



# MONTHLY MEANDERS

MARCH 2006

## PREZ SEZ

Greetings fellow club members.

I think we've turned the corner. It's still light when my train pulls into Buffalo Grove at 5:30PM. Can the St Pats Ride be that far away? I think not.

Thank you Matt Mason for presenting an entertaining glimpse at what it's like to participate in the Race Across America at the last club meeting. Who would have thought you could ride over 3,000 miles in just over 9 days and not lose a pound of weight. Perhaps the double cheeseburgers, large fries and chocolate shakes played a role in that.

The new Club Jersey order is on the way. Thank you Tom Wilson for the fabulous design and spearheading this activity.

Here is an article I found that you may find useful now that we are close to the riding season.

### Rattles

The most common cause is a loose headset. Play in the headset bearings allows the fork to rattle when you ride over bumps.

**Solution:** Adjust the headset to remove the play and tighten the headset so it can't loosen again.

Another common cause is loose cassette cogs, which create a drivetrain rattle, sometimes accompanied by poor shifting.

**Solution:** Feel for play by trying to move the cogs laterally with your fingers. Use a cassette tool and a large adjustable wrench to tighten Shimano cassettes by tightening the lockring. This also works for Campy cogs. To tighten Sun-Tour and older Shimano models, remove the wheel, place a

chain whip on the smallest cog, and turn it clockwise.

**Other rattle solutions:** Tighten loose bottle cages, bend cages to grip bottles more firmly, make sure seat bag tools can't hit each other and/or strike the seat post, and stuff foam helmet pads into the handle of a frame-fit pump to silence the rebound spring.

### Squeaks

One common constant squeaker is a poorly lubricated chain.

**Solution:** Inspect yours. If the rollers are dry and shiny, apply drip or spray lube. On extra dry ones it may take a while for the substance to penetrate and silence the noise. Then keep the chain quiet by lubing it every 2 weeks. Always wipe off the excess to minimize sludgy build-up.

Derailleur pulleys can chirp, too, and you usually know it's the pulley because the faster you pedal, the louder and faster the pulley squeaks (although models that say sealed on the side don't).

**Solution:** Rest your bike on its side and apply a few drops of oil between the pulleys and sideplates to silence them. Wait a few minutes for the lube to penetrate, then wipe off any excess. Still squeaking? You'll need to remove them, take them apart and grease each part before reassembling. **TIP:** Do one at a time since they are often dedicated to the top or bottom position and you don't want to get them mixed up.

If there's a front reflector on your bike, the brake or gear cable housing may rub when you turn causing a squeak.

**Solution:** Try lightly greasing the reflector's edge, wrapping the offending section of housing with cloth tape or zip-tying

the housing to the bracket loosely so you can turn without restricting the housing.

### Clunks

If you hear or feel a clunk when pedaling, it's probably caused by a loose bottom bracket or pedal.

**Solution:** Check the latter with a pedal wrench, tightening both pedals. The right one is turned clockwise to tighten, the left is turned counterclockwise. To adjust the bottom bracket, remove the crankarms and, with the appropriate tools for your type of bottom bracket, make sure it's held fast in the frame by tightening the cups and/or adjusting the bearings (as required for your set-up).

### Skipping

Skipping is what happens where your drivetrain has a problem and under hard pedaling, you experience a sudden jerk forward at the pedals as if the chain "skipped" up over the cog and then settled down again. This usually is accompanied by a sort of "crack" or "bang" sound as the chain or cog lets go, and it can surprise you and even cause a crash if you're not careful.

**Solution:** First stand next to the bike and pedal backwards looking for a stiff link because stiff links can cause this problem and they're relatively easy to fix. **TIP:** If you have a stiff link, you'll experience skipping in all the gear combinations. You will be able to spot a stiff link as you pedal backwards with your hand and watch the chain pass through the rear derailleur pulleys. A stiff link won't be able to curve to follow the contours of the pulleys so you'll see it trip as it goes through. If you spot the stiff link, move the chain so the bad link is in the middle of the

