



**Wheeling  
Wheelmen**

# Monthly Meanders

Newsletter of the Wheeling Wheelmen Bicycle Club

Dec. 2002/Jan. 2003

## PREZ SEZ

I just returned from a long weekend visiting a friend in Vero Beach Florida. Before you start shouting what a lucky guy I am, even though I agree that I am, I must tell you that the weather was not all that good. It was cloudy and cool (high 50's) 2 of the days and pouring down rain the third day. What struck me as I explored the area was the almost total lack of bikes. I came across several bike paths, bike lanes and nice wide roads, but no bicycles. I can venture out around the northwest suburbs and almost always see someone on a bicycle. Even though the weather was cool (great by our November standards) I did not see a single person and a bike. Perhaps they figure that there will always be a warm, sunny day ahead so why bother with clouds. What hearty souls we are to leave our warm abodes and venture out for a ride on a windy 40-degree day. Or are we just nuts. Either way I'm glad I do it and I'm especially grateful for your company on these rides.

Tuesday, November 19, 2002. A dozen or so riders leave Deerfield Bakery for a show and go ride. It's a nice day for this late in the season. What made this ride different from any other is one of our members hit a milestone that few if any of us will ever achieve. Art Cunningham reached 10,000 miles for the calendar year 2002 halfway through the ride. That's double what I will put on my car this year. Congratulations Art, we are all proud of you.

Our first meeting of the new board was held Tuesday November 19 at the Drapeaus. For those who have not served on the board, we meet monthly at the home of one of the board members. The hosts serve cocktails and dinner followed by the meeting. Marykay made lasagna for the dozen attendees. We discussed Harmon brochure mailings through the League of Illinois Bicyclists. The decision was made to mail to area bike shops but not a mass mailing to riders. We also talked about the St Pats invitational headed up this year by Tom and Debbie Wilson. We have a new starting point this year, Foglia YMCA. The club is in good shape financially due to a great Harmon. Len Geis is our new ride chair. He will have sign ups for ride hosts at the holiday party. Membership renewals will be mailed out in December.

We had a wonderful club banquet this year thanks to the planning and hard work by Ella Shields and Pam Burke. They put a lot of time and effort into this event. Make sure you thank them next time you see them. The venue this year was Enzo and Lucia's Ristorante in Long Grove. We had 55 attendees including Jon and Janice Saunders from Shamrock Cyclery and Vince and Lavonne Boyer from Village Cycle. Pam did a great job as MC. Several gag gifts, stump the riders, and mileage awards were presented. The food was excellent. If you didn't make it come next year. It's a lot of fun.

Our next event is the Holiday party Sunday, December 15, 3-8 pm at Frank and Pat Illy's. Call Pat at 847-359-9085 daytime or 847-923-5910 evenings. Hope to see you there.

Our next club meeting is Thursday, January 9<sup>th</sup> at Wheeling High School. We hope to have someone from REI talk to us about clothing options and the advantages and disadvantages of various product lines.

See you on the road.

Rich Drapeau

## Club Officials

### Elected Officers

|                            |               |
|----------------------------|---------------|
| <b>President</b>           |               |
| Rich Drapeau               | (847)808-1476 |
| <b>V.P./Ride Chair</b>     |               |
| Len Geis                   | (847)679-0279 |
| <b>Treasurer</b>           |               |
| Al Berman                  | (847)541-9248 |
| <b>Secretary</b>           |               |
| Kris Woodcock              | (847)520-6932 |
| <b>Membership</b>          |               |
| Betsy Burtelow & Jim Boyer | (847)541-1325 |
| <b>Safety</b>              |               |
| Barry Cohen                | (847)459-7640 |

