



# MONTHLY MEANDERS

MARCH, 2004

## PREZ SEZ

Greetings fellow club members.

I've always thought of the Wheeling Wheelmen as a bike riders club as opposed to a social club that rides bikes. Largely through the efforts of Len Geis and Art Cunningham 2004 is shaping up to be another wonderful ride schedule with long and short options on the weekends as well as several weekday opportunities as well. We should be in the 300 range of available rides again this year. Look for the ride schedule in upcoming newsletters, our web site and don't forget to check the ride line each week for last minute changes.

Many of our members have taken advantage of the snow-fall this year to go cross country skiing, either on their own or as a last minute club function. Check the ride line on Friday and Saturday if you're interested in joining in or contact Art Cunningham if you'd like to set up an outing at your favorite trail.

Each month we try and come with something that will be of interest to our members for the club meeting. It's always nice to have one of our members share an experience from a bike trip. I encourage all of you to keep a diary and pictures of your next adventure. We love to

hear about these fabulous trips and dream about visiting these sites ourselves someday. Art always describes his trail rides as "rides of a different flavor". The March club meeting is going to be the meeting of a different flavor. The flavor will be pizza. This is going to be a true member's participation meeting. We'd like to have a round table discussion on anything that might be on your mind. The committee chairs will give a brief synopsis of what they are working on now and plan for the remainder of the year. We'd like your thoughts on the ride schedule, St Pats, Harmon and social events. For example are the start times for our rides convenient, should we do more excursion rides, how about more route and distance alternatives. Should we do rides with other clubs? Participate in more community activities? Actually we don't have to talk about any of this if we don't want to. With plenty of free pizza and great company I'm sure we can have a great time just telling stories.

The February meeting was a great one. Joe and Julie from Amling's Cycle and Fitness showed us how to get our bikes ready for the upcoming season. Joe put a lot of time and effort preparing for the

meeting and offered a lot of useful tips for all of us. For example Joe suggested the ABC Quick Check before each ride, A- Check tire air pressure; B- Examine brakes for wear, alignment and dirt; C- Check crank and headset for loose play; Q- Check quick release on wheels; C-check components by doing a slow ride around the parking lot.

Joe is offering Wheelmen members special discounts on tune ups and parts. Give him a call at 847/692-4240 and he can provide you with a complete bike maintenance schedule.

Don't forget the Subaru Bike Show at Navy Pier March 26-28. Also the CBF Bike town Bash is March 19 from 7:00-12:00pm. St Pats Ride on March 14.

Special thanks to Congressman Mark Kirk for securing \$200,000 to connect the Green Bay and North Shore Trails. Our call and emails do make a difference.

Won't be long now. The snow will be gone and we can hit the road again. YIPPPPEEEEE!!!!

See you on the road.

*Rich Drapeau*

### INSIDE THIS ISSUE:

CLUB MEETING	2
WEEKDAY RIDES	2
ST. PAT'S RIDE	3
RIDE SCHEDULE	3
ETHNIC DINNER	4
ASK DEE	4
BTC	5
SAFETY	6
BIKE SHOW	7
CBF	7

### WELCOME NEW MEMBERS:

Pete and Lori Lemme  
Mundelein

Len Fiocca, Hoffman Estates

Amanda Walsh, Arlington Heights

Kevin Moore, Arlington Heights

Patti Blackman, Buffalo Grove

Janet Creaney, Palatine

Reed Oliff, Buffalo Grove

## 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
<i>luv2bike80@hotmail.com</i>	

### Appointed Officers

<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 March board meeting TBA.

*Nothing compares with the simple pleasure of a bike ride.*

**-John F. Kennedy**

### Illinois Bicycle Law

Sec. 11-1509. Inspecting bicycles. A uniformed police officer may at any time upon reasonable cause to believe that a bicycle is unsafe or not equipped as required by law, or that its equipment is not in proper adjustment or repair, require the person riding the bicycle to stop and submit the bicycle to an inspection and such test with reference thereto as may be appropriate.