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## Welcome New Members

Lucy Porter  
Schaumburg, IL

Audrey B. Hurt-Lewandowski  
Chicago, IL

Mike Septak  
Libertyville, IL

Michael Tarpinian  
Palatine, IL

Thomas Mulick  
Elk Grove Village, IL

Michele Dziaba  
Susan Fink  
Mundelein, IL

Freda Brown  
Schaumburg, IL

George Singleton  
Antioch, IL

## 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>Pat Gill</i>	(773)774-4132
<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>	
<b><u>Appointed Officers</u></b>	
<b>Harmon</b>	
<i>Mary Kay Drapeau</i>	(847)808-1476
<b>Newsletter &amp; Mailing</b>	
<i>Jennie Pfeifer</i>	(847)342-8823
<b>St. Pat's Ride</b>	
<i>Tom &amp; Deb Wilson</i>	(847)632-1412
<b><u>Chairmen</u></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>	
<b>Mileage Statistician</b>	
<i>Joe Irons</i>	(847)359-0551
<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
<b>Ride Line</b>	(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

### Next Club Meeting

#### **Foot and Ankle Health for Cyclists Bruce Noxon, D.P.M.**

an avid cyclist, will present at the next club meeting.

March 2, 2006, 7:00 PM at Wheeling High School

### 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

## The official club ride schedule resumes March 11th, 2006

But you can still ride with whoever shows up for the **Show-and-Go Rides** Tuesday, Thursday, Saturday and Sunday at 10:00am

**WILLOW STREAM PARK**  
Old Checker Road, just west of Buffalo Grove Road, north of Lake-Cook Road in Buffalo Grove

Show and Go rides may or may not have cue sheets. The mileage, route, and speed depends on who shows up, the weather, and road conditions.

## Taste Test

If marketing hype has you thinking about using new nutritional products in the coming season --

bars, gels, drinks or other performance aids -- start trying them now. Never ingest something new



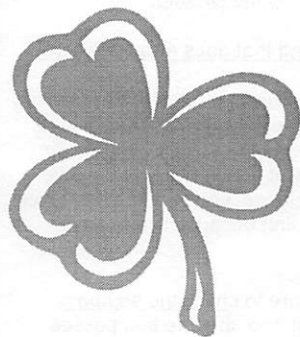
for an important ride because your system may rebel. Use early-season training to find out what works in terms of nutrition, clothing and equipment so you have these things dialed in for your big events.

Taken from  
[www.roadbikerider.com](http://www.roadbikerider.com)

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
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Date	Time	Ride Name	Starting Location	Directions	Miles	Ride Host
Sat 3/11	11:00	Lake County Ride	Kildeer School	Old McHenry Rd, just north of Long Grove shopping district	36	Kurt Schoenhoff 634-2634
Sat 3/18	10:00	St. Pat's Day Pre-Ride	Wauconda High School	Rt. 12/59 to Old Rand Rd. in Wauconda, then 2 mi. NW to school.	16/20/36	Art Cunningham 963-8746
Sun 3/19	8:00-10:30	St. Pat's Ride!	Wauconda High School	See above	16/20/36	Chairmen: Tom & Deb Wilson
Sat 3/25	10:00	Apple Cider Ride	Kildeer School	See above	36	Betsy Burtelow Jim Boyer 541-1325
Sun 3/26	10:00	Honey Lake Loop	Willow Stream Park Buffalo Grove	First light north of Lake-Cook Rd and Buffalo Grove Rd turn left (Checker Rd) for 1/2 mile	32/40	Al Berman Fran Greene 541-9248

Always call the ride line for any last minute changes 847/520-5010



## 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](mailto:tomwilson@wideopenwest.com).

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chainstay (the lower frame tube between the crank and rear wheel) and then flex the chain sideways at the link to free it.

Sometimes stiff links are caused by corrosion. If you see lots of rust, you probably need a new chain and flexing the link probably won't solve the problem.

Skipping is also caused by worn-out chains and cassettes/freewheels. If this is the case, your bike will only skip in one or a few cogs, not all of them. If so, you should replace the cassette/freewheel and chain. Besides stopping the skipping and noise, your bike will start shifting well again, too. **TIP:** Though rarer than skipping caused by worn cassette cogs and chains, skipping can occur when chainrings are worn out, too.

**Solution:** Replace the chainring.

### Clicks/Clicking

Over time wheels can make a clicking noise.

**Solution:** This happens because where the spokes cross each other, they touch. Over time, the spokes wear slightly, get very dry and start to click as you roll down the road and weigh the spokes making them move slightly and click, click, click. To stop the noise, apply a drop of oil at each spoke intersection. Then go around and squeeze pairs of spokes with your hands, which will let the oil work between the spokes. Finish by wiping off any excess lube. **TIP:** You may need to do this once a year or so to keep the clicking at bay.

A crankarm that's slightly loose or inadequately lubed will make a click when you push on that pedal.

