



MONTHLY MEANDERS

PREZ SEZ

Greetings fellow club members.
Happy new year to all!

Last year we were fortunate to get a ride in on the first and last day of the year. A few of us began 2005 with a 34 mile loop from the Deerfield Bakery. A strong east wind off the lake made the return leg challenging and nasty cold. Judging from the grins on everyone's face I would say we wouldn't want it any other way. Any ride is a good ride.

Thanks to Len Geis and a group of members who met at Sheri's house our ride schedule is pretty well set for this year. We will be looking for ride hosts throughout the season. It's a great way to contribute to the success of our club without a big time commitment. We will have an excursion ride just about every month. These are great mini getaways that offer a variety of terrain and distance. Also this year we are designating a local invitational each month to count as club miles. We encourage you to participate in other club's rides. It's a good way to support our neighbors and hopefully pick up some new ideas to incorporate into our rides.

If you missed the January club meeting, as I did, we did not get to see a fine presentation on Chip Kyle's Adventure Cycling trip. A \$1,000 donation was made to both The Chicagoland Bicycle Federation and League of Illinois Bicyclists. My thanks to Jim Boyer for pitch hitting for me at the last minute. Thank you to Steve Boime from CBF and Ed Barsotti from LIB for your up-

dates on what's going on with your respective organizations. We appreciate your efforts on our behalf.

By the time this is published and mailed we will have had our January ethnic dinner and presented the Police bike to the Buffalo Grove police department at a BG Village Board meeting. Sheri has been great about getting press releases out on these donations.

The St Pats invitational is coming up in a few weeks. Tom and Deb Wilson have everything under control. Volunteers are always welcome and appreciated. Keep and eye on the web site and newsletter for further details. We will use Wauconda High School as our staging area again this year. It's a very good facility with several route options. Let's hope for fair weather.

Food for thought...

You are my master:

Once upon a time, there were three cyclists, from different parts of the world, riding on a bicycle tour through Tibet. They had just ridden a difficult route over steep mountains with rocky and muddy trails. It had been windy, cold and it had been raining most of the day. Their spirits were in dire need let alone their need for food and warmth.

At long last they came to their destination, a little village nestled between two mountains and sheltered from the winds and misty clouds above. What a sight. A few ragged looking huts and tents were huddled together but a little distance apart was a

colorful tent with a set of chimes, ringing with a constant rhythm, showing where to enter.

Their curiosity got the better of them in spite of their numbness and hunger. So they tentatively pulled back the canvas and peeked inside. A quaint little man was sitting crossed legged on the floor, deep in meditation. One of the cyclists coughed and said quietly, "excuse me Sir, but do you mind if we camp here for the night, in your village. We have ridden our bicycles a long way today and we are very tired, hungry and cold. We would very much appreciate your hospitality by letting us stay here."

The little man looked with a wry grin on his face and said without any hesitation, "of course my friends, any one is welcome to stay in our village so long as they come in peace. Pray tell me how is it that you are so far from home? But first, please sit down and I will give you a nice drink of warm herbal tea."

So they all sat down and talked well into the night on all manner of things. "Anyway", the little man said, "what is your philosophy that goads you into traveling by bicycle through difficult conditions and straining your bodies to exhaustion?"

The first cyclist answered by saying, "Where I come from, back in Texas, USA, I see all the oil wells that produce petrol for motor cars that pollute the air. When I ride my bicycle, I am not polluting the air." The little man answered, "My son, you are

(Continued on page 3)

FEBRUARY, 2005

INSIDE THIS ISSUE:

RIDES	2
CLUB MEETING	2
ETHNIC DINNER	2
RENEWALS	2
ST. PAT'S RIDE	3
BIKE PLATE	4
TRIVIA CONTEST	5
RIDING INDOOR	5

Whoever invented the bicycle deserves the thanks of humanity—Lord Charles Beresford



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 & Mailing	
<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>	
Mileage Statistician	
<i>Joe Irons</i>	(847)359-0551
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

Next board meeting TBA.

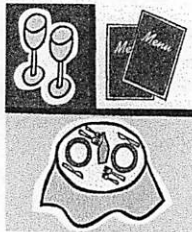
2005 MEMBERSHIP RENEWALS

Membership renewals are due.

If you have not renewed yet this will be your last newsletter. If you have misplaced your renewal form 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.



Ethnic Dinner

Sunday
February 20
5:00 p.m.
Maza
2748 N. Lincoln Ave
Chicago
773-929-9600

This family-owned Lebanese spot offers good food and gracious service at reasonable prices

Its name means appetizer, and the special dish at Maza features 22 miniature plates of Lebanese cuisine, from spinach pie to tabbouleh. Other items on the menu at the Lincoln Park storefront include rack of lamb, shawirma (beef or chicken), five kinds of salads and snapper, trout and salmon. Baklava is a sinful must-try for dessert. Valet parking is available.

Please RSVP by February 14 to Ella Shields at 773/594-1755 or shieldsbike@aol.com

March will be a Peruvian Restaurant.



Cross Country Skiing

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

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 Art Cunningham at 963-8746 or Earle Horwitz 374-1129 for more information.

SATURDAY & SUNDAY

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 riders.

FEBRUARY CLUB MEETING

The meeting will be on Thursday, February 3, 7:00 p.m. at Wheeling High School in room 102. The high school is located on the north side of Hintz Road just west of Elmhurst Road (83) in Wheeling.

We will discuss plans for this year's St. Patrick's Day Ride and recruit volunteers.

The after meeting program is a slide presentation by Eric and Kathy Schramm of the bicycle touring company, Two Bicycles and a Map, Ltd. They produce friendly and scenic cycling tours in Wisconsin, France and Italy.