### 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 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](http://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. Applications available on the website.

### WEEKDAY 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

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.

The last Saturday ride will be March 6.

### Club Meeting

The March meeting will be on **Thursday, March 4** at 7:00 p.m.



We will finalize plans and recruit volunteers for the St. Pat's ride. We will also have an open forum for members to discuss club issues and afterward a **pizza party**.

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



## 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.

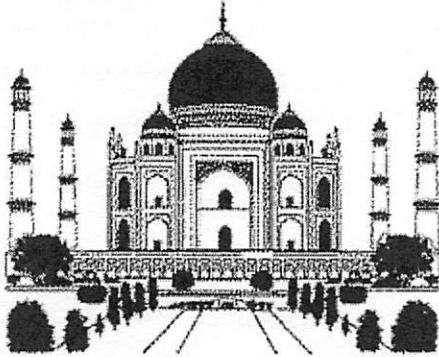
**Ride:** The member's ride will be on Saturday, March 13.

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

Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
March Ride Schedule	All Riders Should	*wear a helmet *bring water *bring a pump	*have a bike in good condition *bring a spare tube and patch kit *arrive early...15-30 minutes	*bring an ID card *carry a cell phone		
Sun. 3-7	10:00	Lake Co. Ride	Kildeer School	Old McHenry Road, just north of Long Grove Shopping District	36	Kurt Schoenhoff 634-2634
Sat. 3-13	10:00	St. Pat's Day Pre- Ride	Wauconda H.S.	Rt. 12/59 to Old Rand Rd., then 2 mi. NW to school	16/20/ 36	
Sun. 3-14	8-10:30	St. Patrick's Day Ride	<i>EVERYONE WORKS</i>	See above		Chairmen: Tom & Deb Wilson 634-1412
Sat. 3-20	10:00	3 Options Ride	Fox River F.P.	NW on Rt. 14, R on Kelsey, L on River, L on Roberts for 1 mi.	21/30/ 51	Kurt Schoenhoff 634-2634
Sun. 3-21	10:00	Lou's Commute	Lakewood Forest Preserve	West on IL 176 to Fairfield, left to Ivanhoe, right to parking on the right.	41	Bob Savio 438-8066
Sat 3-27	10:00	Apple Cider	Kildeer School	Old McHenry Road, just north of Long Grove Shopping district	36	Betsy Burtelow & Jim Boyer 541-1325
Sun. 3-28	10:00	Triangle Ride	National Louis University	In Wheaton, IL: West on Roosevelt, North 0.3 mi. on Naperville Rd. to lot.	45	John Loesch 630-833-6214

CALL THE RIDE LINE FOR ANY LAST MINUTE CHANGES 847/520-5010

# INDIA HOUSE



Sunday

March 21, 2004

5:30 PM

228 McHenry Road, Buffalo Grove  
847-520-5569

The fifth location of popular India House Restaurant is now open in Buffalo Grove with a menu of authentic Indian favorites, such as soft, fresh-baked naan and curried lamb, chicken, seafood and vegetables (made mild or spicy). A considerable portion of the menu is vegetarian. At the bar: traditional mango shakes and Kingfisher, Taj Mahal and Flying Horse beers. A festive atmosphere includes green lights and bright, colorful table napkins.

RSVP by March 19<sup>th</sup> to Jim and Betsy at 847/541-1325 Or email [jim\\_betsy@hotmail.com](mailto:jim_betsy@hotmail.com)

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



Dee Dee:

How do I know what gear to use?

Confused

Most riders tend to ride too big a gear. You should feel like you're pedaling slightly faster than you should be. You may think that if you push a bigger gear, you'll go faster, but you can conserve energy by spinning more. If you're only riding 10 miles or so, spinning and conserving power doesn't matter. But on longer rides, it counts.

To save energy, keep your cadence between 90-105 rpm. You'll put out less energy to produce the same speed. And it'll keep your legs from fatigue. Push too low a gear, it will tire your muscles more for the same distance covered.