**Solution:** Tighten/or, if that doesn't work, remove the crankarm, lightly grease the axle and reinstall. **TIP:** Most crankarms require special tools for removal. If yours are held on by nuts in the sides of the crankarms (usually hidden beneath dustcaps), you can also remove the crankarms by riding the bike, **BUT you must do this very carefully to avoid damaging the crankarms.** To do it, loosen the bolts, but don't remove them. Then ride a loop on flat ground around your neighborhood so you stay close to home. Pedal with regular pressure. After a few laps the arms should loosen up and you should be able to remove them by hand. What you DON'T want to do is damage the crankarms by pedaling on them when they're loose. So keep checking when you're riding to see if they are loose enough and don't ride too far and damage the crankarms because they're expensive to replace.

Chainring bolts may loosen or be inadequately lubed and click intermittently.

**Solution:** Check to make sure they're tight. Still clicking? Try removing, greasing and reinstalling the chainring bolts.

If you hear a longer metallic click when pushing on the right pedal only the chainrings may be flexing allowing the chain, for just a

moment to brush against the front derailleur cage making a metallic clicking sound.

**Solution:** This rubbing noise is essentially rider error. If you pedal in a hard gear (on the large front chainring) at a slow speed, you can easily put too much force on the chainrings causing them to flex and causing the chain to rub against the derailleur cage. Instead, you should shift into an easier gear so that you can spin rather than powering in too high a gear. This is safer for your knees and legs and is a more efficient and effective way to ride your bicycle that will prevent the chain rub/noise.

If the clicking is constant, it's probably because you're riding in an extremely angled gear, such as being on the small chainring and the smallest cog, which puts the chain at an extreme angle as it goes from the inside on the front to the outside on the back. At this extreme angle the chain can brush against the side of the front derailleur cage causing a constant clicking as the metal pins and links bump against the metal derailleur cage.

**Solution:** Slightly move the shift lever to move the derailleur to clear the chain. This derailleur fine-tuning is called "trimming the front derailleur" and is required when you've shifted into extreme gears, sometimes called "crossover gears." Ideally, you'll avoid these extreme gears because they can accelerate chain and sprocket wear.

If your titanium frame clicks when you're pedaling hard or climbing, check your bottom bracket.

**Solution:** Usually, this click is caused by either a loose or inadequately lubed bottom bracket. Remove the crankarms and with the appropriate tools for your type of bottom bracket, remove the bottom bracket, lube the surfaces in contact with the frame and reinstall the BB making sure it's tight. If lube doesn't stop the click, try using Teflon tape instead (plumber's tape). Simply wrap it around the cups and reinstall them.

A loose replaceable derailleur hanger on the frame can cause clicking.

**Solution:** A lot of new bicycles have pieces bolted on the rear dropout that make it possible to replace the derailleur hanger if it gets bent (the part that the rear derailleur is attached to). These are usually held on with bolts. If the bolts loosen, the hanger can move and make a click noise. To fix this, loosen the bolts, grease the bolts, threads and hanger (where it contacts the frame) and tighten everything securely.

Clicks can be caused by grit, dirt or debris in a pedal bearing.

**Solution:** To determine for sure if a click is coming from a pedal, temporarily replace the pedal in question with a different one. If that makes the click go away, you know your noise is coming from the pedal. In most cases, you can apply lube to a pedal simply by removing the dustcap on the end of the pedal and squirting in some automobile-weight oil. Rest the bike on its side to let the lube travel throughout

the pedal. After that, the click should be better and possibly go away. If not, you may need to overhaul the pedal (disassembly, cleaning, relubing and reassembly) or replace it.

Handlebars and stems can click, too.

**Solution:** To quiet handlebars, loosen the stem binder bolt, slide the bar's clamped portion sideways, sand it lightly with emery cloth, apply grease to the bar and bolt(s), reassemble, tighten and wipe everything clean.

Brake levers can click.

**Solution:** Tighten the levers.

Quick releases may click.

**Solution:** Tighten the quick release (this will make it harder to close the lever).

Cable housing sections can click as you turn the handlebars to steer.

**Solution:** Lubricate the point where the housing ends enter the frame stops. Often, the end of the cable housing has a metal or plastic cap (called a "ferrule"). This can move when you turn the bars and make clicking noises. The end of the housing can also move inside the ferrule and make noise. Usually, applying a few drops of medium-weight oil to the ferrule, the housing and the frame stop will stop the clicking.

For Clicking that goes away when you stand.

