



MONTHLY MEANDERS

JULY 2006

PREZ SEZ

By Rich Drapeau

Greetings...I'm really pressed for time this month so I'm borrowing a column from Jim Langley on keeping your bike clean. It's pretty basic information that will help keep everything running smooth. I'm off to Ride the Rockies. See you when we get back.

Bike Wash

Equipment:

Round up the following:

- A way to suspend or hold the bike upright (a car rack works; or use your repair stand, if you have one)
- A hose or water source
- Diesel fuel or your favorite degreaser
- 2 buckets (one for greasy and another for soapy water)
- Brushes (supermarkets usually have a good selection or you can buy those offered by Park Tool)
- Sponges
- Rags
- Lube
- Polish or wax
- Steel wool (for rust removal on steel parts if applicable)
- Touch-up paint

Notes:

- Mark the brushes to keep greasy ones separate so you don't get grease or grime on bar tape, etc.
- Don't turn the bike upside down to clean it because fluids will run into the headset thinning the grease.
- Diesel fuel is what race mechanics use to clean greasy parts because it contains a bit of lubricant, which ensures the parts are never completely stripped of lube.
- While it's possible to remove the chain for cleaning, most modern chains require replacement pins for reinstallation. So it's usually best to clean it on the bike as shown.
- Don't use Armor All on tires. It makes them slippery.
- Can't find the right color touch-up paint? Try fingernail polish. It

comes in many colors.

Step 1: Stand the bike up or put it in your repair stand and remove the wheels. Extract the rear quick-release skewer and tighten it in the rear dropouts letting the chain rest on it (on many frames you can insert a long screwdriver through the dropouts instead). The skewer or screwdriver lets you turn the crank without having the chain scrape the frame.

Step 2: Fill the buckets with water. Put soap in one and soap and a small amount of fuel in the other. The bucket with soap is for cleaning the bike. The one with fuel is for drive train parts.

Step 3: Lightly spray degreaser on the chain, derailleur, crank set and cassette cogs. Let it soak in a bit to dissolve the grime. In general, don't spray degreaser, water, or lubricants directly at the hubs, headset, cassette body, pedals or bottom bracket. Doing so will wash away grease from the bearings and cause wear. Always squirt from the top rather than the side.

Step 4: While turning the crank, use a stiff brush dipped in the fuel mixture to scrub the top and bottom of the chain as it passes over the QR skewer or screwdriver. You can also try a sponge if you prefer to hold the chain. It will probably take several revolutions of the chain to get it clean. Just keep cranking and dipping and scrubbing until it's clean.

Step 5: Brush the derailleur and chain rings with the fuel solution until they're clean. You might also want to use a rag with a shoe shine motion to get into the nooks and crannies and between the chain rings.

Step 6: Spray the bike with the hose to wet it. Then use a clean brush to remove any dirt and dried mud from the frame (this will scratch the paint if you try to wipe it off with a rag).

Step 7: Use the soap solution and the non-greasy brushes and sponges to clean the rest of the bike. A sponge works best on handlebar tape, cables and tubing. The brushes are for hard-to-reach spots. Be sure to clean the pedals and the underside of the seat. If you have a frame pump, now's a good time to clean it, too, and

check it to make sure it's working well.

Step 8: Rest the rear wheel on the fuel bucket and brush the cassette to clean them. Another technique that works well is inserting a rag between the cogs and use a shoe shine motion to clean off the grease and grime. Park Tool also makes a Gear Clean tool with a brush on one end and a toothed plastic arm to clean between cogs. When you're working, avoid getting fuel/solvent into the cassette body bearings by only applying it from above, never from the side or back of the cassette.

Step 9: Clean both wheels over the soap bucket (so you don't have to bend over to scrub). Use the sponges and brushes on the rims, nipples, spokes, hubs, tires and cassette. While you're cleaning the rims and nipples, look closely to see if there are any cracks in the rims by the nipples. This is a fairly common failure on heavily used wheels.

Step 10: Hold the hose over the top of the bike and let the water dribble over the parts and the frame. Do the same to the wheels. Rinse all the soap and any remaining grit or grime off.

Step 11: Dry the bike with soft rags. Use separate rags for the drive train and the frame. Rub the rim sidewalls clean where rubber deposits have formed from the brake shoes. Acetone works well for this, but don't breathe it or let it touch your skin or rubber parts because it'll melt them.

Step 12: You might want to wax the painted parts and any chrome parts. Wax will protect the paint and prevent chrome from rusting. Let the wax dry and then polish the parts with a clean rag.

Step 13: Reassemble the bike being sure to get the wheels tight and centered in the frame.

Step 14: Use a drip or spray lube to lubricate the brake and derailleur pivots and the chain. Apply some on the cables and clip less pedal pivots, too. If you notice any cracks or worn parts, repair and replace as necessary before riding.

See you on the road...