Eric and Kathy share a great passion for bicycle touring, so much so that 8 years ago their business evolved out of that love of cycling. Today through their company they share that passion, excitement and love of biking with others cyclists, just like you.. They design bicycle tours for independent people who want to turn their bicycling-travel dreams into a reality.

(Continued from page 1)

indeed a very clear thinking person and it is commendable that you carry out what you think."

The second cyclist answered by saying, "Where I come from, Germany in Europe, mountain bike riding is a great sport and I ride for fitness and health." The little man answered, "My son, you are indeed an inspiration to mankind. If only all the human race was as fit and healthy as you."

The third cyclist answered simply, "Where I come from, down under, Australia, I ride my bike to ride my bike." The little man thought for a while and said, "Indeed my son, your thinking is so simple that I cannot find a better reason to ride a bicycle. YOU ARE INDEED THE MASTER. PLEASE LET ME BE YOUR SERVANT FOR THE REST OF MY DAYS."

And so it came to pass that the little man packed up his few belongings, bought a bicycle and followed the cyclist wherever he went.

And finally....

A nerd was walking on campus one day when his friend, another nerd, rode up on an incredible shiny new bicycle.

The first nerd was stunned and asked, "Where did you get such a nice bike?"

The second nerd replied, "Well, yesterday I was walking along minding my own business when a beautiful woman rode up to me on this bike. She threw the bike to the ground, took off all her clothes and said, "take what you want!"

The second nerd nodded approvingly, "Good choice, the clothes probably wouldn't have fit."

See you on the road.

Rich Drapeau



ST. PATRICK'S DAY RIDE

Sign Up for the St. Patrick's Day Ride

On Sunday, March 13, 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 again 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.

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

Winter Riding Tips

Be careful on wet roads

---Moisture on metal makes bike-handling treacherous. Beware when encountering steel tracks, manhole covers, plates or bridges. Always cross at a right angle and with the wheels perpendicular.

---Don't do anything quickly. In wet or icy conditions, all cornering,

accelerating and braking should be gradual and even. Plan ahead so this is possible.

---There's no shame in climbing off. If you have any doubt about safety, walk the bike over or around risky things, including icy patches, big puddles that may hide potholes, or a carpet of wet leaves.

It's better to walk 30 feet than be off the bike for 3 months.

CHECK THE RIDE LINE FOR WINTER ACTIVITIES 847/520-5010.



May 2005 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 2005. A sample of this year's plate is pictured above in black and white. The colors are: a light blue background with black and yellow 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. 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 current 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, 1s110 Normandy Woods Lane, Winfield, IL 60190. Phone: 630-462-5427, FAX: 630-462-5428



BIKE TRIVIA CONTEST!

On Thursday February 17th, Amlings Cycle will be sponsoring a fundraising event for the League of Illinois Bicyclists.

Where: Vaughan's Pub, 5485 N. NW Hwy, Chicago, IL

When: 7:30 PM

What: A Bicycle Trivia Contest!

Schwag: Cash prizes for the top three teams, Raffle prizes, Door Prizes. Everybody wins something!

Details: \$20 per person entry fee, maximum 4 players on a team. We are still working with Vaughan's to determine our maximum number of players. It will either be 60, 70, or 80. Obviously we want as many as possible, but it still needs to work from a comfort and safety perspective.

Further details available soon at: www.amlingscycle.com .

Thanks!

Joe Reichert

Amlings Cycle & Fitness

8140 N. Milwaukee Ave

Niles, IL 60714, (847) 692-4240

www.amlingscycle.com



Program variety into your trainer sessions!

If winter weather has you riding indoors, boredom is your biggest enemy. The solution is to never do any type of riding longer than 5 minutes. Changes keep the mind engaged.

Here's an example. Print this plan or copy it on a sheet of paper, then post it in front of your trainer. Set up a clock that has a second hand. Then follow this sequence:

---Warm up. Five minutes of easy pedaling, followed by 5 repeats of 1 minute of brisk spinning alternated with 1 minute easy. Conclude with three 30-second sprints separated by 2 minutes of easy pedaling.

Next, go through this routine at the effort levels listed:

- 3 minutes out of the saddle (brisk)
- 1 minute of pedaling with one leg, then 1 minute with the other leg (moderate). Repeat 3 times.
- 2 minutes out of the saddle (brisk)
- 2 minutes of fast spinning (brisk)
- 2 minutes of high resistance at a cadence of about 80 rpm (hard)
- 3 minutes of spinning (easy)
- 2 minutes out of the saddle (brisk)
- 2 minutes of spinning (easy)
- 24 minutes up and down a "ladder." Go 1 minute hard, 1 minute easy. 2 minutes hard, 2 minutes easy. 3 minutes hard, 3 minutes easy. Then reverse the schedule back to 1 minute. Stand during half of each "easy" segment.
- 5 minutes of spinning to cool down (easy)

Won't you get bored with this routine? Sure. So simply change the order of the elements or add new ones.

With ingenuity, you can do a different workout every time you ride. It'll make indoor training a lot more fun -- and more productive, too!

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

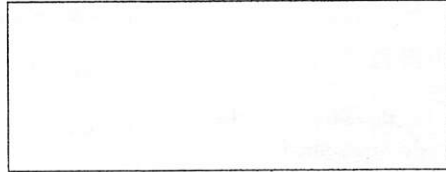


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

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

We are on the web
wheelmen.com

Club Meeting
February 3



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.

ALBERTO'S CYCLES
1770 First St. Highland Park
847/446-2042

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

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
- *Bicycle Federation of Wisconsin
- * Adventure Cycling

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