



MONTHLY MEANDERS

FEBRUARY, 2004

PREZ SEZ

Greetings fellow club members.

Great news!!! Less than 2 months till the St Pats Ride. And you thought our winters were long and unbearable. A few of our hardy members have already logged some miles in 2004. Several of us rode over the Xmas and New Year holidays putting in 30-40 miles at a clip. As long as the roads are clear and the temperature is somewhere north of 30 degrees it's actually not too bad. Just slow your pace down a bit since your body is using some of your energy to keep you warm and keep your hands, head and feet toasty. Now that snow is upon us check the ride line for x-country skiing show and go's. If anyone wants to organize one just call Art or any board member and we'll get it on the web and ride line.

Did you make it to the Christmas party at the Illy's? Pat and Frank are very gracious hosts and we appreciate them opening their house to us. Around 40 members and guests attended this year.

Your new board has been hard at it making plans for

the new season. Several of us met at Len Geis's to map out the ride schedule for 2004. We're going to try and include new excursion rides this year as well as some variations of the Sunday short alternative rides. Stay tuned for more details as we get closer to the official riding season.

We had two good Harmon invitational rides in a row and this has left us in the fortunate position to contribute \$1,000 each to the Chicagoland Bicycle Federation and the League of Illinois Bicyclists. Both of these organizations work hard to improve the quality of bicycling in our community and deserve our support not only financially, but also in terms of our time. For example a simple call to your local legislative representative can help get bicycle friendly bill passed. Letting our local schools know that we support safe routes for kids to ride bikes to school. Working with local law enforcement agencies on bicycle safety programs for children.

The second annual ethnic dinner festival is under way. During the winter months of January, February and March we invite our mem-

bers to meet at a restaurant we may not normally visit. This year Al Berman coordinated the January dinner at a Turkish restaurant. I am setting up a visit to a Vietnamese restaurant in February and March will be to a Mexican restaurant. Please join us. It's a lot of fun and we get to visit without worrying about traffic.

Len Geis is working on a project that is going to require some volunteers. We are going to make up signs to use as road markings for the St Pat's and Harmon rides this year. We will need 3-4 signs for every turn. We will get additional details out soon, so I wanted to give you a heads up. Basically we just need help cutting the sign material to size and painting or coloring an arrow on the sign. Many thanks in advance.

See you on the road.

Rich Drapeau

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"It is by riding a bicycle that you learn the contours of a country best, since you have to sweat up the hills and coast down them.

Ernest Hemingway

Club Officials

Elected Officers

President	
<i>Rich Drapeau</i>	(847)808-1476
V.P./Ride Chair	
<i>Len Geis</i>	(847)679-0279
Treasurer	
<i>Al Berman</i>	(847)541-9248
Secretary	
<i>Kris Woodcock</i>	(847)520-6932
Membership	
<i>Betsy Burtelow & Jim Boyer</i>	(847)541-1325
Publicity Chair	
<i>Sheri Rosenbaum</i>	(847)821-7622
<i>luv2bike80@hotmail.com</i>	
Appointed Officers	
Harmon	
<i>Mary Kay Drapeau</i>	(847)808-1476
Newsletter	
<i>Ella Shields</i>	(773)594-1755
St. Pat's Ride	
<i>Tom & Deb Wilson</i>	(847)632-1412
Chairmen	
Banquet	
<i>Kris Woodcock</i>	(847)520-6932
Harmon Data Base	
<i>Jennie Pfeifer</i>	(847)342-8823
LAB	
<i>Phyllis Harmon</i>	(847)537-1268
Mileage Statistician	
<i>Joe Irons</i>	(847)359-0551
Newsletter Mailings	
<i>Ella Shields</i>	(773)594-1755
Picnic	
<i>Al & Cindy Schneider</i>	(847)696-2356
Refreshments	
<i>Frank & Pat Illy</i>	(847)923-5910
Ride Line	
<i>Art Cunningham</i>	(847)963-8746
Web Page	
<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 TBA.

2004 MEMBERSHIP RENEWALS

Membership renewals are due.

If you have not renewed yet this will be your last newsletter. If you have misplaced your renewal form, you can use the application on page 7.

Membership cards will be mailed with the March Newsletter.

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

Cross Country Skiing



When the snow flies 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.

This year do Illinois!

The Grand Illinois Trail And Parks (GITAP) ride is all set for Sunday, June 13 to Saturday, June 19, 2004. Enjoy a week of grand bicycling from DeKalb to the Mississippi River and back, using trails and roads on the GIT for about 450 miles, and camping at state parks. Sponsored by the League of Illinois Bicyclists with help from the Illinois Dept. of Natural Resources.

