



MONTHLY MEANDERS

NOVEMBER 2005

PREZ SEZ

Greetings fellow club members.

Last weekend I was joined by a dozen Wheelmen members for an outstanding couple of days of challenging riding, excellent food and even better company. This was a co-ride with the Quad City Bike Club out of Mt Horeb, WI. In addition to 13 people from our club, there were about 10 additional riders from the QCBC. Most of us drove up Friday for a little pre ride socializing. It was about then that I discovered my helmet and shoes were sitting on a kitchen chair at home. A frantic call to Jeff Biedka confirmed that he was planning on driving up Saturday morning. Jeff drove over to my house Friday night and picked up my gear. Thanks again Jeff, I owe you one.

Saturday was in the mid 30's and overcast when we set out from the hotel and rode over to the starting point. Our ride hosts Dean and Deb Mathias from QCBC were ready for us with cue sheets, marked maps and a variety of fruits and energy bars. After winding through the city of Mt Horeb we descended about a mile or so into a valley. Man it was cold going down that first hill. It wasn't long before we started climbing out of the valley to our first rest stop just outside of Blue Mound State Park. For those of you who have not been there, this is the highest point in SW Wisconsin. We started climbing immediately after the rest stop and didn't stop until we reached the top of the park. The road up averaged about 12% grade and 18% toward the top, where a 5 story lookout tower beckoned us climb some more on foot. The

reward was a fantastic view of several miles of wooded countryside just starting to turn fall colors. The next leg started with a 3 mile decent and of course more challenging hills. Everyone regrouped for lunch at the 33 mile mark. The return trip home was no less challenging for those who chose the hilly route. There were flatter routes that offered about the same mileage. We arrived back at the motel about mid-afternoon. Tired, hungry, sweaty and grinning from ear to ear. Total mileage 60...total elevation gain 4,800ft. Saturday night we met at "The Ugly Troll" for a pint of local micro brew before a tasty and filling pasta buffet set up at a local restaurant by Dean and Deb. By 9:00 it was lights out for most of us.

Sunday was another overcast start with temps in the mid 30's. We left at 8:00 to get back to the hotel by 1:00 for showers. The 9 Wheelmen stayed together for the entire ride of 43 miles. I know the mileage doesn't sound like a lot but the long climbs more than make up for the short distance. Everyone climbed at his/her own pace and we regrouped at the top of each hill. I would guess we gained about 3,000ft on Sunday. We stopped in New Glauris for breakfast before heading back to Mt Horeb for showers and lunch at a local pub. The last stop was a tour of the "Mustard Museum". You would not believe how many different kinds of mustard there are. What a great adventure.

I picked up some random thoughts from George Carlin that I'd like to share for no other reason than to fill space and because I think he's funny.

Euphemisms:

A sales clerk is now a retail consultant
 Uniforms are career apparel
 Teachers have become educators
 Family doctors are primary care providers
 Profits are earnings
 Information is directory assistance
 A used car is a certified pre-owned vehicle
 Dump is now landfill
 Wig is now hair replacement system
 Mattress and box spring is now a sleep system
 Sneakers are athletic footwear
 Used clothes is vintage apparel
 Pimples are skin blemishes
 Free is complimentary

Why is San Francisco always the "Bay Area" yet Saudi Arabia is in the "Gulf Region". Is a region bigger than an area? How about "Belt"? We have the "Bible Belt" and "Rust Belt". A lot of people moved from the "Rust Belt" to the Sun Belt" which runs through the "Bible Belt". Must be confusing.

None of this has anything to do with our club or bike riding of course. Maybe next month I'll "get back on task". See we can't help it.

Don't forget the Banquet and Holiday party in November and December.

See you on the road.

Rich Drapeau

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Welcome New Members

David Knutson
 Gurnee

Michael & Gena Baumhart
 Arlington Hts



ANNUAL BANQUET

Don't forget the annual banquet on Sunday, November 13th. Call Kris Woodcock with any questions at (847) 520-6932.

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>Jennie Pfeifer</i>	(847)342-8823
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
Ride Line	(847)520-5010
<i>Art Cunningham</i>	

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

Jennie Pfeifer
1417 E Fleming Dr N
Arlington Hts IL 60004
jenniepfei@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

TOP 20 MILEAGE

Women

1. Reinhilde Geis	4115
2. Cindy Schneider	3066
3. Cindy Trent	2628
4. Mary Kay Drapeau	2610
5. Debbie Wilson	2397
6. Sheri Rosenbaum	2243
7. Meg Ewen	2215
8. Ella Shields	2151
9. Betsy Burtelow	1974
10. Pam Burke	1904
11. Chriss Wager	1799
12. Kris Woodcock	1790
13. Virginia Savio	1780
14. Pat Calabrese	1651
15. Mary Myslis	1649
16. Marianne Kron	1453
17. Cynthia Brown	1382
18. Pat Illy	1332
19. Barbara Barr	1121
20. Fran Green	921