### Appointed Officers

|                             |               |
|-----------------------------|---------------|
| <b>Newsletter</b>           |               |
| Ella Shields                | (773)594-1755 |
| <b>Harmon</b>               |               |
| Mary Kay Drapeau            | (847)808-1476 |
| <b>Chairmen</b>             |               |
| <b>Banquet</b>              |               |
| Open                        |               |
| <b>Harmon Data Base</b>     |               |
| Jennie Pfeifer              | (847)342-8823 |
| <b>LAB</b>                  |               |
| Phyllis Harmon              | (847)537-1268 |
| <b>Mileage Statistician</b> |               |
| Joe Irons                   | (847)359-0551 |
| <b>Newsletter Mailings</b>  |               |
| Ella Shields                | (773)594-1755 |
| <b>Picnic</b>               |               |
| Al & Cindy Schneider        | (847)696-2356 |
| <b>Refreshments</b>         |               |
| Frank & Pat Illy            | (847)923-5910 |
| <b>Ride Line</b>            |               |
| Art Cunningham              | (847)963-8746 |
| <b>St. Pat's Ride</b>       |               |
| Tom & Deb Wilson            | (847)632-1412 |
| <b>Web Page</b>             |               |
| 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 any questions)

### 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 21, 2003, 7:00 p.m. at the home of Al Berman.

All board members are requested to attend. Please give Al a call at 847/541-9248 and let him know if you will be attending

### FINAL 2002 MEANDER STATS

Maximum miles possible –  
8,427 (per rider)  
Cumulative total miles ridden  
117,305 (all riders)

#### MEN:

|    |                 |      |
|----|-----------------|------|
| 1  | ART CUNNINGHAM  | 7355 |
| 2  | KILIAN EMANUEL  | 6160 |
| 3  | BOB WALKOWICZ   | 4168 |
| 4  | JOE IRONS       | 4130 |
| 5  | AL SCHNEIDER    | 3915 |
| 6  | KURT SCHOENHOFF | 3517 |
| 7  | RICH DRAPEAU    | 3254 |
| 8  | BOB DOMINSKI    | 3071 |
| 9  | JIM BOYER       | 2712 |
| 10 | TOM WILSON      | 2585 |
| 11 | BOB PLETCH      | 2558 |
| 12 | BOB SAVIO       | 2504 |
| 13 | DAN WIESSNER    | 2039 |
| 14 | LEN GEIS        | 2001 |
| 15 | LOUIS GREENE    | 1961 |
| 16 | BRIAN HALE      | 1906 |
| 17 | PETER GUZIC     | 1830 |
| 18 | FRANK ILLY      | 1814 |
| 19 | EARL HORWITZ    | 1810 |
| 20 | AL BERMAN       | 1731 |

#### WOMEN:

|    |                  |      |
|----|------------------|------|
| 1  | CINDY SCHNEIDER  | 3822 |
| 2  | MARY KAY DRAPEAU | 2379 |
| 3  | BETSY BURTELOW   | 1997 |
| 4  | KRIS WOODCOCK    | 1893 |
| 5  | REINHILDE GEIS   | 1857 |
| 6  | VELDA KNORR      | 1814 |
| 7  | ELLA SHIELDS     | 1695 |
| 8  | PAM BURKE        | 1505 |
| 9  | VIRGINIA SAVIO   | 1352 |
| 10 | MARIANNE KRON    | 1068 |
| 11 | FRAN GREEN       | 946  |
| 12 | PAT ILLY         | 771  |
| 13 | ANNE JOHNSON     | 707  |
| 14 | GERI MCPHERON    | 651  |
| 15 | MARIE SASSAN     | 645  |
| 16 | MONICA GONCZE    | 615  |
| 17 | NANCY BECK       | 601  |
| 18 | SHERI ROSENBAUM  | 551  |
| 19 | LOLA PROVENZOLA  | 521  |
| 20 | CATHY BENNETT    | 433  |

## TUESDAY / THURSDAY & SATURDAY

### 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 OTHER WINTER RIDES AND ACTIVITIES**  
847/520-5010

### JANUARY CLUB MEETING

The next meeting will be Thursday, January 9, 2003 7:00 p.m. at Wheeling H.S, Room C104\*. The H. S. is located on the north side of Hintz Road just west of Elmhurst Road (83) in Wheeling.