**Solution:** This is probably seat related. Spray a little lube where the rails connect to the seatpost. Also, tighten the seatpost bolt that tightens the saddle. **TIP:** If it's loose, you may need to level your seat first because it may have moved.

And, be sure to check the seatpost binder bolt, too, the one that passes through the frame to tighten the seatpost in the frame.

**Solution:** Remove the seatpost binder bolt, grease the threads and outside surface where it contacts the frame, and reinstall it.

Another source if you ride a dual-suspension or folding bike is the pivot points.

**Solution:** Check that all pivot bolts are snug and if the pivots do not contain bearings apply a few drops of lube (if there are bearings they should be sealed and not require lube), work the suspension or hinge (on folding bikes), and wipe off any excess lube.

Clicks can also be caused by cracks in the frameset.

**Solution:** Listen carefully to try to determine what part of the frame the noise is coming from and then inspect that area

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## 2006 WHEELING WHEELMEN RIDE SCHEDULE

M o.	Date	Ride Name	Miles	Start	Ride Host
M A R	Sat. 3-11 11:00	Lake County Ride	36	Kildeer School	Kurt Schoenhoff
	Sat. 3-18 10:00	St. Pat's Day members ride	16/20/36	Wauconda H.S.	Art Cunningham
	Sun. 3-19 8-10:30	St. Patrick's Day Ride	everyone works	Wauconda H.S.	Tom & Deb Wilson
	Sat 3-25 10:00	Apple Cider	36	Kildeer School	Betsy Burtelow & Jim Boyer
	Sun. 3-26 10:00	Honey Lake Loop	32/40	Willow Stream Park, Buffalo Grove	Al Berman & Fran Greene
Sat. 4-1 to 10-28 8:00		Honey-Do Ride	30/40	Douglas F.P.	Frank Illy & Brian Hale
A P R I L	Sat. 4-1 9:00	Loops of McHenry	36/49	McHenry County College	Lou Lambros
	Sun. 4-2 9:00 7:00 to 11:30	Tues. Barrington Loop	28/40	Willow Stream Park, Buffalo Gr.	Virginia Savio
		Spring Forward Invitational, \$14	18/31/62	American Legion Hall, Union, IL	Schaumburg Bike Club
	Sat. 4-8 9:00	Who Let Dogs Out	48	Evergreen School, Union, IL	Jim Boyer
	Sun. 4-9 9:00	Lake County Ride	36	Kildeer School	Pam Burke
	Sat. 4-15 9:00	Lou's Commute	41	Lakewood Forest Preserve	Art Cunningham
	Sun. 4-16 9:00	Back Roads of Barrington	40	Rose School	Meg Ewen
	Sat. 4-22 9:00	Vern's PITA	39/61	Cuba Marsh	Kevin Moore
	Sun. 4-23 9:00	Nifty Fifty	51	Target Store, Elgin	Al & Cindy Schneider
		Honey Lake Loop	35	Kildeer School	Sheri Rosenbaum
	Sat. 4-29 9:00	Ice Cream Social	52	McHenry Co. College	Vince Steidl
	Sun. 4-30 9:00	Island Lake Loop	47	Kildeer School	Frank Illy
	M A Y	Sat. 5-6 9:00	Antioch Twisted	63/84/100	Antioch Middle School
Sun 5-7 9:00		ChocolateFest, aka AppleCider	36	Kildeer School	Betsy Burtelow
		Ride to Big Rock	69/93	Rutland F.P.	Bruce Lloyd
Sat. 5-13 9:00		Paris School Ride	37/55	Paris, WI	Al Berman
Sun. 5-14 9:00		Loops of Kettle Moraine	307/62	LaGrange General Store, WI	
		Broken Oar	33	Kildeer School	Phil Castle
Sat. 5-20 9:00		Antioch/Twin Lakes	58/80	Antioch Middle School	Al Berman & Fran Green
Sun. 5-21 9:00 7:00 to 9:00		Another Day, Another Way	70/110	Evergreen School, Union, IL	
		Arlington 500, \$15 or \$10 by 5/15	30/44/54/68	Barrington High School	Invitational
Sat. 5-27 9:00		LaGrange/Concord	65/102	LaGrange General Store, WI	Al & Cindy Schneider
Sun. 5-28 9:00		Rural Wisconsin	67/93	Eagle, WI	Al & Cindy Schneider
		Mystery Miles	37	Kildeer School	John & Jennie Pfeifer
Mon. 5-29 9:00		Triple L	77	Lyons, WI	Al & Cindy Schneider
	New Wauconda-Bull Valley	40/51	Lakewood Forest Preserve	Brian Hale	
J U N E	Sat. 6-3 9:00	Rock Cut State Park	58/90	Evergreen School, Union, IL	Art Cunningham
	Sun. 6-4 9:00	Run from the Dogs	35/70	McHenry County College	Kilian Emanuel
		Hills of Barrington	38/42/50	Kildeer School	Earle Horwitz
	Sat. 6-10 9:00	Triple L	77	Lyons, WI	
	Sun. 6-11 9:00	BCLC Ramble	30/50/70/100	Kenosha County Fairgrounds, Wilmot, WI	Invitational; call Vince Steidl 530-7905
		Back Roads of Barrington	40	Rose School	Meg Ewen
	Sat. 6-17 9:00	Triple Deerpass	65	Evergreen School, Union	Lou Lambros
	Sun. 6-18 9:00	Wauconda/Twin Lakes	60/77	Lakewood F.P.	Bruce Lloyd
		Apple Cider	36	Kildeer School	Chuck Friedrich
	Sat. 6-24 9:00	Sycamore Scamper	81	McHenry County College	Art Cunningham
	Sun. 6-25 9:00	Tour of McHenry County	46/62	Evergreen School, Union, IL	Ella Shields
		Covered Bridge (Strawberry Fest)	43	Kildeer School	Virginia Savio