Dear Dr. S.P. OKES:

How can I tell if my stem is too long?

Stretched

Stem length affects reach. The rule of thumb for reach on a road bike is that your upper arms should form about a 90-degree angle to your torso when your hands are on the hoods. Elbows should be slightly bent. If not, the reach is too long or too low. If you're only comfortable resting your hands on the far tips of the brake hoods, your reach is too short. On a mountain bike, stem height and reach are determined by terrain. Start from a neutral point where you don't feel too stretched or cramped. If you regularly ride low-speed technical trails, bring the reach 2 to 3 cm closer and higher. If you ride fast, flat fire roads, move the reach 2 to 3 cm away.

*If you have a bicycling related question for Dee Railleur or Dr. S.P.Okes, e-mail it to the editor and it will be answered in a future column*

### INVITATIONALS

**Spring Forward** 04\04\04  
Union, IL 15, 31, 62 miles  
\$12 late reg. \$15

Gently rolling country roads. T-shirt, rest stop brownies and hot chocolate  
Lunch available. \$3 . Schaumburg Bicycle Club, Bob Estrada, 847-619-9125,  
[www.schaumburgbicycleclub.org](http://www.schaumburgbicycleclub.org)

**Folks on Spokes Easter Ride**, April 18  
University Park Illinois  
Governors State University 7:30 - 10 AM  
Distances: 28, 38, 50, and 68 miles

Cost: \$15 by April 4, or \$20 after and day of ride. [ebunny@bicycling.com](mailto:ebunny@bicycling.com)  
[www.folksonspokes.com](http://www.folksonspokes.com)

**Silver Springs 60**, April 25  
Beecher Center, Yorkville, IL. 7 am  
25, 45, 62, miles Costs: \$18/adult \$5/ages  
11-16, under 10 free. Day of ride \$23/ \$5  
Rest stops, sag service, excellent maps,  
after ride meal, t-shirts available, music  
Fox Valley Bicycle and Ski Club (815)  
899-5133 hotline Email:  
[silver60@fvbsc.org](mailto:silver60@fvbsc.org), [www.fvbsc.org](http://www.fvbsc.org)

**Bike The Drive**, May 30

Grant Park, Chicago, 5:30am-9am  
15 and 30 miles, Costs: \$30 CBF members,  
\$35 non-members, \$20 kids. Early registration discounts. A ride on Chicago's famous Lake Shore Drive - CAR-FREE! T-shirt, rest stop refueling, repair/ sag assistance included; also a post-ride festival  
Chicagoland Bicycle Federation, Cathy Haibach, 312.427.3325 x23,  
[cathy@biketraffic.org](mailto:cathy@biketraffic.org)  
[www.bikethedrive.org](http://www.bikethedrive.org) Register-on-line:  
[www.bikethedrive.org](http://www.bikethedrive.org)



