



# MONTHLY MEANDERS

DEC. 2003 / JAN. 2004

## PREZ SEZ

Greetings ever yone!

While the bicycle riding season has officially ended as far as tracking club miles, a lot of our members are not quite ready to hibernate for the winter. The Tuesday, Thursday and Saturday show and go rides will continue as long as people want to participate. Please note these rides start at Willow Stream Park on Old Checker Rd just west of the Deerfield Bakery. Start time is 10:00. We had 9 hearty souls the first weekend in November even though the temperature was in the high 20's and some lake effect snow greeted us on the loop back to the park. There is no better feeling than a hot shower and warm dry clothes after one of these rides. If you are interested in cross country skiing or mountain biking check the ride line for these events, especially after a snowfall.

The annual banquet was held at Enzo and Lucia in Long Grove. Fifty nine members and spouses attended this year. Special thanks and a hearty handshake to Pam Burke, Ella Shields and Kris Woodcock for all the work they did to make this such an enjoyable event. Pam and Ella came up with some very funny gag gifts this year. Thanks also to Cindy Schneider for the brain tester quiz.

Congratulations to Cindy and Killian Emanuel, the club mileage leaders this year. Cindy logged 3339 miles and Killian had an impressive 6984 out of a total 8468 possible. Congratulations to the Rookie of the Year winners this year Sean Ebert and Allison Ebert. The Good Samaritan award went to Al Schneider. Best Dressed - Earle Horwitz and Reinhilde Geis. Most Improved - Dan Wiessner and Mary Myslis. Best new ride - EFHOB, Al Schneider.

We had 283 rides scheduled with 32 rainouts. 148 members participated in at least one ride, and the club rode a total of 122,311 miles. That's 4,276,480 calories burned or the equivalent of 1,222 lbs lost (8,553 big Mac's). The most popular ride this year was the Saturday morning Honey Do with 489 riders on 29 out of 30 scheduled rides. A close second was the Sunday short rides with a total of 482 riders. 42 members rode over 1,000 miles, the average length of our rides was 46.7 miles and the highest attended ride was Sunday April 13<sup>th</sup> with 36 riders. Pam Burke was the ride host. We ended the year with 291 members. 130 family memberships and 161 individual. 187 male and 104 female. No stats on single versus married. The city where the most members reside is Buffalo Grove with

32 followed by Chicago (27), Arlington Heights (9), Mt. Prospect (17), Palatine (16), Lake Zurich (11) and Wheeling (8).

Thanks to the 2003 Board Members. Those of you who have served on the board in past years know the amount of work it takes to keep all the club activities going. The new board remains the same as last year with the addition of Sheri Rosenbaum as Publicity Chair. The Safety Chair was dropped this year.

Don't forget to RSVP to Pat and Frank Illy for the Holiday Party on Sunday 12/14. You can reach them at 847/359-9085 (day) or 847/923-5910 (evening). We will continue the ethnic dinners this year starting Sunday, January 11 at A La Turka. Call or email Al Berman 847/541-9248 or [alberman@fsinet.net](mailto:alberman@fsinet.net). February and March will be announced in upcoming newsletters. Make sure you mark your calendars for the next club meeting on Thursday 1/8/04. Jim and Betsy's excellent adventure to France is our feature presentation. I see London, I see France, I see....never mind.

And that's the rest of the story.....Good Day!!

See you on the road.

Rich Drapeau

### INSIDE THIS ISSUE:

FINAL TOP 20	2
RIDES	2
CLUB MEETING	2
HOLIDAY PARTY	3
RENEWALS	3
ETHNIC DINNER	3
WINTER RIDING	4
POPULAR RIDES	5

*It's something I find enjoyable. Whether it is a road bike or mountain bike or tandem bike. I enjoy riding a bike.  
-Lance Armstrong*

