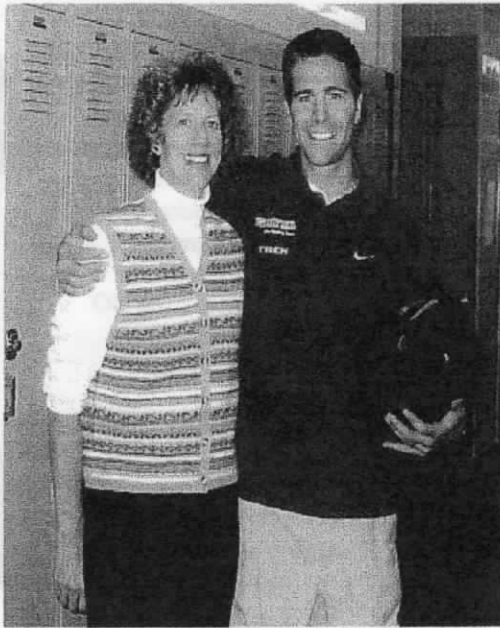
officers don't know the traffic law as it pertains to bicyclists. This card will help bicyclists:

1. understand their rights and responsibilities
2. explain the law to motorists who question bicyclists' right to ride on streets and roads, and
3. resolve minor disputes with law enforcement officials.

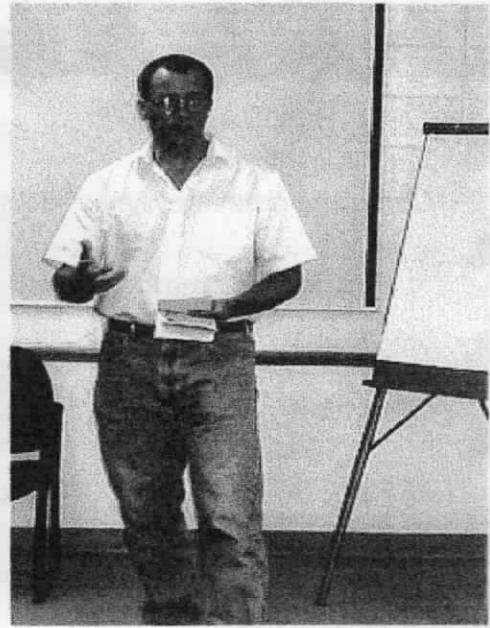
Major laws printed on the handy cards include the following: bicyclist's status, lane positioning, left turns, riding two abreast, hand signals, use of sidewalks, lights and other equipment on bicycles, two or more on a bike, and parental responsibility.

Also available from LIB is our "Recommended Bicycle Safety Education Materials", briefly listing our suggestions on bike safety books, videos, websites, classes, and bike rodeos. It's on-line at www.bikelib.org/Education/education2002.html

OCTOBER CLUB MEETING PICTURES



Club member Linda Heeter and Robbie Ventura



Ed Barsotti

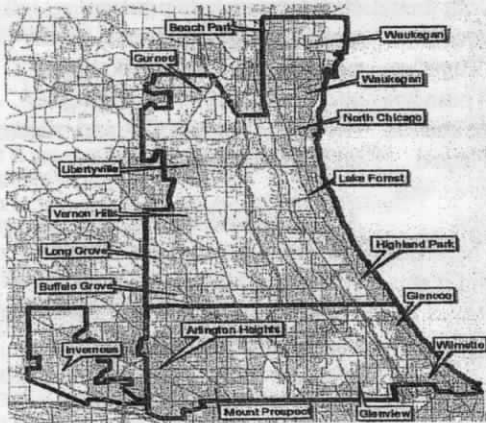
A few simple steps to help improve your bicycle conditions (from LIB)

Federal Transportation Legislation

Check the map below to find out if you live in the 10th Congressional District, where Rep. Mark Kirk is the incumbent. Rep. Kirk is an important member of the committee that's writing the new transportation bill in 2003. While we need contacts in every district, we really need help from local cyclists in the 10th district!

Here's what you can do:

- Go to America Bikes' website (www.americabikes.org). Read and endorse their agenda and "join the (e-mail) team" for occasional updates and action alerts. You'll be notified when a phone call, etc., is needed during the campaign, especially in 2003.
- Find out if your Congressman has responded to America Bikes' candidate survey. The website to find out is www.americabikes.org/survey_search.asp Call your Congressman (Mark Kirk's local number is 847-940-0202) if he/she hasn't responded to the survey yet, and ask them to do so.
- Call your Congressman to let them know that you appreciate the bike-friendly policies and funding of the TEA-21 transportation legislation. Tell about a specific bike trail or project in your town, and how it's been good for you and your town. (A list of projects in the 10th district is below).