## 2004 WHEELING WHEELMEN RIDE SCHEDULE

Mo.	Date	Time	Ride Name	Miles	Start	Ride Host
A P R I L	Every Sat. 4-3 to 10-23	8:00	Honey-Do Ride	30/40	Douglas F.P.	Frank & Pat Illy, Brian Hale
	Sat. 4-3	9:00	B.D.S.R.	40	Kildeer School	Art Cunningham
	Sun. 4-4	9:00	Loops of McHenry	36/49	McHenry County College	
	Sat. 4-10	10:00	Who Let Dogs Out?	48	Evergreen School, Union	Bob Walkowicz
	Sun. 4-11	9:00	Honey Lake Loop	35	Kildeer School	Bob Savio
	Sat. 4-17	9:00	Island Lake Loop	47	Kildeer School	
	Sun. 4-18	9:00	Back Roads of Barrington	40	Rose School	Brian Hale
	Sat. 4-24	9:00	Vern's PITA	39/61	Cuba Marsh	
Sun. 4-25	9:00	Trail Ride (Ringwood)	50	Marengo High School	Art Cunningham	
M A Y	Sat. 5-1	9:00	Ice Cream Social	52	McHenry Co. College	
	Sun. 5-2	9:00	Nifty 50	51	Target Store, Elgin	Pam Burke
	Sat. 5-8	9:00	Apple Cider/Broken Oar	35	Kildeer School	Kris Woodcock
	Sun 5-9	9:00	Lou's Commute	41	Lakewood Forest Preserve	
		9:00	Ride to Big Rock	67	Rutland F.P.	
	Sat. 5-15	9:00	Paris School Ride	37/55	Paris, WI	Al Berman
	Sun. 5-16	9:00	Antioch Twin Lakes	63/82	Antioch Upper School	
		9:00	Trail Ride to Sycamore	61	South Elgin Trail Access	Art Cunningham
	Sat. 5-22	9:00	LaGrange/Rome Pond	70/101	General Store, LaGrange, WI	Art Cunningham
			Hills & Horses	40	Rose School	Pam Burke
	Sun. 5-23	9:00	Another Day, Another Way	68/109	Evergreen School, Union, IL	Al & Cindy Schneider
		9:00	Back Roads of Barrington	40	Rose School	
	Sat. 5-29	9:00	Ella's Escapade	70/105	Glacier Hills Park, WI	
	Sun. 5-30	9:00	Bill & Mike's Adventure	77	Glacier Hills Park, WI	
9:00		St. Pat's Loops	16/20/36	Wauconda H.S.	Bob Pletch	
Mon. 5-31	9:00	RoadAm.Rumble/W. Bend			Al Schneider	
	9:00	Hills & Horses	40	Rose School	Al Berman	
J U N E	Sat. 6-5	9:00	Rock Cut State Park	60/100	Evergreen School, Union, IL	Art Cunningham
	Sun. 6-6	9:00	New Wauconda-Bull Valley	37/49	Lakewood Forest Preserve	Peter Guzik
	Sat. 6-12	9:00	Triple L	77	Lyons, WI	Al & Cindy Schneider
	Sun. 6-13	8:00	City of the O's	86	LaGrange General Store, WI	
		9:00	Hills of Barrington	38	Kildeer School	Brian Hale
	Sat. 6-19	9:00	Triple Deerpass	65	Evergreen School, Union	Ella Shields
	Sun. 6-20	9:00	Wauconda/Twin Lakes	60/77	Lakewood F.P.	
		9:00	Apple Cider	36	Kildeer School	Louis Greene
	Sat. 6-26	8:00	Sycamore Scamper	81	McHenry County College	
	Sun. 6-27	9:00	Antioch Twisted	60/82	Antioch Middle School	Al Berman
9:00		Back Roads of Barrington	40	Rose School		
J U L Y	Sat. 7-3	9:00	Root Beer Social	58/82	McHenry County College	Brian Hale
	Sun. 7-4	9:00	Mystery Miles	35	Kildeer School	
		9:00	Wall to Wall	80/107	Fellows Park, Genoa City	Al & Cindy Schneider
	Mon. 7-5	9:00	Wholly Rollers	61	Great Western Trailhead	John Loesch
	Sat. 7-10	9:00	Union/Sharon	60	Evergreen School, Union	
	Sun 7-11	10:00	Club Picnic	33	Old School Forest Preserve	
	Sat. 7-17	9:00	Bastille Day	59/74	Paris School, WI	Al & Cindy Schneider
	Sun. 7-18	9:00	Tour of Cow Country	64/77	Sharon, WI.	
		9:00	BDSR	40	Kildeer School	
	Sat. 7-24	9:00	LaGrange/Rome Pond	70/101	LaGrange General Store, WI	Al & Cindy Schneider
	Sun. 7-25	9:00	Rural Wisconsin	59/94	Eagle, WI	Al & Cindy Schneider
			EFHOB	50	Rose School	
	Sat. 7-31	9:00	Beloit Express	73/120	McHenry College	