M o.	Date	Ride Name	Miles	Start	Ride Host
J U L Y	Sat. 7-1 9:00	Root Beer Social	58/82	McHenry County College	Jim Boyer
	Sun. 7-2 9:00	Mystery Miles	37	Kildeer School	Peter Guzik
		Wall to Wall	68/104	Fellows Park, Genoa City	Al & Cindy Schneider
	Mon. 7-3 9:00	Lou's Commute	42	Lakewood Forest Preserve	Kris Woodcock
	Tue. 7/4 9:00	Ride to Big Rock	69/93	Rutland F.P.	
	Sat. 7-8 9:00	McHenry/Fontana	71	McHenry County College	Brian Blome
	Sun 7-9 10:00	Club Picnic	33	Old School Forest Preserve	David Naigles
	Sat. 7-15 9:00	Antioch Twisted	63/82	Antioch Middle School	
	Sun. 7-16 9:00	Binnie Woods	67/100	Binnie Woods	Phil Castle
		BDSR	40	Kildeer School	Kevin Moore
	Sat. 7-22 9:00	City of O's	53/88	LaGrange General Store, WI	Art Cunningham
	Sun. 7-23 9:00	Bastille Day	59/74	Paris School, Lyons, WI	Al & Cindy Schneider
		EFHOB	44	Rose School	Meg Ewen
	Sat. 7-29 9:00	Beloit Express	73/120	McHenry County College	
Sun. 7-30 9:00	Another Day Another Way	70/110	Evergreen School, Union, IL	Al & Cindy Schneider	
	Honey Lake/Hawley Path	38	Kildeer School	Kris Woodcock	
	Metro Metric (info in Feb'06)	33/49/55/100?	Hampshire, IL	Invitational	
A U G  U S T	Sat. 8-5 9:00	Waterford Ride	44/70	Waterford Factory, WI	
	Sun. 8-6 9:00 & 10:30	Loops of Burlington	56/97	Eagle Lake Park, WI.	Al & Cindy Schneider
		3 Options Ride	21/31/52	Fox River F.P.	Brian Hale
	Sat. 8-12 9:00	Cedarburg/Campbellsport	70/100	Covered Bridge Park , Cedarburg	Al & Cindy Schneider
	Sun. 8-13 9:00	Cedarburg/West Bend	45/70/100	Covered Bridge Park , Cedarburg	Al & Cindy Schneider
		Roads of Back Barrington	39	Rose School	Meg Ewen
	Sat. 8-19 9:00	Lake Geneva Century	50/98	KildeerSchool/Vet.Mem.Park,McHenry	David Naigles
	Sun. 8-20 9:00	Walworth Flat	58	McHenry Co. College	Al Berman & Fran Greene
Honey Lake Loop		35	Kildeer School	Louis Greene	
Sat. 8-26 9:00	McHenry/Fontana Ride	71	McHenry Co. College	Al Berman & Fran Greene	
	Sun. 8-27 9:00	<b>Harmon Members Pre-Ride</b>	25/50/ 75/100	Wilmot High School	
S E P T  E M B	Sat. 9-2 9:00	Ella's Escapade	71/102	Glacier Hills Park, WI	Al & Cindy Schneider
	Sun. 9-3 7:30 & 9:00	Bill's & Mike's Adventure	78	Glacier Hills Park, WI	Al & Cindy Schneider
		Vern's PITA	39/61	Cuba Marsh	Kilian Emanuel
	Mon. 9-4 9:00	West Bend Pretzel	51/73/100	Barton Elem. Sch., West Bend, WI	Al & Cindy Schneider
		Island Lake Loop	47	Kildeer School	Phil Castle
Sat. 9-9 9:00	Antioch/Lyons/Delavan	63/101	Antioch Middle School		
	<b>Sun. 9-10</b>	<b>HARMON 100</b>		<b>Everyone works</b>	
E R	Sat. 9-16 9:00	Another Day/Another Way	70/110	Evergreen School, Union, IL	Patricia Gill
	Sun. 9-17 9:00	Fontana Ride	71	McHenry County College	
		Hills & Horses	40	Rose School	Meg Ewen
	Sat. 9-23 9:00	Rock Cut	58/90	Union, IL	
	Sun. 9-24 9:00	Honey Lake Loop	35	Kildeer School	Phil Castle
Sat. 9-30 9:00	Wauconda/Twin Lakes	60/77	Lakewood F.P.	Brian Hale	
O C T O B E R	Sun. 10-1 9:00	Fall Festival Weekend	no info		Rich Drapeau
		Broken Oar	44	Kildeer School (Apple Fest)	Dennis Creaney
	Sun.10-8 9:00	Vern's PITA	39/61	Cuba Marsh	Kilian Emanuel
	Sat. 10-14 9:00	Triple Deerpas	66	Evergreen School, Union, IL	Brian Hale
	Sun.10-15 9:00	EFHOB	44	Rose School	Meg Ewen
	Sat. 10-21 9:00	Nifty Fifty	51	Target Store, Elgin	Al & Cindy Schneider
	Sun.10-22 9:00	Mystery Miles	37	Kildeer School	David Johnson
	Sat. 10-28 9:00	Who Let the Dogs Out?	48	Evergreen School, Union	
	Sun.10-29 9:00	Apple Cider Ride	36	Kildeer School	Kurt Schoenhoff