For more information and a registration form, e-mail Chuck Oestreich at oestreich@qconline.com or call 309-788-1845.



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 Stream 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

The Show-and-Go rides 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.

Club Meeting

The next meeting will be on Thursday, February 5, at 7:00 p.m. We will discuss plans and recruit volunteers for the St. Pat's ride. The after meeting program will be by AMLINGS CYCLE & FITNESS on bike maintenance.

Meetings are held at Wheeling High School in room C104 The high school is located on the north side of Hintz Road just west of Elmhurst Road (83) in Wheeling.

ILLINOIS STATUTES REGARDING BICYCLES

Sec. 11-1511. Turn and stop signals.

(a) Except as provided in this Section, a person riding a bicycle shall comply with Section 11-804 [625 ILCS 5/11-804]. (b) A signal of intention to turn right or left when required shall be given during not less than the last 100 feet traveled by the bicycle before turning, and shall be given while the bicycle is stopped waiting to turn. A signal by hand and arm need not be given continuously if the hand is needed in the control or operation of the bicycle.

Sign Up for the St. Patrick's Day Ride

On Sunday, March 14, is the first invitational ride of the season! This year's St. Patrick's Day ride will leave from Wauconda High School at 555 N. Main St. in Wauconda. We will need your help to host this spectacular early season ride. Just think by signing up for one of the jobs below you can say that you worked the first invitational ride of the season in the greater Chicago land area!!



Road Marking: We are using signs this year. The roads need to be marked the day before or the morning of the ride.

Registration: We need people to start setting up about 7:30 am

Parking: Attendants should be on duty at 7:30 am

Food: Service will be open from 8:00 am to 1:00 pm. We will have an early shift from 8:00 am to 11:00 am and a late shift from 11:00 am to 1:00 pm. Typically the heavy crowds are from 10:00 am to 12:00 pm.

Cookies: We need about eight to ten people to supply 8 dozen cookies each.

Ride: The members ride will be on Saturday, March 13

Join the fun, sign up for a job! Contact Tom or Deb Wilson at 847-632-1412 or email us at tomwilson@wideopenwest.com

ASK DEE RAILLEUR OR DR. S.P.OKES



Dear Dr. S. P. Okes:

How can I get the most mileage out of my cycling shoes?

A. Sidi

There are several things you can do :

MAINTAIN THE FIT: You should wear only cycling socks with your riding shoes because these thin socks won't stretch the shoes, which can ruin the snug fit so important for efficient pedaling.

WALKING: Shoes made for off-road use or touring sport lugged soles and recessed cleats that are made for easy walking. Road-specific shoes, however, are designed for optimum power transfer when pedaling. While these shoes may include heel and toe tabs for walking, it's best to walk as infrequently as possible. Walking flexes the soles and stretches the shoes. Over time, this changes the fit and the stiffness of the shoes, which decreases efficiency and comfort.

MOISTURE: Water won't hurt cycling shoes as long as you dry them properly. To do this, as soon as you get home, extract any removable liners and stuff the shoes with newspaper, which will absorb the moisture and dry the shoes. Do not place the shoes by a heat source because this can damage them. If the shoes are really wet, replace the newspaper after a few hours (the first batch is probably saturated).

MAINTENANCE: While not much can go wrong with cycling shoes, I recommend checking the bolts that attach the cleats to the soles about monthly. If these loosen, the cleats can change position, which may cause knee pain. If you have a pair of shoes with buckles that ratchet, they may be attached with hardware. It's a good idea to regularly check that this hardware is tight, too.

The Right Hook

A car passes you and then tries to make a right turn directly in front of you, or right into you. They think you're not going very fast just because you're on a bicycle, so it never occurs to them that they can't pass you in time. Even if you have to slam on your brakes to avoid hitting them, they often won't feel they've done anything wrong. This kind of collision is very hard to avoid because you typically don't see it until the last second, and because there's nowhere for you to go when it happens.

How to avoid this collision:

- 1. Don't ride on the sidewalk.** When you come off the sidewalk to cross the street you're invisible to motorists. You're just begging to be hit if you do this.
- 2. Ride to the left.** Taking up the whole lane makes it harder for drivers to pass you to cut you off or turn into you. Don't feel bad about taking the lane: if motorists didn't threaten your life by turning in front of or into you or passing you too closely, then you wouldn't have to. If the lane you're in isn't wide enough for cars to pass you safely, then you should be taking the whole lane *anyway*.
- 3. Glance in your mirror before approaching an intersection.** (If you don't have a mirror, get one now.) Be sure to look in your mirror *well before* you get to the intersection. When you're actually going through an intersection, you'll need to be paying very close attention to what's in *front* of you.