## 2004 WHEELING WHEELMEN RIDE SCHEDULE (CONTINUED)

Mo.	Date	Time	Ride Name	Miles	Start	Ride Host
A U G U S T	Sun. 8-1	9:00	Another Day Another Way	68/109	Evergreen School	
		9:00	Covered Bridges	43	Kildeer School	
	Sat. 8-7	9:00	Ogle Odyssey	85/98	Meridian Jr. High, Stillman Valley, IL	
	Sun. 8-8	8:00	Lake Geneva Century	98/50	Kildeer School/Vet.Mem.Park	Tom & Debbie Wilson
		9:00	3 Options Ride	21/30/51	Fox River F.P.	Kurt Schoenhoff
	Sat. 8-14	9:00	Cedarburg			Al & Cindy Schneider
	Sun. 8-15	9:00	Cedarburg			Al & Cindy Schneider
		9:00	Back Roads of Barrington	40	Rose School	
	Sat. 8-21	9:00	Waterford Ride	40/70	Waterford Factory, WI	Ella Shields
	Sun. 8-22	9:00	Loops of Burlington	64/100	Eagle Lake Park, WI.	Al & Cindy Schneider
9:00		Lou's Commute	41	Lakewood Forest Preserve		
	Sun. 8-29	<b>9:00</b>	<b>Harmon Members Pre-Ride</b>	25/50/ 75/100	Wilmot Mt. Bike & Skate Park	
S E P T E M B E R	Sat. 9-4	9:00	Spring Green			Al Berman
	Sun. 9-5	9:00	Spring Green	66/100	Covered Bridge Park, WI	Al Berman
		9:00	Back Roads of Barrington	40	Rose School	
	Mon. 9-6	9:00	Spring Green			Al Berman
		9:00	Island Lake Loop	45	Kildeer School	
	Sat. 9-11	9:00	Antioch/Lyons/Delavan	63/101	Antioch Middle School	
	<b>Sun. 9-12</b>		<b>HARMON 100</b>		<b>Everyone works</b>	
	Sat. 9-18	9:00	Antioch/Lyons/Delavan	63/101	Antioch Middle School	
	Sun. 9-19	9:00	Fontana Ride	75	McHenry County College	
		9:00	Honey Lake Loop	40	Rose School	Louis Greene
Sat. 9-25	9:00	Winnebago Wanderlust	79	McNair Jr.High, Winnebago, IL	Art Cunningham	
Sun. 9-26	9:00	Yellowstone Lake	60/100	Monroe, WI	Art Cunningham	
	9:00	Honey Lake Loop	35	Kildeer School		
O C T O B E R	Sat. 10-2	9:00	Broken Oar	44	Kildeer School	
	Sun. 10-3	9:00	Triple L	77	Lyons, WI	
		9:00	EFHOB	37	Kildeer School	Brian Hale
	Sat. 10-9	9:00	Broken Oar	33/44	Lakewood Forest Preserve	
	Sun.10-10	9:00	New Glarus/Monroe	44/50/70/104	Chalet Landhaus, New Glarus,WI	
		9:00	EFHOB	50	Rose School	
	Sat. 10-16	9:00	Fontana Ride	75	McHenry County College	
		9:00	47 West of 47	50	Marengo High School	
	Sun.10-17	9:00	Honey Lake Loop	35	Kildeer School	
	Sat. 10-23	9:00	Ride to Fontana	71	McHenry Co. College	
		9:00	Bull Valley	37/49	Lakewood F.P.	
	Sun. 10-24	9:00	B.D.S.R.	40	Kildeer School	
	Sat. 10-30	9:00	Who Let the Dogs Out?	48	Evergreen School, Union	
Sun.10-31	10:00	Apple Cider Ride	36	Kildeer School	Bob Walkowicz	

Always call the ride line for any last minute changes  
847-520-5010, #1

## Bicycle Tour of Colorado

1) This is definitely not a race. However I caution all Midwest riders to train on as many hills as you can find. The Mount Evans climb on day two consisted of 24 plus or minus continuous miles with one sag in the middle. This just to get to the base of Mt. Evans. We then paid our \$3.00 and set off to make the "FINAL ASCENT". This all in intense summer heat. It was 101 F when we left Deckers, Co. As you climb higher the temperature drops. My computer broke so I am not sure how cold it was. I figure at least 50. We CARVED OUR INITIALS IN THE SNOW!!!!