Men

1. Killian Emanuel	6349
2. Art Cunningham	4433
3. Leonard Geis	4338
4. Joe Irons	3966
5. Frank Illy	3622
6. Richard Drapeau	3565
7. Daniel Wiessner	3396
8. Dennis Creaney	3330
9. Al Schneider	3215
10. Jim Boyer	3041
11. Kevin A. Moore	2977
12. Tom Wilson	2566
13. Louis H. Greene	2071
14. C. Brian Hale	2006
15. Dave Slocum	1941
16. Bob Dominski	1903
17. Brian Blome	1849
18. Jim Flechsig	1791
19. Peter Guzik	1731
20. Jeff Biedka	1670

WINTER 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 Art Cunningham at 963-8746 or Earle Horwitz 374-1129 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 riders.

If you would like to put on an activity (Sunday rides, hiking, x-c skiing, etc.) this fall or winter call a board member and they will get it on the ride line.

**CHECK THE RIDE LINE FOR ALL
ACTIVITIES...(847)520-5010**

Wheeling Wheelmen has their own Ironwoman!



On September 11th, Pat Gill had a very good excuse for not helping at the Harmon. She was up in Madison competing in her first Ironman Triathlon. This amazing woman completed a 2.4 mile swim, 112 mile bike and a 26.2 mile run in 90+ degree heat and humidity as well as brutal winds. Our helmets are off to her for accomplishing something very few people even attempt. She's a true Ironwoman!!!



In the November issue of *Bicycling Magazine*, on page 14, is an update on Michael Prudhorn,

one of the Bike Town big men on bikes that did our Harmon ride!

From Road Bike Rider e-mail...here are some good tips!

Please Your Knees

Cyclists are fond of kidding runners, "You'll be one of us some day!" That's because weight-bearing sports like running are tough on knees while bike riding is much kinder. A common knee injury among runners is chondromalacia, the degeneration of cartilage under the kneecap. If you're a sufferer, cycling can actually help stabilize and strengthen your knees as long as you obey two rules. First, adjust the saddle so there is minimal knee bend at the bottom of the pedal stroke (and, therefore, less bend at the top). Second, avoid lengthy, seated climbs and grinding in big gears. Spin smaller gears so resistance stays light-to-moderate. Stand more on hills, particularly on those that are long and steady.

Two Times to Ride

(1) The day before an event. (2) The day after an event. Instead of taking those days off to rest up, you'll find that easy spins, perhaps with two or

three brief jams to get your heart going, are more effective for preparation and recovery. Take your rest days two days before the event and the second

day after. A short ride the day before will restore your rhythm without sapping energy. It also lets you check your equipment one final time. Riding the day after, even though you may feel stiff and sore, will loosen your muscles and joints. Lying on the couch won't.

Rust Inhibitor

If you ride a steel frame, you know that rust is always on the attack. Any neglected chip or scratch will give the nasty stuff an open door when rain or sweat are present. You need to keep your frame clean, waxed and touched up to maximize its life. With this in mind, there's an often overlooked place where moisture can accumulate and rust can break out: the tube junctions where a frame pump fits. Sweat, especially, has a way of getting into these areas. So after each ride when you wipe down the frame, remove your pump. Dry off each end, set it

aside, and then work your rag into the tube junctions. Leave the pump off till the next ride so the frame can continue to dry, but be sure to put it where you won't forget it, like standing against the front wheel.

Nix the Clicks

Nuisance noises coming from a bike aren't always easy to solve. When they seem to be from the front wheel, here are two solutions to try. First, put a drop of oil on each spoke crossing. Use a rag to catch any excess. The slight flex in a wheel as it rolls can make dry spokes click where they contact each other. You're more likely to hear this when climbing or accelerating out of the saddle. If lube doesn't produce the sound of silence, remove the hub's quick-release and apply grease to the skewer and threads. A dry skewer can click as it moves ever so slightly while the bike rolls. Be careful not to get excess grease between the QR and the fork's dropouts or the wheel could slip.

www.roadbikerider.com



LIB Job Opening Education Program Manager

The League of Illinois Bicyclists (LIB) seeks an enthusiastic individual to head our growing bicycle safety education program from his or her home office. LIB is an Aurora-based non-profit advocacy organization promoting bicycle access, education, and safety in Illinois.

Major tasks:

- Coordinate opportunities to teach bicycling skills to adults and children in Illinois. Publicize and distribute bicycle safety information to local organizations, schools, bike shops, bike clubs, and others.
- Become familiar with selling points, delivery models, and materials for "Safe Routes to School" programs. Publicize these and be a resource to Illinois teachers, parents, and school administrators.
- Assist with LIB's Driver Education "Share the Road" video production project.
- Identify and pursue relevant grants and partnerships from foundations and government sources, to support ongoing activities and new initiatives.
- Assist in LIB's other programs, initiatives, and events, as appropriate.