We are currently finalizing our guest speaker, please check the ride line 847/520-5010, #4 or check the website for further information

\* To get to C104 go in the main front doors of the school on Rt. 83. This puts you in the large lobby. Turn right going down the hall lined with blue lockers and C104 will be on your left. If you come in the back door near the cafeteria, (the door we usually use) go into the main hall that runs parallel to the cafeteria to get to the lobby in the front of the school. When in the lobby, turn left and go

### WELCOME NEW MEMBERS



George Ganas, Barrington  
Kim & Kirk Fisher, Lakewood  
Karen & Bob Westrich, Lincolnshire  
Karen & Dennis Gallitano, Elk Grove  
Donna & Michael Ofenloch, Park Ridge  
Stephen Blackman, Buffalo Grove

## 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

## SOCIAL EVENTS



Several members thought it would be fun to keep in touch with one another during the winter months. A short series of dinners is planned. The first get together is in Greek Town!

### OOPA

Come celebrate 2003 with a trip to Greek Town. It will be on Sunday, January 12 at 5:00 pm, we will meet at Pegasus Restaurant & Taverna, 130 S. Halsted Street in Chicago.

*Please RSVP by January 8*, to Ella Shields at 773/594-1755 or Shieldsbike@aol.com

## CBF'S Bike Town Bash Saturday, March 8, 2003 8:00 p.m.

### What is the Bike Town Bash?

A party to celebrate bicycling and have an all-around good time! The night will be jam packed and fun filled and will include a bicycle photo competition, music, dancing, feasting and merriment.

Last year was the second year for the event and it was deemed a huge success. Over 300 supporters of a bicycle-safe community and a congestion-free environment were in attendance at this semi-formal event. We expect to surpass last year's success.

### Who is the Chicagoland Bicycle Federation?

Chicagoland Bicycle Federation is a 4500 member strong dedicated group of cyclists that work hard to make bicycling a safe, efficient, and fun way to get around the city and suburbs.

### Where Will The Bike Town Bash Be Held?

#### A. Finkl & Sons Co.

2058 N. Southport, Chicago. Situated in the heart of Chicago's near north side, this "urban manufacturing campus" is a leading steel supplier and processes 100,000 tons of steel a year

Tickets are \$60.00 and can be purchased on line. [www.biketraffic.org/bash](http://www.biketraffic.org/bash) or call 312-427-3325

**\*PHOTO CONTEST:** Imagine your beautiful photos in a room full of others taken by your friends and fellow cyclists. Now imagine a fascinating celebrity judge 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.

The categories are Utility/Lifestyle, Recreation, Racing, Abstract, and Non-Traditional Photography. You define what these categories mean and click away! For rules, regulations and entry form: [www.biketraffic.org/bash/contest\\_index.html](http://www.biketraffic.org/bash/contest_index.html)

## BALLOT RESULTS

Congratulations to the 2003 Board Members:



PRESIDENT: Rich Drapeau  
 V.P./RIDE CHAIR: Len Geis  
 TREASURER: Al Berman  
 MEMBERSHIP: Jim Boyer & Betsy Burtelow  
 SAFETY: Barry Cohen  
 SECRETARY: Kris Woodcock

Most Improved Male: Tom Wilson

Most Improved Female: Reinhilde Geis

Best Dressed Male: Brian Hale

Best Dressed Female: Pam Burke

Best New Ride: A tie  
 Another Way to Broken Oar—Bob Dominski  
 Who Let the Dogs Out—Ella Shields

## WISCONSIN BIKE TOUR

Finally, Thursday, October 10, 2002, after months of talk, three Wheeling Wheelmen, Bob Walkowicz, Earle Horwitz and Bob Dominski, departed the Deerfield Bakery on a self-contained bike tour. The cyclists carried everything needed in panniers loaded on the bike, and/or stowed in a trailer that was towed behind the bike. The total gear carried and/or towed was in the 40 – 45 pound range. No cooking gear was carried since we opted to eat at restaurants, diners or buy food at a convenience store.