2) The camaraderie is unusual. The riders you see are SERIOUS. Almost all are riding upscale cycles and all are experienced. It is really fun to jump on some pace lines doing 20 plus and all calling out as a team. We were riding and the discussion was always "LANCE". We are essentially a Hugh team.

3) As far as hydration If you have been training, and seriously doing hills, you will be fine. Hydration at regular intervals using dual bottles is all you really need. Don't be fooled by all the naysayers. FOLLOW YOUR INSTINCTS. If you personally need to hydrate a lot OK, however if you are in shape and can crank for 2 hours and consume two bottles you will be fine.

4) WHAT YOU REALLY NEED TO DO IS RETHINK YOUR STRATEGY. What I mean is the endless climbs are brutal. You may want to consider a triple. Another alternative is to throw on a 26 or bigger on the rear cassette. We all ride in the Midwest and are not used to the long climbs. It is not a matter of "can you do it". You "will do it" but at what cost??? Will you be totally wiped out or will you have something left at the end. Frankly along about day 5, 6 & 7 we were really getting into this and could consider riding in this situation for several more days.

5) Another issue is the downhills. Wow! 50 plus MPH is a total rush and for 30 minutes at a time. Wait until you do it. It was one of my most exciting experiences ever. The issue is you run out of gears. Your cadence is 90 plus just to keep up. The pack may be doing over 50 MPH and your cranking like crazy to keep up. It is ridiculous. So again the gearing is important. We saw several riders switching cassettes in preparation to the next days ride.

6) WEIGHT: This is also an important issue. I had to laugh. In the beginning you see the guys with all the "STUFF". After the first day of the climbing you see everybody removing tail lights, head-lights excess junk, aero bars, mirrors. Pumps, you name it and we saw it being removed. We had all sat down last February and talked about this ride. LUIS had done it before. His primary warning was "LIGHTEN YOUR BODY AND YOUR BIKE" Lean and mean!!! We listened to him and removed as much as possible, body and bike. We got the crank bros mini pumps, light tubes, no lights or any junk. It was worth it!!!

7) Get your self either a good quality throw away camera or a light weight digital. Plastics bags for every thing. My raincoat was a light weight black plastic garbage bag. Those light weight plastic raincoats are also great. The rain rolls in just about every after-

noon so a rain coat is a nice item to have.

8) Accommodations are hard to find. Most of the towns are small and motels are usually totally booked. If you tent, it gets cool at night!!! Early risers will be shivering. Once you get riding however you are just fine.

9) Enjoyment: be prepared to have one of the best rides of your life!!!

Hands down I can honestly say it was a total blast. I learned a lot about my capability and ability. When you think you just cannot go any more, you dig down deep and say "I can do this" and you just keep on cranking. When you crest that mountain the euphoria is unreal. You look back and are humbled! You have to get into your rhythm. Pace is very important. Overdoing it, blowing up and bonking is a very real issue. Would I do it again?? Definitely yes. This however with the caveat that I can dedicate some serious training on some serious hills.

10) Weird stuff: On one of the days, I think it was day 3, we were riding along the interstate mile after mile and because of the mountainous terrain you get what we termed it as "FALSE FLATS". You think you are on the flats and try to get up some speed and nothing happens. If you back off you immediately slow down. It was really strange. It is not really a problem but an experience you have to see.