## Club Officials

### Elected Officers

<b>President</b>	
<i>Rich Drapeau</i>	(847)808-1476
<b>V.P./Ride Chair</b>	
<i>Len Geis</i>	(847)679-0279
<b>Treasurer</b>	
<i>Al Berman</i>	(847)541-9248
<b>Secretary</b>	
<i>Kris Woodcock</i>	(847)520-6932
<b>Membership</b>	
<i>Betsy BurteLOW &amp; Jim Boyer</i>	(847)541-1325
<b>Publicity Chair</b>	
<i>Sheri Rosenbaum</i>	(847)821-7622
<b>Appointed Officers</b>	
<b>Harmon</b>	
<i>Mary Kay Drapeau</i>	(847)808-1476
<b>Newsletter</b>	
<i>Ella Shields</i>	(773)594-1755
<b>St. Pat's Ride</b>	
<i>Tom &amp; Deb Wilson</i>	(847)632-1412
<b>Chairmen</b>	
<b>Banquet</b>	
<i>Kris Woodcock</i>	(847)520-6932
<b>Harmon Data Base</b>	
<i>Jennie Pfeifer</i>	(847)342-8823
<b>LAB</b>	
<i>Phyllis Harmon</i>	(847)537-1268
<b>Mileage Statistician</b>	
<i>Joe Irons</i>	(847)359-0551
<b>Newsletter Mailings</b>	
<i>Ella Shields</i>	(773)594-1755
<b>Picnic</b>	
<i>Al &amp; Cindy Schneider</i>	(847)696-2356
<b>Refreshments</b>	
<i>Frank &amp; Pat Illy</i>	(847)923-5910
<b>Ride Line</b>	
<i>Art Cunningham</i>	(847)963-8746
<b>Web Page</b>	
<i>Jim Boyer</i>	(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)



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 December 3, 7:00 pm at the home of Bob Savio.

All board members are requested to attend. Please give Bob a call at 847-438-8066 and let him know if you will be attending.

### FINAL 2003 MEANDER STATS TOP 20

#### Women:

1	CINDY SCHNEIDER	3339
2	MARY KAY DRAPEAU	2812
3	MARY MYSLIS	2670
4	PAM BURKE	2306
5	CHRIS WAGER	2277
6	REINHILDE GEIS	2222
7	KRIS WOODCOCK	2094
8	BETSY BURTELOW	2008
9	ELLA SHIELDS	1967
10	FRAN GREEN	1821
11	MARIANNE KRON	1626
12	DEBBIE WILSON	1377
13	VIRGINIA SAVIO	1242
14	CINDY TRENT	1138
15	PAT ILLY	1002
16	ALLISON EBERT	989
17	MEG EWEN	898
18	NANCY BECK	515
19	GERI MCPHERON	467
20	CHRIS SCHROEDER	428

#### Men:

1	KILIAN EMANUEL	6984
2	ART CUNNINGHAM	4739
3	JOE IRONS	4132
4	LEN GEIS	3805
5	DAN WIESSNER	3486
6	RICH DRAPEAU	3343
7	AL SCHNEIDER	3081
8	JIM BOYER	2812
9	BOB SAVIO	2671
10	BOB DOMINSKI	2555
11	KURT SCHOENHOFF	2242
12	AL BERMAN	2242
13	TOM WILSON	2214
14	LOUIS GREENE	1963
15	BOB WALKOWICZ	1948
16	BRIAN HALE	1781
17	LOUIS LAMBROS	1747
18	DENNIS BERG	1629
19	PETER GUZIK	1598
20	EARLE HORWITZ	1584

## RIDES

### TUESDAY / THURSDAY DEERFIELD BAKERY RIDES

Rides with 25/45 mile routes leave the Willow Stream Park, promptly at 10:00 A.M. These rides are normally show and go with cue sheets provided if requested. Willow Creek Park is on Old Checker Rd. a few tenths of a mile west of the bakery. Turn west on old Checker Rd. to parking on the right. Phone Bob Savio at 438-8066 or Art Cunningham at 963-8746 for more information.

### SATURDAY

Show-and-Go rides will start at 10:00 a.m. from Willow Stream Park (see location above). The rides may or may not have cue sheets. The mileage, destination and speed are determined by the weather and the riders.

### January Club Meeting

The next meeting will be **Thursday, January 8**. Meetings are held at Wheeling High School at 7:00 p.m. The high school is located on the north side of Hintz Road just west of Elmhurst Road (83) in Wheeling

The after meeting program will be:



### Bike, Barge & ...Binge!

Jim and Betsy will present their recent bike and barge trip in France. Come see what canal barging is like and the different dimension it adds to an overseas bike trip.

### Cross Country Skiing

When we get snow be sure and check the ride line for 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.



## HOLIDAY PARTY

Come and enjoy the fun

Sunday, December 14

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 to bring

**Please RSVP by December 8**



### JANUARY ETHNIC DINNER

Our ethnic dinner outings were so popular last year, we will do them again in January, February & March.

*The Mediterranean Meets the Middle East. Belly Dancers, Samovars, Mellow Music at:*

#### A LA TURKA

Sunday, January 11  
7:00 pm

3134 N. Lincoln Ave., Chicago  
(Just south of the intersection of Lincoln & Belmont)  
[www.alaturkaturkishkitchen.com](http://www.alaturkaturkishkitchen.com)

Please RSVP by January 8 to Al Berman at 847-541-9248 or e-mail at [aberman@fsinet.net](mailto:aberman@fsinet.net)

### 2004 MEMBERSHIP RENEWALS

Watch 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 2004 ride schedule. Due date for renewals is February 1 (expiration will be March 2005). Membership cards will be mailed with the March newsletter.