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Welcome New Members

Marcelo & Kristen Oliver
Buffalo Grove

Steve Siegel
Buffalo Grove

John Goodman
Cary

Bartosz Wojewnik
Mt. Prospect

Stacie Switzer & Michael Ruth
Barrington

Karen Kuhl
Hoffman Estates

Scott Garske
Palatine

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>Pat Gill</i>	(773)774-4132
Membership	
<i>Betsy Burtelow & Jim Boyer</i>	(847)541-1325
Publicity Chair	
<i>Sheri Rosenbaum</i>	(847)368-1762
<i>luv2bike80@hotmail.com</i>	
<u>Appointed Officers</u>	
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
<u>Chairmen</u>	
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. Pat Calabrese	1352
2. Mary Kay Drapeau	1199
3. Betsy Burtelow	1180
4. Debbie Wilson	1006
5. Cindy Schneider	888
6. Reinhilde Geis	732
7. Pat Illy	661
8. Chris Wager	627
9. Ella Shields	608
10. Cindy Trent	593
11. Meg Ewen	586
12. Pam Burke	555
13. Kris Woodcock	502
14. Sheri Rosenbaum	494
15. Marianne Kron	490
16. Barbara Barr	353
17. Virginia Savio	350
18. Mary Myslis	344
19. Cynthia Brown	322
20. Nancy Beck	193

Men

1. Kilian Emanuel	2391
2. Paul LeFevre	1613
3. Brian Blome	1498
4. Frank Illy	1423
5. Art Cunningham	1322
6. Dennis Creaney	1284
7. Rich Drapeau	1266
8. Dan Wiessner	1257
9. Kevin Moore	1221
10. Jim Boyer	1205
11. Len Geis	1167
12. Kurt Schoenhoff	1147
13. Tom Wilson	977
14. Brian Hale	948
15. Al Schneider	924
16. Len Fiocca	884
17. Frank Bing	846
18. Joe Irons	819
19. Louis Greene	728
20. Earle Horwitz	697

WEEKDAY RIDES

TUESDAY / THURSDAY

DEERFIELD BAKERY RIDES

Rides with 25 / 45 mile routes leave the Willow Stream Park, promptly at 9:00 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.

TUESDAY EVENING

WORKING STIFF RIDES

Rides of 20-27 miles will leave from Shamrock Cyclery at 6 pm. The shop is located at 344 McHenry Road, just south of the 4 way stop sign in Long Grove. Park in the lot behind Red Oak Antiques in the Stemple Municipal Lot. Call Rich Drapeau 808-1476 or Jim Boyer 541-1325 for additional information.

THE HILL AND DALE

WEDNESDAY EVENING RIDES

Rides of 25 to 32 miles are scheduled to leave the Grassy Meadow parking lot in the Paul Douglas Forest Preserve at 5:30 pm. Cue sheets are provided. To reach the forest preserve go west on Central rd., off Roselle Rd, just north of I-90. Go approximately 1 1/2 miles and turn right into the parking lot. Call Frank or Pat Illy at 923-5910 for further details. A blinker taillight is highly recommended.


ELGIN WEDNESDAY

TWILIGHT RIDES

Rides of 20-40 miles as light conditions allow are scheduled to leave the Target Store parking lot near Elgin promptly at 5:30 pm. Parking is at the SE corner of the lot. These rides are normally show and go with a goal of maintaining 14-15 mph with cue sheet options. Every attempt is made to return before darkness but blinking taillights are highly recommended. The Target Store is on Randall Rd just south of US 20. Phone Al & Cindy Schneider at 696-2356 for further information

SUMMER SALE

JULY 8, 2006
TEN AM · SIX PM



- Fantastic savings on selected inventory – our best prices of the year!
- Supplier rep's fill our backyard with unique, new products at great prices!
- Bring in this ad to receive an additional \$10.00 off any purchase over \$100.00!

TURIN
 1027 Davis Street, Evanston, IL 60201

Wheeling Wheelmen Makes 500 Dollar Contribution to Trips for Kids

Fox Valley chapter of this national organization provides mountain bike outings and environmental education for kids ages 10-17 who would not otherwise have these opportunities. The money will be used for helmets and t-shirts for the kids.

More info at <http://www.tripsforkids.org/>




Best of luck to club member and friend Phil Castle who is moving away. We will miss you!

- Invitationals
- July 16: The LATE Ride, Chicago, 25 miles, \$35, (773) 918-RIDE lateride@hotmail.com
 - July 22: Tour de Health, Rock Falls, 5/25/50 miles, \$25 by 7/19, \$30 after, (815)625-0400 ext 4422 tsmith@cghmc.com
 - July 29: Chase the Moon, Aurora, 5 to 25, \$40, (630) 299-1103 chasethemoon@adsalarm.com

ANNUAL CLUB PICNIC

Sunday, July 9



Ride will start at 10:00 a.m.

33 mile road ride
 25 mile trail ride

Food will be served afterward, about noon.