Another is going downhill doing 50 plus MPH and negotiating the endless switchbacks. You look over and the guard rail is maybe 10 feet off of your left or right and you can see a drop of maybe 1000 or more feet down. In other words keep all of your things tight and pay attention, no fooling around, no hijinks, no stunts. In some cases it is useless to ride the brakes; you just end up overheating them. Make sure you have a good quality set of tires; Blowouts at 50 MPH are a real rush!!!!

I could go on forever about this ride. I do however need to get going. I wish I could join all of you for this year. I will press you for all the good stuff upon your return. I did do a journal again. Due to various issues however I have not been able to finish it as of yet so I cannot share it at this time. I hope that I have calmed you a bit about the ride and encourage all of you to not worry much in that I say many others do it and we all survived!!!

May your journey be always downhill with the wind at your back!!!!

Brian Hale

\*\*\*\*\*

Bicycle Tour of Colorado presents their 10th Anniversary tour.  
June 26 - July 2, 2004, Conquer the Ridge...

Phone: 303-985-1180

www.bicycletourcolorado.com



## Overuse Injuries and the Overly Motivated Cyclist

by Pamela S. Barrett, PT, ATC

for the Bicycle Federation of Wisconsin

Ahhh.... you can almost smell it! Spring is right round the corner and cyclists of all stripes are thinking about riding longer and faster. Whether commuting, touring, or racing, spring marks a significant increase in mileage and intensity. But don't throw caution to the wind and attempt to kick off your season with a century in under six hours. Your body will revolt! Attempting to rapidly increase intensity and mileage may result in "overuse" injuries such as joint pain, tendinitis or even "burnout" before the season is half over.

First, let's define a number of factors which may contribute to overuse injuries:

- Training errors such as drastic increases in intensity and mileage as well as insufficient recovery time between workouts.
- Improper bike fit.
- Drastic changes in terrain.
- "Hammering" in a big gear early on.

Hammerheads Beware! Or, Whoahhh, Nellie!

So, what can you do to avoid overuse injury? First, if you have been doing nothing except sitting on the couch all winter, realize that the muscles you use for cycling have become deconditioned. Even if you have been cross training (skiing, running, etc.), your muscles need to "re-learn" how to most efficiently move your feet through that circular motion.

Early each season, cyclists should focus on short rides of low intensity. This will allow your body to become reaccustomed to your bike. Also, ensure adequate recovery time is allowed between rides. If you are still sore from your last ride you should consider taking a break. If you feel as though you aren't able to move with the same ease and intensity the next time you hop on your bike, it might be your body's way of saying "slow down."

The Marriage of Figaro & His Colnago

Bicycling is a marriage of a human and a machine. The match must be perfect, since bicycling restricts whole body movement more

than almost any other sport: The cyclist's ischial tuberosities (sit bones) rest weightily on the saddle; hands grip handlebars; feet are firmly attached to the pedals. The slightest misalignment between the points of contact gets magnified over thousands of pedal strokes.

If you have felt that minor adjustments to your bike fit are needed, make them now, while your per ride mileage is relatively low. If you have been suffering from nagging injuries year after year, you should consider seeking out a professional bicycle fitting. This may help you eliminate biomechanically stressful body positions.

The Bob & Weave

Spring is the best time of year to concentrate on technique. Mistakes in form will increase your chances of sustaining "overuse" injuries as mileage and intensity increase. Each pedal revolution should be an exercise in minimizing lateral and oblique movements of the entire body. This means, don't bob side-to-side or up and down; concentrate on a relaxed, relatively motionless torso.

The Hills Are Alive... With the Sound of Spinning!

Choose your ride route carefully. Choosing a particularly hilly route and attempting to "muscle" over hills before having built up a base level of strength, endurance and skill may trigger an injury that will haunt you throughout this season. Begin hill work on easy inclines and choose a gear that will allow you to spin while in the saddle. Early in the season, I also recommend not just spinning up hills, but also spinning in the flats. Pedaling with a slow, labored cadence quickly fatigues unconditioned muscles. This results in poor control of joint movement and increased joint stress. That is why knee pain is such a common complaint among novice cyclists. Force yourself to spin at the highest cadence you can. Many elite coaches recommend early season cadences of 115-120 rpm. Rapid cadences will feel awkward at first, but with practice you will find that your pedal stroke will become smoother.