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for cracks (it's best to clean the frame first so that debris can't hide the defect). Common failure points include tube intersections, especially at the bottom bracket and fork crown, and also the drop-outs. If you think you see a crack but aren't sure, try pushing sideways on the frame with your foot, which will usually open the crack making it more visible. If you find a crack or think you've found one, stop riding the bike and visit your bike shop for an expert opinion. Some framesets will be replaced under warranty, though the shop will charge labor to switch the parts over in most cases.

**Ticks**

You hear a tick with each pedal revolution.

**Solution:** Is the front derailleur cable protruding and striking the crankarm with every pedal stroke? If so, bend the cable so it can't touch the crankarm.

With each pedal revolution you hear a tick.

**Solution:** Is the front derailleur adjusted wrong and slightly too far out so that it strikes the crankarm with each pedal revolution? Take a close look at the back of the crankarm. If the derailleur cage has been brushing against the arm, the cage will scrape a little line in the back of the crankarm (if this gets deep enough it can cause the crankarm to break). Fix the noise by fine-tuning the front derailleur high-gear limit screw to limit the derailleur cage so it can't touch the crankarm.

With each pedal revolution you hear a loud click.

**Solution:** If you have a kickstand, check to make sure that the crankarm isn't striking it on each revolution.

**Solution:** If necessary, loosen the kickstand, adjust it so that it misses the crankarm and tighten it. **DO NOT OVERTIGHTEN** or you may (depending on how your kickstand is mounted) crush the frame tubes.

On your new bike you hear a soft tick, tick, tick, tick and the faster you go, the faster it gets.

**Solution:** Look on the side of the tires to see if there are tiny, long rubber fingers protruding. These sometimes remain after the tire manufacturing process and if they're long enough, they may strike the chainguard or frame. While this won't cause any damage, it can drive you batty trying to figure out where the noise is coming from. Simply cut them off with a pair of scissors.

**Squeals**

The most common source of squealing or squeaking is the brakes. This is caused by the brake pads vibrating against the rims.

