



MONTHLY MEANDERS

FEBRUARY 2006

PREZ SEZ

Greetings fellow club members.

A week in the life... Saturday 9:00AM typical cloudy winter day with temps in the mid 30's. Have a light breakfast, fill the water bottle, try and figure out how many and what layers of clothes to wear before hitting the garage door opener and feeling that blast of cold air hit. It's only 1.2 miles to the start of the "show n go" rides, so we ride over and get the legs moving. 10 people show up for a 30 mile loop through Barrington. With a few exceptions we stay together finishing up around noon. Most head over to the Deerfield bakery for a post ride snack. Think of it as training for retirement when we join the geezers during the week. Sunday...see Saturday.

Traffic and weather on the eights. That would be 5:38AM Monday. Twenty-eight degrees light wind, high of 34 today and mostly cloudy. They say August has the dog days, but I beg to differ. Pick any winter workday where it's dark when you leave the house and dark when

you return....now that's a dog day. Shower, shave and get dressed... don't forget to reset the alarm for MK. Pack a few items for breakfast and lunch in the backpack, wrap the right leg in Velcro and hop on the beater bike for the mile and a half to the train station. I stay on the sidewalks even with a headlight and taillight. Why risk some half asleep late for work speeder clipping me on a dark shoulder. Pull into the station and head for the bike rack. It's a great set up. A metal rectangular post with an attached swing arm with 3 prongs that slide through each wheel and the frame. The middle prong has a ring on the end that slides into the post and allows me to lock the bike with a regular padlock. I'm the only one riding today along with a few walkers. Most of the 60-70 commuters including my neighbor pay the \$1.50 per day to park. 6:35AM...right on time...second car from the end...climb up to the upper level and settle in for the 53minutes to Union Station. Everyone does his own thing. Some, including me, read a book, some work

on computers, some yap on the phone and more than a few catch up on sleep. We pull into the station and I head for the Madison Street exit and an 8 block walk to the office. I usually eat at the office and catch the 4:25 home so I'm walking in the door at 5:30. Today I grab the gym bag and walk to the BG Fitness Center for some weight work. Get home and pack the bike, trainer and misc. bike gear in the car for tomorrow night.

Tuesday the same routine except at 5:30 PM I change into bike clothes and head over to Brian and Pats house to join a few other club members for a "spin class". Everyone brings his own bike and trainer. These sessions are held in one of the host member's garage. Brian has the wood burning stove going so it's quite toasty; in fact we end up opening a couple of windows and doors. Brian has a 1:15 minute low impact DVD session intended to build aerobic fitness. The instructor leads us through a series of slow cadence intervals that keep your heart rate at

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Welcome New Members

Annie Ruden
Hoffman Estates, IL

Frank Bing
Buffalo Grove, IL

Roland Emanuel
Glen Ellyn, IL

Allison Landeck
Chicago, IL

Scott Howland
Elmhurst, IL

Bob & Laurie Matlin
Northbrook, IL

Club Officials

Elected Officers

President

Rich Drapeau (847)808-1476

V.P./Ride Chair

Len Geis (847)679-0279

Treasurer

Al Berman (847)541-9248

Secretary

Kris Woodcock (847)520-6932

Membership

Betsy Burtelow & (847)541-1325

Publicity Chair

Sheri Rosenbaum (847)821-7622

luv2bike80@hotmail.com

Appointed Officers

Harmon

Mary Kay Drapeau (847)808-1476

Newsletter & Mailing

Jennie Pfeifer (847)342-8823

St. Pat's Ride

Tom & Deb Wilson (847)632-1412

Chairmen

Banquet

Kris Woodcock (847)520-6932

Harmon Data Base

Jennie Pfeifer (847)342-8823

LAB

Phyllis Harmon

Mileage Statistician

Joe Irons (847)359-0551

Picnic

Al & Cindy Schneider (847)696-2356

Refreshments

Frank & Pat Illy (847)923-5910

Ride Line

Art Cunningham (847)963-8746

Web Page

Jim Boyer (847)541-1325

Ride Line (847)520-5010

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

Prez Sez

Continued from page 1

75% of max for most of the session. It's a bit of a hassle packing up the bike and trainer, but no more so than packing a gym bag to go to the local health club.