Following a few, simple rules of moderation such as slowly increasing duration and intensity, ensuring your bike is properly fitted and avoiding maximum effort rides in the first few weeks will pay off later in the season. Using a little common sense and listening to your body will make this bicycling season a pleasant, comfortable and successful one.

## BIKE TOWN BASH , Friday, March 19

Join the Chicagoland Bicycle Federation at the fourth annual Bike Town Bash at the landmark Chicago Cultural Center in the heart of Chicago's downtown Loop district. You won't want to miss this annual celebration of bicycling in Chicagoland.

The Bash is 7 p.m. to 12 Midnight at the Chicago Cultural Center, Grand Army of the Republic Rotunda and Hall, 77 East Randolph Street

**Highlights** Bicycle Photography Show and Competition (check out the funky and original photographs of bicycles and people who love them,

which will be judged at the contest and then sold in the auction) Silent and Live Auctions Raffle, Music and Dancing

Hors d'oeuvres from some of Chicago's favorite restaurants

### Registration

Tickets to the Bash are \$60 per person. Please register on or before March 8, 2004. All proceeds benefit Chicagoland Bicycle Federation's efforts to make your town a bike town.

Info: [www.chibikefed.org](http://www.chibikefed.org), 312-42-PEDAL



**Chicagoland Bicycle Federation Conference**

March 18-20, Chicago, Illinois

The first annual Chicagoland Bicycle Conference will provide all-important know-how, innovative ideas and inspiration for citizens improving bicycling conditions in their communities. It is the premier educational and networking event for government agencies, citizens and advocates of the bicycle advocacy movement in Chicagoland. Friday sessions are geared toward transportation professionals, while Saturday is designed for citizen advocates. Everybody is welcome both days.

Attendees can expect to:

1. Learn about bicycling endeavors specific to the Chicagoland region, such as strategies for effectively working with the Illinois Department of Transportation (IDOT) and other local government agencies
2. Share cutting-edge ideas and tactics for project funding and bike planning and design
3. Engage their peers in discussions on ways to best work with local officials and enhance advocacy efforts

Offering more than 25 sessions, the conference offers a rich educational experience that each participant can tailor to his/her own interests. This is an unparalleled opportunity to share issues and tactics with colleagues from across Chicagoland and gain new knowledge, contacts and inspiration that can be brought back home.

For more information, visit [www.biketraffic.org/conference.html](http://www.biketraffic.org/conference.html) or call Dan Korman, [dan@biketraffic.org](mailto:dan@biketraffic.org) or 312-427-3325 ext. 24

**Subaru Chicago Bike Show**

**March 26-28**

Friday: 12 pm.- 7 pm  
 Saturday: 10 am- 7 pm  
 Sunday: 10 am- 5 pm

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. The show will be held at Navy Pier, Festival Hall A. The Pier is located at 600 East Grand Avenue, just east of Lake Shore Drive.

COST: \$9 for adults; \$4 for children under 12;

Free for children under 6.

INFO: [www.chicagobikeshow.com](http://www.chicagobikeshow.com); 847-675-0200

**BEAR'S CHICAGO BIKE SHOW**  
 MARCH 26, 27 & 28, 2008  
 NAVY PIER + CHICAGO

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

**\$2 OFF**

CR304

**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

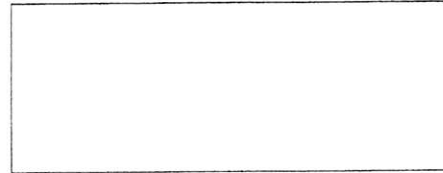
Phone: 847-520-5010  
Email: [wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)

---

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

---

Club Meeting  
March 4



#### 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