Day 1, depart from Bakery

Our first destination was Big Foot State Park Campground in Lake Geneva, Wisconsin, arriving at 1:45, Thursday afternoon. Friday morning, we biked around Lake Geneva, returning to Big Foot to pack up our gear. Leaving Big Foot at 1:30 pm we headed for Bong State Park arriving 4:30 pm. At Bong we met Don Latus who drove from Elgin to meet us. Unfortunately, we just missed Ralph Salle and his wife Jeanne, who also drove to Bong. On Saturday, the final day of the tour, we left Bong at 8:15 am arriving back at the Bakery at 1:45 pm. We biked approximately 50 – 55 miles each day, totaling 161 miles for the tour, averaging 11 – 12 mph.



Day 3, We made it!

The tour, albeit short by tour standards, was an adventure. It was very exciting, a learning experience, extremely satisfying, a real confidence builder, a great way to get away from it all and enjoy the outdoors with some excellent biking. We are already talking about a tour (or tours) for next year and looking for more Wheelmen to join us.

The campgrounds at Big Foot and Bong were excellent, and very inexpensive at \$9.00 and \$10.00 per campsite per day, respectively. We camped near KYBO's (AKA bathrooms) allowing for short trips to be made during the middle of the night. The showers at Big Foot were very close to our campsite. At Bong they were some distance from our camp. However, Don was kind enough to drive us to the showers. If Don had not been at Bong we would have biked. The showers were clean with plenty of hot water. There was a concern about taking cold showers. Both nights we put up our tents on grass that approached lawn quality, making for very comfortable sleeping, although I am sure the "barley popsicles" helped some. Because of the cooler weather, the campsites were free of any bugs.

We had only minor problems. The front brakes on one of the bikes locked up and needed adjusting. There were a couple of flats, one on a bike, the second on one of the trailers. The flats were quickly repaired. We lost very little time. There was much "discussion" on when and where to stop for meals. Picking the "best" campsite seemed to be an issue. In the evening, though, after those "barley pop-

sicles", all was forgiven and a great time was had by all.

The weather really cooperated. Lows in the 40's made for great sleeping. The highs were in the upper 60's to lower 70's, great for biking. There was lots of sunshine, some clouds and, thank goodness, no rain. Great weather. In the morning, however, there was heavy dew on the tents. The wind could have been a little more cooperative. We had a nice tailwind heading north to Big Foot. However, on the second day we had headwinds going into Bong. Then, on the third day, returning to the Bakery, we again experienced strong head winds.

Thursday morning, on our way to Big Foot, we stopped in Wonder Lake for breakfast, or lunch, depending on what was ordered at the Busy Bee Restaurant. The food was good and the service unbelievably fast. That evening, after setting up camp, shaving and showering, we biked into Lake Geneva for dinner and a few of those "barley popsicles" (AKA beer). Dinner was at Champ's. After dinner, we walked around town, trying to observe the "one bar/one drink rule". We finished off the evening at Champ's, and then biked back to Big Foot in the dark. We did, however, remember to bring head and taillights. We had quite a night.

Friday morning we biked around Lake Geneva, having breakfast in Walworth at the Sunrise Café. Returning to Big Foot we packed our gear and headed for Bong. We stopped in Burlington at the world famous Adrian's for custard. The custard was very creamy and good, but "world famous", I don't know. At Bong, Don was kind enough to drive us back to Burlington for dinner at Napoli's, a very fine Italian restaurant with excellent food. This time we had "Italian popsicles". We finished up the evening at our campsite in Bong. This came close to becoming a RAGBRAI experience.

We left Bong Saturday morning around 8:15 heading for the Bakery. Along the way, we ate mainly at convenience stores. We arrived at the Bakery around 1:45 pm. We had a "Photo Shoot", congratulated one another, felt elated finishing the ride, and each of us went on our own way. Also, there was sadness that the tour was over. The tour was very exciting, an experience not soon to be forgotten. A happening!!!!!!!!!!!!

Thanks need to go out to Bob Hinkle and Dick Marr for putting together the cue sheets for the tour. Their schedules, however, would not allow them to tour with us. Hopefully they can join us next year. Also, "kudos" to Bob Hinkle for leading the tour on the first day for 28 miles before peeling off and heading back to the Bakery. It is great to have someone who knows where he is going.

*Bob Dominski*

(see more photos on the website)

## 2003 MEMBERSHIP RENEWALS

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 2003 ride schedule. Due date is February 1 (expiration will be March 2004) Membership cards will be mailed out in March.