From: BicycleSafe.com

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

RIDES OF A DIFFERENT FLAVOR – A 2003 REVIEW

The year 2003 marked the fourth season for the Wednesday Rides of a Different Flavor tour of area bike paths & trails. The 2003 season tour covered 1,400 miles of scheduled rides on bike trails and connecting streets and roads in 26 unique rides each featuring a different trail or combination of trails. Trails traversed three state parks, more than 24 forest preserves and 10 major touring trail or trail networks. Trails crossed the Fox River in 15 locations from Ottawa, IL to Waukesha, WI. Routes followed green-ways along many rivers and creeks including the Chicago, Des Plaines, Fox, Rock, I&M Canal, Bark and Blackberry Cr. as well as the Lake Michigan lakefront. All this located in 16 counties in Illinois and Wisconsin within reasonable driving distance for a day-long ride.

Touring trails included:

The 65 mile I&M Trail from Lockport to La Salle;

The 70 mile Fox River/McHenry Co. Prairie Trail from Oswego to Ringwood plus the 28 mile Great Western west spur to Sycamore and the 20 mile Gillman spur to Waubesa Collage on IL 47;

The 78 mile North Channel/Green Bay/North Shore/McClory/Kenosha/Pike Trail from Lawrence Ave. in Chicago to Carlton Collage north of Kenosha plus the 18 mile North Shore Mundelein / Millennium Spur to Lakewood Forest Preserve, Wauconda to Lake Bluff;

The 72 mile Prairie Path from Maywood to Wheaton and its various spurs to Aurora, Batavia, Geneva and South Elgin which network it with the Fox River trail plus the 12 mile

Great Western east spur;

The 25 mile Long Prairie/Stone Bridge/Honowegan Trail from near Capron to Rockton;

The 25 mile Plank Road Trail - Park Forest to Joliet;

The 32 mile Glacial Drumlin Trail east from Waukesha, WI to Jefferson Junction, WI;

The 20 mile Chicago Lakefront Path

The 28 mile Lake Co. Des Plaines River Trail;

The 16 mile North Branch (Chicago River) Path.

The miles of touring trails combined with many lesser forest preserve and village trails provided many miles of riding opportunity within a reasonable drive of our northwest suburb home base. The longer touring trails were sliced and diced into manageable segments. These and the shorter trails were spliced to interesting spurs and loops. Streets and roads connected shorter paths and trails. Where feasible touring trail segments were combined and blended into loops. Most touring trail rides were there and back. On that basis the touring trails listed above add up to over 1000 miles of riding.

There were from 2 to 13 riders on various rides during 2003. The average number was just over 5. Bad weather forced some cancellations during the spring but we managed to ride 25 of the 31 rides that were on the schedule for the season. As in every other year rides are refined and new ones are added. This past year a ride at Moraine Hills State Park was added. Looking forward to 2004 a new season with new and improved rides is the goal. Perhaps you will choose to join us on the trail for a ride of a different flavor.

FEBRUARY ETHNIC DINNER

February's dinner will be at a Vietnamese restaurant in Chicago.

Sunday, February 22

5:30 p.m.

Hai Yen Restaurant

1055 W Argyle, Chicago

PH 773-561-4077

RSVP by February 12

to Rich Drapeau @ (847)808-1476
or e-mail: rkdrpeau@copper.net

2004 NATIONAL BIKE SUMMIT®, MARCH 3-5

Be there for the most important bicycling event of the year (after the Tour de France): the League's 2004 National Bike Summit®, in Washington, DC. Join bike advocates; bike industry leaders; transportation, public health, and environmental professionals; key legislators; and government officials for this valuable educational forum on improving bicycling policies and initiatives.

Don't miss this critical opportunity to make an impact for the future of bicycling, including an important day educating decision-makers on Capitol Hill. The League will coordinate scheduling meetings with your Members of Congress and provide full issue briefings and training. Also, join us for the annual Congressional Bike Caucus and Senate Bike Caucus Ride around historic Washington, DC.

Visit www.bikeleague.org/events/natlsummitmarch2004.htm for more info on the event, including discounts on hotels and more.