This position is open until filled, but applications received by November 7th, 2005 will take priority. Further details – visit <http://www.bikelib.org>



HIKING SCHEDULE

Join us for hiking some of the beautiful trails in the area.

Lunch to follow hike.



Date	Time	Location	Directions	Host
Sun, Nov 6	10:00	North Branch	From Lake Street go south on Harms Rd .8 miles to parking lot on right. Just past Glenview	Al Berman 847-541-9248
Sun, Nov 13	No Hike			
Sun, Nov 20	10:00	Des Plaines River Trail	Enter from Milwaukee Ave. 1/4 mile north of Rt 22, first parking lot	Ella Shields 773-594-1755
Sun, Nov 27	10:00	Deer Grove	Enter from Dundee Rd., 1/4 mile west of Hicks Rd.	Virginia Savio 847-438-8066



Holiday Party



Come and enjoy
the fun on
Sunday,
December 11th
3:00 —8:00 p.m.

Hosted by
Pat & Frank Illy
846 Beacon Drive
Schaumburg, IL

Call Pat @ (847)359-9085 (days) or (847) 923-5910 (evenings) to see what you can bring to the party. Please RSVP by December 5th



WHEELING WHEELMEN YAHOO GROUP

The Wheeling Wheelmen Bicycle Club now has an active Yahoo group available on the Internet. The group works like a bulletin board and allows us to exchange e-mail with other club members without having to know everyone's individual e-mail address. You can subscribe to the group and post messages to other group members by sending an e-mail to the address below. You must subscribe to the group before you can send a message. Follow the instructions provided by Yahoo to complete your registration.

The group name is **wheelingwheelmen** and is available at: <http://groups.yahoo.com/group/wheelingwheelmen>

To Subscribe send an e-mail message to:
wheelingwheelmen-subscribe@yahogroups.com

To post a message send your message in an e-mail to:
wheelingwheelmen@yahogroups.com

To Unsubscribe send an e-mail message to:
wheelingwheelmen-unsubscribe@yahogroups.com



Check out the off season training at Vision Quest. Limited spots available. See our club website for details!

Wheelmen Continue to Give Back to the Community

By Sheri Rosenbaum

Over the years, the Wheeling Wheelmen as a club, as well as individual members, find good causes to donate time and money to. Most recently two causes were identified. First the Hurricane Katrina Relief Organization and second the Working Bikes Cooperative.

You can't turn on the TV or read a newspaper without hearing about the needs of the thousands of survivors of hurricane Katrina. Many of our members on their own have donated money and supplies to help the victims. So as a club we sent Harmon t-shirts. Every little bit counts.

The second cause to be identified was Working Bikes Cooperative (www.workingbikes.org). This not-for-profit group recovers landfill-bound bicycles, repairs them to working condition, and sells them to Chicagoans at a low cost in order to fund shipments of bicycles and bike parts to developing countries. Working Bikes Cooperative is an almost entirely vol-

unteer organization; they currently employ six part-time mechanics to ensure that the bikes are plentiful and in full working order.

Our club donated a quantity of Harmon water bottles to be sent along with the bikes. We hope these deserving people will be styling on their new bikes and fashionable water bottles. As we all know, hydration is the key.

As we look outside the club for good causes, I'd like to remind every member that the Wheeling Wheelmen can not exist without member participation. Simply paying your membership dues won't keep the club going. The club is its members and the members are the club. It is volunteering to host a ride, working the St. Pat's and Harmon, helping at the annual Bike Rodeo, attending club meetings and more. It is a lot of work to keep the club going.

So don't ask what the Wheeling Wheelmen can do for you...ask what you can do for the Wheeling Wheelmen.

(I couldn't agree with you more! -ed)



Each year we receive many "thank you's" from Harmon Hundred riders. This year is no different...check out the nice comments made and photos taken by a rider on

<http://biketownblogger.blogspot.com/2005/09/harmon-hundrederrr-75.html>

In her e-mail she says, "Thanks for a great experience and friendly faces on my first attempt! Pedal on!"

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

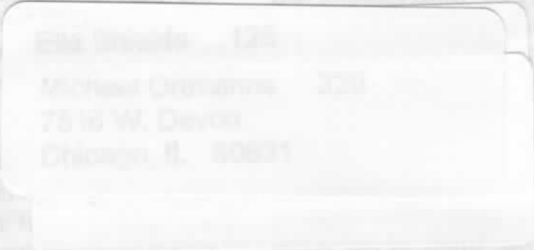


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

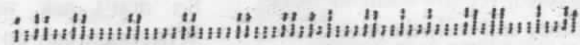
Phone: 847-520-5010
Email: wheeling@wheelmen.com

We are on the web
wheelmen.com

Club Meeting
No November meeting



60681+1334-16 6019



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

**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