**Solution:** For quiet operation, pads must be in good condition and "toed-in," which means that the front of the pads contacts the rim before the rear. If the pads are several years old, replace them. If they're striking the rim flat, carefully adjust them so that the front touches before the rear. Most brake pads feature a mechanism for making this adjustment. **TIP:** If your brake pads

are in good shape and toed in and still squeaking, it may be because residue has built up on the rims. Clean them with a solvent, such as lighter fluid and then lightly sand them with medium emery cloth to scuff up the surface of the rims and break up any rubber deposits on the rim.

**Creaks**

The common culprit here is clipless pedals and cleats.

**Solution:** Make sure the cleats are tight and lubricate the cleat mating surfaces with wax, spray lube, Armor All or some other friction reducer. You may need to experiment to determine what works best for your particular brand and model of clipless pedals. **TIP:** Just be sure not to walk into your living room with your freshly lubed cleats and track grease across your carpets!

Another source if you ride a dual-suspension or folding bike is the pivot points.

**Solution:** Check that all pivot bolts are snug and if the pivots do not contain bearings apply a few drops of lube (if there are bearings they should be sealed and not require lube), work the suspension or hinge (on folding bikes), and wipe off any excess lube.

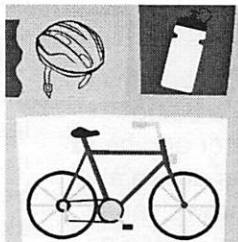
See you on the road.

Rich Drapeau

**Spring Forward 2006**

presented by Schaumburg Bicycle Club

Sunday, April 2, 2006  
Ride Date: Invitational  
Ride Location: 40 miles northwest of Chicago



www.schaumburgbicycleclub.com  
Mileage: 18, 31, 62  
Terrain: gently rolling country roads  
Fee: Adults \$12, Children 17 and under \$6  
Until Date: 03/25/06  
Then Fee: \$15 and \$6  
Registration opens 7am ~ no starts after 11:30am ~ Route closes 1:30pm. Lions Club breakfast, \$5.50 and Hot Dog lunch after ride \$3 to raise money for Union Children's Christmas Fund

**Easter Ride**

presented by Folks on Spokes Bicycle Club

Ride Date: Sunday, 4/09/06 - 7:30 to 10 am registration  
Ride Location: Governors State University, University Park, IL

Registration  
www.folksonspokes.com  
(708)585-7672

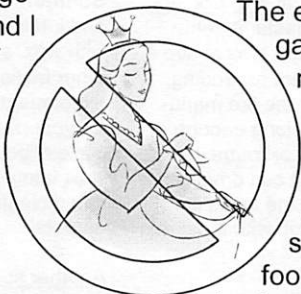
Mileage: 28-68 miles  
Terrain: flat to slightly rolling  
Fee: \$15.00  
Until Date: 03/27/06  
Then Fee: \$20.00

Again this year -- bring a bike to donate to the Working Bikes Coop and get a \$5 rebate on ride registration! Reduced fee for children. Breakfast available before the ride and spaghetti dinner after. Great rest stops with homemade cookies. This ride is famous for its wind but it's lots of fun and a great start to the ride season! This is the 25th anniversary of this ride so it should be special! Register online at our website -- www.folksonspokes.com!

## A "Princess" No More????

By Cynthia Brown

It happens every year... sometime at the end of September, a little voice in my head tells me "its okay now to become idle – go ahead and slack"... and I do! This is the time of year my bike gets packed away for winter, I give up notions of a pre-dawn alarm to awake me for an early ride, and I basically shut down!



Things are a bit different this year! It all started when Dan Wiessner sent me an email and told me how much fun he had at a Vision Quest training session, which was arranged for the Wheeling Wheelmen by Sheri Rosenbaum. It sounded like such a good time, plus I hadn't seen my fellow club riders in so long, I thought I would sign up for the next session at the end of January. Hmm, but I hadn't been on the bike since mid-September... okay, I'll ride 20 miles on the Lakefront path - at 40 degrees outside, the 20 miles probably counts as 75 miles anyway...

The day of the training, I looked around the room at the Wheelmen riding on the Vision Quest trainers - they all seemed so fit, so energetic, so enthusiastic... while I was truly dieing (I think even the Vision Quest staff was looking at me as if I might become a liability)! This was my wake up call – I knew I had to do something different in my life – like start moving during winter!

I played hooky on a morning/ afternoon during the first week of February and took a drive to Vision Quest-Lake Bluff for a performance evaluation with Robbie Ven- tura. For those of you who don't

know, Robbie had been in the professional cycling scene for years – he even rode on the US Postal team! Little did Robbie know that he was going to be responsible for the big change of ending my winter-idle ways!