Wednesday evening is the Chicago-land Bicycle Federation quarterly presidents' roundtable meeting. Today the meeting is at the new CBF headquarters in Chicago. It's about a mile from my office so I walked over after work. Tonight the main topic is "safe routes to school". This is an effort by CBF to educate state and local officials, both government and education, on how to effectively utilize the funds allocated for this purpose by the Federal Govt. The key to the success of this effort is to get local school and government officials together. I'll cover this in more detail as a game plan evolves. Each president has a few minutes to talk about his club and solicit input from other clubs on issues they face and what can be done to overcome hurdles such as declining membership or attracting ride hosts.

Thursday I have a 7:00AM appointment which means I have to take the train out of Deerfield which means I have to be up and out by 5:30. Tonight is gym night followed by revisiting the 401K. Drat, it's going to be several more years before this old dog can join the geezers.

Friday...yeah...no workout...in fact it's pizza night. What the heck, we'll burn it off on tomorrows ride.

See you on the road.

Rich Drapeau



Please send in your renewal today!

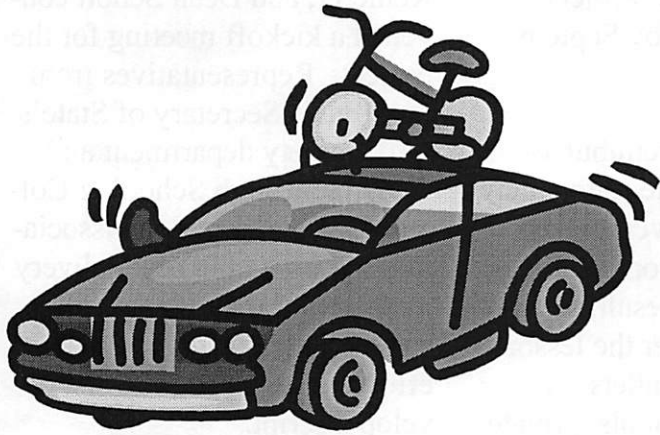
The February newsletter will be the last one for people who have not renewed their membership. Membership cards will be distributed in the March Newsletter. If you have any questions contact Jim & Betsy at (847)541-1325.

Winter Activities

We may not be ridin', but we sure aren't hidin'! There's always something fun to do with your fellow Wheelmen!

Please check the website: www.wheelmen.com and the rideline: (847)520-5010 frequently for new activities such as social dinners, hikes, and cross-country skiing!

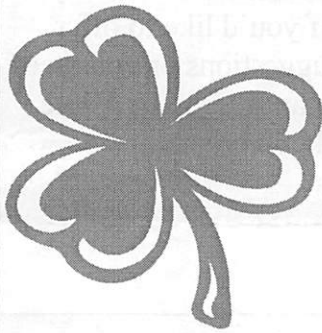
May 2006 Is National Bicycle Month



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 2006. A color picture of the plate and an application can be found 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 the form and return it along with your payment and a photocopy of your car's current license plate registration.

St. Patrick's Day Ride

Sunday, March 19, 2006



The St. Patrick's Day Ride is the first invitational ride of the season! This year the 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 Chicagoland 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. Second shift starts at 9:30.

Parking: Attendants should be on duty at 7:30 am. Second shift starts at 9:30.

Food: Service will be open from 8:00 am to 1:00 pm. We will have two shifts; 8:00-11:00 & 11:00-1:00.

Cookies: We need about 8 to 10 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 e-mail at tomwilson@wideopenwest.com.

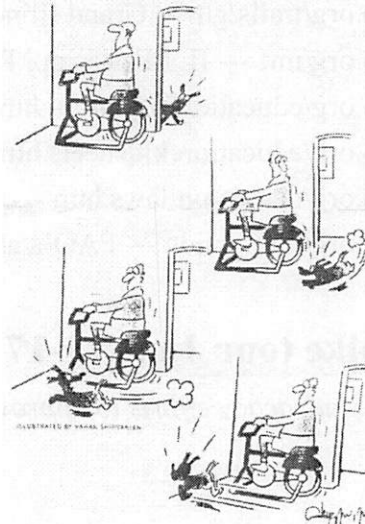
Ethnic Dinner February 2006

A Taste of Germany!