Photocopy as needed for additional applications



MAY 2004 IS NATIONAL BICYCLE MONTH

Attention all bicycle enthusiasts! Celebrate National Bicycle Month with a limited edition license plate set. The plates are approved by the Secretary of State's office and you may display them instead of your regular plates during the months of April and May 2004. A sample of this year's plate is pictured above in black and white. The colors are: a goldenrod background with black print. A color picture of the plate can be seen on The League of Illinois Bicyclist web site at www.bikelib.org

The plate sets are numbered from 1 to 400. Priority will be given to those who ordered plates last year. All remaining plate sets are issued on a first-come-first-served basis. The cost of each plate set is \$25.00. To order your set, please fill out this form and return it along with your payment and a photocopy of your car's current license plate registration.

You may also find a copy of this order form at the LIB web site.

PLEASE PRINT LEGIBLY OR TYPE

Name _____ Signature _____

Address (No P.O. Boxes) _____

City _____ State _____ Zip _____

Phone _____ FAX _____

E-Mail _____

Business Name (Only if using as shipping address) _____

Shipping Address (If different than above) _____

Driver's License Number _____

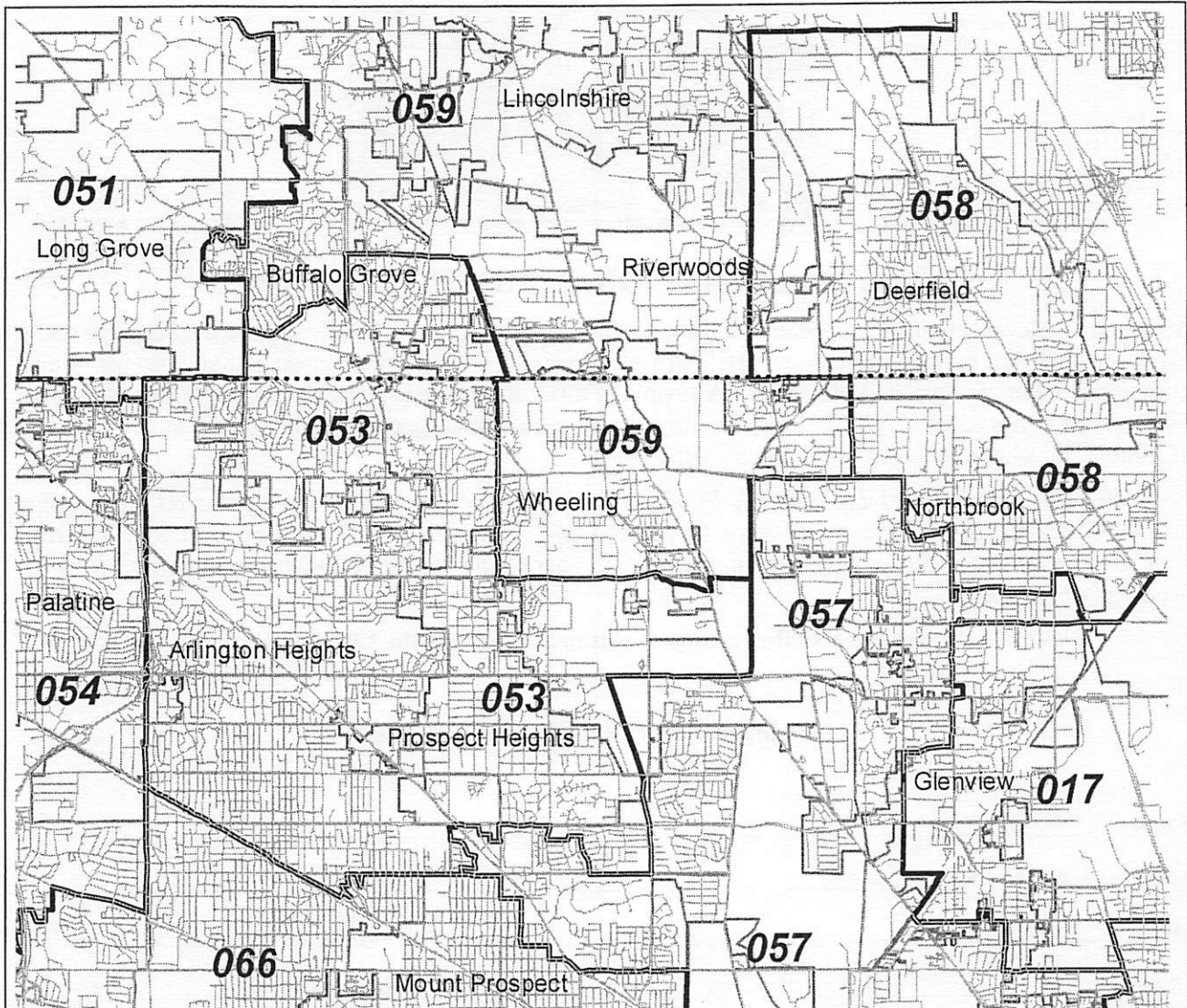
Current Plate Number _____ Expiration Date _____

Car Make & Model _____ VIN # _____

Without a copy of your car's registration, your application cannot be processed.