The evaluation started out by gathering information about me: my eating habits (poor), exercise habits (poor) and overall feeling that day (well, of course I felt good... I had been a slacker and ate junk food!). After the paperwork, the fun stuff began! Flexibility test, weigh-in, and bike fit. I mentioned to Robbie that I had lower back pain after riding. Robbie suggested a shorter stem, moved by handle bars a bit and moved my seat back. He explained every step of the way what he was doing and why he was doing it, while also demonstrating what would be proper form. I felt great after the half hour plus of riding, which would usually have caused the back pains...

For the testing portion, I rode my bike (on a trainer), while being hooked up to a computer and heart rate monitor; blood was drawn at 4 intervals (yes, I have now given blood twice for the sport - once on the railroad tracks in Burlington, Wisconsin and once in the lab in Lake Bluff). The best part of all was the graph of how my leg muscles fired with each pedal rotation. My right leg uses practically no hamstring! Seeing this graphically was incredible, because I could pedal and control my stroke to change the graph. The last portion was a two minute sprint - no need to go into details here... it has been confirmed that I am truly a "princess rider" and don't like to exert myself (having all of numbers in front of him, Robbie knew I had

the strength, but no desire to push myself - little did he know that when I did the two minute sprint at our Vision Quest training two weeks prior, I thought I would faint, throw up, and die - I was trying to save him from an uncomfortable situation!) The last part of the evaluation was off the bike - overall core stability and balance.

All in all, the performance evaluation is a terrific session and would highly, yes, highly, recommend it to everyone! The cost is \$300. At the time of writing this, I have not received the complete write up (takes a week); however, I already have a bike that fits better, improvements to my pedal stroke and suggestions for better form – I feel I already received my money's worth – and there's still more to come! Based on the statistics, Robbie's write up is going to be a "prescription" to follow for overall performance improvement – including training heart rate numbers based on the lactic acid counts from the blood tests. My only fear is that part of the write-up will also suggest less coffee, healthier eating and more winter training... However, believe it or not, I am actually excited about a change to my idle ways! I am so motivated that I signed up for an 8 week Vision Quest training session that is 2 hours on either a Saturday or Sunday - each session concentrating on a different skill (climbing, sprinting,...) - the cost is \$160 for all 8 sessions. I signed up for the sessions in Bucktown - they will also be offered in Lake Bluff. So, does this mean I will no longer be a "princess rider"? The jury is out... we'll have to wait and see if you hear me ask: "do you want to race???"



**The 15th Annual Chicago Bike Show & Family Fitness Expo  
Returns to Chicago's Historic Navy Pier**

**Discount  
Coupon  
Online!**



**www.  
chicagobikeshow.  
com**

**WHAT:** The Chicago Bike Show remains the largest show of its kind in the Midwest. This year over 100 exhibitors and manufacturers will be on hand to answer questions and display the best the cycling industry has to offer. New this year, is the Chicago Parent Family Section where kids can test out the latest bikes, while enjoying fun activities and goodie bags. Also new this year is the indoor bike valet where all attendees will be able to leave their bike inside the venue, worry free, while enjoying the event. From manufacturers to touring companies, stunt shows to product information and our new additions this show has something for the whole family. Chicago has become world-renown for its bicycling advocacy programs and is quickly becoming the best city to cycle in. The Chicago Bike Show & Family Fitness Expo is expected to welcome over 15,000 attendees to Navy Pier.

**WHEN:** Saturday, March 25- 9 a.m. to 7 p.m. Sunday, March 26- 10 a.m. to 5 p.m.

**WHERE:** Navy Pier, Festival Hall A

**COST:** \$10 for Adults \$4 for Children 12 and Under Free for Children Under Six

**CONTACT:** Liz Yourell, Media Contact at 773-263-2590 or log onto [www.chicagobikeshow.com](http://www.chicagobikeshow.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



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

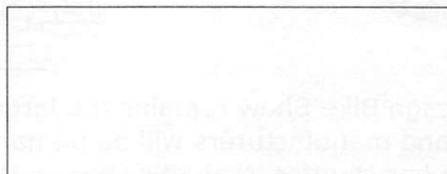
Phone: 847-520-5010  
Email: [wheeling@wheelmen.com](mailto:wheeling@wheelmen.com)

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**We are on the web**  
**[wheelmen.com](http://wheelmen.com)**

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Club Meeting  
March 2, 2006



#### 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](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