Old School Forest Preserve, Shelter D,
 I-94, exit IL 60W to St. Mary's Rd,
 Turn right to the forest preserve

Please RSVP to Al & Cindy Schneider
 (847)696-2356



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

RIDES OF A DIFFERENT FLAVOR The bike paths/trails on the May schedule include some with packed crushed limestone surfaces. I generally use my hybrid bike on these trails but many are smooth, hard and well maintained and suitable for narrow tired road or touring bikes. At worst one may have to dismount and walk across an area where there has been water erosion or the surface isn't packed because of fresh repairs. These are rated ***, **approved for narrow tires** although narrow tires lose the advantage that they have on smooth pavement. Other trails where rougher, less packed surfaces are more likely to be encountered are rated **, **wide tires recommended**. The less developed trails or those where the condition is not known are rated *, **wide tires required**. Let me emphasize that all trails are well developed, no off road conditions. Of course road bikes are well suited for paved trails.

Wednesday Chicago Area Bike Path/Trail Rides						
Date	Time	Miles	Path/Trail	Start	Directions	Comments
7/5	9:00	52 Partial loop	Fox River/St. Charles & Elgin Prairie Path	East Dundee Depot	West on Dundee (Rt. 68) bear right at Barrington Ave. just past Route 25 to River St., depot to left	Paved & packed crushed stone paths ***
7/26	9:00	55 loop	Medley of Trails Poplar Creek to Ned Brown	Ned Brown F.P., Golf Rd parking lot	South of Golf Rd., just east of I-290	Paved with connect- ing roads

Bring snacks and plenty of water to drink—check with Art Cunningham—963-8746 for details.

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

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
Every Sat	8:00 am	Honey-Do Ride	Grassy Meadow, Douglas F.P.	On Central Rd. 1 1/2 mi. west of Roselle Rd, just north of I-90	30/38/54	Frank Illy 923-5910
Sat 7/1	9:00 am	Root Beer Social	McHenry County College	Rt. 14 one mile past Rt. 176 in Crystal Lake. Meet in the north parking lot.	58/82	Jim Boyer 541-1325
Sun 7/2	9:00 am	Mystery Miles	Kildeer School	Old McHenry Rd., just north of Long Grove shopping district	37	Peter Guzik 255-2021
Sun 7/2	9:00 am	Wall to Wall	Fellows Park, Genoa City	Rt. 12 N to County H, follow County H east (veer left) into Genoa City, left on fellows Rd and to the park.	68/104	Al & Cindy Schneider 696-2356
Mon 7/3	9:00 am	Lou's Commute	Lakewood Forest Preserve	West on IL 176 to Fairfield, left to Ivanhoe, right to parking on the right.	42	Kris Woodcock 253-9288
Tue 7/4	9:00 am	Broken Oar	Kildeer School	See above	33/44	Sheri Rosenbaum 368-1762
Sat 7/8	9:00 am	McHenry/Fontana	McHenry County College	See above	71	Brian Blome 358-4807
Sun 7/9	10:00 am	Club Picnic	Old School Forest Preserve	IL 176 to St. Mary's Rd.; south to Forest Park entrance; use parking lot for shelter D	33/25	David Naigles 630-924-0980
Sun 7/16	9:00 am	Binnie Woods	Binnie Woods	I-90 West to Randall Rd, north to Binnie Road, west to Forest Preserve	67/100	Len Geis 679-0279
Sun 7/16	9:00 am	BDSR	Kildeer School	See above	40	Kevin Moore 577-8490
Sat 7/22	9:00 am	City of O's	LaGrange General Store	Take US 12 N 29 miles past WI border. Stop at County Rt. H	53/88	Art Cunningham 963-8746
Sun 7/23	9:00 am	Bastille Day	Paris School Lyons, WI	I-94 W, exit WI 142 W to County D, turn left to school	59/74	Al & Cindy Schneider 696-2356
Sun 7/23	9:00	EFHOB	Rose School	I-90 to Rt. 59 North, turn right on Penny Rd to the school just past Bartlett Rd.	44	Meg Ewen 630-540-1371
Sun 7/30	9:00 am	Honey Lake Hawley Path	Kildeer School	See above	38	Kris Woodcock 253-9288
Sun 7/30	6:00-10:30 am	Metro Metric \$15 (\$20 after 7/16)	Hampshire H.S. Hampshire, IL	Located in Kane Co. at 560 State St. God west of Rt 47 on Route 72 for 5 miles to State St. Metrometric@hotmail.com	33/49/65 /100	Invitational by Elmhurst Bicycle Club

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

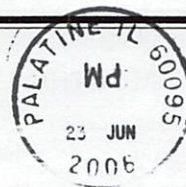


P. O. Box 7304
Buffalo Grove, Il. 60089-7304

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

We are on the web
wheelmen.com

Club Meeting
None this month



Ella Shields 125
7516 W. Devon
Chicago, IL 60631

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