Some of the bike projects (existing or planned) using federal dollars under ISTEA or TEA-21 (1991-present):

- 1.9 mile segment completing the Green Bay Trail
- North Shore Trail right-of-way, Lake Bluff to Mundelein
- 1.5 mile and 3 mile Des Plaines River Trail extensions
- 8 miles of bikeways in Glenview (Techny Trail)
- Other trail projects in Wilmette, Libertyville, Buffalo Grove, Prospect Heights, Highland Park, Wheeling, and Vernon Hills.
- Kids and Adults' bike safety booklets, Illinois Department of Transportation
- Chicagoland bike/ped planning through the Chicago Area Transportation Study
- Bike parking (racks) throughout Chicagoland

Blaze the trail on a brand new, grand new ride

A new seven-day bicycle tour is coming to America – put on by the League of Illinois Bicyclists (LIB), in cooperation with the Illinois Department of Natural Resources (IDNR). The ride will boost bicycling as a health and fitness incentive to ride the trails and roads of northern Illinois - and to visit and experience some very unique natural resources - Illinois State Parks.

Much of the route will be on the Grand Illinois Trail and riders will camp in Illinois State Parks along the way (with motel or cabin opportunities close to every one of the overnight sites.)

The ride is called the Grand Illinois Trail And Parks ride, or GITAP. And although the ride is still in the planning stage, both the LIB and the IDNR have agreed that it will take place next year from Sunday, June 15 through Saturday, June 21. So after getting in shape with spring and early summer rides, you'll be set for a relatively leisurely week exploring the grand concept of the Grand Illinois Trail.

This will be the first ride sponsored cooperatively by the LIB and The IDNR; consequently ridership will be kept within limits. If you're interested at this early date, mail or call and your name will be put in our reserved file. You will be sent a registration brochure as soon as it is printed.

As of now, these are the features of this unique trail and

parks ride:

A seven day, six nights, ride of about 60-70 miles a day Starting on Sunday, June 15, 2003, and ending on Saturday, June 21

The route follows the Grand Illinois Trail for much of its length

Overnight camping in Illinois' State Parks, for the most part.

Each overnight is also close to a town with motel accommodations.

Breakfasts and dinners provided - lunch on your own Evening meetings sometimes with entertainment and discussion

The ride starts close to Chicago, in the western suburbs (Oswego)

The route includes the following overnights:

- Starved Rock State Park
- Geneseo
- Morrison/Rockwood S. P.
- White Pines S. P.
- Rock Cut S. P.
- Chain O' Lakes S. P.

We would love to have you blaze the trail on this brand new, grand new ride.

GITAP
Chuck Oestreich
816 - 22nd Street
Rock Island, IL 61201
(309) 788-1845, oestreich@qconline.com

Wheeling Wheelmen Membership Application

Name: _____ Spouse's Name: _____

Address: _____ Children's Names: _____ Age: _____

City, State, Zip: _____ Age: _____

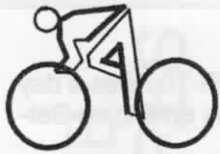
Phone #: _____ E-mail: _____

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 in 2003
Meetings are
7:00 pm at
Wheeling High School
Rt. 83 and Hintz Rd.

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



HAPPY THANKSGIVING



In This Issue...

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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 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, (847)272-2100
- LIBERTYVILLE CYCLERY**
800 N. Milwaukee Ave, Libertyville, (847)362-6030
- MIKES BIKES**
155 N Northwest Hwy, Palatine, (847)358-0948
- RUNNER'S HIGH**
7 S. Dunton, Arlington Hts. 847-670-9255
- SHAMROCK CYCLERY**
344 Old McHenry Rd, Long Grove 847-913-9767
- SPOKES**
223 Rice Square at Danada, Wheaton (630)690-2050
1807 S. Washington, Naperville (630)961-8222

Club Discounts!

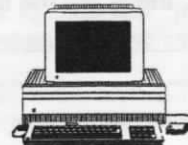
- THE CYCLERY**
575 Ela Road, Lake Zurich, (847)438-9600
- VILLAGE CYCLESPORT**
63 Park & Shop, Elk Grove Village (847)439-3340
215 W Golf Rd., Schaumburg (847)781-9960

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:
www.wheelmen.com

E-mail:
wheeling@wheelmen.com

Club Hotline
(847)520-5010



Ride and Club Information