Please make your \$25 check or money order payable to League of Illinois Bicyclists. Mail it, along with this form and a photocopy of your car's current registration to: LIB, c/o Laura Sanborn Kuhlman, 1 So. 110 Normandy Woods Lane, Winfield, IL. 60190. Phone: 630-462-5427, FAX: 630-462-5428

State legislative districts



Call your state representative and relay the message below:

- 17—State Rep. Beth Coulson, 847-724-3233, State Sen. Jeff Schoenberg, 847-724-3233
- 51—State Rep. Ed Sullivan, 847-566-5115, State Sen. Bill Peterson, 847-724-3233
- 53—State Rep. Sid Mathias, 847-955-0612, State Sen. Wendell Jones, 847-776-1490
- 54—State Rep. Suzie Bassi, 847-776-1880, State Sen. Wendell Jones, 847-776-1490
- 57—State Rep. Elaine Nekritz, 847-257-0450, State Sen. Susan Garrett, 847-433-2002
- 58—State Rep. Karen May, 847-948-0060, State Sen. Susan Garrett, 847-433-2002
- 59—State Rep. Kathleen Ryg, 847-680-5909, State Sen. Terry Link, 847-735-8181
- 66—State Rep. Carolyn Krause, 847-255-3100, State Sen. Dave Sullivan, 847-734-0033

The message:

- 1) Vote YES on the amended Senate Bill 275. (This restores fair on-road cyclist protection while eliminating the disincentive for safer on-road bike routes.)
- 2) Vote YES on House Bill 2745 with Senate amendment #1 to restore IDNR bikeway funding. (This \$6 Million funding was mistakenly removed by the Governor's veto of HB 3792, this corrects it.) www.bikelib.org

Outside Travel Expo

Navy Pier Convention Center Chicago
 Friday, February 20, 5pm – 9pm
 Saturday, February 21, 10am – 7:30pm
 Sunday, February 22, 10 am – 5pm



The International Adventure Travel & Outdoor Sports Show is the world's largest exhibition showcasing destinations, guided trips and products from all areas of the travel market including adventure, eco and active travel. Meet with over 350 domestic and overseas tourism organizations to research and book your next trip

Adult: \$10 Children (5 –12): \$4 Children under 5: Free

Discount Coupons available on line at : www.iatos.com/index.htm

For info contact iatos@msemgmt.com or at 877.60.IATOS

Subaru Chicago Bike Show

NAVY PIER, CHICAGO
 Friday, March 26 12 p.m. - 7 p.m.
 Saturday, March 27 10 a.m.- 7 p.m.
 Sunday, March 28 10 a.m. - 5 p.m.

From the Extreme Stunt Shows to the latest products and information from the bicycling industry, this show has something for every member of the family. Major manufacturers, tour operators, local stores, clubs and other bike-related organizations will exhibit at the show.

COST: \$9.00

Navy Pier is located at 600 East Grand Avenue, just east of Lake Shore Drive.

Info at: www.chicagobikeshow.com

Bike for Sale

Cannondale Silk Tour 800
 Men's 22" (55.9 cm) seat tube
 Horizontal top tube 60.2cm
 Color: Red. Shimano Tiagra 9 speed flight deck
 21 speeds Head shock with on the fly lockout eases jarring bumps <http://www.cannondale.com/bikes/00/cusa/model-0ts8.html>

Bike was \$1200 new when purchased March 2000
 Asking \$550 or best offer
 Contact Sheri Rosenbaum @ 847-821-7622

Get \$2 off regular adult admission price of \$9!

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.

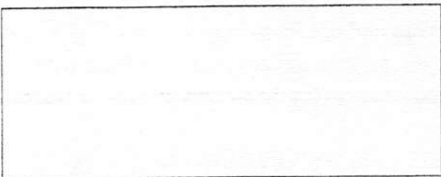
 Applicant's Signature (parent's signature if a minor) Spouse's Signature

Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



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

Phone: 847-520-5010
Email: wheeling@wheelmen.com



We are on the web
wheelmen.com

Club Meeting
February 5

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
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