## Cross County Skiing

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



## How to Find a 'Safe Saddle'

*Edited from an Article By Ed Pavelka*

The new generation of saddles with special shapes, padding or cutouts to reduce crotch contact and pressure is the result of the realization that there is some increased risk (about 4%) of nerve or blood vessel injury relating to cycling. Riders have also found that they experience fewer saddle sores on these new seats.

Saddle selection is highly individual. Despite how effective a saddle might look or how highly praised it might be by a riding buddy, there's no guarantee that it will be comfortable for you. You need to ride it to tell. Most local shops will let you try a saddle with a right to return or exchange it for another.

### Saddle Selection

**Width.** Squat and sit on a low stool or curb. What you feel supporting your weight is your ischial tuberosities, the points of the pelvis that are commonly called the "sit bones." These are what should support your weight on a saddle.

A seat that's too narrow will place your weight on the soft tissue between your sit bones -- for men, on the perineum where the penile nerves and blood vessels are located. Women also need to put a high priority on width because, on average, they have wider sit bones than men. Anatomically designed women's saddles are a bit wider in the main sitting area.

**Curvature.** Looked at from the rear at eye level, a seat should be flat or only very slightly domed. A significant curve causes your sit bones to be lower than the saddle's center, contributing to crotch pressure.

**Dip.** Looked at from the side at eye level, a seat should be nearly flat from nose to tail. A slight dip (say six degrees or less) is helpful to give you a feeling for the saddle's center while riding. More dip creates positioning problems. That is, when the nose is set level, the tail

sticks up and may be uncomfortable to sit on; when the tail is set level, the nose goes up and exerts pressure right where you don't want it.

**Padding.** Some is good. More is *not* better. You want enough foam or gel to cushion your sit bones for comfort. *Thick padding can actually increase crotch pressure* because as your sit bones sink in, this has the effect of making the center press upward.

### Saddle Position

**TIP!** For many guys, a saddle that's slightly off center (compared to the top tube) feels more comfortable. If the nose keeps pressing you in the wrong spot, try a bit of left or right angle.

### Riding Techniques

The rule is simple: **Don't sit statically in one place for more than a few minutes.** When you keep moving on the saddle, as well as on and off the saddle, you avoid constant pressure and compression. Try standing 30 seconds every 20 minutes or so. Blood keeps circulating, nerve transmissions keep flowing, and the risk of numbness is greatly reduced.

When sitting, keep your butt far enough back for your sit bones to be supported by the seat's wide rear section. Beware of the tendency to creep forward onto the nose and dwell there, especially when pushing hard or riding in a low position.

### Other Pointers

**If you use an aero bar,** you'll tend to lock into a low, forward position for minutes on end. It's a nuisance, and it takes effort, to break this position to stand. But it's risky if you don't. Also, try to stay back on the wide area of the saddle. Tilting the nose down 1 or 2 degrees can reduce crotch pressure, but more will tend to make you slide forward onto the skinny nose.

### Wear high-quality, lightly padded cycling shorts.

These, plus a skin lubricant such as Chamois Butt'r, increase comfort and reduce the risk of developing raw or tender spots. These can stop you from shifting position to all parts of your crotch and the saddle.

**BARRY**

**Bicyclists Battle the Bulge**

*By Pamela S. Barrett, PT, ATC*

*For the Bicycle Federation of Wisconsin*

So, it's the dead of winter and you've put your bicycle away for the year. Nothing left to do but sit around and watch your middle fluctuate, right? Wrong! What you do in the winter, or off-season, has a big impact on how satisfying the upcoming summer of cycling will be. Now is the time to get organized! Your first step is to evaluate the past cycling season. Did you enjoy your time biking? Were you able to bike as much, as far, or as fast as you would have liked to? Were you hindered by an injury? Did you reach all your goals? Did you have goals?

Goals are important to a successful and fulfilling cycling season. Reflecting on the past season makes setting goals for next year easier. What do you hope to accomplish?