If you have any questions contact Jim & Betsy at (847)541-1325



### 2004 RIDE SCHEDULE

Ride Chair, Len Geis, is already hard at work on the 2004 schedule. If you would like to lead a ride or have a particular ride you want on the schedule please be sure and give him a call at (847)679-0279.

### INTERESTING WEBSITES:

**VELO BELLA** : promotes safe cycling, teamwork, good humor, and healthy living with particular encouragement to female cyclists. [www.velobella.org](http://www.velobella.org)

**National Bicycle Tour Directors Association** : A complete

listing of bicycle touring events nationwide [www.nbtnda.com](http://www.nbtnda.com)

**CHICAGO BIKE WINTER:** Events, activities and tips for winter riding [www.bikewinter.org](http://www.bikewinter.org)

CALL THE RIDE LINE FOR FALL & WINTER ACTIVITIES 847/520-5010



## WINTER RIDING

Just because it is winter does not mean that you have to give up cycling. It may take a little bit more motivation to get out and ride when it is cold and gray, but a good ride always does the body and mind good. In order for your winter ride to be safe and enjoyable you need to winterize your bike and your body. It is always recommended that you ride with a partner especially if you will be going to a remote location.

### Your Bike

Winterizing your bike can be completed in just a few minutes and it will ensure that you won't get stranded. As with a ride in the spring or summer, it is important that your bike be in good repair. Extra attention should be taken to keep the bike clean, especially the chain. It is important to keep the wheel bearings, brake cables, derailleurs, and brake levers well lubed.

Having good tires is a must for winter riding. If you live in a wet climate, narrow tires with widely spaced knobs are best. In the snow a wide tire with widely spaced knobs is recommended. Studded tires are very effective if you will be riding in snow or ice exclusively. You can make your own studded tires by inserting #2 machine screws through a tire. Use an old tube between the screw heads and the inflated tube to prevent flats. In the snow use a low tire pressure between 30-40 PSI.

Fenders are very useful for winter riding. They keep much of the mud, snow, or water off of your bike and your body. Aluminum or steel fenders are best in extremely cold climate.

When the roads are wet it will make braking harder and your stopping distance will increase. On the road, leaves, manhole covers, and gravel can be challenging. Anticipate braking and be aware of turns. Keep things smooth on the turns and avoid braking during a turn. Driveways lips when icy or wet can cause problems. Enter them perpendicular to avoid slipping the front or wear tires. Bicyclists are not as visible to cars during the winter months. Ride defensively! The days are shorter so use a front and rear light and wear reflective clothing.

On the trail in wet or icy conditions, rocks, leaves, sticks, and other obstacles become potential hazards. Braking when

the rims and pads are caked with mud or snow is very difficult. V-brakes stop much better than traditional cantilever brakes. Tread lightly to prevent soil erosion.

### Your Body

The key to dressing for winter riding is to dress in several layers. It is better to have too many clothes and be too warm than to be cold. Layers can always be removed as you warm up. The level of protection and breathe ability is often increased with the price of the garment. With some creativity you shouldn't need to spend a bundle on your winter cycling gear. It is important in freezing temperatures to keep as much of your exposed skin covered as possible. Hoods made from lycra are available or wool will keep the head and face warm.

We recommend starting with a long-sleeved polypropylene or capelene shirt. These materials are very good at wicking away moisture from the skin. A lycra jersey over this is good for the next layer. Gortex or a good nylon blend cycling jacket should be the next layer. Cycling jackets have additional vents and often have zippers that allow for breathing. A vest can be put on after the jacket. Bring along a plastic shell that can be used on long descents or in the rain.

On the lower half of the body start out with regular lycra cycling shorts. Layer on polypropylene or capelene long underwear. Depending on the temperature, you can put on one or two pairs of lycra tights. Carry a pair of nylon or gortex pants that can be used as a shell in the rain or temperature drops.

Quality gloves or mittens are effective in protecting your hands from the cold, wind and rain. Waterproof outer glove covers help keep your hands warmer because they will be dry and out of the wind. The lobster style of gloves are very good when you will be riding in cold temperature.

Cold feet on a ride will make you miserable! Wear two pairs of socks. A plastic bag between the socks will help keep your feet warm. Neoprene booties are also extremely effective keeping the feet warm and dry. If you do not want to buy booties cover the front of your cycling shoe with duct tape.