Join us at the
Black Forest Restaurant
8840 N Waukegan Rd
Morton Grove

Sunday, February 26th
5:00 PM

Please RSVP by February 20
Len and Reinhilde Geis
lengeis@comcast.net
(847)679-0279



LIB Extra – from the League of Illinois Bicyclists

LIB Wins Grant, Producing Driver Ed Video

Great news! A significant gap in motorist education is about to be filled, to the benefit of cyclists throughout Illinois.

LIB has won an IDOT Traffic Safety grant to produce and distribute a ready-made "Share the Road" lesson to Illinois' high school driver education programs. A video DVD and teacher's guide will focus on proper car-bike interactions,

addressing cyclists' rights on the roads and how to avoid common mistakes. Project completion is due by September 2006.

In addition to the reimbursement grant from the state, many individuals and several bike clubs generously contributed to the project. As a result, we will also be able to offer the lesson package to other outlets, including private schools, private driver education companies, senior groups, driver safety classes (for those traffic violators), police and sheriff departments, etc. The additional funding will also cover LIB's expenses for promoting the video to various groups around the state.

On December 14, LIB's Ed Barsotti, Al Sturges, Nicole Kemerer, and Dean Schott convened a kickoff meeting for the project. Representatives from the Illinois Secretary of State's traffic safety department and the Illinois High School & College Driver Education Association discussed the best delivery methods for the video and lesson. Schott is leading LIB's efforts to select content and develop a script.

We would like to thank all of those who donated to this key project. If you'd like to offer content suggestions or volunteer your assistance, drop us a note at lib@bikelib.org.

LIB Web Resources

Below are some selected links – check www.bikelib.org for more!

www.bikelib.org/rides/rides.html --- Organized bike rides

www.bikelib.org/roads/maps.htm --- Illinois bike maps

www.bikelib.org/completestreets --- Give your input on upcoming road projects near you

www.bikelib.org/trails/git --- Grand Illinois Trail guidebook, cue sheets

www.bikelib.org/mrt --- IL Mississippi River Trail guidebook, cue sheets

www.bikelib.org/education/resources.htm --- Safety education information

www.bikelib.org/education/kidsheets.htm --- Kids/parents bike safety info

www.bikelib.org/education/laws.htm --- Illinois bike laws card

www.bikelib.org/muniguide --- FAQ's about bicycling, for local officials

GITAP bike tour June 11-17 --- northwestern Illinois – see www.bikelib.org/gitap

Support LIB's advocacy efforts to improve Illinois bicycling: www.bikelib.org/join

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@yahoogroups.com

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

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

Stay in shape over the winter as well as improve your cycling skills. Join the Wheelmen at **Robbie Ventura's Vision Quest** facility in Lake Bluff.

Utilizing a **CompuTrainer** and **your own bike** you'll be hooked up to a centralized computer where you'll know exactly how you do on this simulated ride. The computer will record watts, distance, average speed and more. In addition, see where you are compared to the rest of the pack via the big screen.

The first 16 members to register and submit their deposit will secure a CompuTrainer during this two hour "spin" class. The remaining 14 openings will be on a standard trainer with your bike.

Cost for the event is \$20 per person per session PLUS cost to use the facility (the \$100 fee will be split by the # of riders present).

Event is from 2-4pm on the following date:
 Sunday, Feb 19

To register for the event, you **MUST** submit a non-refundable deposit for each class.
E-mail Sheri Rosenbaum at Luv2Bike80@hotmail.com to RSVP or for any questions. Follow up with a check to secure your spot. Sheri will send you an e-mail with details where to send the check.

More about Vision Quest go to
www.visionquestcoaching.com



Wheeling Wheelmen Membership Application

Name: _____ Spouse's Name: _____
 Address: _____ Children's Names: _____ Age: _____
 City, State, Zip: _____ Age: _____
 Phone #: _____ E-mail: _____

New Member? Renewal? L.A.B. Member? Family dues: \$20 Individual dues: \$15

Membership Pledge: I hereby agree to operate my bicycle in a manner that is safe to me and those around me, to observe all the rules of the road, and conduct myself in a manner that will be complimentary to the sport. I release and waive all claims for negligence against the WHEELING WHEELMEN, its officers and members for all damages incurred at or associated with any WHEELING WHEELMEN activity for myself, my heirs and executors.

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

 Spouse's Signature

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



**Wheeling
Wheelmen**

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

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



Pam Burke 849
265 Green Knoll Lane
Streamwood, IL 60107

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

Club Meeting
Thursday, February 2

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 CYCLES/SPORT

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