Goals can range from increasing your per ride distance, to riding for 30 minutes, three times per week, to completing a multi-day tour. Once you've established your goals you must establish a realistic plan for achieving these goals. Passively watching your girth is out of the question. Now is the perfect time to address injury or weakness problems while maintaining a basic level of fitness.

The next step is to maintain cardiovascular fitness. A lack of cardiovascular fitness is often evident when an individual cannot continue moderate activity because he or she is "out of breath." The good news is that improving cardiovascular fitness can be done in a wide variety of ways. The only stipulation is that you increase your heart rate for at least 20 to 30 minutes at a time, three to four times a week.

The optimal heart rate increase is a very individual thing which depends on current fitness level, age, and complicating diseases. A specific target heart rate for exercise should be prescribed by a professional. Elevating your heart rate can be done a number of ways.

Cross country skiing, swimming, running, speed walking and

aerobics are all examples of cardiovascular enhancing exercises. The key is that it is an enjoyable activity for you. Of course, if time is a factor, bicycle commuting to work is an excellent way to maintain your basic fitness level.

Another area of concern for bicyclists is muscular strength. Most cyclists focus on leg strength, which is important, but don't ignore your trunk muscles! Strong trunk muscles are vital for stability. Your focus should be on abdominals (tummy) and back extensors (lower back). Leg strengthening programs should focus on gluteus maximus (buns), quadriceps and hamstring (the front and back of your thighs) and gastrocnemius (calf) muscles. For improved power, most programs advocate fewer repetitions with greater resistance. For improved endurance, programs will include more repetitions with less resistance.

Your strengthening program should be based on your goals and available equipment. If weight lifting is not for you, many very effective strengthening programs may be conducted using body weight resistance alone. As always, ease into your strengthening program and make sure you are performing the exercises correctly!

Flexibility is a vital but often ignored aspect of off-season training. A lack of flexibility can be directly linked to the onset of many chronic, overuse injuries. The muscles of most importance to bicyclist are those about the hip, knee and ankle joints. Bicyclists should focus on the hip flexors (front of the hip), hamstrings (back of the thigh), quadriceps (front of the thigh), iliotibial band (side of the thighs/hip) and calf muscles. There are many good books demonstrating proper stretching postures for these muscles. The basic rule is to stretch gently for a minimum of 30 seconds for each muscle group. Never bounce or stretch to the point of pain.

Armed with your set of goals and a safe, comprehensive off season program, your thoughts may turn to an enjoyable and successful season of bicycling.

Pamela Barrett is a physical therapist, certified athletic trainer and 1998 USCF Category IV Wisconsin Cup Champion.

**BIKING WORD SEARCH**

- |                     |                   |
|---------------------|-------------------|
| <b>ALLOY</b>        | <b>STEM</b>       |
| <b>BICYCLE</b>      | <b>SADDLE</b>     |
| <b>CENTURY RIDE</b> | <b>SPOKE</b>      |
| <b>CLIPLESS</b>     | <b>SUSPENSION</b> |
| <b>COMPONENT</b>    | <b>FORK</b>       |
| <b>GROUP</b>        | <b>TANDEM</b>     |
| <b>CRANKSET</b>     | <b>TIRE</b>       |
| <b>CYCLOCROSS</b>   | <b>TITANIUM</b>   |
| <b>DERAILLEUR</b>   | <b>TUBE</b>       |
| <b>DOWNHILL</b>     | <b>WHEELSET</b>   |
| <b>HANDLEBARS</b>   | <b>VELODROME</b>  |
| <b>HELMET</b>       |                   |
| <b>PEDAL</b>        |                   |
| <b>PUMP</b>         |                   |
| <b>RECUMBENT</b>    |                   |
| <b>ROADIE</b>       |                   |

B I C Y C L E C M R E D V H A  
 C C E O D A L S E O K E E A L  
 O Y N L D D D U D A R R L N L  
 M C T L O A D S N D O A T D A  
 P L U A W P A P A I F I N L Y  
 O C R A N K S E T E N L E E E  
 N L Y O H R A N K L O L B B M  
 E U R C U T I T A N I U M A O  
 N P I L L R R D I S S E U R R  
 T L D I L O E R T T N R C S D  
 G E E P I P C E R M E L E H O  
 R R U L H U M R E C P M R A L  
 O I E P M U P O B S A L V E  
 U T E S L E E H W S U O L E V  
 P U M S E T E K O P S T O L H

**WORKOUT VIDEOS TO GET US THROUGH THE WINTER**

By Jennie Pfeifer



Winter is here, again. This year I am ready for it. In fact, I had such a great summer I am looking forward to a slower pace and staying indoors! Luckily staying indoors doesn't have to mean the end of exercise. I've discovered some great videos to keep your interest and fitness level so that you are ready to roll come June!