**Just get out and ride!**

SEASON'S GREETINGS

**SIGN UP EARLY**

Its never too early to start thinking about your 2004 rides. Listed below are dates and registration information for some club favorites:

**Horsey Hundred:** May 28-30, Spend two days cycling in the heart of Kentucky's Bluegrass Country. The Horsey Hundred, starts and finishes on the campus of Georgetown College in Georgetown, Kentucky; just north of Lexington. Details and a registration form should be available **by mid-March** [www.bgcycling.org/horsey](http://www.bgcycling.org/horsey), e-mail at [horsey@bgcycling.org](mailto:horsey@bgcycling.org)

**TOMRV:** JUNE 12 & 13, Tour of the Mississippi River Valley, A challenging ride, through Midwest farmland and along the Mississippi River. Leave on Saturday from Bettendorf, Iowa (106 miles) or from Preston, Iowa (65 miles) and travel to Clarke College in Dubuque, Iowa. The next day we return using a different route to Bettendorf (86 miles) or to Preston (41 miles). You will be able to register on line when registration opens **in mid-February** [www.qcbc.org/tomrv](http://www.qcbc.org/tomrv) Quad Cities Bicycle Club, Linda Barchman, 563-388-8043, e-mail: [lindabarchman@hotmail.com](mailto:lindabarchman@hotmail.com)

**GITAP,** June 13 - 19, 7 day, 6 nights, 60-70 miles a day. Follows the Grand Illinois Trail with overnight camping in State parks or nearby hotels, breakfast/dinner provided. If interested send e-mail to Chuck at [oestreich@qconline.com](mailto:oestreich@qconline.com), [www.bikelib.org/gitap/](http://www.bikelib.org/gitap/)

**BIKE VIRGINIA** "Shenandoah Odyssey", June 18 - June 23, 6 days - 350 miles - \$199. The Shenandoah Valley's gentle moun-

tain tapestry, lush valleys and spacious rivers provide an ideal home for our 2004 cycling adventure. 757-229-0507 [info@bikevirginia.org](mailto:info@bikevirginia.org) <http://www.bikevirginia.org>

**GRABAAR XVIV:** June 28 - July 3. The start will be in Eagle River, near the upper Michigan border, and the ride will end in Prairie du Chien. Distance will be about 490 miles, average of about 70 miles per day. Terrain will be varied -- slightly rolling in the north woods, flat in the central sands, with a few hills around Merrill and Sauk City. [www.grabaawr.com](http://www.grabaawr.com) 888-575-3640 or 608-935-7433 [wisbike@mhtc.net](mailto:wisbike@mhtc.net)

**RAGBRAI:** July 25 - July 31, \$110, seven-day bicycle ride across Iowa, route averages 471 miles It begins somewhere along Iowa's western border on the Missouri River and ends along the eastern border on the Mississippi River. We change the route each year and announce the overnight towns the first weekend in February in The Des Moines Register and on our website. The route and application are usually printed in The Des Moines Register on the **last Sunday in February** and also available on the RAGBRAI website [www.ragbrai.org](http://www.ragbrai.org) 800-474-3342 [info@ragbrai.org](mailto:info@ragbrai.org),

**DALMAC:** Sept. 1-5, The 34th annual "Dick Allen Lansing to Mackinaw" (DALMAC) is a four or five day tour sponsored by the Tri-County Bicycle Association. Riders can choose from four routes of varying distances. Mileage is 275 to 400. The cost is \$140 to \$175, and includes breakfast and dinner, route maps, baggage transportation, limited SAG, repair service, showers, bridge fee, and camping. 517-882-3700, [dalmac@biketcba.org](mailto:dalmac@biketcba.org) [www.DALMAC.org](http://www.DALMAC.org)

**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



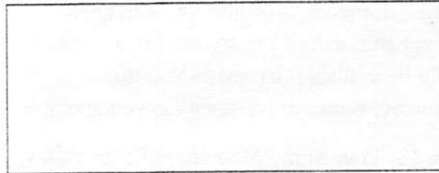
**Wheeling  
Wheelmen**

P. O. Box 7304  
Buffalo Grove, Il. 60089-7304

Phone: 847-520-5010  
Email: [wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)



Happy New Year



**We are on the web**  
**wheelmen.com**

Club Meeting  
January 8, 2004

#### 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

**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

**THE CYCLERY**  
575 Ela Road, Lake Zurich, 847/438-9600

**TURIN BICYCLE**  
1027 Davis Street, Evanston, 847/864-7660

**VILLAGE CYCLESPORT**  
63 Park & Shop, Elk Grove Village  
847/439-3340  
1313 N. Rand Rd, Arlington Hts.  
847/398-1650

We support:

- \*The League of American Bicyclists
- \*The League of Illinois Bicyclists
- \*The Chicagoland Bicycle Federation
- \*Buffalo Grove Bike Rodeo

#### 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](mailto: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