Coach Troy Jacobsen has a whole series of Spinervals cycling videos and several running videos. The first one I purchased was "No Slackers Allowed." The video features a dozen athletes from all walks of life on their bicycles using rollers. The coach indicates what gear you should be in and how much effort you should be putting forth through different "sets." John and I have spinning bikes (with a fixed gear) and are able to convert them to this workout just fine. A heart rate monitor is a useful tool, however is not necessary. Even when we definitely don't feel like working out AT ALL, this video gets us in the mood and riding hard in no time! The background music is not great but not offensive either. Recently I received another of Troy's videos, "Uphill Grind." It's definitely another winner in my book. This one is lead by six elite female cyclists. The coach has an interesting and very effective combination of seated and standing climbs topped off with fast spins that push your heart rate to the max. The warm up music started with flutes which had me wondering but once the climbs start some electric guitar kicks in (although

not as good as Ted Nugent, it's ok). Both workouts are approximately 45 minutes long. Visit the website at [www.spinervals.com](http://www.spinervals.com). All of Coach Jacobsen's videos are also available from Velo ([www.velogear.com](http://www.velogear.com))

Also by Coach Jacobsen is Runervals. This is a video workout for the treadmill. Four athletes of varying body types and abilities are your workout pals. You go through a series of sets with different speeds, inclines and sprints. Again the music is nothing special but it's ok. This workout is only 30 minutes long and does the job! The website is [www.runervals.com](http://www.runervals.com)

Another highly recommended workout video is Body Pump. The leader of this workout is Dr. Jackie Mills who, with her team of 2 other gals and three guys, takes you through weight lifting sets that will make your muscles scream. She covers the major muscle groups. Each set consists of massive repetitions; I think we counted over 60 squats! You will need free weights, a weight bar and a bench (they use a stepper as a bench and it works very well.) The music on this video is quite good. Popular songs are featured and the beat is great. This workout is 45 minutes long. The web site is (you guessed it) [www.bodypump.com](http://www.bodypump.com). This video along with many others is also through [www.collagevideo.com](http://www.collagevideo.com).

Have a great winter...see you all in June!

**Wheeling Wheelmen Membership Application**

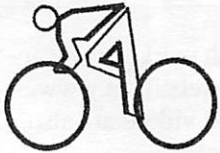
Name: \_\_\_\_\_ Spouse's Name: \_\_\_\_\_  
 Address: \_\_\_\_\_ Children's Names: \_\_\_\_\_ Age: \_\_\_\_\_  
 City, State, Zip: \_\_\_\_\_ Age: \_\_\_\_\_  
 Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

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  
**January 9, 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 New  
Year



Mailing  
Address  
Goes Here

**In This Issue...**

Prez Sez...Final Top 20...Holiday Party...Safety Guy...WI Trip...Bike Town Bash...

**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
- BARRINGTON BICYCLE CO.**  
Barrington Market Center 200 N. Hough Street, #12  
Barrington, 847/842-9798
- 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

**Club Discounts!**

- SPOKES**, 223 Rice Square at Danada, Wheaton  
(630)690-2050
- 1807 S. Washington, Naperville (630)961-8222
- THE CYCLERY**  
575 Ela Road, Lake Zurich, (847)438-9600
- VILLAGE CYCLESPORT**  
63 Park & Shop, Elk Grove Village (847)439-3340

**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](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:  
[www.wheelmen.com](http://www.wheelmen.com)

E-mail:  
[wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)

Club Hotline  
(847)520-5010



Ride and Club Information